



Rossmoor IN News



VOLUME 61 / No. 11

Monroe Township, New Jersey

NOVEMBER 2025



A painting of 321 Sharon Way commissioned by the Cushman family will be donated to the Clubhouse following the sale of the historic home.

Our Most Historic Home: 321 Sharon Way

By Mary Jane Brubaker

"The Developer's House" is how many Rossmoorites refer to 321 Sharon Way. At 3,174 square feet with a detached two-car garage/cottage, it is our community's single largest home. And it is indeed the developer's house - but not the home of our original developer, Ross Cortese. It was the home of James Cooper, president of Guardian Development, the

company that purchased Rossmoor from Cortese in 1968 and proceeded to build out the community.

Back in 1974, the area on which 321 Sharon Way is now located was originally designated as a common area and was to be a park for residents. At that time, Cooper decided he wanted to live on site while the community was under construction and announced his intention to

build a private residence for his family on that lot.

The residents were not happy with this turn in events and initiated legal action. Cooper countered, posing his own legal challenge to the age-restriction requirement for the community, which put Rossmoor's designation as an adult community at risk. Following months of negotiations between the directors and Guardian Development officials, a compromise was reached, allowing Cooper to build his home while ensuring Rossmoor received financial payments and maintenance fees commensurate with the size of the home. Cooper, in turn, withdrew his legal challenge to the age-restricted require-

(Continued on page 2)

Thanksgiving Day Dinners

As is the Rossmoor tradition, the Interfaith Council would like to share Thanksgiving with you.

If you are a Rossmoor resident who is homebound, we would be honored to deliver a complimentary Thanksgiving Day dinner for you, your spouse, and/or your aide on Thanksgiving morning, Nov. 27. The complete meal is planned to include all natural turkey, of course, herbed

bread stuffing, home-style gravy, mashed potatoes, Brussel sprouts, roasted sweet potatoes, cranberry sauce, dinner rolls, and pie for dessert.

Please contact Michelle Trechak at 973-769-1551 by Nov. 17 if you wish to have a meal delivered on Thanksgiving. May you have many reasons to give thanks this year and always. We look forward to hearing from you.

Inside this issue

Calendar of Events 23

Clubs 15

Culinary Corner 4

Health Care Center 19

Inquiring

Photographer 7

Mutual News 16

RCAI Meeting Notice 2

Recycling and Trash . 22

Religious News 16

Snow Procedures 21

Sports 18

Transportation

Tidbits 22

Thank You, Rossmoor Veterans. Part 1

By Jim Wilson

As the nation pauses this month to honor our veterans, I had the privilege recently of sitting down with four veterans from Rossmoor to talk about their time in the service. They are Wayne Slivenski (Airman 1st Class, U.S. Air Force), Roy Will (Specialist 5, U.S. Army), Mark Schreiber (2nd Class Petty Officer, U.S. Navy) and Ray O'Reilly (Lance Corporal, U.S. Marine Corps). We appreciate what they gave for this country, along with the millions of others who

served and are serving now.

The Oxford American Dictionary defines a veteran as an ex-serviceman or service-woman, a definition that seems woefully inadequate. I asked the four how they would define a veteran. "Somebody that decided to serve somebody besides themselves," said Mark.

Roy put it this way, "A veteran that was in the United States military service that served his country, sacrificed, and is now returning home with experiences that

(Continued on page 3)



Thank you, Rossmoor Veterans! Honoring our Veterans. L-R: Wayne Slivenski, Roy Will, Mark Schreiber, and Ray O'Reilly.

A Guiding Light

By Susan Peters

Sometimes, one's calling comes later in life. For Youngae Lee, that opportunity came about five years ago when she became president of Rossmoor's Korean American Club. The entire group of approximately 45



Youngae Lee

Kick-off the Season with Interfaith Council and Rossmoor Chorus

By Diane England

It's rather hard to believe the holiday season will soon be upon us, isn't it? But since that's the case, whether you're new to Rossmoor or have lived here for years, let me warmly invite you to an annual event that's a wonderful way to begin the holiday season. It's the annual Thanksgiving program presented by the Interfaith Council and the Rossmoor Chorus, under the direction of Janet Wilson.

Each year, this gathering

brings together friends and neighbors from across our community for an inspirational message, reflection, and beautiful music. It's one of those special Rossmoor traditions that reminds us what community really means.

This year's program features a remarkable true story - one you may think you know, but will likely see in a new light. You'll hear about how seemingly tragic events in the early life of a Native

(Continued on page 4)

members meets every other month; additionally, the club's women gather alternate months for tea and conversation. The meetings are conducted in Korean. Decided by the instructor, topics are typically presented by the Korean Community Center in Bergen County and can range from health to law presentations. During the more casual women's gatherings, discussions may include personal situations, health issues, and, of course, grandchildren.

(Continued on page 4)



The grand living room at 321 Sharon Way.

Historic Home

(Continued from page 1)

ments for the community. In reporting news of the settlement in the March 1975 issue, the Rossmoor News concluded, "It is hoped that all this will restore the tranquility that life in Rossmoor usually offers."

That does appear to be the case as the Coopers remained in Rossmoor until 1999, long after the last home was constructed in 1991. In late 1999, they sold the home to Helen and Robert Cushman. Robert passed away in 2003 and Helen passed away this past August at the age of 103. This historic home is set to go on the market in the coming months.

Much of the home remains as originally constructed, with the key focal point being the immense stone fireplace that takes up one full wall in the living room. The living room is open to the dining area and the bar. Sliding doors connect the living room to an enclosed sunroom. A deck is adjacent to the sunroom. There is an eat-in kitchen, a separate laundry room with storage cabinets, a master bedroom with walk-in closet and an ensuite bath, two guest bedrooms, two offices, and one guest bath. There is also an attic, accessible by a pull-down ladder.

Changes made to the prop-

erty by the Cushmans include updating the kitchen, eliminating a half wall that created a separation between the bar and the living room, landscaping the front yard, and extending the driveway. The two-car garage includes a wall of storage cabinets. The cottage, which can be entered through the garage or via a front door, was originally

Cooper's wood shop. The Cushmans added a wall inside the cottage, creating one large room, and a long, narrow storage area. They also added a bathroom, replete with toilet, sink, and shower.

For those interested in owning a piece of Rossmoor's history, now is the time to keep an eye on the real estate market.

The Information Highway – Rossmoor Barcode Procedures

Christina Smith, CMCA, AMS, Resident Services Manager

Barcodes can be obtained from the Rossmoor Administration Office for any new resident, or for any existing resident who has purchased a new vehicle. The Administration office hours are 1:00 p.m. to 5:00 p.m., however, if you need assistance outside of these hours, please call 609-655-1000 to schedule an appointment. If the weather is inclement (rain, snow, extreme heat, or cold), the barcodes will not affix to the vehicles properly. Please call the Administration Office to be sure we can assist you on these inclement weather days.

Barcodes are only issued to Rossmoor residents who reside in their manors. Off-site owners, or family members cannot obtain a barcode. Although some residents may want a family member to have

a barcode, the rules state that they cannot. We cannot make exceptions for one resident and not others.

To obtain a barcode please see below:

- Please have your car with you because the employee must affix the barcode to your vehicle.
- Please bring your vehicle registration – the vehicle must be registered in the name of the Rossmoor resident. If another name is on the registration; an employee will share the policy for obtaining special permission. Your barcode will not be given without obtaining this permission.
- Only one barcode per resident can be issued, because of the limited parking space available, vehicles more than the number of residents in a unit require prior written approval of the Mutual Directors.

Bits & Pieces

By Sue Ortiz

As many of you know, I have quite a variety of collections: clocks, four-leaf clovers, lost pennies, books - you name it. One collection that stands out for me is my set of antique postcards from my hometown, Jamesburg. I love looking at those old photos and imagining what life was like back in the early 1900s, during the "black and white" and "sepia-tone" eras.

For instance, when I see a young couple posing proudly in front of their new home, I find myself wondering about their lives before and after that photograph was taken. What might they have talked about as the photographer invited them to pose? Remarkably, some of those "old" houses still exist today, although they may look different - clapboards swapped for vinyl siding, slate roofs replaced by shingles. Still, I can often spot familiar details, like diamond-shaped windows or dormers.

I also think about the children shown waving from the steps of the old schoolhouse. Were they just starting their day, or eager to head home after learning their ABCs? Did getting photographed cut into their beloved recess? We'll never truly know; that schoolhouse burned down in the late 1960s.

Back then, women wore long skirts and men dressed in suits year-round. Boys sported tweed knickerbockers, and everyone wore hats. The roads were dirt, every street lined with trees, and cars were a rarity. If you know Jamesburg, you'll recognize how East Railroad Avenue becomes Buckelew Avenue near the lake, which wasn't always so. In those days, the road ended before reaching the (now) Post Office, and I have a postcard showing a Memorial

Day parade crossing the bridge between West Railroad and Buckelew.

The railroad track split the town, as it still does. Passenger steam trains stopped at either Upper or Lower Jamesburg Station. Disembarking at the impressive Upper Station would bring you to the grand American Hotel behind the lot that Busco Brothers Fuel Company once occupied. Like many iconic businesses in town, Busco's was sold recently and now hosts a dumpster rental business. The modest Lower Station sat by the lake, close to today's Dunkin' Donuts and Perrine's Pontiac's former location, all featured on my postcards.

Some postcards carry handwritten notes signed "P.E.B." and sent to relatives in Latrobe and Honesdale, Pa. Pearl - the "P" in P.E.B. - once even called Jamesburg "a doomed place!" I collect these cards written by Pearl, hoping to piece together her story. At postcard shows, I search for cards from those Pennsylvania towns, hoping someone wrote back to her; but so far, no luck.

Sometimes I wonder what Pearl would think of our hectic, modern world if she could see us now. Would she still call us doomed? If only I could step inside one of those postcards and visit the past—to meet Pearl and witness that simpler era firsthand. Where's a time machine when you need it?

B&P

"We all have our time machines. Some take us back, they're called memories. Some take us forward, they're called dreams." - Jeremy Irons (English actor, b. 1948)

"The past always looks better than it was. It's only pleasant because it isn't here." - Finley Peter Dunne (American journalist, 1867-1936)



This is one of Sue's favorite antique postcards.



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

Unscheduled volunteer writers should contact

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

Letters to the Editor must be emailed to PES at pescmd1@gmail.com and clearly marked *Rossmoor News*.

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Visit the Rossmoor website at www.rcainj.com

Open RCAI Meetings in November

Thursday, Nov.13

Standing Committee Meetings

Maintenance Committee – 9:30 a.m.
Community Affairs Meeting – 10:30 a.m.
Hawthorn Room

Board of Governors Meeting

Thursday, Nov. 20 – 9:00 a.m.

Hawthorn Room

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

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

What’s Felling Rossmoor’s Mighty Oaks?

By Dan Dobromilsky

When we think of oak trees, we imagine the timbers felled to build the large multi-masted sailing ships of the 18th century, or perhaps our hardwood floors and cabinets. Oaks are known for their strength and durability. So, what’s bringing the mighty oak trees of Rossmoor down?

As I write this, I am sadly lamenting the loss of another oak hearing the chain saws and chipper nearby. It seems strange that the cause is actually something microscopic in size. The culprit is the bacterium *Xylella fastidiosa*. When infected, we call the disease Bacterial Leaf Scorch, or BLS. This is because one of the first symptoms is a scorching of the leaves, typically in the month of August. The leaves of infected trees will scorch from the leaf from the margins, partially turning brown at first, with a somewhat distinctive yellow band between the brown portion and the green portion of a leaf.

As the disease progresses, leaves fall prematurely, twigs and branches die or dieback, and become dangerous as they can fall to the ground. Infected trees decline slowly over a few years. At first, the leaves on a branch or two will be scorched, typically high up in the tree. The following year, a few more branches will be defoliated and fall, as the bacterium spreads within the tree. Eventually, the entire tree dies. The bacterium lives in the xylem tissue of the tree, and clusters together gumming up the circulation of the tree. You may recall from high school biology that xylem is the vascular tissues of a tree whereby water and minerals move from the roots upward, and phloem is the vascular tissue that transport sugars created in the leaves downward. The disease basically desiccates the tree, and the symptoms look similar to drought conditions, with upper branches defoliating and progressing to lower branches as the infection advances.

BLS is spread from tree to tree by an insect, typically leaf hoppers, that feed on the sap of the tree and fly over to adjacent trees taking some of the bacteria with them and thus infecting a neighbor. Leaf hoppers are very small and ubiquitous, so it is not practical to control or stop the bugs that spread the disease. No one would tolerate spraying the canopy of 60-foot trees with insecticides. The collateral damage to

beneficial bugs and other creatures makes such treatment impractical.

