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Monroe Township, New Jersey

December 2019



Merry Christmas & Happy Hanukkah



Women's Guild says thanks

By Paulette Mascia, chairperson Kudos to all the dedicated people who worked the Women's Guild Bazaar, and I do mean worked. Much of the planning began before the big day and included collecting, sorting, pricing, and transporting the huge and varied amount of merchandise into the Clubhouse, and so many other duties that needed to be

done in preparation for the actual event.

I want to thank the people at E&R and all our neighbors, friends, and friends of friends who participated in this important event for all you have done to make the annual Bazaar the success that it was. Not only was it a financial success, which allows us to continue to offer scholarships to our

high school students, but it was a social success as well. People were enjoying being out and being an important part of the entire experience.

It takes the residents of a community like Rossmoor to organize and achieve such an outstanding accomplishment. We also thank our neighbors who came out to support this worthwhile endeavor.

Superheroes of Rossmoor: Sammy, Jada and Jurnee

Pickleball fundraisers donate \$20,000 to Make-A-Wish Foundation

By Penni McOlvin

Monroe Pickleball Fundraising Group (MPFG) had its inaugural fundraising event on Saturday, October 12, on Rossmoor's Pickleball courts. The idea started with Steve Gelwarg of Encore to help a local community organization, and also enjoy this fast-growing sport.

Steve was thinking of organizing a community-wide Pickleball tournament to raise funds for a local charity. This idea took off when seven adult community Pickleball teams and local players came together to share their love of the sport and raise funds to benefit our area.

For their first event, members of the MPFG decided to donate whatever funds they could raise from a round robin tournament to the Make-A-Wish Foundation of New Jersey, on nearby Perrineville Road.

The Make-A-Wish Foundation makes it possible for dreams to come true for children facing critical illnesses. They believe that a wish experience can be a game changer. This belief guides

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them in everything they do, inspiring them to grant wishes that hopefully improve the lives of the children they serve.

The MPFG Committee sprang into action to organize this event. Members recruited Pickleball players from their respective communities. In Rossmoor, we were fortunate to have our own E&R Manager, Melissa Barnard, to help us create a wonderful fun-filled day at our courts. Our members sought help from local businesses that were more then generous with donations to our Tricky Tray raffles. The committee is especially grateful to Tito's Handmade Vodka, a major corporate sponsor, for helping make so many children's dreams come true.

On the day of the tournament, Bagel Bazaar of Englishtown road, supplied our players with plenty of delicious bagels with cream cheese.

In the evening, after the tournament, we enjoyed a fabulous Italian buffet dinner at the Make-A-Wish castle, catered by Antonio's Restaurant on Applegarth Road. It was at this event that MPFG

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presented a check for \$20,000 to Make-A-Wish.

We are proud to announce the winners of our first MPFG event:

Gold Advanced: Yvonne Nobile and Warren Kelly.

Gold Intermediate: Lynn Padwee and Steve Poris.

Gold Beginner: Yvette O'Connor and Eli Blitzer.

Silver Advanced: Jeff Elkin.

Silver Intermediate: Edye Tenner and Michael Boxer.

Silver Beginner: Anne Marie Martucci and Alan Blumenthal.

Bronze Advanced: Joe Marrone.

Bronze Intermediate: Robin Kelly and John O'Connor.

Bronze Beginner: Penni McOlvin and Ed Goldberg.

For more information on MPFG, please contact Ron Casalotti at monroepickleballfg@gmail.com and follow us on Facebook: http://bit.ly/FacebookMPFG.

Trash and Recycling Reminders

- Please remember to separate your household kitchen trash from your recycling
- Use the proper trash and recycling dumpsters
- Trash means household kitchen garbage, not construction debris
- NO plastic bags in the recycling Dumpsters. Recycle them at the supermarket

A blessing for our best forever friends

By Carol De Haan

About 50 residents with their much-loved dogs and cats gathered on the Village Green for Rossmoor's first ceremony to bless the animals on a bright, crisp Saturday morning in October.

The event began with a gathering prayer of thanks-giving, followed by a blessing for each of the animals, bestowed by the Rev. Robin Bacon Hoffman, pastor of the Rossmoor Community Church.

Many dogs and their humans remained to socialize afterward. There were pedigreed dogs, designer dogs, and good old mutts romping around, slurping water from dishes that our E&R friend, Sebrena, had set out for them. Here and there, an excited pooch toppled headlong into a water dish, but that was not the slightest setback for the next thirsty dog who came for a drink. Dog biscuits were enjoyed by all. (Not so much the grown-ups.)

One showstopper was the glistening, jet black, one-year old Great Dane named "Sam," who lives with his human, Pat Osborne, on Concord Lane. One hundred and thirty-two-pound Sam made friends with everyone, probably because he was so

easy to pet at nearly 4' tall. Although he looks as if he might chomp a few dinosaurs for lunch, Pat says not to worry; he's a total marshmallow.

At the opposite extreme was itty-bitty Shi Tzu "Cookie," five months old, and seven pounds in weight, and just about as tall as the grass she stands on. Cookie vigorously defends the Springfield Way home that she shares with her two best buds, Annemarie and Carmella.

Many other large and small pups hopped around making friends and jumping with joy all over the lawn.

The success of this day was evident in that there was not even a single case of

(Continued on page 6)

On behalf of all the RCAI employees, we extend our warmest wishes for a joyous holiday season and a pleasant New Year. We would also like to thank you for your contributions to the Holiday Gift Fund. Your generosity and holiday cheer are appreciated.

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at the governors' meeting



November 21, 2019

The RCAI Board of Governors meeting was called to order at 9:00 a.m. on Thursday, November 21, 2019, in the Village Center Meeting Room by Mr. Daniel Jolly, President.

Mr. Daly, Allen and Stults, presented the renewal figures for the non-medical benefits for the Union and Non-Union employees. The board approved Resolution #19-38, Authorization to Renew the Life/AD&D, Long Term Disability and Dental Plans for the RCAI Non-Union Employees with Guardian and Resolution #19-39, Authorization to Renew the Dental and Life/AD&D Plans for the RCAI Union Employees with Guardian.

Mr. Gerald McQuade, Treasurer, reported that there is an approximate surplus of \$584,000 through October 31, 2019.

The board approved Resolution #19-31, Adoption of the Proposed 2020 RCAI Operating and Capital Budget with a revision to the Capital Budget to include \$25,000 to purchase and install a 25' x 25' awning at the Pro Shop.

The board approved Resolution #19-32, Authorization to Engage the Services of ATI Mechanical and Electrical Consulting Engineers to Examine the Existing 2001 HVAC System in the Village Center.

The board approved Resolution #19-33, Authorization to Proceed with the 2019 Refurbishment Project including replacement of the walkway lights at the Meeting House; replace the Gallery floor in the Clubhouse; replace the floor in the East Gate building; remove the wallpaper and paint the walls in the Clubhouse Ballroom; remove the "popcorn" on the ceiling and install new lighting in the Pro Shop; replace the stalls in the Pro Shop Men's Room; and replace the shutters on the Meeting House.

The board approved Resolution #19-34, Authorization to Purchase (3) Five Cluster Street Lights to replace street lights that are not repairable.

The board approved Resolution #19-35, Authorization to Proceed with the 2020 Door and Window Replacements including replacement of the double doors at the Meeting House: various Meeting House windows with broken seals; and the emergency exit door between the pool and Pro

The board approved Resolution #19-35, Authorization to Purchase a Replacement Van for the Maintenance Department to replace the 2003 Ford E150 van.

The board approved Resolution #19-37, Authorization to Negotiate and Execute a Legal

Retainer with Becker Poliakoff. The current retainer has not been increased since 2007.

Mr. Jolly announced that the contract with Comcast will be ending February 29, 2020 and each participating Mutual must provide to the RCAI of its intent to discontinue participation no less than 90 before the end of the contract, otherwise the Mutual will be automatically deemed a Participating Mutual.

There was some discussion about Thanksgiving dinners provided to residents from the Interfaith Council. To date, there were 48 meals reauested.

Ms. Balmer talked about the list of new laws in New Jersey that impact community associations and the pending bills that she had reported last month and also distributed recently. She also encouraged all directors to contact their Assembly representatives encouraging them to support the NJ Common Interest Ownership Act, a law that will modernize community association law in New Jersev.

There was no other business for the Board to discuss and the meeting was adjourned at 9:40 a.m.

School Board election results

By Linda Bozowski

School Board elections were part of the balloting on Nov. 5, in addition to the municipal voting choices. Seven

candidates were on the ballot to fill the three seats that were up for grabs.

As of Nov. 8, candidates Kenneth Chiarella, Michele Arminio and Adi Nitikinsky have been elected to serve three-year terms beginning in January 2020.

Patricia Lang, an incumbent, Lou Masters, Gail Di-Pane, and Corey Corbo were unsuccessful in their attempts to be seated. Chiarella, a previous member of the Board, had offered his resignation in August due to health con-

(Continued on page 26)

Bits & Pieces

Sue Ortiz

Memories of Christmases past:

1963: A four-year-old girl stares wide-eyed at a tinseled tree bedecked with vintage hand-blown glass ornaments, laced with tangled threads of glowing red, green, yellow, and blue glass bulbs, and crowned with a twinkling star. She places her "list" beside the homemade cookies and tall glass of milk set out for Santa. Time for bed, but she can't sleep the proverbial sugarplum fairies are dancing in her

But sleep comes at last. So do the dreams. Dreams of toys: baby dolls, paper dolls, bikes, puppies, books, and candy all floating just out of reach. She stirs as a soft voice whispers, "Wake up, sleepy head! Merry Christmas!" She wipes the sleep from her eyes and runs to the living room. How could such a small apartment hold so many treasures!

1966: A seven-year-old girl buys presents for Mom. She has \$5 to spend. She buys Mom a green glitter candle from Jamesburg Pharmacy and some Flair pens from Britt's Department Store in Freehold. Mom "loves" the candle and keeps it for years, never lighting it. Mom helps pick out Dad's gift - usually a tool or a book of Lifesavers candy, or maybe some cologne.

Stockings are stuffed with little things like note pads, jacks, doll clothes, ornaments, hair barrettes, and the like. As a joke, a lump of jet-black coal hides in the toe of the stocking at her grandparents' house. (Joke's on them, she loves to collect rocks.) Since she is their first grandchild you can guess — there are lots of presents under their tree, as well.

1968: A nine-year-old girl and her mother bake Christmas cookies by the dozens. Daddy is on hand to eat the burnt ones, of which there are few, so he steals some of the good ones, too. Bigger house, bigger tree, more ornaments, room for even more presents. Tinsel and tangled lights are still in style.

Christmas Eve, On Santa's sleigh bells jingle, and she sees a shadow outside her bedroom window. She still believes. Christmas morning was PJs, pancakes, and presents. That is, after Daddy finishes his morning ablutions. As she waits patiently to open her presents; Mom yells upstairs, "She's waiting down here!"

Seems every year Daddy gets a new electric shaver, usually a Norelco. Remember those old TV ads for them? Santa rides a tripleheaded shaver instead of a sleigh. Mom gets a cozy robe and nightgown set, cologne, and a sweater.

For the wide-eyed girl, she gets too much to list! Among myriad boxes all wrapped in the same paper, are games, puzzles, dolls both paper and Barbie — Colorforms, craft kits, books, and magic kits. She spends the week off from school playing with everything. Tradition: don't play with last year's toys during Christmas week.

1971: A 12-year-old girl looks forward to watching "A Charlie Brown Christmas," which has become a tradition, like baking cookies with Mom, decorating the house - both inside and out, and wrapping presents for everyone. Dad is a lovable Scrooge: "Why are there so many presents?" he asks (every year). Ritz Crackers and PB&J are set out on tray tables to enjoy while she and Mom watch all those silly animated Christmas specials. Magic is everywhere. Everyone is friendly.

The crisp scent of snow is in the air. She wishes for a white Christmas, because she didn't have to shovel out of it or drive in it. Family and friends gathering here, there, and everywhere - all in one day. Food ... food ... and more food.

1985: An older version of that girl watches Charlie Brown again, for the umpteenth time - she only missed it once, (pre-VCR, DVR, and On Demand days), and Christmas wasn't the same that year. She vowed never to miss it again. She still bakes cookies with Mom, and Dad still eats the burnt ones. All the ornaments that adorn the family tree are now handcrafted. Presents are more quality than quantity. Small gifts are exchanged on Christmas Eve; lottery tickets are scratched off (no big wins), and hot chocolate is served.

Present: An even older, version of that and wiser, wide-eyed girl still believes in the magic of Christmas. She now knows that the best gifts are family, friends, good health, and a warm home. And, she still watches "A Charlie Brown Christmas."

Merry Christmas, Season's Greetings, and Happy Holidays to one and all!

B&P

"One of the most glorious messes in the world is the mess created in the living room on Christmas day. Don't clean it up too quickly.' Andy Rooney (American journalist, 1919-2011)

"The two most joyous times of the year are Christmas morning and the end of school." — Alice Cooper (American musician, b. 1948)

Open RCAI Meetings in December Thursday, December 12

Standing Committee Meetings...9 a.m. Maintenance Committee Community Affairs Committee Finance Committee

Thursday, December 19 Board of Governors Meeting....9 a.m.

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

Please watch Channel 26 for any changes or cancellations.



News Board:

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

Editorial Assistants

Alex Monaco Linda Monaco

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

considered Unscheduled volunteer writers should Editorial Services (PES) are not liable for contact Rossmoor News Chairman Joe any typographical or printing errors that Conti about any article they wish to may appear, including in its display or contribute. All copy and pictures are classified advertising, over the cost of the subject to editing and are accepted with space of the advertisement. this understanding.

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

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"Ask the G.M."

Questions posed to RCAI General Manager Jane Balmer by Rossmoor staff and residents.

Q: Why have the parking spaces been eliminated Rossmoor Drive near the East Gate?

A: We received several complaints from the first responders from the Monroe Township fire and first aid departments regarding vehicles parked on Rossmoor Drive adjacent to the emergency entrance at the East Gate. In fact, most recently they could

not access the gate due to a parked vehicle and were forced to back up and proceed to the North Gate, wasting valuable time to respond to the emergency.

Q: What are some the significant changes in the RCAI 2020 budget?

A: Please keep in mind, at the time of the writing of my column, the proposed 2020

budget had not been approved. The following items are the components that I believe will not change in the final budget:

- A 2.5% increase in the hazard and liability insurance;
- Increase in investment income based on past history;
- Decrease in heating fuel also based on past history and replacement of the original, old heating systems in the Clubhouse and Meeting House;
- A 6.5% increase in the health insurance premiums for staff;
- An increase of \$1 per manor per month in the annual contribution to the RCAI Reserve Fund;
- An increase in number of golf memberships resulting in an increase in income;
- · No increase in the annual audit fee;
- An increase in the daily rate for the shopping bus, but a change in the five day schedule to three days per week, resulting in a savings of about \$25,000;
- An increase of 3% in the rental income from the doctor's side the Healthcare Center and the same increase in the nursing services contract;
- A small increase in the pool management contract;
- An increase in the trash/ recycling removal contract;
- No increases in the fire extinguisher service contract or the alarm monitoring contract;
- No increase in the lawn maintenance contract; and
- No increase in the snow removal contract.

With the combination of the increases and decreases mentioned above, there should still be a small increase in carrying charges for 2020. The exact amount will probably appear on the front page of this issue of the newsletter. Their deadline is earlier than mine!





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From the Mayor

By Gerald W. Tamburro, Mayor of Monroe Township

The holiday season is quickly upon us as we approach the eve of a new decade.

This is a special time to gather with family and friends in celebration of collective achievements and milestones while reflecting on the many reasons we have to be thankful and grateful.

As I enjoy my holiday celebrations with my loved ones, I also will reflect on how honored I am to serve as your mayor - for the past four years and now for another term. I am so proud of all that we have accomplished together for the betterment of this community in which we live.

We are now firmly focused on our planning for 2020, as I have directed our municipal department heads to each identify ways in which to better serve you. I look forward to actively participating in this process.

Of course, we will continue to be careful, steady guardians of your tax dollars to provide the highest quality services in a fiscally responsible manner. We will continue to fight for tax relief for you at every level. We will continue to hold developers accountable and work toward our goal of preserving 50% of the Township as open space. And public safety will remain a paramount priority.

This truly is a team effort

and I am grateful for the talent and dedication of the many Township employees who serve this community with the highest level of professionalism. I will continue to hold all employees to the highest standards that you deserve, while recognizing excellence at every turn.

I am thankful for the many dedicated residents who donate their time and talent to the various events, programs, boards and commissions aimed at making Monroe the jewel of Middlesex County. We would not have the variety of programs to serve the needs of our diverse community without you.

And, of course, over this holiday season, I will say a special prayer of gratitude to the men and women currently serving in the United States Armed Forces, many of whom will spend this holiday season away from their family and friends. I will continue to honor them and all Monroe Township veterans at every oppor-

As we quickly move forward to 2020, I invite every resident to get involved with our community and participate in the many programs and activities Monroe Township has to offer.

It is my pleasure to serve you as mayor. I look forward to a wonderful year of health and happiness for us all.

STEVE MOSKOWITZ **HANDYMAN** PLUS SEMI-RETIRED EAST BRUNSWICK RESIDENT WHO KNOWS A THING OR 2 732.616.8999 WILLING TO DRIVE AND SHOP OR HELP WITH ANYTHING YOU NEED

Construction begins for new **District #3 Firehouse**

By Fire Commissioner Joe Haff

The groundbreaking ceremony for the new District #3 firehouse on Schoolhouse Road was held on Tuesday, Nov. 12. Chief Peter Gasiorowski officiated, calling the attendees to order and introducing various speakers who recounted the history of our Fire Department and its current state of affairs.

Mayor Gerald Tamburro praised the fiscal responsibility of the planners for this project: They managed to purchase a much-needed new fire truck and also financed construction of this new firehouse without

having to raise taxes for Monroe homeowners, an admirable accomplishment, according to the Mayor.

Monroe religious leaders, Rabbi Spritzer and Father McGrath blessed the endeavor as the Township officials, Commissioners, construction team and visitors took up shovels to open the ground for construction to be-

If the weather permits, construction might be possible over the winter. In any event, Fire District #3 should have its new firehouse by spring or early summer next year.



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To schedule a tour and complimentary visit, call (609) 655-6853 or visit Parkerlife.org.

CONCORDIA'S 2019 NEW YEARS EVE PARTY TUESDAY, DECEMBER 31 7:30 pm to 12:30 am Cost: \$69.75pp NOW OPEN TO GUESTS OF CONCORDIA RESIDENTS! Come and "Ring in the New Year" under the stars of our Red Carpet Event. Dress in your formal attire and enjoy an evening of fine food, dancing and photo opportunities. Enjoy the talents of Chimenti Productions, offering live entertainment while you enjoy appetizers of Mozzarella Caprese, Antipasto and Artisan & Italian Breads with dipping oils. Next, enjoy the delectable buffet with Fresh Sacchetoni in a Four Cheese Sauce, Chicken Zingara with Artichoke Hearts, Steak Teriyaki, Broiled Salmon 🥻 over Spinach, Eggplant Rollentini Stuffed with Ricotta and Mozzarella, Roasted Potatoes, Pan Seared Vegetables and Rolls. After dinner... enjoy our Emceed Party including Line Dances, Party Favorites 🐉 and our anthem of "Sweet Caroline". Coffee, Tea, assorted Pastries, Butter Cookies and Sugar Free Apple Turnovers will be served. Dance the night away as we lead to our Midnight Countdown to the "New Year". This party is sure to entertain, delight, and leave everyone exhilarated to begin a Fabulous New Year. Last Day of Sign-up Is Sunday, December 8 For information call 609-655-4664

Save Save Date Sunday, January 12, 2020 at 2:00 PM IN THE TOWNE CENTRE BALLROOM *WATCH FOR THE FLYER* For flyers, e-mail: kristin@gwmonroe.net Call the WHOA Box Office for Ticket Information 609-395-0404 Extension 220 or 221.



An interview with S. Claus

By Bob Huber

I recently asked a young friend of mine if he was ready for Santa Claus. He replied, "I don't know about Santa Claus but I'm sure banking on Amazon."

His answer bothered me. I have nothing against Amazon, but where was the boy's Christmas spirit?

Evidently, he had no exposure to the stimuli we enjoyed in our youth: the brightly decorated department stores lit up like Christmas trees with their faint scent of perfume and pine, or shop windows featuring holiday motifs, and the faint sound of traditional Christmas music wafting in from somewhere. At the tender age of five he was already becoming accustomed to the punch button world: text to get what you want, and you can have it in 48 hours or less.

I really needed to consult with the jolly old elf, the ultimate authority on the Christmas spirit. In the past, I had interviewed his wife, his elves, and even his reindeer, but Santa Claus himself had always been elusive. Imagine my surprise and delight when my request for an interview was quickly granted.

Thank you for talking to me, Santa. You've turned me down so many times in the past.

Nothing personal. It's just that we get so busy this time of the year.

I understand, but what's so different about now?

It's just that the world is running at such a fast pace. I'm afraid we're leaving things behind that we should cherish. I thought it was a good time to have a chat.

Ah, the Christmas spirit!
That, certainly, but also many other things.

It appears that a young friend of mine has replaced you with Amazon as his primary source of Christmas goodies.

Yes. That's happening all over the world.

Don't you find that unsettling?

Not particularly. Amazon has a huge organization that

delivers millions of packages every day. I do essentially the same thing with a sleigh and eight reindeer one night a year.

The owner of Amazon has raked in a personal fortune of over \$1 billion. You haven't made a dime.

True, but I get lots of milk and cookies, and I have the satisfaction of a job well done.

Granted, but that doesn't put dinner on the table.

I have no use for money. I have other resources. It's just that everything has become so impersonal. It seems like no one talks face-to-face anymore. We can punch a few buttons and send gifts to people we never even see. Some of these gigantic distribution companies are even experimenting with delivering gifts by drone. How impersonal can you get?

It's a sign of the times. Families are so spread out these days.

That's true. The old family unit doesn't exist anymore. I'll grant that the digital age

helps people stay in touch, but I do wish people would spend more time talking to each other.

You must talk to a lot of people, particularly children, this time of the year.

I see fewer and fewer children in my department store visits. All but the very young are following the path of your young friend: Santa Claus is unpredictable, but online shopping is for real.

Do you think you'll become obsolete?

Possibly, but I'll never become extinct. I'm pretty durable. After all, I can trace my ancestry back to a fourth century Greek Bishop named St. Nicholas. It wasn't until 1823 when a poet and a political cartoonist transformed me into the character I am today.

Santa Claus!

Right! I've always liked this persona, and I'll do everything I can to preserve it.

Speaking for the older generation here in Rossmoor, we'll be plugging for you.