Internal treatments (antibiotic) to help infected trees have had limited success. So, once infected BLS tends to be a death sentence. It is recommended to try and keep the trees as healthy and vigorous as possible to make them less susceptible to leaf hopper infestation and thus a recipient of the bacteria. Treatments to keep the trees healthy include mulching, watering, and careful pruning practices. Applying about four inches of wood chip mulch around the base of a tree (one foot from the trunk for every one inch of trunk diameter) helps to create a more natural surface above the roots of the tree, just like the decaying branch and leaf litter in a forest. This organic surface allows water to pass into the soil, slows evaporation of rain fall, and helps the beneficial fungus in the soil to prosper. Watering trees, even mature ones, in times of little rainfall is helpful. Finally, when branches are pruned from trees it is always a good idea to clean the tools with alcohol, before and after cuts are made, to kill off

any bacteria that may be on the blades.

The majority of the oak trees in Rossmoor are Pin Oak, *Quercus palustris*. *Palustris*, Latin for of the marsh or floodplain, refers to the palustrine ecosystem that Pin Oak grows in naturally. Adaptation to an ecosystem that frequently floods but dries out between flood events is what makes Pin Oak one of the most adaptable trees in our modern landscape. Pin Oak can tolerate wet and dry conditions and tend to grow quickly. It is easy to understand why it has been a popular selection for landscape architects over the past hundred years, even in our cities. However, Pin Oak is also one of the oaks most susceptible to BLS infection.

Notably, the large oaks that line the drive from Rossmoor Drive to the pool parking lot are Willow Oak, *Quercus phellos*. Willow oaks can get BLS, but they are less susceptible. So, there is some hope that some of our mighty Rossmoor Oaks will survive. It would be wise to maintain mulch rings around the trees, water them when needed, and take care when pruning any branches.

Rossmoor Veterans

(Continued from page 1)

he had as a veteran in a foreign country or even state-side for that matter.”

For Ray, a veteran is “Someone who survived their time and occupation while you were in the service. Some veterans had it a little bit easier than others, depending on the years you were in.”

And Wayne responded, “I would say it’s any male or female who presented himself for service, whether through the draft or voluntarily, who served in whatever capacity for as long as they could, did what they were supposed to do, and then came out and faced all the backlash and everything else that was going on at the time.”

Nov. 11 was first known as Armistice Day, marking the end of fighting in World War I in 1918. Congress would later make the day a national holiday. In 1954, lawmakers changed the name to Veterans Day, a day that has special meaning to Rossmoor Veterans.

Mark says it is “a day that our country takes time to show us a little bit of honor.”

Roy says, “It’s like a ‘Thank you, guys, for doing what you did. We’ll give you the day off.’ I remember when I came back from Vietnam, we were at the reception station at Fort Dix, where I went into the Army. All of a sudden, they had us form up and we go to the head of the consolidated mess; and every one of us returnees from Vietnam, we all got a steak dinner,” leaving recruits to wonder “Who are

these guys and why do they get steak?” Roy says someday those recruits will get the steak.

Ray says of Veterans Day, “It’s a day of remembrance.”

Wayne agrees. “For me, it was always a day to remember the guys I associated with, the guys I was in the service with. And also, friends of mine that were in other branches of the service that weren’t as lucky as I was. I came home. They didn’t. A lot of times I think about that. But basically, like on Memorial Day and on Veterans Day, I’m like in a fog the whole day, just thinking about friends that I lost.”

To all of Rossmoor’s Veterans and to veterans everywhere, thank you for your service and sacrifice. Happy Veterans Day.

Next month, basic training, deployment, and the Zoo-keeper.

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Rossmoor’s
Website

Go to rcainj.com to access the Rossmoor website.

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

Kick-off

(Continued from page 1)

American - the man the Pilgrims came to call Squanto - did not turn him bitter or vengeful, but shaped him for the task of ultimately ensuring the Pilgrims' survival.

It's a story of resilience, compassion, and grace, one that speaks powerfully to the idea that even great hardship can be transformed into a gift for others. Combined with the uplifting music of the Rossmoor Chorus, this program is sure to lift your spirits at a time when many of us could use a little extra light.

And, of course, what would

a Rossmoor gathering be without a chance to linger afterward and share good company? Refreshments will be served following the program, so please stay to enjoy a cup of coffee, a cookie or two, and the pleasure of conversation with friends and neighbors.

So, mark your calendar for Thursday, Nov. 20, at 1:30 p.m. in the Meeting House. Your presence will help make this annual tradition the warm and welcoming celebration it's meant to be.

Come for the story, then stay for the music and fellowship. And leave feeling inspired and grateful as we begin another holiday season together.

Guiding Light

(Continued from page 1)

Youngae serves as their translator for local events and the Rossmoor News. She arranges speakers, events, and food for their meetings. She manages a group chat, where she shares event news, then purchases tickets for events, and attends with them. She and her husband have helped members during power outages and even car breakdowns.

In interviewing Youngae, her commitment to members became immediately evident. Most have a limited English vocabulary. "Many live alone," she explained. "I want them to feel less isolated."

Born, educated, and married in Seoul, Korea, before coming to the U.S., Youngae was a ticket agent for Korean Airlines before retiring. Youngae admits that until she became involved in Rossmoor's

Korean group, she didn't realize her love of organizing events for groups; but more importantly, her mission is to make life better for others.

"I remember that it was difficult to connect with others when I first moved to Rossmoor," she noted. Youngae believes this has changed over the past few years, but connecting is especially difficult for those with a language barrier. Her goal is to help those in her group become involved in all that Rossmoor has. Youngae dreams of hosting a Korean festival to expose the rest of Rossmoor to the Korean culture.

On Sept. 20, I was invited to a meeting and potluck dinner of delicious Korean food. Youngae made sure I had my own personal interpreter, and despite the language barrier, the feeling of community and warmth was contagious. Members encouraged me to try the different dishes on their buffet. One lady rushed out with a fork

for me, unsure if I could use chopsticks.

At the podium, Youngae held the attention of everyone, recognizing different members during her speech. After a blessing and the meal, Youngae's husband proceeded to explain and help members complete their Anchor forms.

After my experience of meeting Youngae and then members of the Korean American Group, I was filled with a curiosity to learn more from these wonderful, gracious neighbors, especially about their food and traditions. Two non-Korean members have recently joined the Korean Ladies Group. I hope that others will reach out to the group and encourage them to share their many talents and interests. Please contact Youngae at 201-230-0805 if you have an interest in exploring their club or alternately inviting their members to an interesting event you may be hosting or attending.

CLOSED HOMES IN ROSSMOOR

Information obtained from All Jersey MLS from 9/1/2025-9/30/2025

MODEL	SOLD PRICE	BDRM	BATHS
Maine	\$130,000	2	2
Monroe (CO)	\$145,000	2	1
Jefferson (CO)	\$147,500	2	1
Franklin (CO)	\$149,000	2	1
Jefferson (CO)	\$158,000	2	1
Hudson (CO)	\$160,000	2	1
Gettysburg	\$165,000	2	1
Gettysburg	\$205,000	2	1
New Hampshire	\$221,000	2	2
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CULINARY CORNER
By Sidna Mitchell

Something Sweet for Thanksgiving

Growing up in Memphis meant celebrating Thanksgiving in the small – and I do mean really small – town of Parking, Ark., about an hour west of the Mississippi River, with my mother's relatives. My two great aunts moved together after their husbands died. Aunt Money owned the local feed and general store,

and Aunt Dossier was the housewife.

Aunt Dossier always baked a ham – thank goodness – but much to my mother's delight and my father's disgust, we also had whatever my cousin Teeny – and he was short – had recently shot or caught. There might be quail, pheasant, venison, rabbit, bass, or some other game as a second entrée. My father claimed growing up on a farm in Kentucky, he had had so much game, even squirrel, that he vowed never to eat any more.

There were always plenty of vegetables to choose from including corn, peas, carrots, lima beans, green beans, and maybe even some tomatoes. The table was also laden with cornbread sticks, rolls, sweet pickles and my favorite ambrosia.

However, desserts were

pretty simple, usually just apple pie and pecan pie. The pecans came from trees in a small field next to the house. We were always expected to pick nuts to take home for Mother to make a pecan pie for Christmas. I don't ever remember a pumpkin pie on a Southern table for Thanksgiving or Christmas.

Back to that sweet dish we called ambrosia. This is easy to make and keeps well, so sweeten up your holidays.

Ambrosia
4 naval oranges
1 cup small pineapple bits, drained
1 jar maraschino cherries
1 cup flaked coconut
1/2 cup chopped pecans (optional)

Peel the oranges, removing as much of the pith as possible.

Over a bowl, section the oranges, removing any membrane, seeds, and remaining pith.

Cut slices into small pieces.

Add the pineapple; stir well to blend the fruits and juices.

Cover the bowl and refrigerate until ready to serve.

Meanwhile, drain the cherries and cut each one in half. Set aside.

Just before serving, add the cherries and coconut and, if desired, the optional chopped pecans to the orange and pineapple pieces. Mix well.

NOTE: Depending on the number of people you wish to serve, add more oranges and other ingredients. I usually make ambrosia according to sight. You can also add grapefruit pieces, sliced bananas, or any fruit to your taste. However, Southern ambrosia is normally made with just oranges.

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

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

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Last Call for Concert Tickets

On Sunday, Nov. 9, at 3 p.m., harpist/singer Michelle Mountain will be performing "A Day at the Renaissance Faire," replete with costume.

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Garden Specialties



Zulay Camino-Greaves

By Sidna B. Mitchell

You might see her in the Woodshop or on the dance floor, but this woman is definitely a gardener. And she makes good use of everything, including those blossoms atop basil, in her cooking and baking.

A resident of Rossmoor for five years, Zulay Camino-Greaves has had a site in the Monroe Township Community Garden for four years. In fact, she now has two sites after inheriting one from a friend. Born in Venezuela, she was educated in England and France, became a ballet dancer, and had her own dance studio, but this lady loves to cook and bake.

A recent day at the community garden, Zulay slipped off the tops of the budding basil plants and started to eat the little blossoms. “I use these to top my salads or sometimes in my oatmeal cookies for a special taste,” she said. Also, she will stuff zucchini flowers with mozzarella cheese and prosciutto for an appetizer.

But not all her garden results are exotic; she makes jelly – tomato jelly using that fruit from her garden site or apple cinnamon jelly using apples from nearby orchards. Zulay grows herbs such as parsley, chives, mint, rosemary, and lavender in addition to tomatoes, arugula, zucchini, and other vegetables. The arugula doesn’t just go into salad, she also puts that on homemade pizza. However, her real pride and joy this year was her fig trees that offered such a sweet treat just to eat as she picked the fruit.

Zulay is also a cook/baker so for her Christmas parties, she offers gift baskets with some of her homemade jellies and jams such as tomato, apple-cinnamon and jalapeno along with granola for her guests to take home.

The Monroe Township Community Garden opened in 2015 with 96 sites; it now has 176 of these 10-feet by 10-feet-plots. And Zulay is not the only Rossmoorite who was often down there

on Applegarth Road working the soil this year. Other gardeners include Pat Klahre who grew strawberries, peppers, tomatoes, thyme, and marigolds; Barbara Blume and Jimmy

Binckes who had lots of basil on their site this year; and Jacquelyn Coleman who had chives and a huge sunflower inside her fancy fence.

Jonce Gjoreski grew peppers and tomatoes on his site as well as taking care of sites for the food pantry; Thomas Jawidzik and Boris Lebman grew tomatoes on their individual sites; Ken Northrop planted two sites with squash, okra, corn, tomatoes, eggplant, cucumbers, green peppers, and cauliflower; Karen Terry filled her site with such vegetables, depending on the season, as peas, lettuce, spinach, cucumbers, beans, bok choy, spaghetti squash, carrots, and radishes.

The community garden also boasts a greenhouse for gardeners to start their seedlings and bee hives producing honey and offering pollination for the sites.

Chorus Drives Forward into “Busman’s” Holidays

By Joan and Jason Salt

October saw the Rossmoor Chorus singing in the Community Church service on Sunday, Oct. 19, and donning their midnight blue shirts for the annual Sing-Along on Oct. 26. In the Sing-Along, Russ Howard and Lenny Venito lent their voices and guitars, and Moriah Kam and Janet Wilson accompanied the audience on piano. In between those two performances came a pizza party on Oct. 22, a useful opportunity to study music, as a pizza can be divided into eighth notes. Also, saying “mozzarella” is a good enunciation exercise.

Sunday, Nov. 16, will bring another opportunity for a spirit-lifting Rossmoor Community Church service with the Chorus providing musical support. Just four days later, on Nov. 20, the

Chorus will be back in the Meeting House for the Thanksgiving service (a week before Thanksgiving, so no one should be in a food coma...yet).

Don’t sleep on the Winter Concerts, which come early in the month, Saturday, Dec. 6, at 2 p.m. and Monday, Dec. 8, at 7 p.m. at the Meeting House. And while we’re awake, the indefatigable Chorus carolers will wend their way once again through the streets of the village on Dec. 16 and 18.

So, the Chorus members hope you will treat yourself for the holidays by attending a performance or two. And, if you’re interested in joining the Chorus, you can visit a Wednesday rehearsal at the Meeting House from 3:30 – 5 p.m. or give Chorus Director Janet Wilson a call at 609-655-4129.