Nutrition Update

By John Pillepich, Ph.D.

Lutein is not just for the eves.

Yes, lutein, and its relative, zeaxanthin, have plenty of research supporting their benefits for vision. They may be helpful in preventing and/ or treating cataracts, macular degeneration, and retinopathy.

But wait, there's more...

- Brain effects: Lutein and zeaxanthin are also found in small amounts in the brain, and preliminary evidence suggests they may have a positive effect on brain functioning.
- A. Visual Processing: In one study, lutein
 - supplementation increased the speed of visual processing required to discriminate a light source as flickering versus steady. This type of visual processing often slows with aging, and faster processing is correlated with improved sports performance and driver safety, reading speed, and cognitive function. Other research showed reductions in eye strain and eye fatigue.
- B. Memory: Another study showed that lutein supplementation led to improvements in episodic memory. For example, it could help you remember where you left your car keys.
- X. Stress: A study among a small group of healthy college students suggested that lutein and zeaxanthin
 - supplementation may reduce psychological stress.
- Cancer: Research shows that a higher intake of lutein is associated with a

- reduced risk of developing breast, esophageal, and colon cancers.
- Skin: Lutein may protect the skin from sun damage.
 A diet high in lutein appears to reduce UVradiation induced tissue swelling in animal models.

So, what Is Lutein?

Lutein and zeaxanthin are members of the carotenoid family, a large group of natural plant pigments (about 600) that also includes betacarotene and lycopene. They are the only carotenoids found in high concentration in the macula of the eye and surrounding retinal tissue, where they may protect the eye from damaging light. As mentioned above, this diverse group of compounds benefits more than just the eyes, having antioxidant and anticancer properties, too.

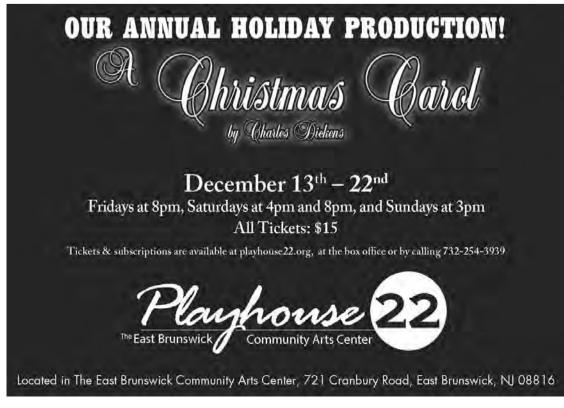
Where to get Lutein

Lutein and zeaxanthin are found in a wide variety of foods. Best sources of lutein are green leafy vegetables (for example, kale and spinach) and other green and yellow vegetables.

Although dark green leafy vegetables are high in lutein, they have very low zeaxanthin content. Corn is richest in lutein, and orange pepper is richest in zeaxanthin. Substantial amounts of lutein and zeaxanthin are also present in kiwi fruit, grapes, orange juice, and different kinds of squash. And to get the most from these carotenoid sources, cook them and consume with at least some fat or oil (they're fat soluble).

For non-vegetarians, egg yolks are an excellent source of both lutein and zeaxanthin, and are also more bioavailable than vegetable sources. By the way, yolks with an orange-yellow color

(Continued on page 5)



Bob's Almanac

By Bob Huber

With everyone preoccupied with preparations for the holidays, nothing really outstanding happens in December, right?

We beg to differ. There have been many events during the final month of the year that have unalterably shaped our lives and our future. Here are just a few:

December 1, 1955: An African-American woman by the name of Rosa Parks was arrested in Montgomery, Ala., because she wouldn't give up her seat on the bus to a white passenger. The event triggered the birth of the modern American civil rights movement.

December 2, 1942: Physicists, led by Enrico Fermi, carried out the world's first nuclear chain reaction in a reactor buried under the University of Chicago stadium.

Nutrition

(Continued from page 4) are higher in lutein than the yellow yolks.

Unfortunately, most adults in the U.S. consume less lutein and zeaxanthin than may be needed to lower the risk of macular degeneration. Therefore, dietary supplements are often recommended to increase their levels.

What else is good for the eyes?

For preventing and/or treating cataracts, macular degeneration, and retinopathy, the number one supplement would be a good multivitamin. There are also supplements (AREDS and AREDS 2) that offer, besides lutein/zeaxanthin, additional amounts of ingredients that are known to support eye health (vitamin C, vitamin E, zinc, and copper).

However, combining a multivitamin with an AREDS formula may supply too much zinc. Fortunately, there are nutritional formulas that have less zinc, but do contain lutein and other vision supporting ingredients. There are also many supplements available that combine the AREDS 2 formula with other ingredients that may support healthy eyes. One of those ingredients is the European bilberry, which supports the eyes in a several areas. Blueberries are its American cousin.

In summary, many vision problems may be prevented by having a balanced diet that contains plenty of cooked green and yellow veggies. One of the healthiest ways of eating is following the Mediterranean Diet: (1) eat plenty of vegetables, fruits, nuts, seeds, legumes, potatoes, whole grains, breads, herbs, spices, fish, seafood, and extra virgin olive oil; (2) eat in moderation poultry, eggs, cheese, and yogurt; (3) eat red meat rarely. And take a quality multivitamin to help to fill in any nutrient gaps.

The successful experiment proved that atomic fission was no longer a theory, but a reality. It's probably just as well that people attending events at the Stadium didn't realize what they were sitting

On that same date in 1982, the first permanent artificial heart was implanted in 61year-old Barney Clark.

December 5, 1933: Congress adopted the 18th amendment to the Constitution, which repealed Prohibition, just in time to celebrate the holidays.

December 6, 1865: The 13th amendment, which abolished slavery, was added to the Constitution.

Thomas Edison picked this date in 1867 to demonstrate his new invention: the phonograph. And in 1886, the celebrated American poet Alfred Joyce Kilmer, was born in New Brunswick, N.J.

December 7, 1941: "A day

which will live in infamy." Japanese air and naval forces attacked the United States naval base at Pearl Harbor, Hawaii, signaling our entrance into World War II.

December 11, 1901: Guglielmo Marconi transmitted the first trans-Atlantic radio signal, eventually leading to our ability to laugh at Bob Hope's jokes in Hollywood and marvel at the wonder of hearing Neil Armstrong's voice from the moon, all from the comfort of our own living

December 14, 1962: And speaking of messages from space, it was on this date that the Mariner II Space Probe sent back its first message from the planet Venus, the first communication ever received from another planet.

December 17, 1903: The men who started it all. Wilbur and Orville Wright, launched their first powered flight of an airplane. On that historic day at Kitty Hawk, their experimental flights were only a matter of feet in length, but we doubt that even those gifted inventors could envision what their creation would evolve into over the ensuing 109 years.

December 23, 1947: The transistor was invented, sparking a worldwide revolution in electronics which continues to this day. Before becoming embroiled in holiday festivities, it might be nice if teenagers would text a note of appreciation to Bell Laboratories.

December 30, 1803: The United States took possession of the Louisiana Territory, which it purchased from France for \$15 million. It was certainly one of our country's best investments. The transaction nearly doubled the size of the U.S. What a wonderful holiday present to the American people!

To all our faithful readers: our very best wishes for a happy holiday season.



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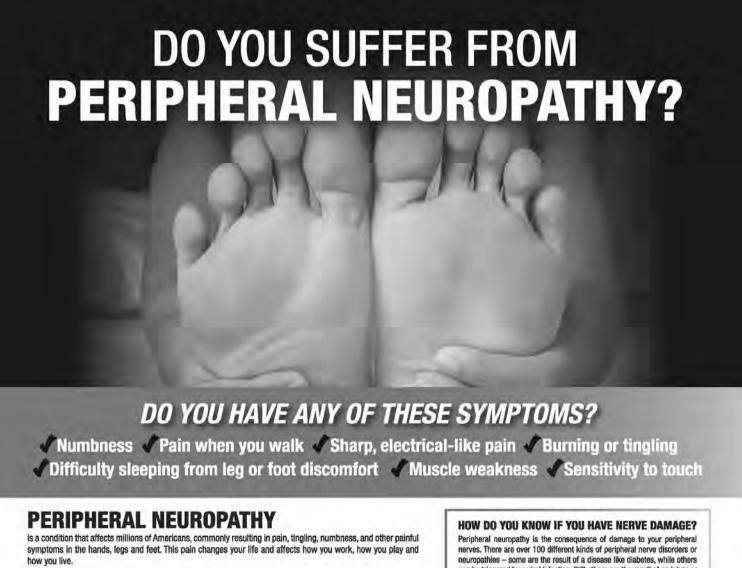
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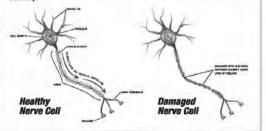


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tion. Still others are the result of an inju can be triggered by a viral infe compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage. Many people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





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Forever friends

(Continued from page 1)

growling or baring of teeth. The dogs also behaved quite

Let's hope we do this again next year. It was fun.

And, from the doggie's point

Oh, what a blessing!

By Honey Owens

It seemed like any other Saturday morning but Mom said this day was special. because today I was going to be blessed! I didn't really know what that meant. Mom always said "God bless you"

"Cookie" with her people, Anne Marie Mar- loves them as tucci and Camille Stahl

to me whenever I sneezed, and she often told people that I was a blessing in her life, but for some reason, I felt this was going to be different

When we arrived at the Village Green, no one else was there except Sabrina who had put out bowls of water and lots of dog biscuits. Finally, some other dogs and their parents started to arrive. Since I was the first one there, I appointed myself chief greeter and decided to inspect each dog in all the appropriate places to help them feel at home. Everyone was so friendly and excited. Pets of every shape and size came and I couldn't keep up, so some doggies might have slipped through without being

properly

spected. Some humans even brought those dreadful things called "cats," and they expected to be blessed as well. Hey it might been have nice if I'd been consulted on that decision beforehand! But Mom reminded me God made all animals. and that Jesus much as me,

so I decided the cats could stay.

Just when I thought I had everything under control, all heads turned to a big, black creature almost as big as a horse. It was Sam, a beautiful Great Dane. I could walk right under his tummy. I could tell he liked me so I didn't even bother to inspect him (I couldn't reach it anyway). The day just kept getting better.

Soon it was time for the blessing. Pastor Robin stood in front of us all and read something real nice from a big black book about God and all the many wonderful creatures He had created. Then all the people folded their hands and looked at the ground. I realized she was praying, the way my Mom does when I'm sick and have to go to the doctor. Pastor Robin said we should give thanks and love all God's creatures, and she asked a blessing on all of us, even those who have gone to doggie heaven. I've always loved the bunnies, squirrels, and birdies, but I'm afraid of the foxes and coyotes. But if they're God's children too, maybe I'll have to try harder to love them.

Then Pastor Robin and Rev. Barbara walked around and talked to each of us individually, saying our names, petting our heads and asking God to bless each one. No one squirmed or got mad. Some people even brought pictures of pets that are now

in heaven, and they were blessed as well.

After all the animals were blessed, we all walked around making new friends and greeting old ones. I was so excited that my favorite beau, Reggie, had come to be blessed, but was embarrassed when Mom told folks that he sends me Valentines, and I send him St. Patrick's Day cards.

(Continued on page 7)



Pastor Robin blessing Honey with Alyce Owens



One year old "Sam" a Great Dane lives with his favorite person, Pat Osborne





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Birdwatching in Rossmoor



By Anne Maczulak

In winter, few things are more uplifting than watching backyard birds. And with fewer birds around, you can sharpen your birding skills on the ones that stay in New Jersey year-round.