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Carving Decorative Objects and Useful Tools

By Mary Jane Brubaker

"I am an amateur wood carver and photographer," says Edward Zbrizher, who moved here with his wife, Yelena, three years ago. He serves as a monitor in the Woodshop where he carves decorative items and useful tools out of wood.

He turned a piece of driftwood he found in Thompson Park into a striking work of art. "This is a good project for someone wanting to try their hand at carving," says Edward. After disinfecting the found item, he brought it to the Woodshop and went to work on it. "Carving something like this is a subjective process; you gradually carve sections away and then something beautiful emerges," he says.

He is currently carving a scoop out of a piece of wood. "When this is finished, it can be a coffee scoop or something along those lines," he says. "Other things I've made include chopping boards and

dreidels."

Edward, Yelena, and their two children came to the U.S. from Ukraine in 1996. Edward had a 20-year career as a shoe designer in a Ukrainian factory. "When I came to the U.S.," he says, "there was no work for me as a shoe designer so I learned how to program computerized numeric control machines, which I enjoyed." Now retired, Edward and Yelena are happy at Rossmoor. "It is a lovely place, and the people are friendly," he says.

Those interested in learning to be a wood worker or enhancing their existing skills will be asked to sign a waiver of liability and will be overseen by a monitor until competency in use of the tools and machinery is demon-



These are just a few of the beautiful items Edward Zbrizher has carved. Come to the Woodshop and Edward will teach you how to make items like these yourself.

Photo courtesy Edward Zbrizher

strated. If you're not an aspiring wood worker but have something made of wood in need of repair, you can take it to the Woodshop and the monitors will determine whether they can repair it. Your only expense will be providing any necessary materials in the event those materials are not readily available in the Woodshop.

Woodshop hours are Mondays, Wednesdays, and Fridays from 9 a.m. to 3 p.m., and Saturdays from 10 a.m. to 1 p.m.

Concert on Nov. 6 in the Meeting House

The Rossmoor Jewish Congregation invites everyone to a concert featuring Aldo Friedman, cellist, and Hsiao-Han (Alice) Yang, pianist, on Nov. 6 at 7 p.m. in the Meeting House. Donation is \$10 at the door. Refreshments will follow the concert.

Aldo Friedman, the grandson of resident Rhona Friedman, is a senior at Girard Academic Program. He is a principal cellist, frequent soloist, and has played in the World Youth Symphony.

Alice Yang has a Master's degree in piano performance and has performed as both a soloist and chamber pianist.

The musical selections will include Brahms Cello Sonata No.1 in E minor, mvt 1, Saint-Saëns Cello, Concerto No. 1 in A minor, excerpts from Bach Cello Suite No. 3, and Squire Tarantella, opus 23.



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The Inquiring Photographer

By Rosemary Masella

What are you thankful for?



Janet Taranto

There are so many things I am grateful for every year: my family, my friends, and especially my daughters, and my five grandchildren, who bring me joy and happiness each day. This year I am especially grateful to God. He has answered many of my prayers for so many reasons. Being grateful for what I have and who I have in my life is truly a gift.



Dottie Haggerty

I'm thankful for my husband, Dennis, my son, Steven, my daughter in-law, Cyndi, and my three handsome grandsons. I'm thankful for Dennis doing well, so far. I'm thankful for my wonderful Rossmoor family. I'm thankful for waking up every day. I'm thankful for the wonderful life we have.

And thankful God is helping Dennis and me go through this journey together.

Players: “Just Desserts” as the Main Course



The talented cast, musicians and crew of “Just Desserts”

By Joan and Jason Salt

The Rossmoor Players' production of "Just Desserts" in October was a mighty success, if you call amusing three audiences with a musical comedy - and stuffing them with snacks afterward - a success. And the Players do.

The play combined comedy, mystery, romance, music, and the supernatural in an intoxicating brew. Jim

Wilson once again wrote a script and songs, with chords by Kevin Gunia, that gave the cast a vehicle to drive and a license to provoke laughter. Director Joe Conti and Assistant Director Annemarie Martucci kept a hand on the wheel and a foot on the pedal at all times. Music Director Janet Wilson and percussionist Dennis Arce accompanied Tom McMahon, Carol Bald-

essari, and the rest of the cast.

Jim Wilson played the role of the mysterious voice coming from the antique radio and also provided the incidental music and sound effects. Among the cast there were too many good performances to mention them all. Kudos to Joan Salt for lighting design. As always, the Pitt Crew ably supported the production.



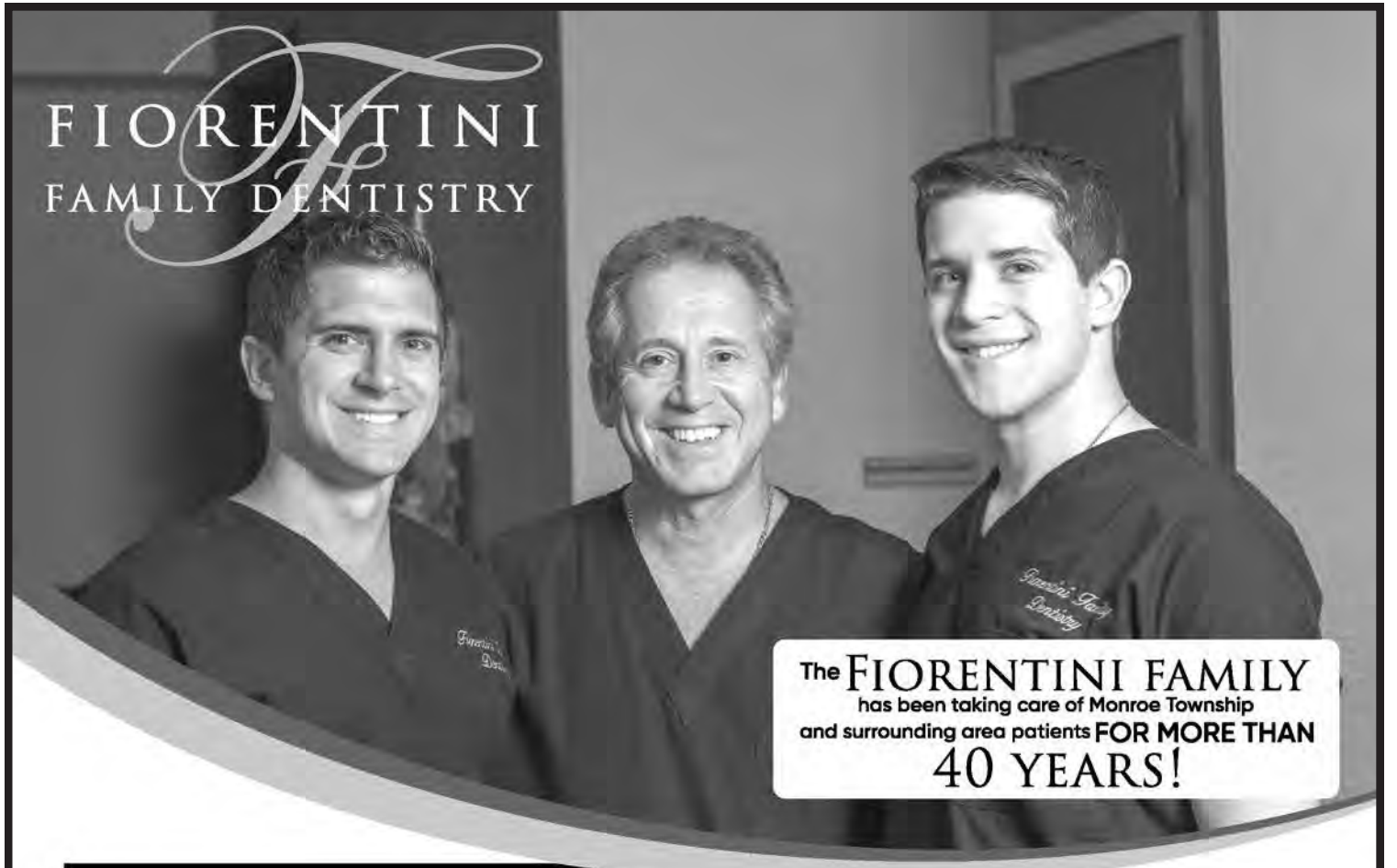
Paulette Mascia

I'm thankful for my two sons, my two daughters-in-law, and my beautiful granddaughter. I'm so proud of them, and the wonderful life that I made in Rossmoor with a lot of wonderful friends. It's a great community.



Karen Silvester

I am thankful for my family, my grandchildren, my good health, and my good friends. Thanking God every morning when I wake up that He gives me another day to enjoy life. I appreciate the fact that I am retired and actually living a good life.



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Thanksgiving, Cranberry Sauce, and the General

By Allen Kobezak

Approximately 45 million turkeys will be eaten in the United States during Thanksgiving this year. Along with that, there will be numerous side dishes to ensure we don't leave the dining table with room for even one more mouthful. One of those traditional side dishes is cranberry sauce. Cranberry sauce goes well with turkey because it adds moisture and a contrasting flavor to the turkey meat.

Although Pilgrims may have had turkey on their table at that first Thanksgiving in 1621, it certainly wasn't the main course. Not with the abundance of waterfowl, fish,

lobster, and clams readily available. Also, as any gracious guest would do, the Wampanoag Native Americans shared five deer and produce from their fall harvest.

As for cranberries, although they were available in the Massachusetts Bay Area and used by Native Americans for medicines and food for hundreds of years, it's unlikely they played a noteworthy role in the Thanksgiving Day celebration. At the time, they were primarily used by our forefathers, or should I say foremothers, as a flavoring for stews.

Turkey would eventually become the traditional main course for the Thanksgiving meal because the bird was easily obtainable and large enough to feed the whole family.

By the mid-1800s, cranberry sauce had gained popularity. However, it reached a wider market in 1864 when General Ulysses S. Grant served cranberry sauce with turkey to his

troops during their siege at Petersburg on Thanksgiving Day.

It's no wonder Grant is somewhat responsible for popularizing cranberry sauce. It's said that General Grant liked to hit the sauce quite frequently, and when criticized for it, President Lincoln came to his defense. The president said he would like to know the brand of whiskey Grant drank so he could send it to his other generals. Lincoln also famously praised the general when he said, "I can't spare this man; he fights."

Forgive me for that last paragraph, and let me finish my exciting story about cranberry sauce's rise to prominence in our Thanksgiving holiday. At the beginning of the 20th century, Marcus Urann, one of the founders of Ocean Spray, began canning cranberries. This made the tart and tangy little berry available all year round and secured its place on millions of dinner tables, especially at Thanksgiving.



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Daisy Cohen placed second (Professional Acrylic) in the New Jersey Senior Citizen Art Show in East Windsor.



On Sept. 26, many residents enjoyed a visit to the American Museum of Natural History. From L-R: Youngae Lee, Paula Saucier, Debbie Criscuolo.

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The Titanic of the Great Lakes



SS Edmund Fitzgerald

By Allen Kobezak

This month marks the 50th anniversary of the day that the SS Edmund Fitzgerald, a large Great Lakes Freighter, went down to the bottom of Lake Superior in a storm with 29 souls aboard.

In maritime history, many ships have met their fate at the bottom of Lake Superior's deep waters. However, most people remember this disaster because of a popular song by singer-songwriter Gordon Lightfoot. His 1976 ballad, "The Wreck of the Edmund Fitzgerald," ensured that this tragedy would stay in our memories.

At the time of Edmund Fitzgerald's maiden voyage in 1958, its 26,000-ton capacity and 729-foot length earned her the title Queen of the Lakes. The Edmund Fitzgerald was an American freighter that transported iron ore from mines near Great Lakes ports. She was a champion among lake freighters, often breaking seasonal hauling records.

When measured by area, Lake Superior is the largest freshwater lake in the world. Its waters reach the shores of three US states and Canada.

Most of the crew who perished in the disaster lived in

Ohio or Wisconsin. They ranged in age from a 20-year-old watchman, Karl Peckol, remembered by a high school classmate as quiet with a sheepish grin, to Captain McSorley, the 63-year-old skipper with 43 years of maritime experience - and hopes of retirement at the end of the shipping season.

On Nov. 9, 1975, the Edmund Fitzgerald departed port at Superior, Wisconsin, with a full load of iron ore pellets headed for a steel mill near Detroit. The 746-mile destination would never be completed, and the icy waters of Lake Superior would steal the future from 29 men and shatter the lives of their loved ones. We can only hope their journey from the living to the unknown world was swift and merciful.

After many decades, the complete story of the various possible explanations for this tragedy remains only theories.

However, we know that the Edmund Fitzgerald faced extreme weather and sea conditions in a monster storm. It lost the use of its radar, which helps ships navigate, and it developed a list, a nautical term for when a ship tilts to one side.

For about four hours during

its difficulties, Captain McSorley maintained regular radio contact with another cargo ship, the SS Arthur M. Anderson. The Anderson tried to aid the Fitzgerald by providing radar plots until they could reach the calmer waters of Whitefish Bay.