Black-capped Chickadee

The Black-capped Chickadee and the Tufted Titmouse are related and often seen together. The chickadee is a familiar energetic small bird with gray back, white chest, and black throat and cap, and it sings "Chick-a-deedee-dee." The titmouse sings "peter-peter-peter." It's brownish gray and distinguished by a crest of feathers and large dark eyes. The eye looks large because of a surrounding black ring of skin called an eye ring. All the distinctive colors, patterns and things like crests are a bird's "field marks."



House Finch

Two brown, streaked birds with understated field marks are the House Finch and the White-throated Sparrow. They may look alike at first, but study them with binoculars for subtle differences. The finch has a reddish to salmon to yellow tinge (depends on diet) on head, neck and chest. When startled, it flies up onto the roof or to a tree. The sparrow is also brownstreaked. Rather than color, it has a white patch at its throat. The sparrow almost always stays close to the

Blessing

(Continued from page 6)

Before we went home, I played with some other friends — Brooklyn, Cookie, Ava, and Mila, who wore her crocheted dress and cordurov hat. I tried talking to little Sweet Pea but she mostly hid in her stroller. It had been a wonderful happy morning and I was impressed with how good all of us had been. One of the neighbors even said that the people made more noise than the dogs. That's because we all felt blessed.

Reprinted from the Community Church Newsletter, Nov. 2019 ground rather than flying up like finches.

Throughout Central Jersey, listen for the loud cackling-chuckling call of a Red-bellied Woodpecker. Whether this bird is flying fast like all woodpeckers or on a tree trunk, look for red on the head extending down the nape of its neck. The "red belly" is a poorly named field mark, almost impossible to see. It flies in a typical woodpecker undulating pattern like skimming over waves because they flap-soar-flap-soar instead of flapping continually.

The chickadee demonstrates how birds survive the cold. On a winter morning, note how "fat" it looks. It's because birds puff their feathers to create an insulating air layer. Also, like many birds, a chickadee's blood vessels are arranged so cool blood leaving the

legs and feet passes next to warm blood feeding the extremities. This allows heat transfer between the vessels to help regulate body temperature. And like almost every animal except humans, birds build shelters of the smallest size to fulfill their needs. This conserves body heat needed to keep the shelter warm through a long winter night. By conserving just enough energy this way, the bird has enough left to fly to the nearest welcoming feeder at sunrise. Finally, both chickadees and titmice hoard seeds in winter as an emergency stash.

Winter is a good time to study field guides and go binocular shopping. I've recognized birds I've never seen in my life because I studied their field marks ahead of time. A good field guide will serve you well for years. Favorites are

Sibley's, National Geographic's, Kaufman's, Audubon's and Peterson's. Thumb through several before buying. The main decision is between photographs or artwork. Photographs show the bird realistically but usually miss all the field marks. Artwork shows each field mark. The best artists, like David Sibley, draw birds so lifelike you'll think it's a photo. If you prefer, phone app field guides are handier than books and they have the advantage of playing each bird's song.

For binoculars, never buy a pair until you have handled them and practiced with them. Optics dealers will let you try several pairs and offer tips on how to use binoculars properly. Binoculars must fit the person using them. Your pair must be comfortable for your eyes and hands and its weight must also suit you. Additional features important in good binoculars are: (1) waterproof, (2)

gas-filled (nitrogen) to prevent condensation and (3) short-distance focus to about six feet. Secretive birds like wrens and catbirds hide in bushes where your eyes can't follow them but binoculars with a short focus range help immensely.

How much do good binoculars cost? One or two good models sell for \$250-\$350. But optics are like tires for your car; pinching pennies rarely pays off. I once spent my entire paycheck on new binoculars. And, I never regretted it. The top ones by Leica and Swarovski cost just under \$3,000. You can find excellent models for much less. Look for Celestron, Kowa, Nikon, Opticron, Vortex, or Zeiss. The folks at NJ Audubon at Plainsboro Preserve can tell you more about the best binoculars for birding. Take all winter to practice with your new pair so come spring you're ready to scrutinize that woodpecker's "red belly."



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My journey to a cochlear implant

By Betty Anne Clayton, Ed. D.

When my audiologist told me that I qualified for a cochlear implant (CI), I began a journey into a whole new world of which I had limited knowledge. On my way home from that eventful audiological testing, I stopped by our health center to ask our wonderful nurse, Karen Rispoli, if she knew of anyone in Rossmoor who had received a cochlear implant. She told me that many residents had serious hearing issues but she did not know of anyone with a cochlear implant. That is when I decided to write this article hoping that it would be helpful to others in my community who might also be severely hearing impaired.

It was 1994, when I was in my mid-fifties and living in Northwest Houston, that I first noticed my hearing loss. At that time, I was a social gerontologist directing a city-wide grant titled "Aging Texas Well" and

playing doubles tennis in the Northwest Ladies Tennis League in the evenings under the lights. When my B-level team got really lucky and won the season, we moved up to become Alevel players.

Now we were playing with the big girls for whom tennis is life. They had very little patience with their opponents who asked them to repeat their calls on the court. So, when I had trouble hearing the calls from across the court, I decided to have my hearing checked. The test showed that my hearing was beginning to decline.

Because of my active life, the audiologist suggested "in the canal" hearing aids. That delighted me as I was not yet ready to admit that I was hearing impaired. Those aids worked just fine until my fluffy white Bijon, named Sweetums, decided to jump up on my dressing table and abscond with one of my aids. I found the parts strewn across the living room floor and have since learned that this is a common occurrence as dogs are very attracted to ear wax. So, hearing aid wearers with dogs, be warned.

Fortunately, a fellow writer from the "Friday Afternoon Ladies Literary Society," of which I was a member at that time, was an audiologist at Costco. She saved the day by fitting me with a relatively inexpensive over-the-ear pair of aids, since I had not yet finished paying for the first very expensive pair. As soon as finances permitted, I was fitted with an inconspicuous in-the-canal pair of aids and I was, once again, happy. They worked for several years until more powerful aids were needed and I was fitted with halfshell hearing aids.

After moving to Rossmoor, my husband Barry found an advertisement for Zounds hearing aids that could be recharged overnight and the dispenser was in Princeton. I was thrilled to have rechargeable hearing aids. No more dealing with those pesky small batteries. Yah! And no more low battery annoying messages in the middle of concerts. Sadly, the Princeton store closed within a year. Since the Zounds warranty required that the company replace the batteries, I now had to travel to Newtown, Pa. every six months. Over time, this became very inconvenient so I checked around for hearing aid dispensers closer to Rossmoor.

Hearing aid technology has greatly improved in the 25 years since I first began my hearing loss journey. When I first visited American Hearing on Centre Drive, I discovered that, with a linking application, my recently acquired I-phone could be paired with new high-tech hearing aids. That was fabulous news because talking on the phone had become difficult. As long as I remembered to keep my I-phone with me, I never missed calls. The calls came directly to my hearing aids. What a god-send this has been for me for the past three years.

Because I am an avid gardener and active member of the Rossmoor Croquet Club, I also have to deal with ear infections due to perspiration in the ear canal during the hot weather. In late August, I made an appointment with an ENT doctor who opened a new office on Applegarth Road. He took care of the infection and his audiologist gave me a hearing test. She said that I would be a good candidate for a cochlear implant and her subsequent testing supported that idea.

I was overjoyed at the possibility of having my hearing restored. Within two weeks, I had an MRI, EKG, blood work, flu shot, pneumonia shot update and received medical clearance from my geriatrician, Dr. Aijaz Hussain. I met with the implant surgeon on Oct. 15 and received my implant on Nov.1. I now have a small hole in my head but that may not be news to those who know me. This day procedure went very well and can be viewed on U-Tube.

In the meantime, the Cochlear America representative connected me with a person called an implant encourager in Arlington, Tx., also a former professor, who told me that having a CI has been a miracle in his life. I am hoping for that miracle. I also joined the online "Say What Club?" where folks with CIs blog about their experiences.

I will start brain retraining in December and still have much to learn. I look forward to reporting on the next part of the journey in an upcoming issue. Stayed tuned for the still to be experienced rest of the story.



Pet reminder

Residents have an obligation to immediately clean up after their pets on all common elements. Waste should be removed/disposed by placing it in a sealed, nonabsorbent, leak proof container. Please do not dispose of pet waste in any catch basin, detention basin, or other common element.

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The Fire Fighters' Night Before Christmas



'Twas the night before Christmas and all through the station,

The overhead speaker echoed out the location:

"Respond to the corner of Hancock and Polk,

Numerous calls on a house filled with smoke."

Our Bravest came running from far and from near,

And raced to the rig, quickly donning their gear.

And I in my bunkers, my coat and my boots,

Clicked onto the CAD to map out the route.

The bay door rolled open, our chariot alight, Our siren's loud warning

piercing the night.
Local homes were adorned

with a holiday hue;

But no time to appreciate; our job we must do.

We arrived on location to the reported address,

And I did my 360 to size-up and assess.

A two-story wood frame, residential and neat,

With its occupants huddled near the edge of the street. Smoke poured from the windows, from top floor on down,

Yet up on the roof there was none to be found.

I established command and gave out the orders,

How do you spell...

By Allan Kaufman



The eight-day Jewish festival of lights celebration commemorates the rededication during the second century B.C. of the Second Temple in Jerusalem, where, according to legend, Jews had risen up against their Greek-Syrian oppressors in the Maccabean Revolt.

Led by the Jewish priest Mattathias and his five sons, a large-scale rebellion broke out against Antiochus and the Seleucid monarchy in Syria. When Mattathias died in 166 B.C., his son Judah, known as Judah Maccabee ("The Hammer"), took the helm; within two years, the Jews had successfully driven the Syrians out of Jerusalem. Judah called on his followers to cleanse the Second Temple, rebuild its altar and light its menorah—

Ladder 8 took the roof; Engine 5 grabbed the water.

So up to the roof the crew raised their ladder,

And climbed to the top to report on the matter.

Engine 5 took a hydrant and stretched through the door;

They reported no heat, but smoke down to the floor. Soon after my radio crackled

and hissed;
"L-T, come on up here, you
have got to see this."

So I climbed to the chimney and what did I see;

But a fellow in red, stuck head-first past his knees.

A sleigh and some reindeer, attempting to land...

"Fellas," he said, "Could you give me a hand...?"

Well, we tugged, and we pulled, and he finally popped out;

Then he winked with one eye, and said with a shout: "These chimneys," he said,

"are just way too small; For a fellow as I, not slender at all."

He looked at our crew, and said, with a smile; "Well, well." he mused, "It's

been quite a while:"

"I remember you all, growing up brave and strong;

Fulfilling your calling, this is where you belong."

"No matter the city, whether it be large or small;

The world says thank you, for you answered our call." And with a twitch of his nose he was back on his sleigh;

As he *called* to his reindeer; "Away now, Away!"

We backed into quarters, as he flew out of sight;

Saying "God Bless all our 'BRAVEST', and to them a SAFE night!"



A step back in time

By Steven Gray

I know most of us have seen the information on Channel 26 about the Census Bureau walking through Rossmoor to update their information. I began wondering (usually a dangerous thing) what it would have looked like when Rossmoor was first built and the Census Bureau walked through with the computers of the time.

The building of Rossmoor began in 1965. At that time, in April, IBM announced the 360 Model 65. I will not go into all the specifications of that model other than to state that it did run a form of DOS and actually could be ordered with a dual-processor for speed (of sorts). Depending on the configuration, it weighed between about 4300 and 8800 pounds. Now picture six poor guys from the Census Bureau dragging this behemoth behind them in a wagon with a very long extension cord just to get the job done.

Of course, IBM was not the only game in town at that time. Those six guys could have been reduced to two guys us-

ing a Digital Equipment Corporation PDP-8 which only weighed about 250 pounds, but you would need separate wagons for the teletype input, tape drive, disk drive, and monitor as well as multiple very long extension cords.

If, however, the Census Bureau could only have sent out one person he or she would have been armed with the Olivetti Programma 101, which used magnetic strips on a card. The operators had to do their own programming.

This machine was only a little larger than a full-size type-writer and weighed about 78 pounds. It did not use a monitor but did use a small printer. Oddly, it also did not have a CPU, using transistors, diodes, capacitors, and resisters instead. It was considered cheap at the time — about \$3,200, and NASA even used them in the 1969 Apollo 11 moon landing.

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Spell

(Continued from page 9)

the gold candelabrum whose seven branches represented knowledge and creation and were meant to be kept burning every night.

The "Miracle" was that Judah Maccabee and other Jews who took part in the rededication of the Second Temple witnessed what they believed to be a miracle. Even though there was only enough untainted olive oil to keep the menorah's candles burning for a single day, the flames continued flickering for eight nights, leaving them time to find a fresh supply. This wondrous event inspired the Jewish sages to proclaim a yearly eight-day festival.

The celebration revolves around kindling of a nine-branched menorah. On each of the holiday's eight nights, another candle is added to the menorah after sundown; the ninth candle, called the shamash ("helper") is used to light the others. This year we light the first candle on Sunday, Dec. 22.

By now all of you should know what holiday I've been writing about. What you or I have little clue on is how you spell it? As you can see, one really can get confused by the various ways you can spell...well you get it.

Now, your next question is, "Why is Hanukah or Chanukah or...celebrated on a different day every year? One year it started on Christmas Eve, a few years ago, on Thanksgiving." Well, that's a story for another time. Happy Hanukkah.

A simple act of defiance

By Allan Kaufman

It was on Dec. 1, 1955, when a simple act of defiance elevated a seamstress in Montgomery, Ala., into a pivotal symbol in America's civil rights movement. Tired and overworked, Rosa Parks, who also worked for the Montgomery Chapter of the National Association for the Advancement of Colored People (NAACP), refused to give up her seat to a white passenger on a public bus.

The white section of the bus had filled, so the driver asked Parks to give up her seat in the designated "colored" section of the bus to accommodate a white passenger. It was not unusual, in fact it was standard practice, that when all the seats for "whites only" were filled, the signs separating the "whites only" section from the "colored" sections were moved toward the back of the bus, one row at a time. All the seats in the "whites only" section of the bus were occupied that day so Parks was asked to move.

She refused. Her refusal has become a defining moment in the history for our country.

The argument lasted several minutes until the bus driver called the police. Parks was arrested for being in violation of Chapter 6, Section 11, of the Montgomery City Code, a code that upheld a policy of racial segregation on public buses.

Few knew that Parks was not the first person to engage in this act of civil disobedience. Earlier that year, 15-year old Claudette Colvin refused to give up her seat on a Montgomery bus. She was arrested but the local civil rights leaders were concerned that she was too young and too poor to be a symbol for their cause. Parks, a middle class, well-respected, civil



rights activist was the ideal candidate.

A few days later, on the morning of Dec. 5, a group of leaders from the African-American community gathered at the Mt. Zion Church in Montgomery to discuss strategies, and determined that their boycott effort required a new organization and strong leadership. They formed the Montgomery Improvement Association (MIA), electing Montgomery newcomer, Dr. Martin Luther King as minister of the Dexter Avenue Baptist Church. The MIA believed that Parks' case provided an excellent opportunity to take further action to create real change.

Soon after, E.D. Nixon, the president of the local NAACP, called for all African-American citizens to boycott the public bus system to protest the segregation policy. Instead of buses, African Americans would take taxis driven by black drivers, walk, cycle, drive private cars, and even ride mules to get around. As African Americans made up a full three-quarters of the regular bus riders, the economic impact was going to be measurable.

When Parks arrived at the courthouse for her trial with her attorney, Fred

(Continued on page 11)

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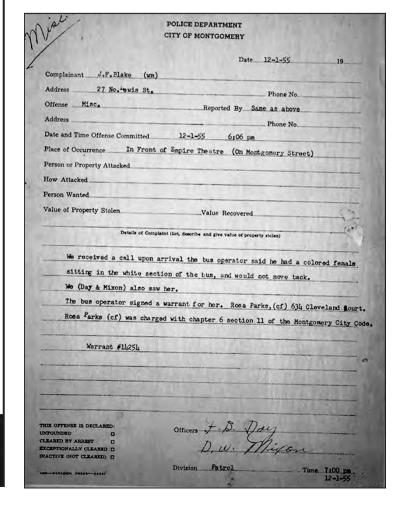


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Defiance

(Continued from page 10)

Gray, she was greeted by a bustling crowd of around 500 local supporters, who rooted her on. Following a 30-minute hearing, Parks was found guilty of violating a local ordinance and was fined \$10, as well as a \$4 court fee.

Inarguably the biggest event of the day, however, was what Parks' trial had triggered. That day the city's buses were, by and large, empty. Some people carpooled and others rode African-Americanoperated cabs, but most of the estimated 40,000 African-American commuters living in the city at the time had opted to walk to work that day - some as far as 20 miles. The Montgomery Bus Boycott was now off and running.

The City of Montgomery tried many tactics to subvert the efforts of the boycotters. They all failed. With support of Dr. Martin Luther King, Jr., churches and citizens from around the country, the local black community was determined to continue the boycott until their demands for racially integrated buses were met. The boycott lasted over a full year. It ended on Dec. 20, 1956 when Browder v. Gayle took effect, a federal ruling declaring segregated seating on buses to be unconstitutional.

Rosa Louise Parks was born on Feb. 4, 1913. Later in life she said, "When I made that decision, I knew that I had the strength of my ancestors with me. I would like to be known as a person who is concerned about freedom and equality and justice and prosperity for all people."

When she died in 2005, at her funeral, then-Senator Barack Obama said, "The woman we honored today held no public office, she wasn't a wealthy woman, didn't appear in the society pages. And yet when the history of this country is written, it is this small, quiet woman whose name will be remembered long after names of senators and presidents have been forgotten."

On the 100th anniversary of her birth, some eight years after she died, the United States honored Parks with the release of a postage stamp commemorating the courage and legacy of the American civil rights icon.

Having been awarded the Presidential Medal of Freedom in 1996 and the Congressional Gold Medal in 1999, it would be appropriate if the country added a National Holiday on December 1 to honor "The Mother of the Civil Rights Movement"

A time for sharing - Let's RISE to the occasion

By Linda Bozowski

Spring cleaning, fall cleaning, right-sizing - call it whatever you like. Many of us are fortunate in that we have more than we need. Multiplesized Pyrex casseroles, three steam irons, four drills, trousers, shoes and jackets. Maybe someone else could use those items that are taking up space in our homes, but there isn't extra money in that household to spend at Target in the clothing or housewares department. Maybe if these items were available at a lower price, someone who needs them could afford to purchase them.

A store in Hightstown carries some of these items. Fashionable and practical clothing in sizes for children to adults, nice shoes and purses, small appliances and other housewares, lamps and other furnishings are available for purchase at very moderate prices. We'll talk about the special sales and discounts in a few minutes. Helpful employed and volunteer staff are available to advise buyers with their selections. Whether you visit the store to shop or to drop off no-longer-needed items, the place to visit is one of the RISE Greater Goods stores in Hightstown. The stores are open on Mondays through Saturdays from 10 a.m. to 7 p.m. and on Sundays between 10 a.m. and 4 p.m.

RISE actually has two locations in Hightstown. The clothing and housewares store is on Rodgers Avenue, just around the corner from Main Street. The other store, which is being expanded to create a larger food pantry, is on Broad Street. Both locations have ample parking and friendly staff.

A social enterprise venture (SEV), RISE is one of four such facilities in Mercer County. These agencies rely on grant funding (federal, local, and corporate), resale of donated goods, and individual donations. Each of the agencies, which are similar in concept, is attuned to the community it services. Perhaps a particular area has many families with small children, while another may

have families who are foodpoor. So one agency may emphasize collection of children's clothing, while food donations may be a higher priority at another. Food products are also provided by governmental agencies as well as several grocery chains.

While anyone may purchase donated goods at the RISE stores, some services offered at the food pantry are limited to persons or families who qualify according to the Federal Poverty Level guidelines. Food is available to registered clients on a limited basis, but others in need may receive foods on different days on a more frequent basis. Because RISE receives a modest amount of Federal funding and is a not-

(Continued on page 12)





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

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A visit to the Titanic Museum



The Titanic Museum in Belfast

By Anne Rotholz

In last month's article I wrote about the first two weeks of my Irish holiday. The third week was set aside for something I had always wanted to do... pay a visit to the Titanic Museum.

On a beautiful sunny day my sister Mary and I got on a bus headed for Belfast. I had not been to that city for several years and I was happily surprised by what I found. The sun was shining on a city that was full of life, with little evidence of the era known as the "Troubles." It appeared that the Good Friday Peace Agreement has already come to frui-

The Titanic Museum is located at the entrance to the city, so we had no trouble finding it. My nieces had made a reservation for us at The Titanic Hotel which is directly across the street from the museum. The hotel was so full of artifacts from the Titanic and pictures of the ship that it seemed as if we were already in the museum.

After a good night's rest and delicious Irish breakfast, we walked across the

street to the giant eight-story edifice that is the Titanic Museum. The building is the same height as the ship. Its angular form recalls the shape of ships' prows. Its façade is formed of 3,000 individual sheets of anodized silver which gives it an "icy" look. No wonder the locals refer to it as the "Iceberg." From overhead it looks like a star (to represent White Star Line).

The building is a series of interpretive galleries that explore the various aspects of the design and building of the ship as well as its sinking and legacy. The top floor has a banquet hall that will accommodate 750 people. The museum was completed in 2012 for the 100th anniversary of the sinking of the RMS Titanic.

The exhibit, better known as "The Titanic Experience," begins on the first floor with a history of Belfast City and all the things that made it such a hub of industry and trade. It was an ideal location for shipyards. Each floor in turn takes one on an interactive journey from the plans to build the Titanic to its last doomed moments in the North Atlantic off the coast of Newfoundland.

One hears the sounds of the building of the ship...the hammering in of rivets, etc. (After I came home, I was in a local supermarket where someone was hammering. For a moment I was back in the museum!) There were happy sounds, the excitement of the launch and the happy noise at the various embarkment points. There were other sounds that hit a sad note, the sound of the final messages coming in Morse Code and the cries from the sinking ship. It seemed so final! Also, there was a chance to experience what it was like to be underwater. That was frightening.

History of the Titanic

Titanic was built on Queen's Island, a section of land reclaimed from the sea in the mid-19th century and purchased by shipbuilders Harland and Wolf, who turned it into a ship-building yard. The Titanic was built there for the White Star Line. In recent years the area was re-named The Titanic Quarter.

The ship was owned by J.P. Morgan, who was supposed to go on the ship for its maiden voyage, but cancelled the day before it left.