About 20 minutes before the Fitzgerald's estimated time of sinking, their final transmission to the Anderson was, "We are holding our own."

When she was located 530 feet below the surface of Lake Superior, the Edmund Fitzgerald was split in half, with the two massive pieces almost 200 feet apart.

But what actually caused the sinking of the Mighty Fitz?

One interesting theory suggests that a series of rogue waves, often referred to as "three sisters," struck the vessel. These waves are enormous and will hit in succession before the previous one clears the deck, overloading it with water. The Anderson experienced this phenomenon shortly before the Fitzgerald went down. The Anderson's captain estimated them to be 35-foot waves that perhaps would also reach the Fitzgerald.

However, this is only one possibility. Others include

flooding in the cargo hold caused by ineffective hatch covers or undetected damage from a previous collision, which led to structural failure during the storm. It could also have been a combination of these factors.

Recovering the bodies was out of the question due to Lake Superior's cold temperatures and deep waters.

While we may never know the exact reason the Edmund Fitzgerald lies at the bottom of Lake Superior, we know that her captain and crew, including 20-year-old Karl Peckol, will forever be aboard watching over her.

Forgetting Important Names

By Sidna B. Mitchell

They say – whoever they are – as we get older we tend to forget names. That may be true now that I'm older, but I've had that problem all my life. Unfortunately, that was not a good trait for a newspaper reporter.

My most embarrassing time came when I was a general assignment reporter for the World Telegram and Sun in New York City. At a press conference, I was standing in the back of the room where I discovered I could get a bet-

ter story just watching folks react to what was being said at the podium. Luckily, there was a nearby table with a large silver bowl filled with popcorn, and I could easily reach over and get a big handful of one my favorite snacks as I listened to the speeches.

Then I noticed a small man on the other side of the table. "Oh, I see you also like popcorn," I remarked.

The rather attractive older man looked at me and said,

(Continued on page 10)

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Mystery Train-Addendum



King George VI and Queen Elizabeth on the Royal Train.

By Terre Martin

Thanks to Rossmoor resident Joan Clayton, a new factoid about the mystery train has emerged! Now age 90, Joan grew up in Jamesburg, so she recounted the story of how, in 1939, King George VI and Queen Elizabeth (the future Queen Mother) traveled through Jamesburg on their royal train. Joan recalled the excitement surrounding the trip and how the townspeople came out to wave to the monarchs.

The royal couple were traveling from Washington, D.C., to a public reception in Red Bank. The train was rerouted at the Jamesburg "Wye" - a railroad triangular junction - where a new locomotive was attached to pull it toward its destination.

During its heyday, the

Jamesburg Wye was a major railroad hub. It connected the Freehold and Jamesburg Railroad to the main line of the Camden and Amboy Railroad. Today it carries freight, but it still blares its mournful whistle to let us know it's coming.

Forgetting Names

(Continued from page 9)

"You don't know who I am, do you?"

I looked at him again, recognized him but couldn't remember his name. All I could say was, "You're the little man on the wedding cake!"

"Harrumph, I guess I'll never live that down," admitted former New York Governor Thomas E. Dewey, the Republican candidate who ran against Harry S. Truman

It's a Murder! She Said.

By Allen Kobezak

That's what it was, a murder, and although I witnessed it, I didn't know what to call it at first.

The murder happened late in the afternoon on Aug. 27. My wife and I were on our patio, enjoying our view of the golf course. What happened next was completely unexpected.

I heard a loud racket above me. I looked up at the sky, then turned to my wife and told her to do the same. Was it a bird? Was it a plane? No, it was a murder! To be precise, it was a murder of crows, hundreds of them. They weren't flying in a direct straight line; they flew in a sweeping circle above us.

I learned from a friend, who has knowledge on the subject, that while a group of crows can still be called a flock, another

accepted term is a murder of crows. But why is there an association between crows and murder?

Crows are often found around places of death. You may notice them near cemeteries and battlefields. Some people believe they are an omen of death. They will feed on dead animals. Their black plumage is also associated with death and mourning. In some cultures, mythological crows and ravens are symbols of death and war.

Have you ever heard of a crow funeral? Crows often exhibit unusual behavior when one of their own dies. The first to discover the deceased will alert others in its group with a loud cawing. They come to the site, landing on nearby trees to observe the situation. Then, they gather around their departed friend and may peck at him to determine the cause of death and attempt to learn if there is a potential threat to them. They then leave their friend to rest in peace.

Crows are intelligent birds that use the information they learn to reduce the risks in their area that could harm their group, whether it comes from animals or humans.

If you doubt the intelligence of crows, you don't know enough about crows and others classified in the corvid family of birds. Some of the others are ravens, nutcrackers, jays, and magpies. Studies have

proven these birds have strong social structures, high intelligence, and the ability to use tools and solve problems.

Crows can even recognize the faces of humans who may have been kind to them, as well as those who have threatened them in the past. So, the next time someone calls you a birdbrain, you can take it as a compliment; they must think you're a pretty smart person.

Getting back to those crows flying over me, and the possibility that they might be an omen of death. I must admit it upset me. After all, I didn't just see one crow, I saw hundreds; and all those crows can't be wrong. Of course, they may have been just passing by me on their way to your house.

Trivia



By Peter and Phyllis Braff

1. What place would you find today before yesterday?

A. - International Date Line B- dictionary C- Alaska

2. How many bones are in the human body?

A - 150 B - 102 C - 206

3. Which President was first to pardon turkeys on Thanksgiving Day?

A -Abe Lincoln B - Teddy Roosevelt C- Thomas Jefferson

4. Which N.J. beach has no charge?

A - Keansburg B - Lavalette C - Bay Head

(Answers on page 12)



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

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

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A Visit to the Remodeled Frick Museum in New York City

By Elaine Alexander

If you enjoy art and museums, you'll be happy to know the Frick Museum and Historic Mansion that underwent a multi-year renovation re-opened on April 17. The comprehensive project updated critical infrastructure, improved accessibility, repurposed existing space, and created new galleries on the second floor. The goal was to preserve the historic Gilded Age mansion and showcase parts of the collection not seen before, while expanding spaces to be appreciated for the next 100 years.

The architects of the 1914 building, John Mervin Carrere and Thomas Hasting, were trained at the Ecole de Beaux Arts in Paris. They opened their own firm in 1885 and became prominent architects of America's Gilded Age. In 2021, Seldorf Architects honored the building's original character and partnered with Beyer Blinder Belle Architects, experienced in historic preservation, to add much needed amenities: the reception hall, a 50-seat café, museum shop, and ADA accessibility. The Garden Court stonework and fountain were repaired and

cleaned to a new glow. Other facilities and activities were respected in the plan such as an education room, auditorium, library activities, and Museum conservation. Henry Clay Frick, born in Pennsylvania, became an industrialist and millionaire from coke production, an ingredient in metallurgy, and hence an ingredient of the steel industry and railroads. He was a business partner of Andrew Carnegie and J.P. Morgan and served as a member of the board for steel corporations and railroads. Beginning in his 30s, he established trusted rela-

tionships with dealers and advisors and created a world class collection of art for public benefit. Mr. Frick's emphasis was on provenance, condition, and quality. He focused on old master paintings and decorative arts from the Renaissance to the 19th Century and favored portraits, landscapes, and Dutch Golden Age painters like Rembrandt, Vermeer, and Frans Hals. Highlighted on the second floor, in what was Adelaide Frick's boudoir, is the Boucher room, displaying 18th century panels by Francois Boucher and overlooking Fifth Avenue and Central Park. The bucolic settings, illustrating pleasant pastimes

in tranquil colorations of blues and greens, cannot help but halt the city's stimuli and bring a settled calm to the viewer. The medium to large Corot (Jean Baptiste Camille) canvasses are also mood provoking, communicating a serene place with the placid waters of his somber landscapes, in real or imagined locations of France and Italy. His nearly monochromatic palette of small figures and cattle set among ponds, lakes, and misty forests are simplistic in composition, but full of grandeur and poetry. Corot's work, 1860 – 1870, is not found everywhere. However, the Princeton Univer-
(Continued on page 12)

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What a Bunch of Turkeys

By Steven Gray

It is now November and most of us are looking forward to Thanksgiving turkey. Let's take a loving look at turkeys of a different kind – the computer turkey, the ones so bad we did not know they were bad until after decent ones came out.

Most of you know that I am a Windows person, but I really did begin with an Apple II C which, for its time, was not that bad. Now, we come to a successor, the Apple III. This little gem was designed by a marketing team, not engineers, and did not have a cooling fan so it would be quiet. If you use an aluminum chassis with a plastic overlay

you end up with a great heat source, so great in fact, that the circuit boards would warp, the chips would pop out of their sockets, and disks would actually melt. One of the "fixes" was to drop the case about six inches to reseal the chips. Kind of like that old TV that lost its picture, and you pounded on the top until the picture reappeared.

There was something called the "New Internet Computer" which used slow dial-up, no hard drive, and no way to work offline. It actually worked, just not very well, and did not last. One of my favorites was the Emachine Etower 366C. That machine did have problems such as a noisy fan, a bad modem, bad power supplies, and poor tech support. It would turn on by itself in the middle of the night. It did look pretty good.

The early 1980s gave us the Coleco Adam. The manual told users to have the software tapes inside the computer before turning it on. Why was that an issue? The Adam had a surge of magnetism when turned on and tended to erase all information on the

tapes in the computer. About the same time, we saw the IBM PC Jr. as opposed to the IBM PC. The junior did have a couple of issues, like a "chiclet" style keyboard that was unusable for typing and the fact that it could not run most of the software written for the IBM PC.

The mid-90's brought us the Gateway 2000 10th anniversary computer and it was specially configured to show customer appreciation. Big failure, as it contained a crippled video card and surround-sound speakers that were not. In addition, the PC froze if you tried to play an audio CD.

There were many other turkeys, but I will close with another Apple product, the Apple Mac portable. It was not all bad as it was the first commercial PC to be used in space. But, as a portable computer, it weighed about 16 pounds, the equivalent of four bricks on your lap. This not very portable had a small black and white screen.

The Rossmoor Computer Club wishes all of you a Happy Thanksgiving and may all your turkeys be of the fowl and not the foul kind.

Button, Button

By Steven Gray

This is a fictitious story based on many home visits and not just at Rossmoor. Any resemblance to anyone is strictly coincidental, but if you recognize yourself, don't tell anyone.

"My radio doesn't work anymore. All I get is static," said the grandmother to her nine-year-old granddaughter, Augusta.

"Oh, Grandma, you just hit the 'band' button and changed from FM to AM. Easy fix – see?" said Augusta. "Why do you have three remotes for the TV?"

"Oh, that's easy," she replied. "I use one to turn the TV on and the second to change the channels."

"But," said Augusta, "what about the third?"

"I don't know. I turn it on and something lights up, but it does not do anything."

"Oh, Grandma," Augusta sighed. "I will buy you a universal remote to control

everything."

Two months later.

"Hi, Grandma," said Augusta. "How is the new remote working out?"

"Fine," she replied, hesitantly.

"Grandma, why don't you ever change the channel? Don't you get tired of watching the same thing over and over?" asked Augusta.

"Actually, I am afraid to touch anything on the remote. I fear that if I touch the wrong button the TV will blow up," said Grandma.

"That's silly. Let me show...." BOOM!

Trivia answers

(Continued from page 10)

- 1 – B
- 2 – C
- 3 – A
- 4 – A

Frick Museum

(Continued from page 11)

city Art Museum has curated a few smaller paintings for our local viewing.

All the paintings at the Frick are displayed in 18th and early 19th century period rooms. The mansion's décor and architecture support the experience of entering another place and time of prosperity and opulence. Silk upholstered walls, elegant draperies, antique furniture, decorative arts, and porcelains are the backdrop to the

Collection.

The aesthetic environment of the museum helps engage the senses and allows one to imagine the splendor of the period. I describe the collection as the best-of-the-best, the finest works from the greatest classic artists, during a period of American progress and wealth that became the Gilded Age. Finally, the Frick Collection is a tribute to Classic Art preserved to be shared with the public in perpetuity – a mission of purpose, beauty, and enrichment.

Mary Mallon’s Recipe for the Affluent

By Allen Kobezak

While many people wish to achieve the type of fame that will outlast them long after their life on earth is over, no one would want to trade places with Mary Mallon.

Mary Mallon immigrated from Ireland to the United States in 1884 at the age of 15. She began her working years as a maid, but would eventually work her way up to the position of cook in the homes of wealthy families. Being a person who prepared food would be a leading factor in her rise to fame. Unfortunately, unlike some of the famous cooks of our time, such as Julia Child, her fame wouldn’t bring her fortune or envy.

Mary Mallon, also known as Typhoid Mary, was the first person known to be an asymptomatic carrier of the bacterium Salmonella typhi, which causes typhoid fever. This disease typically occurs in unsanitary environments.

Although Mary had no symptoms of typhoid fever herself, she could still transmit the disease to others, and she indiscriminately spread the disease like a storm cloud covers everyone beneath it with rain.