The Titanic, which took three years to build, was the largest and most luxurious liner ever built. It had nine decks with an oak-lined stair-

case connecting seven of them. It had many modern conveniences including four elevators, a swimming pool, a gym, a hair salon and a French Café complete with French chefs. It was believed to be unsinkable.

First Class passengers got royal treatment. Second class and steerage passenger quarters were fairly elegant as well.

Captain John Smith, also known as The Millionaire's Captain, was in charge of the ship. He did not survive.

The Titanic was launched on May 31, 1911, when 100,000 people came to see the launch. Twenty-two tons of soap and tallow were used on the slipway for 62-second launch.

The maiden voyage from Southampton to New York began on April 10, 2012. The ship stopped at Cherbourg to pick up passengers, then went to Cobh, Ireland, to get others before heading for New York. On board were 1317 passengers and 885 crew. Of the passengers, 126 were children. There were 12 dogs. The ship was built to carry 3,574 passengers.

Among the passengers were some of the world's richest and most famous people, including multimillionaire John Jacob Astor, American businessman Benjamin Guggenheim, and Isidore and Ida Straus, co-owners of Macy's, all of whom perished in the

(Continued on page 13)

Time for sharing

(Continued from page 11)

for-profit entity, it must be compliant with Federal regulations in order to deliver certain benefits to its clients.

For shoppers looking for bargains, certain days are discount days or "name your price" days. Items may be marked down to reduced prices to encourage their purchase and to make room for "new" used merchandise. Senior days are part of the sched-

Besides the stores, RISE offers summer educational and recreational programs for children, sponsors the Better Beginnings day care program for 99 children, and offers free breakfasts and lunches to participants. Social assistance services are offered as well, including health information, immigration information, legal advice, and housing assistance. Information about other federal, state and local services that are available to those in need, including SNAP food benefits and Medicaid eligibility, is also provided.

Much more information can be reviewed on the RISE website, njrise.org, or by visiting either of the stores. In the meantime, think about the unused items taking up space in your home and about how those items may be used by someone else, or consider making a donation: an item of clothing, a child's toy or book, some shelf-stable foods. Think about volunteering some time to this program. It's time to be grateful for what we have and to share with others.

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Titanic Museum

(Continued from page 12)

sinking. American businessman Alfred Vanderbilt cancelled his trip but died three years later in the sinking of the *Lusitania*.

Little wonder that the voyage was known as The Millionaire's Special.

The story of the sinking is very familiar. On the night of April14, while the ship was off the coast of Newfoundland, there were reports of five large icebergs in the area. Wireless operators on a nearby ship, the *Californian*, tried to warn the Titanic operators about the icebergs, but they got little response or cooperation from them.

Around the same time the two lookouts on Titanic's crow's nest could not find the key to unlock the cabinet where the binoculars were kept. This hindered them from spotting the icebergs. Also, the ocean was very calm so the lcebergs were making no waves, which made them harder to see.

The iceberg was very close to the ship when the first officer spotted it and decided to turn. It hit the ship on the side making several small gashes, allowing the water to come in. Three million rivets were no match for an iceberg! Many experts say that a head-on collision would have caused less damage.

The lifeboats could hold only a little more than half the passengers but that was more than required by law.

The band which played only in first class dining room was ordered by the captain to play as the ship sank. Passengers climbed or were helped into lifeboats. One major problem was that many of the lifeboats were not filled to capacity. American socialite, Molly Brown wanted her lifeboat to return to pick up more passengers from the water. That did not happen but it later earned her fame as "The Unsinkable Molly Brown."

More than 1500 died in the disaster, including 69 children. About 800 were crew. Three dogs survived because their owners would not leave them behind. The youngest survivor, two-month old Millvina Dean, died in 2009 at age 97.

A nearby ship, the Carpatha, picked up the 705 survi-

vors and took them to New York. All were taken from the lifeboats except one man who was taken directly out of the 32-degree water. Only 340 bodies were recovered.

There is an interesting observation about the role the moon may have played in the disaster. On Jan. 4,1912, there was a full moon that caused

giant tides. The moon was at its closest point to earth since A.D.793. (This will not happen again until A.D.2257.) It is believed that the giant tides upset the icebergs, causing them to break away and travel into the shipping lanes off Newfoundland.

The wreck of The Titanic was not found until 1985.

Wright Brothers Day

By Jean Houvener

On Dec. 17, 1903, Orville and Wilbur Wright flew the first successful heavier-thanair machine in a series of flights at Kitty Hawk, N.C. This was the brothers' fourth visit to Kitty Hawk from Dayton, Ohio. The entire summer had been spent working hard in their bicycle shop building the machine they hoped would be propelled by a combustion engine. In 1959, Pres. Dwight D. Eisenhower declared Dec. 17 to be Wright Brothers Day in their honor.

The two brothers lived in their father's house along with their sister Katharine. She was the only sibling in the family to have graduated from college, Oberlin, returning to Dayton to teach Latin. She was crucial to holding

the family together and caring for the daily needs of them all, their mother Susan having died in 1889. Orville and Wilbur would debate theories of mechanics and devise experiments to test their theories, largely selfeducating themselves by extensive reading. Their two older brothers, Reuchlin and Lorin, were married with families of their own. Their father Bishop Milton Wright was a minister in the United Brethren Church, whose duties entailed extensive travelling around the Midwest.

Always enterprising, in 1889 Orville, still in high school, began his own print shop, and with the help of his older brother, Wilbur, began publishing a paper, West Side News. One of Orville's

(Continued on page 14)

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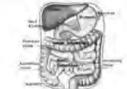
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Wright Brothers

(Continued from page 13)

friends, Paul Laurence Dunbar, published some of his early poems in the paper. Later, in 1893, as bicvcles came into vogue, the brothers decided to move into the bicycle business, making the bicycles themselves. They also busied themselves with a complete remodeling of their house, taking advantage of Katharine's being at college to redo everything.

While recovering from typhoid fever, which almost killed him, Orville became inspired by reading about Otto Lilienthal and his glider experiments in which he had recently been killed. Orville also read technical articles about the nature of locomotion and aeronautics among animals, particularly by J. Bell Pettigrew. As both brothers became increasingly interested in aviation, in 1899 Wilbur

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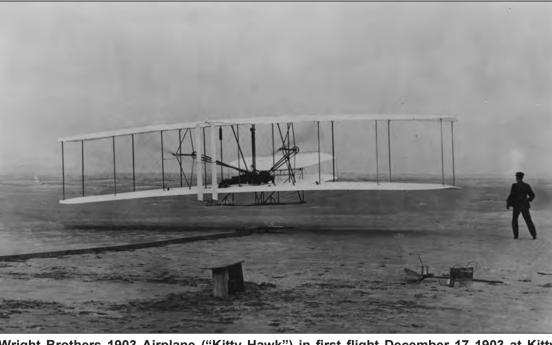
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Wright Brothers 1903 Airplane ("Kitty Hawk") in first flight December 17 1903 at Kitty Hawk, N.C. Orville Wright at controls. Wilbur Wright standing at Right. National Archive #17338963/533461

wrote a letter to the Smithsonian Institution describing their interest in and wish to receive papers related to the subject in the Smithsonian's possession. Richard Rathbun sent many papers to them, which they studied carefully, especially those by Octave Chanute and Samuel Pierpont Langley.

They began working on a glider in the bicycle shop. When asked, Chanute recommended Kitty Hawk to the brothers as a place with regular 15-mile-an-hour winds, which they thought would be necessary for their glider. In September of 1900 they shipped the pieces of their glider to Kitty Hawk. Wilbur arrived first, staying with the family of William Tate, with whom he had earlier corresponded about the weather, and set up camp and prepared the glider. They tested the glider, flying it like a kite and controlling it from the ground. After a gust of wind caught it before they were ready, it crashed and needed considerable repair. When conditions seemed right, Wilbur climbed aboard and flew, if briefly, in their first manned flight.

The brothers were constantly working, revising, observing the birds, fishing to feed themselves. All were impressed by the diligence they exhibited in their work ethic and their selfsufficiency. Based on their letters, Katharine concluded they were both having a wonderful time. On Oct. 19, after hauling the glider to Kill Devil Hills, they successfully executed one successful flight after another of up to 400 feet in length and 30 miles per hour. After that they packed up to return to Dayton with plans to return the following year.

A second summer in Kitty Hawk with a slightly different glider developed over the winter, with different curvatures to the wings based on measurements from Otto Lilienthal's work, began in July of 1901, just in time for voracious mosquitoes. After several attempts and various adjustments to the revised measurements, they felt something was radically wrong. They revised the wings and had better results,

but in the end decided they had to work out their own measurements.

They returned to Dayton to devise and test various surfaces and curvatures, creating their own wind tunnel - a six-foot box, open at one end and with a fan at the other. Slowly and carefully they worked out all the measurements they needed. Then, as economic necessity arose, they devoted time to creating the next line of bicycles for their shop. They were ready again for tests in Kitty Hawk by the fall of 1902. Uniquely they developed their own way of warping the wings to control the direction and altitude of the glider. After various adjustments to the glider, the brothers were satisfied that they had resolved most of the issues of control.

The next step was to attach a motor to their machine. Not finding what they wanted from existing manufacturers, they turned to Charlie Taylor, who was their mechanic in the bicycle shop and ran the shop while they were in North Carolina. It took them months to work out all the details of the motor and the propellers. Once again they had to develop their own measurements to work out the design. Many active discussions were required to come up with the strategies to test their ideas. They also created their own design for the propellers. In March they applied for patents on their inventions. Granted in 1906, these patents would form the basis of subsequent lawsuits against airplane manufacturer Curtiss Company for patent infringement.

In the fall of 1903, they returned to Kitty Hawk. They put up a new building was in a week for them to assemble their new Flver. Early in the process the motor had a failure and required repairs, as did the propellers, which were damaged by the motor failure. Undaunted, the brothers sent for new parts and continued to fix parts of the Flyer. As the weather grew colder and snow fell, they continued to keep busy and to make repairs until the parts they needed arrived.

Meanwhile Samuel Langley had been developing his own flying machine supported by the Smithsonian and other donors. On Dec. 8 his test began with a catapult launch straight up 60 feet, followed by a stall and whirring sound, subsequently crashing into the Potomac. Fortunately, Charles Manley at the controls managed to escape the wreckage and emerged unharmed but almost frozen. Having had their own failures, the brothers were sympathetic to Langley's efforts.

On Dec. 11, the Wright brothers were set to test their Flyer, but the wind was too light. On Dec. 14, they were all set to go, flipped a coin, and Wilbur won the right to lie on the framework to control the Flyer. Making a mistake at the end of the track, he pulled too hard on the rudder, making it first pull up and then compensating to plunge down into the sand. Nevertheless, other than that, the motor and the machine had performed as they had hoped.

After making necessary repairs, on Dec. 17, they were ready to go again. This time it was Orville's turn to take the controls. Lying between the propellers, next to the engine, in the midst of the truss wires, with the wind at 20 to 27 miles an hour, he started up the engine while Wilbur waited beside the wing to balance the Flyer as it ran down the track. At the end of the track, John T. Daniels clicked the shutter on Wilbur's camera to capture that first moment of flight by a heavier-than-air machine, propelled by a motor. The Flyer rose and dipped repeatedly, but in the end flew for 120 feet for a time of 12 seconds before landing safely. Additional runs by each brother that day ended with a fourth test during which Wilbur flew half a mile, taking 50 seconds. Four years of hard work had led to this moment.

The Wright brothers had proven that humans could fly. No one knew better than they how much remained to be done, but the era of aviation had begun.

Information for this article is from the excellent biography by David McCullough, "The Wright Brothers."

Rossmoor Clubhouse News

December 2019



11:30AM Ballroom \$40pp

Join us for an afternoon brunch with Vocalist Lou Ruvolo as we welcome 2020!

Menu includes scrambled eggs, French toast w/ maple syrup, applewood smoked bacon, home fried potatoes, chicken cordon bleu, grilled salmon Florentine, salads, mini Danish, pastries, fruit platter and more! Coffee, tea and water.



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EVENTS

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ROARING 2020'S NEW YEARS EVE SPEAKEASY PARTY Tuesday, December 31 at 7:30PM, Ballroom, \$78 Menu available at E&R

AFTERNOON "HIGH TEA" W/ DOWNTON ABBEY MOVIE NEW DATE ADDED-Friday, January 17 at 1PM, \$40 5-Course Afternoon Tea served at A Steep In Thyme, followed by Downton Abbey movie in Clubhouse Ballroom On Sale Now

CHINESE NEW YEAR CELEBRATION

Tuesday, January 21 at 12:30PM, Ballroom, \$22 On Sale 12/10

TRIVIA NIGHT W/ CJ THE DJ

Wednesday, January 22 at 7PM, Ballroom, \$10 On Sale 12/17

YEAR IN REVIEW 2019

Friday, February 7 at 2PM, Ballroom, Free Join us as we enjoy memories from 2019! Coffee & cake

EXCURSIONS

"TINA: THE TINA TURNER MUSICAL"- SOLD OUT Wednesday, December 4 - Departs poolside at 10AM

NYC HOLIDAY LIGHTS TOUR - SOLD OUT Monday, December 9, \$85—Departs pool side at 1:15pm

HOLIDAY SHOPPING AT CHRISTKINDLMARKT Friday, December 13, \$35. Bus departs poolside at 9:30AM

RADIO CITY ROCKETTES CHRISTMAS SPECTACULAR Wednesday, December 18, \$130 Bus departs poolside at 10AM

PHILADELPHIA FLOWER SHOW & READING MARKET Thursday, March 5, \$60—Bus departs poolside at 9:15AM On Sale 1/6

MOULIN ROUGE AT HIRSCHFIELD THEATER Thursday, March 19, \$225—Bus, gratuity & Orch. ticket On Sale 12/3



Monday, December 16 7PM - 9PM Ballroom \$10

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AFRICAN HERITAGE GROUP Saturday, December 7, 3:00pm, Gallery

AVIATION GROUP 2nd Wednesday, 1:30pm, Ballroom "JFK Jr. Crash"

BOOK DISCUSSION GROUP Thursday, December 12, 3:00pm, Dogwood

CURRENT EVENTS ROUNDTABLE Mondays, 10:30am, Maple

GERMAN AMERICANS Thursday, December 26, 1:30pm, Cedar

KOREAN AMERICANS Saturday, December 14, 5:00pm, Maple

LATINO/HISPANIC-AMERICANS Sunday, December 22, 3:00pm, Cedar Holiday Party

POLISH AMERICAN Friday, December 6, 1:00pm, Maple

PROGRESSIVE GROUP Thursday, Dec. 19, 6:00pm, Ballroom 'Celebration of Festival"

RECIPE GROUP Wednesday, December 11, 6:30pm, Maple

VETERANS GROUP Tuesday, Jan. 14. 10:00am, Ballroom

WRITERS GROUP Thursday, December 26, 10:00am, Cedar

THE ARTS

"ALL IN STITCHES" Knit & Crochet Group Thursdays & Saturdays, 1:00pm, Maple

ART CLASS/WORKSHOP

Wednesday, 9:30am—11:30am, Gallery Resident/Artist Paul Pittari offers basic instruction. Easels provided. Supplies on your

CERAMICS STUDIO

Monday & Thursday, 8:30am-12pm. Monitor present. Molds & Kiln on site. Supplies on your own.

POTTERY

Wednesday & Saturday, 8:30am-12 Noon Monitor present. Supplies on your own.

RUG HOOKING GROUP Thursdays, 9am-2pm, Gallery Bring your lunch and have some fun!

WOODSHOP & OPEN WOOD CARVING Mon-Fri 9am-3pm Saturday 9am-Noon Open to Residents who have completed the orientation and safety class. Monitor present.



CARDS & GAMES

BANANAGRAMS

Mondays & Thursdays, 2pm, Game Room Contact Dolores Wardrop.

BILLIARDS ROOM Open 7 days, 8am-10pm (Closed for cleaning Wed. 8am—11am.)

BRIDGE

Contact Clubhouse

CANASTA

Mondays & Wednesdays, 1pm-4pm Contact Sandy Davidson at (609) 395-4057 or Linda Ortlepp at (609) 664-2965

MAHJONG

Contact Clubhouse

MAY I

Contact Sophie Prata.

MAH JONG

Beginners and experienced players wanted. Contact Linda DeMorato.

MEN'S POKER

Contact Alan Lasky.

NINTENDO WII

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

PINOCHLE

Please call E & R if interested.

POKER

Contact E&R

GET MOVING!

CHAIR YOGA

Tuesday mornings, 10:00am, Gallery
Enjoy the benefits of yoga while sitting in a chair.
Class is conducted by a certified Yoga Instructor.
Pay instructor directly

"DOWNSIZING"-Weight Loss Support Group Wednesday, 9:30am, Maple Call the Clubhouse for information

HEALTHY BONES

Thursdays, 9:30am, Ballroom This class is for those that have pre-registered.

LATIN-INSPIRED DANCE

Tuesday, November 5, 6:30pm, Gallery Join us for an hour of instructional dancing—Salsa, Merengue, Bachata and more!.

OPEN EXERCISE DVD

Monday, Thursday, 9:30am, Hawthorn Saturday, 9:30am, Maple

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

WALKING GROUP (Weather Permitting)

Mondays, 9am, Front of Clubhouse Walk the 1 mile or the 2.5 mile loop around Old Nassau. Bring water and wear comfortable shoes.

Wednesday, 9:30am, Cedar

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

Classes will resume in January 2020.

Drawing Class

Wednesday December 11 10:00AM Gallery

Join us for the 30 minute video, "Travel Sketching" featuring artist Mark Taro Holmes, as he leads us through a demonstration of how he quickly draws scenes around him. He focuses on techniques and ways to improve your skills. Following the video, participants will have an opportunity to hone in on their own drawing skills.

> Paper and pencils will be supplied.

RSVP your attendance to E&R by Monday, December 9th.



SPORTS FUN!

The 2020 Bocce Season will be April—June. Keep an eye out for additional information.

Interested in playing in 2020? New Players Welcome. Call Betty Anne Clayton.

Saturday, December 7 at 9:30am. New hikers welcome! All hikes depart from Clubhouse at 9:30am, unless otherwise noted.

PICKLEBALL

Special thanks to the Monroe Pickleball Fundraising Group, players, Make-A-Wish staff and spectators for a great day.

SHUFFLEBOARD

Interested in playing in 2020? New Players Welcome. Contact E&R for details.

TABLE TENNIS

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

TENNIS

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

MOVIE CORNER

"THE SHAPE OF WATER"

Rated R / 2hr 3m / No Charge



Sunday, December 8 1:30pm Ballroom

Tuesday, December 10 7pm Ballroom

TUESDAY MYSTERY MOVIE

December 3 at 7pm December 17 at 1:30pm and 7pm

Movies are subject to change.

RSVP Your Interest

"West Side Story" or "Dear Evan Hansen"
on Broadway
Wine & Train Tour * Ladies Day in Lancaster
Mackinec Island, NY Tour
Radio City Christmas Show * Car Show
5 Day Cruise (out of Bayonne)
Make Your Own Gourmet Ravioli
QVC Studio Tour
Murder Mystery Dinner

Arrangement of trips is dependent upon number of residents interested. If you want to see something special, call E&R!

LIBRARY ON LOCATION

"Tea Time"

Thursday, December 19 at 1PM, Ballroom Monthly gathering of five Chilean women sustains them through 60 years of personal and societal change. A film by Maite Alberdi [2015, 52min]

No Charge—Program is in collaboration w/ Monroe Twp. Library & PBS





FYI

- RCAI Offices will be Closed on Wednesday, December 25th in observance of Christmas Day
- CONTACT THE CLUBHOUSE for information regarding events and trips.
- EVENT REMINDERS: Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. <u>Tickets are non-transferable</u>.
- TRIP REMINDERS: Trips require average physical activity. You
 should be in good health, able to climb stairs, and walk reasonable
 distances. Any guest accompanying a Rossmoor resident MUST be at
 least 18 years of age. Basic information on guests must be provided
 when tickets are purchased.
- CLUB PRESIDENTS & GROUP REPRESENTATIVES: Channel 26
 announcements and room set ups MUST be handed in on the official
 forms. Forms can be found on the website or in the Clubhouse.
- ROSSMOOR CLUBHOUSE NJ is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- RCAINJ.COM is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- EVENTS & TRIPS are subject to change.









Veterans and residents gathered at their brunch to honor all those who have served.





During Halloween, the Clubhouse was in decorated in all its spooky splendor.













Monet who? Michelangelo who? Residents enjoyed an evening out, painting a jolly snowman and snacking on appetizers at our last Wine & Design of 2019!



DECEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 7:00pm Mystery Movie –BR	4 Tina Turner on Broadway* 2:00pm Mutual11 Budget— GL	5 2:00pm Mutual 16 Budget— GL	6 10:00am Mutual 3 Budget—GL	7
8 <u>1:30pm</u> "The Shape of Water" Movie –BR	9 10:00am Mutual 7 Budget—BR 1:00pm Healthcare Lecture— MP	2:00pm Golf Committee –VC 7:00pm "The Shape of Water" Movie –BR	11 1:30pm Aviation "JFK Jr. Crash– GL 6:30pm Recipe Exchange- MP	12 9:00am Committee Meetings-VC	Holiday Shopping at Christkindlmarkt	14
15	16 7:00pm Trivia Night—BR*	17 9:00am Comcast –BR 1:30pm Mystery Movie –BR 7:00pm Mystery Movie –BR	Radio City Christmas Spectacular*	19 9:00am Board of Governors-VC 1:00pm Library on Location-H 6:30pm Bingo—Bl	20	21
22	23	24	25 RCAI Offices CLOSED	26	27	28
Happy Chanukah!	30	31 11:30am New Year's Eve Brunch—BR 7:30pm New Year's Eve Celebration—BR	YEAR'S DAY RCAI Offices CLOSED			

INDEF	ENDENT CL	063	
Chorus	Wed	4 pm	MH
Church Discussion	Tues	1:30 pm	MHP
Computer Club	3rd Mon	10 am	GL
Dance Club	Last Sat	7 pm	BR
Emerald Society	4th Wed	2 pm	BR
Indian-American	Sun	9:30 am	GL
Italian-American	3rd Wed	7:30 pm	BR
Players	Last Mon	7 pm	GL
Torah Study	Sat	10 am	CD
Women's Guild	3rd Thurs	1:30 pm	BR

Catholic Society Mass	2nd Thurs	7 pm
Jewish Congregation Sabbath	2nd & 4th Fri	7:15 pm
Community Church & Communion	1st Sun	11 am
Community Church Worship	2nd & 4th Sun	11 am
Community Church & Fellowship	3rd Sun	11 am

ROOM KEY			
BR	Ballroom	Н	Hawthorn
С	Court	MP	Maple
CD	Cedar	мн	Meeting House
СН	Clubhouse	МНР	Meeting House Parlor
CFT	Craft	TR	Terrace
DW	Dogwood	RR	Red Room
GL	Gallery	VC	Village Center
GR	Game		

This month in pictures Photos by Joe Conti and Walter Gryskiewicz







Linda Klink at the Players Halloween Party



Players Carol Baldassari and Tom Smith as **Bride of Frankenstein and Frankenstein**



Tony and Lorraine Giaguzzi at the **Dance Club**



Son and daughter-in-law of Antonino and Francesca Furnari, who joined their parents at the dance. The Furnaris were celebrating their 50th anniversary.