Beginning in 1900, Mary Mallon worked in the New York City area for seven years, serving as a cook in the homes of eight families. In seven of those residences, people contracted typhoid fever.

Every time the illness was discovered, Mary would soon leave her employer and move to another family, where members of the new household would become infected.

One property owner hired George Soper to investigate the cause of the outbreaks and determine why they were more common in wealthy families. Soper eventually found that the only person with a connection to each of the affluent families was Mary Mallon. However, Mary refused to cooperate with his investigation and, at one point, physically threatened him.

When Soper notified the New York City Health Department of his suspicions, Mary was arrested as a public health threat. Even then, she didn’t come into custody peacefully. It took five policemen and Dr. Sara Baker to take Mary into custody. The doctor went beyond her call of duty when she sat on Mary to subdue her in the ambulance. She was taken to the hospital and confined for four days, undergoing

tests. The large number of typhoid bacteria found confirmed that Mary was the source of the outbreak.

Mary admitted she rarely washed her hands; however, the theory that germs could spread disease was not generally accepted by the public at the time.

From 1907 to 1910, Mallon was forcibly quarantined in a hospital on North Brother Island, where she underwent testing three times per week. During this period, she suffered a nervous breakdown and unsuccessfully attempted to sue the New York Health Department. She claimed she was being treated like a “guinea pig,” that she was given drugs that could damage her kidneys, wasn’t given access to an eye doctor for her paralyzed eyelid, and was given misleading information about where the typhoid was located in her body.

After almost three years of quarantine, the New York State Commissioner of Health decided that Mary could be released — but only if she agreed not to work as a cook and promised to take precautions to protect the people she came in contact with.

I wish I could say that Mary Mallon lived out the rest of her sad life as happily as possible. I want to say that not only because I believe she endured much misfortune, but also because I’m over my editor’s suggested 500-word limit for a Rossmoor News article. However, that wasn’t the end of Mary’s troubles.

Upon her release, Mary took a job as a laundry worker, which was forty percent of a cook’s income. For six months, she had no income at all while she cared for an infected laceration on her arm. In desperation, she broke her agreement with the health authorities, changed her name, and took on jobs as a cook.

Once again, where Mary worked with food, typhoid fever followed her. People became ill, some died, and Mary moved on to a new job.

In 1915, she was arrested and again returned to quarantine on North Brother Island. That would be her home for the next 23 years until her death at age 69, still claiming she didn’t think she was a carrier of the disease.

Mary Mallon is believed to have infected 50 to 122 people with the typhoid infection. Three of whom were confirmed deaths, with another 50 unconfirmed.

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What’s in a Nickname — The Bay State

By Allen Kobezak

The Commonwealth of Massachusetts has several nicknames, including The Codfish State, The Pilgrim State, and The Baked Bean State. However, its official nickname is The Bay State because of its numerous bays and extensive coastline along the ocean.

Before we go into more about the Bay State, I'm sure you'll want to know about that other nickname, The Baked Bean State. It's all due to those 17th-century Puritans. They needed a hearty, slow-cooked meal that they could prepare on Saturday and consume on Sunday. That way, they could quiet their hunger pains on the Sabbath without breaking their religious beliefs.

Now, to continue on to the Bay State. The bays played an important role in the colonization of Massachusetts and its future trade and maritime activities, including ship-building.

In 1620, seeking religious freedom, the Pilgrims arriving on the Mayflower established the Plymouth Colony. This became the first permanent English colony in New England.

Ten years later, those bean-eating Puritans arrived in Massachusetts Bay and founded the much larger Massachusetts Bay Colony, located just north of Plymouth Colony.

Then, in 1773, the Boston Harbor in Massachusetts Bay hosted a most unusual costume party. The party got a little out of hand when the partygoers, dressed as Native Americans, decided to throw a shipment of tea into the harbor to protest a British tax on tea. You know how the British feel about their tea, and 16 months later, they marched into Lexington and Concord, and the American Revolutionary War began.

The bays of Massachusetts are beneficial to the state in many ways. They protect the coastline from storm damage and erosion, and the bays are home to a vast population of marine life, which is crucial for the commercial fishing industry. The bays and their neighboring areas also attract recreational fishermen and tourists who support the local economy.

The history of Massachusetts is linked to the founding of America. With its numerous bays, it was destined to be one of the places where new settlements would begin. They would continue to grow and help the modern-day Massachusetts economy thrive through tourism and its abundant marine life. This makes The Bay State a fitting nickname that suits the state even more than The Baked Bean State.

Behind the Veil of Robert Shirtliff

By Allen Kobezak

When I was young, some men of military age did everything they could to avoid being drafted into the army. Some even took to the streets to demonstrate their displeasure at being forced to fight in an unpopular war.

However, my story is about a person who went to great lengths during the Revolutionary War to show her eagerness to fight for her country.

During a time when women were not allowed to pick up a rifle and fight in the military, and the idea of doing so rarely crossed most women's minds, Deborah Sampson did exactly that.

Under the alias Robert Shirtliff, she masqueraded as a man when she signed her enlistment papers and fought alongside other soldiers for 17 months. She wore men's clothing, cut her hair short, and tightly bound the area of a woman's body that would be a dead giveaway to a man.

Robert, I mean Deborah, was taller than the average woman or man of her time. She was around five feet, eight inches, compared then to five feet, five inches for a man and five feet for a woman.

Deborah Sampson was born in 1760 in Plympton, Mass. She was one of seven children. Her mother was left to support the family when her father abandoned his responsibilities and moved to Maine.

When her mother struggled to provide the care her children needed, she found them homes with friends and family members.

Deborah lived with several families before reaching adulthood. Along the way, she discovered that she had a natural ability to work with mechanical things, and she became skilled at woodworking.

Then, in 1782, Sampson tried to join an Army unit in Middleborough, Mass., using the name Timothy Thayer. However, someone in the town recognized her and notified the local authorities. This didn't discourage Deborah, and later that same year, she successfully enlisted in Uxbridge under the name Robert Shirtliff.

At that time, soldiers in Light Infantry Companies were selected because they were taller and stronger than the average soldier. Deborah met that requirement and joined the 4th Massachusetts Regiment.

In July 1782, Sampson received wounds in a skirmish near Tarrytown, N.Y. She was shot in her thigh, and an enemy sword cut her forehead. She was treated at a field hospital for her cut, but left before the doctor could treat her gunshot wound and possibly discover her true gender. She later cared for the wound as best as she could, although the wound would continue to be painful for many years.

She was reassigned to new duties in April 1783, and that summer, while in Philadelphia, she developed a fever and lost consciousness. Dr. Barnabas Binney removed her clothes, and being a doctor, he came to the conclusion that the soldier he was examining was a woman! She was honorably discharged on Oct. 25, 1783.

Deborah became a farmer's wife when she met and married Benjamin Gannett in 1785. Their farm was small, and the soil was played out, making it difficult to earn a living while raising four children.

In 1792, she petitioned the state legislature for her back pay, which was initially denied due to her deception. She was victorious in her efforts.

To help pay her family's debts, Sampson gave lectures about her experiences during the war. However, she often had to seek help from family and friends. One friend, Paul Revere, used his connections to help her receive a military pension, even though no woman had ever received that benefit.

On April 29, 1827, at age 67, Deborah Sampson died from yellow fever.

In the Revolutionary War, Deborah Sampson's desire was to hide her true identity behind the veil of a soldier's uniform. However, when that veil was removed, it revealed the life of a true American heroine.

Reunions: Good, Bad, or Indifferent?

By Terre Martin

This was the year of my 60th high school reunion. The notifications went out early, trying to suck me into the nostalgia. I got emails from class officers, requests for a donation (of course), and ads from promotion companies that could send me a t-shirt and mug for a small fee! I even joined a Facebook group that was filled with strange looking people who had familiar names. How could this be happening? Who were those people with grey hair, bald heads, wrinkled cheeks, and big bellies?

I was so conflicted. Should I go? Should I even respond? Will anyone remember me since I didn't seem to remember many of them? I pulled out my yearbook and began perusing the pages. I read the heart-felt messages from classmates I would never see again. Everyone promised to stay in touch, wished me good luck in the future, and men-

tioned some goof-ball antics we had experienced.

There were about 800 students in my graduating class, so I can't say I knew everyone. There were also a lot of divisions. Our academic classes were grouped by smart, average, and "the dumb kids." We didn't ascribe to political correctness in those days. We also had religious divisions. You were either Jewish, Catholic, or Protestant. And yes, there were the economic divisions. The rich kids lived up the hill, the middle-class kids lived in various neighborhoods, and the poor kids lived near the train station and commercial part of town. That was pretty normal, at least it seemed that way to me.

Here I was, 60 years later, being asked to dredge up old memories and relive experiences that I had gratefully left behind. I just couldn't do it. When I think about the teenager I was back then and the

woman I am today, even I don't recognize her. I was sure no one else would either. Frankly, I didn't want to feel those insecurities again. I love my life now and I appreciate who I have become. So, of course, I declined the invitation to attend and patiently waited to see all the photographs taken during the reunion.

Then, just days after the photos were online, I got a text message without a name. It said, "I heard 'Rockin' Robin' on my favorite oldie channel and had a flashback of the two of us doing the jitterbug in my basement!" There it was! The hook that pulled me right back into the past! Oh, yes! I remembered that song, copying the dance moves from American Bandstand, and my old friend. Of course, I traced the number and made a phone call. What followed was a fabulous conversation with lots of laughing, wonderful memories, and eye strain to identify those strange looking people in the photos.

I'm glad I didn't go to the reunion. It would have been time spent with people I didn't really know and, frankly, didn't really care about. Instead, it prompted a joyful conversation with someone I did care about, who shared my life experiences, and who I didn't realize I really missed.

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Clubs and Organizations

Like to Read? Join the Book Club

By Karen Kahn

The Rossmoor Book Club would like to invite all readers to their meetings. A variety of books, suggested and voted upon by club members, are reviewed and discussed at each meeting. Titles included “Demon Copperhead” (Barbara Kingsolver), “Montana 48” (Larry Watson), “Lucy by the

Sea” (Elizabeth Strout), and “The Lincoln Highway” (Amor Towles). We would like to have you come to contribute your input to the existing discussion.

The group meets at 3 p.m. in the Dogwood Room (except for November (Maple Room) and December (Cedar Room). Meetings are the third Thursday

of the month except for the December meeting, which will meet the first Thursday. At that Dec. 4 meeting, the club members will vote on books for the next year.

The book for the Nov. 20 meeting is “The Women” by Kristin Hannah. For more information, contact Contact Karen Kahn at 732-501-0286. Join us. We would love to have you.

Computer Club Upcoming General Meeting

By Cathleen Norback

Please join us for our upcoming Computer Club General Meeting scheduled for Monday, Nov. 17, at 10 a.m. with the 3 Cs: coffee, cake, and conversation beginning at 9:30 a.m. in the Gallery. Our topic this month will be

“Medicare rule changes initiated by the Trump Administration, new Medicare Advantage policies that will be written for the 2025-2026 year, and current frauds that are targeting seniors.” This month’s speaker will be Joel

Schneider of the Senior Medicare Patrol.

All residents are welcome. You do not need to be a member in good standing. Please join your neighbors for this upcoming, timely, and informative presentation. Hope to see you there.

Rossmoor Dance Club News

By Debbie Sills

November is our last dance of the year. The dance is on Saturday, Nov. 29, from 7 - 10 p.m. in the Ballroom. Entry price is \$10 for members only and \$12 for guests.

So, it’s time for 2026 membership dues – living in Rossmoor does not make you a member automatically. If you are not a member, you are a guest. You can only become a member if you live in Rossmoor.

There is a change for 2026. Despite rising costs, we have decided to keep our annual membership dues the same, \$10 per person for the whole year; and we are keeping members at \$10 per person to attend non-catered dances. However, guests will need to pay \$15 to attend, starting January.

Membership forms are printed in the Rossmoor News and can also be found in the carousel near E&R.

Please use a separate envelope for your membership payment and do not combine with your payment for a dance.

November’s Turkey Trot on Nov. 29 will feature DJ Jeff returning to entertain us with a wide range of music, whether you do free style and enjoy strutting your stuff, or you are a line dancer or a butterball-room dancer. (Sorry for the bad Thanksgiving puns.) Of course, you can just listen and munch on the club’s array of yummy snacks and refreshments.

We are a popular club so make sure you get your reservation form in by Wednesday, Nov. 26. This is particularly important if you are with a group, so you can be seated together.

Have a wonderful Thanksgiving and then come and work off those calories at our Turkey Trot end of year dance!



When Howie isn’t singing, he’s dancing!

2025 Dance Club Schedule The 2026 Dances TBA

DATE	TIME	THEME	MUSIC BY
11/29/25	7 PM	Let’s Do the Turkey Trot!	Jeff
NO DECEMBER DANCE			

Rossmoor Dance Club Let’s do the Turkey Trot!

Saturday, Nov. 29, 2025: 7-10 p.m.
Reservation Deadline – Wednesday, Nov. 26, 2025

Name (s): _____

Phone #: _____

Address: _____

2025 PAID Member(s) @ \$10 per person _____

Non-Member(s) @ \$12 per person _____

Please leave an envelope with this form and exact cash or your check payable to Rossmoor Dance Club in the Dance Club folder at E&R or mail to: Armen DeVivo, 449-B Roxbury Lane, 609-655-2175.



Veterans Group Welcomes Members

All Veterans, come join us at our meeting at 10 a.m. every second Tuesday of the month in the Ballroom.

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Rossmoor Dance Club Membership Form 2026

Annual Membership due by Jan. 1, 2026
\$10 a year, per person; \$20 a year, per couple
Please use a separate envelope for your membership payment. Do not combine with your payment for a dance.

Name(s): _____

Address: _____

Email: _____

Phone: _____

Please give exact cash, or make a check out to: Rossmoor Dance Club and send to: Armen DeVivo, 449-B Roxbury Lane, 609-655-2175 or place form and cash or check in an envelope and deliver to E&R in the Clubhouse.



Mutual 4B residents had a great end of summer party!

Mutual 4 Bees: End of Summer Party

By Youngae Lee
A great time was had by all at our End of Summer Party on Sept. 21. More than 70

Mutual 4B residents enjoyed good food, dancing, prizes, and ice cream.
If you have any questions

about Mutual 4B, please contact Pat Egan at 908-812-1428.

Mutual Seven Party Set for Dec. 6

By Karen Kahn
All Rossmoor residents are cordially invited to the Mutual Seven's annual party on Saturday, Dec. 6, from 12-3 p.m. in the newly appointed Hawthorn Room. There will be freestyle, line,

and ballroom dancing. The food will be buffet style, and there will be gluten-free choices. The cost is \$25 per person for attendees. This event is an annual gathering for the entire community and not just Mu-

tual Seven residents.
If you want to attend, make your check out to Mutual Seven and give it to Christine Parr in the Administration Office by Tuesday, Nov. 25. Hope to see you all there.

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Religious News

Community Church Welcomes New Members



Eight new members joined the church this fall.

By Alyce E. Owens
On a beautiful Sunday morning in early fall, the Rossmoor Community Church welcomed eight new members into their church family. Just three months before, three others joined, and several more plan to become members before the end of this year. With so many congregations of all faiths dwindling across the nation, Rossmoor Church is grateful for this growth that they credit, of course, to the grace of God. But perhaps there's more to it than that.
Prior to their reception, these new members all com-

mented on how warmly they had been welcomed when they arrived as strangers. They soon learned that the folks who regularly attend the services are part of a loving, caring family who join together every Sunday morning in worship services that are informal, focusing on Biblical scripture, prayer, and mostly traditional hymns. Pastor Ann Schoonover preaches the good news of Jesus Christ, Son of an all-loving God, and invites all to come and worship . . . and to reflect that love in their daily lives.
Like most of the existing

members of this Christian ecumenical congregation, some of these new members had extensive religious training in childhood; others had absolutely none. Some were Catholic, Presbyterian, Lutheran, or other Protestant denominations; others had no prior religious ties at all. It really doesn't matter what their background is, they are all children of God; they are all welcome.
One of the prospective members expressed concern about having belonged to another church for many years and hated to sever that

(Continued on page 19)

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You Are Welcome Here

By Susan Peters

Baptized some 70 years ago, I was raised in the Catholic faith by a very devout, church-abiding father, and also exposed to the Greek Orthodox Church, mainly on holidays, by my Greek mother and her family. I had survived 12 years of Catholic school and itchy wool uniforms (I'm allergic to wool), followed by what seemed like an all-day experience of Sunday Mass (the earliest years in Latin), each week throughout my childhood.

Looking back, if I'm honest, I found greater solace in times of trouble, or in thanksgiving for the life I had been given, sitting alone on a beach staring at the ocean and talking to my Creator. Although I respected my Dad for his unwavering faith, I was always looking for something else, an

intertwining, believing that all faiths had something valuable to share and to give. At some point, however, I gave up on that dream and just stopped going to church.

I moved to Rossmoor almost 14 years ago, living first on the far side of the community, and recently only a block from the North Gate. For years, regardless of my address, that beautiful steeple on the Meeting House called to me, to which I answered, "some day."

Then, a few months ago, something inside propelled me to want to attend a service. I reached out about my intention to my friend Alyce Owens, who was always sharing the news and activities of the church with others. The following Sunday, she greeted me at the service with open arms, introducing me to other members and the wonderful pastor, the Rev. Ann Schoonover.

I recognized many faces and felt engulfed in the glow of this beautiful little church. It felt like a "community within a community." The pastor's sermon was so relevant to me and the times in which we are living, that I found myself tearing up at the conclusion of the service. Was I finally finding a spiritual home? The connection was unworldly, and I wondered what had taken me so long.

Recently, the Rossmoor Community Church welcomed eight new members to the fold. I was one of those grateful new members, thrilled to have found a spiritual new home.

Jewish Congregations Happenings

2 Rossmoor Drive,
Monroe Township, N.J.



By Adrienne Brotman

• Sabbath Services

Friday, Nov. 7, and
Friday, Nov. 21
7:15 p.m. Meeting House
All Welcome

• Pot Luck Friendsgiving

Sunday, Nov. 23, at 5 p.m.

Join the Rossmoor Jewish Congregation as we celebrate friendship and share our favorite Thanksgiving side dishes and desserts. Chicken and beverages will be provided. \$10 per person. Everyone is welcome. RSVP to Morty Wall, 450A Roxbury Dr., by Nov. 16. Include your name and phone number, and what dish you will be sharing. Flyers are in the carousel near the E&R office.

If you would like more information about the congregation, contact Barbara Herman Hoff at 973-476-5702.

If you need a ride to services or Jewish Congregation activities, call Morty Wall at 732-299-7501.

In Memoriam

Christopher Donahue, 1955 – 2025

Christopher M. Donahue passed away on Sept. 29, at St. Peter's Medical Center, New Brunswick, after a courageous battle with cancer. Born in West Springfield, Mass., on Aug. 15, 1955, he moved to Wilmington, Del., in 1964.

Chris attended Concord High School, where he developed a life-long love of soccer. In 1972, he was named an All-American by the National High School Soccer Coaches Association. He went on to earn four varsity letters in soccer from the University of Delaware, where he graduated with a degree in English and Journalism in 1979.

Chris began his career in journalism at the Wilmington (Del.) News Journal. He started at the Sports Desk, where he worked as a copy editor and reporter, covering high school, amateur, and professional sports. Later he was a beat reporter for the Philadelphia Flyers. Chris moved into news reporting and, after relocating to New Jersey in 2000, he went to work for the Courier News in Bridgewater. Eventually, Chris felt called to move away from the secular press and took a reporting job at The Catholic Spirit, the newspaper for the Diocese of Metuchen, where he worked for almost 20 years, eventually becoming editor-in-chief.

Chris was a member of Our Lady of Lourdes Catholic Church in Milltown. He was a Fourth Degree Knight of Columbus, Council 7250. He loved sports, especially soccer, and was a devoted fan of the Tottenham Hotspurs, the Philadelphia Eagles, and the Boston Red Sox. Chris was also an avid golfer.

He is survived by his beloved wife of 25 years, Cathryn. Donations may be made to the Jerome Lejuene Foundation, an organization devoted to research and advocacy for children living with Trisomy 18.

Catholic Society News

By Sheila McCue

The Catholic Society hosted a lively and inspiring presentation by Mary Ann Sullivan at our Sept. 9 luncheon. Mary Ann's topic was "Meaning, Purpose, and Hope." She discussed the dreams we have all cherished and nurtured throughout our lives and how they have evolved through the varied seasons we have already experienced.

There was the Spring of our youth followed by the season of family/career and then, the Autumn of midlife. "What," she asked, "are the dreams of this season of your life?" The puzzle pieces of your broken dreams from a previous season can be pieced together to form your next dream. We were invited to ask ourselves: "What do you really care about?" The answer to that question will help you discern your dream for this season of your life.

The discussion went on to discuss negative images of aging in our culture. Mary Ann recommended that we seek out the positive examples presented in the media and treat ourselves to a

booster shot of positivity about aging by watching TV shows like the new "Matlock" with Kathy Bates or the popular Netflix movie "Nonnas." Rejoice in the blessings of aging and celebrate them.

The luncheon presentation wrapped up with some meditation on Hope using Psalm 71 along with some uplifting music and storytelling.

The next council meeting for the Catholic Society is scheduled for Nov. 11. See the Channel 26 bulletin board for the location. November events that we share with the Interfaith Council will also be found on Channel 26.

Our Nov. 13 mass in the Meeting House at 1:30 p.m. will include the Sacrament of the Anointing of the Sick. This is recommended in some circles for anyone aged 65 or older. Mass will be followed with refreshments and fellowship. Some of our members will surely want to share about their experience of touring St. Patrick's Cathedral with the E&R excursion scheduled for Nov. 3. Be sure to join us.

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Motorists must obey the rules of the road while driving within the community including, but not limited to, observing the posted speed limits, No U-Turn, Yield, and One Way signs; stopping for pedestrians; making a full stop at all stop signs; and exercising extreme caution when entering RCAI streets from lanes or other areas without stop signs.

SPORTS

The Road to the Mayor’s Cup



Rossmoor’s Shuffleboard team won the Mayor’s Cup!

By Allen Kobezak

On Sept. 12, our Rossmoor Shuffleboard team competed in the Monroe Mayor’s Cup Tournament and brought that cup back home to our community.

The road to any sporting championship is long and filled with many obstacles. This is true not only for professional sports teams but also for our recreational sports here in Rossmoor.

Most of us who decide to join our community’s sports teams do so to have fun, make new friends, and get some exercise.

But that doesn’t mean our desire to win is any different than the professional athletes. We still have that competitive spirit that keeps our juices flowing.

It’s been a long season for our shuffleboard members, filled with many obstacles from start to finish. We had a slow beginning with Mother Nature providing us with an excessive amount of rain and unbearable heat as we attempted to finish our in-house tournaments. Some members lost time playing due to necessary surgeries and other medical issues. Then there were the usual aches and pains, which players did their best to play through despite their discomfort.

However, we had a special desire to bring the Mayor’s Cup home to Rossmoor because of our frustrating loss to Concordia last year. We came so close, but lost by one point in a disappointing tie-breaking game between the two best teams in the tournament.

This year, we played against five Monroe communities and, once again, had to win a tie-breaking game, this time against Encore. Each team had won five of the six games they played.

The two teams chose their

two best players for the tie-breaker. For Rossmoor, there was no hesitation as to whom we would pin our hopes on with the cup on the line: Glenn Harmer, our team captain, and Antonino Furnari - the same two players who came so close last year.

I would like to say they competed in an exciting, close-fought cliffhanger. However, it wasn’t. This year, Glenn and Antonino wouldn’t let anything stop them from bringing the cup home to Rossmoor. They won in a very lopsided game, ending in an incredible 80 to minus 17 score. That’s right, they didn’t allow their opposition to score even one point.

Yes, it’s been a long road with many obstacles to overcome, but, in the end, the Rossmoor Shuffleboard team

won. The credit goes to all our Mayor’s Cup team players, as well as our alternate players, our volunteer score keepers, and every member of the Rossmoor Shuffleboard team that worked behind the scenes to help bring about this victory for our community. And thank you, too, if you came to cheer on our team.

Third Annual Rolling Thunder Bocce Tournament

By Maria Hogan

The Third Annual Bocce Tournament, where Rossmoor’s military veterans take on their spouses/ companions, was held on Sept. 12. The Veteran’s team took the honors this year, winning best out of five games over the competition.

Special thanks to Joe Salzano and his wife, Debbie, who both did a fantastic job organizing this event. It was a wonderful team effort with everyone helping. The weather conditions were perfect, so the losing team had nothing on which to blame their loss.

The tournament was followed by pizza and drinks in the Hawthorn Room. Thank you to everyone for making this such a successful and fun event.



Greensward Ken Northrop, on the right, congratulates the winners of the Rossmoor Croquet Club Kooky Kroquet Tournament. Ida Serrano came in second place and John Messeroll was the winner. Twenty-one members participated in the fun-filled event.

Croquet Club Had Fabulous Fall Season

By Betty Anne Clayton

During the month of October, the Rossmoor Croquet Club held its first annual Snake in the Grass Tournament. Members greatly enjoyed playing in this tournament as it was more challenging than the golf croquet that they play every Friday afternoon. The Snake Tournament now joins the Doubles Tournament and the Kooky Kroquet Tournament as the highly-anticipated competitive annual events of the club. The 2025 court season concluded on Oct. 31 with a colorful display of Halloween costumes instead of the traditional all-white attire.

Officers for 2026 were elected at the annual meeting and luncheon, catered by B Bistro, on Saturday, Oct. 25, in the Gallery. A gala holiday luncheon will be held on Saturday, Dec. 13, from noon until 3 p.m. in the Gallery.



Bocce: The men took home the honors this year.



Bocce: The women came in second.

HEALTH CARE CENTER NEWS

You Can Do It! How to Manage Your Diabetes by Eating Healthy

By Lisa DiGiovanni, EdD, MSN, RN, MEDSURG-BC, CHSE, and Elizabeth Caruso, MSN, RN, COHN-S, Saint Peter's University Hospital

Unless you are one of the fortunate ones, you likely know all about having to manage health-related issues as you get older. There's really no way around it; the human body goes through changes as the years pass and managing your health becomes a top priority more than ever before.

Diabetes, a condition that affects millions of seniors, is a disease that occurs when your blood sugar (glucose) is too high. If you have diabetes, eating healthy is a great way to manage your blood sugar.

November is **Diabetes Awareness Month**, a perfect time to learn more about how food choices impact your blood sugar levels and overall health. Whether you have diabetes, are at risk for it, or are simply looking to stay healthy, it's never too late to start eating better.

Why Healthy Eating Matters

You have heard it said before that, "You are what you eat!" What does this mean? Simply put, if you make junky food choices, you are going to feel junky. This is espe-

cially important for diabetics, or those who have been told they are prediabetic.

A healthy diet can help:

- Improve your energy
- Control your weight
- Lower your risk of heart disease
- Manage blood sugar without needing extra medication

Does this mean you have to give up all your favorite foods? No more dessert? Absolutely not! Healthy eating doesn't mean giving up the foods you enjoy. It's just about making smart choices.

Tips for Healthy Eating with Diabetes

Here are some simple and practical tips to keep your blood sugar in check. These food items should be on every healthy person's menu!

Choose whole grains – Swap white bread, rice, and pasta for whole-grain versions. These have more fiber, which helps manage blood sugar.

Eat plenty of vegetables – Fill half your plate with non-starchy vegetables like broccoli, spinach, green beans, and peppers. If you love corn and potatoes, eat them in moderation – not every day!

Limit sugary foods and drinks – Your blood sugar can spike when you drink

soda or eat candy and other sugary foods. Try fresh fruit or sugar-free treats instead.

Watch portion sizes – Remember what we said about making smart choices? Eating too much of even healthy foods can raise blood sugar. Use smaller plates or measure portions to stay on track.

Don't skip meals – Skipping meals can cause your blood sugar to go too low or too high later in the day. Try to eat at regular times each day.

Stay hydrated – Drink plenty of water throughout the day to help your body function properly.

Diabetes Care at Saint Peter's University Hospital

If you're concerned about your blood sugar or have questions about managing diabetes, it's important to speak with a healthcare provider. The expert endocrinologists at Saint Peter's University Hospital in New Brunswick, N.J., specialize in diabetes care and can help you manage the condition effectively.

From personalized treatment plans to nutritional counseling and education, Saint Peter's offers compassionate care that's tailored to seniors. Whether you're newly diagnosed or looking to improve your current diabetes management plan, the Saint Peter's team is ready to help you live a healthier, more active life.

Church Welcomes

(Continued from page 16) membership. She was pleased to learn that the Rossmoor Community Church is unique in offering dual membership, whereby one may join this church yet retain his/her membership in another church as well.

Membership Chair Linda Appleby shares this thought: "Yes, membership is important; and we are thankful whenever people choose to become a part of our church family, but please know that 'No matter who you are or where you are on life's journey, you are welcome here.'"

We invite you to visit and join us in worship at the Community Church every Sunday morning at 11 a.m. Communion is available to all on the first Sunday of every month, and the Rossmoor Chorus sings on the third Sunday of each month. We are dedicated to serving God and making our church a beacon of love and faith in the Rossmoor community. Please join us.

Holidays and Observances

Our holidays and celebrations for November are: All Saints' Day (1), Daylight Saving Time ends [turn back the clocks to gain 1 hour] (2), All Souls' Day (2), National Stress Awareness Day (5), World Freedom Day (9), Marine Corps Birthday (10), Veterans Day (11), World Kindness Day (13), America Recycles Day (15), The Great American Smoke-out (20), Thanksgiving (27), Black Friday (28) and Buy Nothing Day (28).

Our Website

Go to rcainj.com to access the Rossmoor website.

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

As a reminder!!!

Pedestrians – Please wear light or reflective clothing when walking in the dark.

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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Inspired Holiday Entertaining



FAMILY FEATURES

The holiday season is a time for creating meals and memories that last a lifetime, but it's also one of the busiest times of the year. In the blur of commitments, crowded schedules and endless prep, the tension between a desire to create magical meals and wanting to actually enjoy them is real.

The right cookware can help shift that balance. Inspired by the calming essence of the outdoors, the KitchenAid Evergreen Design Series brings a breath of fresh air into the kitchen, blending expressive design with performance that simplifies the season. From durable stockpots to versatile nonstick pans, these tools elevate both prep and presentation.

In the middle of the holiday bustle, they provide a sense of calm and control, helping you plan ahead, cut stress and truly savor the moments that matter most. Because the best holiday moments aren't just about what's on the table – they're about the joy you feel when you're a part of them, from the quiet satisfaction of chopping, stirring and creating to the connection that comes when you share the results with those you love.

Including 12 pieces, the Hard-Anodized Ceramic Induction Nonstick Cookware Set brings the emotive power of nature into the kitchen, elevating your cooking with deep forest-green hues and elegant bronze handles. Ideal for stove-to-oven-to-table cooking, the high-performance ceramic nonstick cookware is eight times harder than traditional aluminum and features thick, forged bases for fast, even heating. Shatter-resistant glass lids seal in heat, lock in flavor and allow easy monitoring.

When you'll be spending many special evenings around the table during the holiday season, these invaluable tools can help streamline the cooking process whether you need a dish that can be made in advance and frozen for easy entertaining like this Homemade Pumpkin Ravioli with White Wine and Herb Butter Sauce or one that lets you focus on the fun and celebrations even with guests in town such as Butternut Squash Mac and Cheese with Bacon.

If those seasonal recipes call for stirring, whipping or mixing, the KitchenAid Evergreen Design Series Tilt-Head Stand Mixer is up to the task with 10 speeds, a tilt-head design to easily add ingredients and more than 10 different available attachments. Blurring the line between appliance and art through its unique color, finish and walnut wood bowl, it gives makers unmatched potential for creative expression.

Find more recipes and tools to bring culinary inspiration to life during the holidays at kitchenaid.com.

Homemade Pumpkin Ravioli with White Wine and Herb Butter Sauce

Recipe courtesy of Marge Perry and David Bonom
Servings: 4

- Ravioli:**
- 1 can (15 ounces) pumpkin puree
 - 1 large egg, lightly beaten
 - 1/3 cup grated Pecorino Romano cheese, plus additional for serving (optional)
 - 2 tablespoons plain dried breadcrumbs
 - 2 teaspoons sugar
 - 1/4 teaspoon salt
 - 1 pinch ground nutmeg
 - 48 round dumpling wrappers
 - water

- Sauce:**
- 6 tablespoons cold unsalted butter, divided
 - 1/3 cup chopped shallots
 - 2/3 cup dry white wine
 - 3 tablespoons heavy cream
 - 2 tablespoons chopped fresh sage
 - 1 tablespoon chopped fresh chives
 - 1/4 teaspoon salt

To make ravioli: Line fine mesh sieve with dampened cheesecloth. Add pumpkin puree and strain 1 hour. Transfer to bowl and stir in egg, cheese, breadcrumbs, sugar, salt and nutmeg.

Arrange six dumpling wrappers on work surface in single layer. Place 1 tablespoon pumpkin mixture in center of each and brush edges with water. Place second wrapper over filling, carefully pushing out any air bubbles then pressing edges to seal.

Transfer ravioli to baking sheet covered with parchment paper. Place sheet of plastic wrap over ravioli. Repeat with remaining wrappers and filling.

In KitchenAid Evergreen Design Series 6-Quart Ceramic Stockpot over medium heat, bring salted water to a gentle simmer

To make sauce: In KitchenAid Evergreen Design Series 3-Quart Ceramic Saucepan over medium-high heat, melt 1 tablespoon butter. Add shallots and cook, stirring occasionally, 1 minute. Add wine, bring to boil and cook until mixture resembles wet sand, 8-9 minutes.

Reduce heat to medium-low and whisk in remaining butter and heavy cream until melted. Stir in sage, chives and salt; keep warm, stirring occasionally.

To cook ravioli, add half to simmering water and cook, stirring gently once or twice, 3 minutes. Remove with slotted spoon and divide between two plates. Add remaining ravioli to pot and repeat dividing between remaining plates. Spoon sauce over ravioli and serve with additional grated cheese, if desired.



Butternut Squash Mac and Cheese with Bacon

- 8 ounces elbow macaroni
- 6 slices center-cut bacon
- 1 onion, chopped
- 5 cups butternut squash, cubed
- 3 1/2 cups chicken broth, divided
- 3/4 cup low-fat milk
- 1 teaspoon dry mustard
- 1 pinch nutmeg
- 1 pinch salt, plus additional, to taste, divided
- 1 pinch pepper, plus additional, to taste, divided
- 1 cup Parmesan cheese, grated
- 1 cup sharp cheddar cheese, shredded, divided
- chopped parsley (optional)

In KitchenAid Evergreen Design Series 6-Quart Ceramic Stockpot, cook macaroni noodles according to package instructions. Set aside.

In KitchenAid Evergreen Design Series 5-Quart Ceramic Saute Pan, cook bacon until crisp. Chop and set aside.

In same pan, add chopped onion and cook over low heat, stirring occasionally, until pieces are soft and lightly caramelized.

Add butternut squash cubes to onions along with 2 cups chicken broth. Cover and bring to boil. Reduce heat and cook until squash is soft and most liquid is reduced.

Pour squash and onions into bowl and add milk, remaining chicken broth, dry mustard, nutmeg and pinch of salt and pepper. Using KitchenAid Evergreen Design Series Tilt-Head Stand Mixer, puree mixture until smooth and creamy.

Pour pureed sauce into saute pan. Over low heat, add Parmesan cheese and 3/4 cup sharp cheddar cheese a little at a time, stirring constantly. Add noodles and stir well.

Add salt and pepper, to taste. Top with chopped bacon, remaining cheese and chopped parsley, if desired.



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

Message from Mayor Stephen Dalina



Shop Local Monroe

Shopping local is more than just a financial decision; it is a choice that strengthens Monroe. Monroe is proud of our unique flavor, shaped by our local businesses. A local pizzeria, a family-owned pharmacy or a favorite deli provides character that multinational corporations cannot replicate. When people come to Monroe, it is often these unique spots that make the trip memorable. We eagerly support our local business owners at a time when online retail giants

and big-box stores dominate the marketplace. To me, choosing to spend money close to home is an act of both economic and civic responsibility. It is all about creating jobs, bolstering the local economy, and fostering lasting relationships among neighbors. This year, the annual “Small Business Saturday” initiative created and promoted by American Express to encourage holiday shopping in the United States and internationally, is scheduled for Nov. 29 – the Saturday after Thanksgiving. This is the ideal time to visit that local grocer, boutique, farmstand, or restaurant that you have been meaning to visit all year long. Conveniently, the Monroe Wolverines annual Small Business Saturday will take place at the Monroe Community Center on Nov. 29 as well - Doors open at 10 a.m. for your shopping pleasure. These merchants go out of their way to serve their com-

munity whenever possible, for a unique order that can’t easily be found on Amazon. Or staying open for just a few extra minutes so we can pick up dinner or last-minute gift. Or to sponsor the Little League team or the cheerleaders heading once again to national competitions. At town hall, we are focused on promoting businesses wherever possible. For example, we held the “Taste of Monroe” event and food drive on Sept. 25 at the

Monroe Senior Center, where residents enjoyed samples from participating restaurants in town in exchange for their donations to the Elizabeth “Betty” Schneider Food Pantry. I enjoy meeting our new and established local proprietors. I have recently popped in to say hello to several new businesses throughout the township and I have enjoyed celebrating grand openings throughout the year. You may have seen our smiling faces

on the township social media posts. We also promote ribbon cuttings and groundbreakings of new businesses in the Monroe News, our newspaper mailed to every home in town. Each local purchase is, in effect, a vote for the kind of community we wish to live in. By choosing to keep our dollars close to home, we are investing not only in goods and services but in people, relationships, and the long-term vitality of Monroe. Shop local, Monroe!

DO
Recycle

Plastic
Bottles, Jars, Jugs, and Tubs

Mixed Paper
paper, newspaper, magazines, cereal boxes, softcover books

Cans
aluminum and steel (tin) cans

Cardboard
corrugated boxes

Glass
Bottles and Jars
all sizes, shapes, and colors

DON'T
Put in the Recycling Bin

Plastic
Bags, Film, Wrappers, Cups, and Utensils

Greasy or food-contaminated items

Shredded Paper

Pots, pans, and small appliances

Tangles
i.e. garden hoses, electric cords

Styrofoam

Syringes, batteries, and bulbs

Dishware, glass, and mirrors

Recycling and Trash

RECYCLING - collected every Friday

The following recyclable items are to be placed loose (no plastic bags of any color) in the containers marked for Recycling. *(In those Mutuals not providing curb pick-up.)*

TRASH - collected twice weekly on Mondays and Thursdays.

- Household bagged garbage and trash must be placed in the appropriate Dumpsters (in Mutuals not providing curb pick-up)
- BULK** - Call Rossmoor Maintenance 609-655-2121 by noon on Monday to schedule a Wednesday bulk collection. BULK ITEMS NOT ACCEPTED: TVs, electronics, tires, and small engines.
- Bundled branches removed by RESIDENTS will be picked up at the curb on Mondays by High Tech (Holidays: Tuesday pick-up). Clippings should be placed in the regular trash.
- Contractors’ and private landscapers’ refuse is the responsibility of the contractor or private landscaper to dispose of. Contractors and private landscapers may not use the dumpsters.
- Please Note: Medical Waste and Personal Electronics may NOT be placed in either the Trash or Recycling dumpsters. It needs to be disposed of properly.

Home Improvement & Services

JOHN PEARL HOME IMPROVEMENT, LLC – Power washing, of houses, decks, sidewalks, patios and fences. Licensed and insured. #13VH06515700. (908) 208-1150.

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.

JOHN PEARL HOME IMPROVEMENT AND LANDSCAPING, LLC – General repairs and handyman work, painting, flooring, deck stain/repairs, powerwashing, landscape projects, and more. Licensed and insured. #13VH06515700. (908) 208-1150.

HOME IMPROVEMENT & SERVICES. Blinds, furniture assembly? Honey-do-list? Just Call Keith, LLC Handyman. (732) 690-2292. Licensed and insured. NJ#13VH13424900. www.justcallkeithllc.com

Miscellaneous/ Services

ALEX DEE LIGHTING: Lamp repair, LED lightbulbs. Pick up and delivery available. Ceiling fans, lamps, lighting. 732-615-0707.

HAIRCUTS DONE in the comfort of your home. Leave message. Please call Renee, (908) 705-7569.

TRANSPORTATION TIDBIT'S

Important phone numbers:

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

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

Schedule is available at www.rcainj.com under “Amenities.”

Monroe Township Transportation609-443-0511

Middlesex County

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

Bulk Trash Collection

To schedule Bulk Trash collection please call the Rossmoor Maintenance office at 609-655-2121 before noon on Mondays.

Bulk trash is collected on Wednesdays.

Classified Advertising

TECH BUDDY – Simple step-by-step help with smart-phones, computers and tablets. Large print solutions for low tech problems. Beginner to Advanced. Patience and enthusiasm included. Wireless printers, Netflix, Amazon Alexa setup and training. Have Alexa remind you of your appointments, read audiobooks, more. \$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. Virus removal and protection. Evenings and weekends also available. Monroe resident with over 20 years of computer experience. (732) 723-9537 or (732) 967-3400. Please leave message; most calls returned same day.

Help & Health Services

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.

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.

CAREGIVER AVAILABLE, Live-in/Live-out. Professional Home Care Aide with strong experience. Reliable, compassionate, and dedicated. References available. Call Tetiana: (908) 335-4181.

Transportation

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.

LIMO GUY — Our 25TH year. Upgraded SUVs. Six vehicles. \$110 to Newark Airport. We go almost anywhere. All airports. Call (732) 803-2521. limoguyincnj@gmail.com

NEED A RIDE? NJ/NY/PA. Airports, cruise terminals, medical appointments. (609) 642-9877.

Help Wanted

WORK FROM HOME. Part time - must have at least 1 year experience. Telemarketer and cold calling in local areas. \$20 an hour plus bonuses! Great mentorship and support with big upside. Work with a variety of clients behind a solid brand. Call Milton Paris, Getting Ahead in Business: 732.306.0040.

House Cleaning

ERICA’S CLEANING SERVICES—Free estimates. Great references. Call at (203) 207-1241.

CLASSIFIED ADS GET THINGS DONE!

Reminder
Please Pick Up After Your Dog.

CLASSIFIED Ad COUPON

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

MAIL TO:

Princeton Editorial Services

P.O. Box 70

Millstone Twp., NJ 08510

RATES FOR ONE PUBLICATION

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

Multiple: 10 words in two publications = \$14 x 2 = \$28.

10 words in three publications = \$14 x 3 = \$42.

Check those that apply:

☐ Clearbrook Courier

☐ Encore Speaks

☐ Regency Reporter

☐ Renaissance Reflections

☐ The Rossmoor News

☐ Check here for all five

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, i.e., "For Rent", "For Sale", "Help Wanted." No charge for the heading.

One check or money order must accompany insert, PAYABLE TO

PRINCETON EDITORIAL SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOVEMBER 						1 9 am Rossmoor Charity Exchange CH
2 11 am Worship w/ Communion MH & Parlor Daylight Saving Time Ends 	3 9:45 am Forever Fitness w/ Tracy Salvesen BR 1 pm Table Tennis HR 1 pm Players Board Meeting WR 2 pm Line Dancing GL 4:30 pm Indian-American Yoga CE 6:30 pm Girl Power Support Group CE	4 6 am Elections General BR 10 am Chair Yoga GL 11:30 am Tai Chi Class HR 1 pm All in Stitches CE 6 pm Ballroom Dancing HR 7 pm Paint Party "Pumpkin Splendor" GL	5 9:30 am Yoga CE 10 am Fresh Floral Arrangement101 Class CR 10 am Needle Punch Class MR 10 am Corn Hole GL 3:30 pm Chorus MH & Parlor 4:30 pm Indian-American Yoga CE 6 pm Players Meeting Cast Party HR 7 pm Congregation Board Meeting CE	6 9:30 am Healthy Bones Class HR 10 am Rug Hooking GL 11 am Players Board Meeting CTAC WR 1 pm Table Tennis HR 4:30 pm 60th Anniversary Wine & Cheese Event BR 6 pm Line Dancing GL 7 pm RJC Cello & Piano Concert MH & Parlor	7 9 am Art Class GL 10 am Catholic Society Rosary MH & Parlor 10 am Veterans Day Breakfast BR 1 pm Table Tennis HR 4 pm Croquet Social GL 4:30 pm Indian-American Yoga CE 7 pm "Death Becomes Her" Movie BR 7:15 pm Sabbath Services MH & Parlor	8 10 am Forever Fitness w/ Tracy Salvesen BR 10:30 am Indian-American Meditation CE
9 11 am Worship MH & Parlor 3 pm Harpist, M. Mountain Concert MH & Parlor 7 pm Table Tennis HR	10 9:45 am Forever Fitness w/ Tracy Salvesen HR 10 am Mutual 2 Budget BR 1 pm Table Tennis HR 2 pm Line Dancing GL 2 pm Mutual 10 Budget BR 4:30 pm Indian-American Yoga CE	11 10 am Rossmoor News Bd Mtg WR 10 am Chair Yoga GL 10 am Mutual 5 Budget BR 10:30 am News of the Week Roundtable MR 11:30 am Tai Chi Class HR 1 pm All in Stitches CE 1:30 pm Catholic Soc. Mtg GL 2 pm Mutual 4B Budget BR 6 pm Ballroom Dancing GL 6:30 pm Democratic Club Meet & Greet HR 6:30 pm Church Finance Mtg MH & Parlor 	12 9:30 am Yoga CE 10 am Computer Club Bd Mtg CR 10 am Needle Punch Class MR 10 am Mutual 11 Budget BR 2 pm Mutual 9 Budget BR 3:30 pm Chorus MH & Parlor 4:30 pm Indian-American Yoga CE 6 pm Republican Club HR 6:30 pm Church Worship Comm. Mtg MH & Parlor	13 9:30 am Healthy Bones Class MH & Parlor 9:30 am Standing Committees HR 10 am Rug Hooking GL 10:30 am Italian-American Bd Mtg WR 1 pm Table Tennis HR 1:30 pm Prayer Shawl CR 1:30 pm Catholic Society Mass MH & Parlor 2 pm Mutual 15 Budget BR 6 pm Line Dancing HR 6 pm Italian-American Volunteer Dinner GL 7 pm Recipe Exchange BR	14 9 am Art Class GL 10 am Catholic Society Rosary MH & Parlor 10 am Mutual 6 Budget BR 1 pm Table Tennis HR 2 pm Mutual 4C Budget BR 4:30 pm Indian-American Yoga CE	15 10 am Forever Fitness w/ Tracy Salvesen BR 10:30 am Indian-American Meditation CE 6 pm African Heritage Group "Each One Teach One" BR
16 11 am Worship w/ Chorus MH & Parlor 7 pm Table Tennis HR	17 9:30 am Computer Club Presentation GL 9:45 am Forever Fitness w/ Tracy Salvesen HR 10 am Mutual 3 Budget BR 1 pm Table Tennis HR 2 pm Line Dancing GL 2 pm Mutual 14 Budget BR 4:30 pm Indian-American Yoga CE 6:30 pm Girl Power Support Group CE 7 pm Players Meeting GL	18 10 am Chair Yoga GL 10 am Mutual 8 Budget BR 10:30 am News of the Week Roundtable MR 11:30 am Tai Chi Class HR 1 pm All in Stitches CE 2 pm Mutual 4 Budget BR 3 pm Chaplet of Divine Mercy MH & Parlor 6 pm Ballroom Dancing GL 6:30 pm Church Council Meeting MH & Parlor	19 9:30 am Yoga CE 10 am Fresh Floral Arrangement 101 CR 10 am Needle Punch MR 10 am Corn Hole GL 10 am "Death Becomes Her" on Broadway Poolside 10 am Mutual 1 Budget BR 10:30 am Rossmoor News Bd Mtg WR 2 pm Mutual 7 Budget BR 3:30 pm Chorus MH & Parlor 4:30 pm Indian-American Yoga CE 6:30 pm Democratic Club Book Discussion CE 6:30 pm Scrapbooking Group GL 7 pm Italian American Club Mtg BR	20 9 am Board of Governors HR 9:30 am Healthy Bones Class MH & Parlor 10 am Rug Hooking GL 1 pm Table Tennis HR 1 pm Interfaith Thanksgiving Service MH & Parlor 1:30 pm German American Group CE 2 pm Mutual 17 Budget BR 3 pm Book Discussion MR 6 pm Line Dancing HR 7 pm Emerald Society GL	21 9 am Art Class GL 10 am Catholic Society Rosary MH & Parlor 10 am Mutual 16 Budget BR 1 pm Table Tennis HR 2 pm Mutual 12 Budget BR 4:30 pm Indian-American Yoga CE 6:30 pm Bingo BR 7:15 pm Sabbath Services MH & Parlor	22 10 am Forever Fitness w/ Tracy Salvesen BR 10:30 am Indian-American Meditation CE 5 pm Korean-American Group GL *Registration required
23 11 am Worship MH & Parlor 7 pm Table Tennis HR	24 9:45 am Forever Fitness w/ Tracy Salvesen BR 1 pm Table Tennis HR 2 pm Line Dancing BR 4:30 pm Indian-American Yoga CE 5 pm Progressive Group BR	25 10 am Chair Yoga GL 10:30 am News of the Week Roundtable MR 11:30 am Tai Chi Class HR 1 pm All in Stitches CE 1:30 pm "Planes, Trains, Automobiles" Movie BR 6 pm Ballroom Dancing HR 7 pm "Planes, Trains, Automobiles" Movie BR 7 pm Mutual 4C Open Director GL	26 9:30 am Yoga CE 10 am Needle Punch Class MR 3:30 pm Chorus MH & Parlor 4:30 pm Indian-American Yoga CE	27 1 pm Table Tennis HR	28 10 am Catholic Society Rosary MH & Parlor 1 pm Table Tennis HR 4:30 pm Indian-American Yoga CE	29 10 am Forever Fitness w/ Tracy Salvesen BR 10:30 am Indian-American Meditation CE 7 pm Dance Club BR ABBREVIATIONS Ballroom BR Bocce Courts BC Cedar Room CE Craft Room CR Dogwood Room DR Gallery GL Hawthorn Room HR Maple Room MR Meeting House MH Shuffleboard SC Willow Room WR
30 11 am Worship MH & Parlor 7 pm Table Tennis HR						

Seconds count when it comes to treating stroke.



(Know the warning signs.)



American Heart Association

STROKE

2025
GOLD PLUS

TARGET: STROKE HONOR ROLL
TARGET: TYPE 2 DIABETES HONOR ROLL

GET WITH THE GUIDELINES

Because time is of the essence, Saint Peter’s University Hospital’s stroke center team rapidly diagnoses and treats stroke.

Saint Peter’s has earned the American Heart Association/American Stroke Association’s Get With The Guidelines®— Stroke Gold Plus Quality Achievement Award. Our state-designated primary stroke center is the first line of defense in caring for patients experiencing a stroke.

For more details on our award-winning stroke care, visit saintpetershcs.com/stroke



That's treating you better...for life.