Pastor Robin praying the blessing of the animals



A handsome friendly face



Sam Renda and his "Friend"





Above, our senior veterans Harold Gorman and Bernie Fox at the Veterans Brunch

On left, The MIA table at the Veterans Brunch

The time of your life

By Allan Kaufman

Some of my friends who came to Key West to enjoy our oldest daughter's destination wedding in 2007 told us, as they were getting ready to head home, that they "had the time of their lives." Whether or not they were just being kind or truthful, the phrase became more meaningful after I actually had the time of my life on Oct. 19, attending the Roosevelt High School reunion.

I grew up in Yonkers, N.Y., thought to be the "country" by many of us living in New York City in the 1950s and 1960s. When we moved to the suburbs in 1961, it seemed as if we lived in another country. The sounds of the city and the relentless honking horns from buses and taxis were suddenly gone. The large movie theatres, particularly, the Loew's Paradise, an architectural masterpiece, and the mom and pop stores dotting my neighborhood were all left behind.

We eventually learned to appreciate the comforts of life in Yonkers. My sister and I attended local public schools. The high school was located next to our apartment complex, literally a five-minute walk. I graduated from Roosevelt High School, the home of the Indians, in June 1969. So, on Oct. 19, 130 of my classmates and their guests gathered for our 50th high school reunion where I truly had the time of my life. Gratefully, my wife's cousin, Ellen Stein Devine, took the lead and with the reunion committee, planned and organized one hell of a party.

Over the years, I had maintained contact with a few of my classmates. I was also looking forward to seeing some of my former classmates who had been strangers to me for the past 50

Since I was not the social butterfly in high school, I was



From left are Ken Oliver, Linda Sobel Glastein, Stu Simon, Allan Kaufman, Harriet Klein Litzky and Ed Engle. All lived in the same apartment complex on Sadore Lane in Yonkers.

unsure of my reception at meeting some of my classmates with whom I had limited interactions during my time at RHS. However, my concerns were il- founded. My class members attending the reunion acted as though we were the best of friends. There were no longer sorority

girls or fraternity boys or jocks or geeks. There were only high school classmates.

My senior class consisted of 625 students. Unfortunately, 53 of our friends passed away. Harriet Klein Litzky paid tribute to those 53 classmates in an outstanding video presentation. She stated. "It was cathartic at first, but as I continued to put the video together, it became more of a tribute. Especially, when my best friend was part of the video."

Although I attended the 20th RHS reunion, I did not have any lasting memories of that event. This time I was looking forward to renewing friendships. At the same time, I was feeling remorseful that I had not kept in touch with friends who lived nearby. My only excuse was that life can be busy and complicated.

After high school graduation, many, if not most of us, went to college and then began careers and started families, and yes, some maintained friendships and kept in touch; they had formed common bonds while in high school. But, as for me, I felt sorrowful that it took me 50 years to once again say hello to those friends, especially Rafi Freeman, who traveled from Israel, and many more old friends. There was so much to catch up on, but not nearly enough time.

Reflecting on our high school days, it was difficult to forget that our junior year, 1968, was probably the most challenging year for our country since the end of the Second World War. It was a time of change. The assassinations of Martin Luther King, Jr., and Robert Kennedy

shook the nation. President Johnson backed out of the election, Richard Nixon won the presidency, and the Vietnam War raged on creating unrest and difficult times in our country. Nonetheless, we transitioned into our last semester with the hope of a better time for our nation and an opportunity to make a difference. Now, as I observed my classmates across the ballroom, it was evident that we persevered and succeeded.

Before the party ended, I asked some of my friends to send me their thoughts about the reunion. Trying to sum up that night is challenging, but one of my classmates said it best: "Needless to say, the opportunity to travel 'back in mind' to recapture our youth with those who shared these moments was so special as, for 'One Brief Shining Moment,' we were young again. If I could transport myself back to my Roosevelt years, I would make it a point to spend more time with each of you, because you are all so

very special." Saying goodbye was quite sad, realizing that it would most likely be the last time I would see so many of my classmates. At breakfast the next morning, we discussed trying to stay in touch, since many of our classmates live in the New York City area or in Florida. While a full-blown reunion may not be possible, I think, going forward, we can discuss just meeting for dinner in the spring, at the earliest, as we all want to remember the moment, the moment when I hope all of my classmates had the time of their



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New Neighbors

By Christina Smith, Resident Services Manager

Manuel and Ana Soto, 306C Sturbridge Lane, formerly of Perth Amboy, N.J.

Pearl Baldanzi, 17E Old Nassau Road, formerly of Milltown, N.J.

Leonor Gonzalez and Victor Sevilla, 77A Rossmoor Drive, formerly of Monroe Twp., N.J.

Robert and Marjorie Pupkin, 607C Winchester Lane, formerly of Staten Island, N.Y.

Lazelle Williams, 391A Orrington Lane, formerly of New York, N.Y.

Terry Kaiser, 69C Gloucester Way, formerly of Neptune, N.J.

Jannette Rogers, 88A Old Nassau Road, formerly of Lusby, Md.

Graciano Arce, 253A Mystic Lane, formerly of Fords, N.J.

Lisa Thorne and Jose Class, 637-O Yale Way, formerly of Manalapan, N.J.

Lorraine and Richard Purcell, 490A Old Nassau Road, formerly of Jamesburg, N.J. Lois Hurley, 699A Yardley

Way, formerly of Edison, N.J. Roque Lajara and Milagros Brito, 79N Old Nassau Road,

formerly of Elizabeth, N.J.

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I can't live without you

By Youngae Lee

I heard a pastor's sermon about happiness. According to him, there are two kinds of people: ones who can only see the bad things even when something good is happening, and one who can see the great things despite the sad things that have hap-

Happiness can be found in your way of thinking, not necessarily created by an actual situation. It's how you see things that can make you happy or miserable. In this world, nothing is 100% good or 100% bad. A coin has two faces, but still holds the same value, whether it is heads or tails.

One such event happened recently to make me consider this two-sided coin. On the early morning of Oct. 5, I woke up to no electricity in our home, and later realized affected our entire neighborhood as well. Ever

since hurricane Sandy, when I was without power for a week, I have had nightmares of this situation happening

We refer to electricity as "power" because it is so powerful and holds much control over our day-to-day lives. No electricity means no light, food for some, heat, or water in certain areas.

Luckily, we at least had a portable burner to boil some water so we could have some coffee for breakfast and rice for lunch. Unfortunately, these days, there isn't much we can do without power. So, in the meantime, we cleaned the house, rearranged some furniture, and reorganized the drawers. We took the time to look at some old photos we had put away and forgotten about, along some keepsakes we saved as well. We had looked at these old photos and items, old pictures of our

parents and we recalled their memory, appreciating them for everything they had done for us.

Fortunately, the power was restored before day's end. We hopped right back into our normal routine as if nothing had happened just a few hours prior.

Without power, there are tons of things we can enjoy and do with our time if we take the time. Today's technology and devices have made us dependent on them for everything. I still remember vividly the time when hurricane Sandy hit New Jersey: heavy rain and strong winds pouring over our homes. For those seven days without power, surprisingly, my head was clear and free of any worries and concerns. The only concern I held onto was wondering when the power would be returned, talking about what we could and would do once power was restored. The neighbors and I found a singular common goal, and that was to make it through for when the power would come back, and to long for it in the meantime.

It was so easy to jump back to the usual rhythm, forgetting how, just moments ago, we longed for this missing power, not remembering how precious that power and time were to us. Keeping that in mind, we should always maintain good relationships, be mindful of our bodies, and also of our minds.

Without electricity we cannot survive, but without love we cannot live. If you had to choose one or the other, which would you pick?

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(s)milestones



Betty Anne Clayton as Glinda from The Wizard of Oz. surrounded by her six grandchildren at her 80th birthday party. From left are Andy Macalaster, Austin, Texas; Julia Leisman, Brooklyn, NY; Emmy Sullivan, Monroe Twp.; Kai Lockton, San Mateo Ca.; Brent Sullivan, East Windsor, NJ; and Sophie Lockton, San Mateo, Ca.

Musings and Memories

By Betty Emmons

By Betty Emmons

Nuggets of Gold

I'm looking at a lovely old mahogany bookcase

Filled with books, some never read, oh what a waste.

Where did they all come from? I do not know.

My guess they were gifts and purchases of long ago.

A wealth of knowledge between the pages,

Be it fact or fiction from other ages.

But if not read, the words are all for naught,

And we'll never learn the things we ought.

So I'll start today, that's what

I'll do. I'll pick a book to enjoy or just muddle through.

For in every written word from heart or mind

A nugget of gold I'm sure to find.

I'll also share with anyone who is interested in

O. Henry, Voltaire, and even Huck Finn,

Treasures all, each of a different kind,

Like little snippets of vintage

Yes, reading is to be savored as a lovely treasure,

Be it mystery, a love story, all bring pleasure.

So when you look back as you grow old

You'll have a wealth of knowledge I call Nuggets of Gold.

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CULINARY CORNER

By Sidna Mitchell

Try a different pie for the holidays

By Sidna B. Mitchell

Now that Thanksgiving is past, the leftovers are eaten or given away, and broth has been made from the turkey carcass, what do you do with all those fresh cranberries you bought? You might have thought about making your own fresh cranberry sauce but that seemed like too much trouble when you could simply open a can.

Perhaps you remembered the jellied cranberry salad ring a relative created years ago but quickly dismissed that idea. Maybe you considered making a cranberry relish but couldn't find the recipe you swore you saved.

As New Yorkers would say, "Forget about it!" (Sorry, as an old Southerner, I can't get that Yankee dialect.) Try doing something different make a cranberry surprise pie. The pie is simple to make but might be too tart for some taste so only add about a half-teaspoon of orange rind or zest.

Anyway, this will be a special treat instead of the usual pumpkin, pecan, or lemon meringue pie for your holiday celebrations with friends or family.

Cranberry Surprise Pie Culinary corner

1 heaping cup fresh cranberries

¹⁄₃ cup sugar

1/4 cup chopped nuts

½ teaspoon each lemon and orange rind

1 egg ½ cup sugar 1/4 cup flour

Pinch of salt 1/4 cup butter, melted with 2 tablespoons shortening

Preheat oven to 325 degrees.

Grease well an eight-inch pie plate.

Spread cranberries over the bottom.

Sprinkle berries with 1/3 cup sugar, nuts and grated rind for extra tang.

In a medium bowl, beat egg well and then add the $\frac{1}{2}$ cup sugar, beating vigorously.

Add remaining ingredients and beat well to form batter. Pour batter over cranberries, covering them well.

Bake at 325 degrees for 45 minutes.

Serve warm with whipped cream, Cool Whip, ice cream or hard sauce.

NOTE: If any pie is left over, this is even good served cold for breakfast.

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



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Clubs and Organizations



Members of the Emerald Society disembarking from their boat trip.

Emerald Society's winter activities

By Joan Avery

Don't forget to mark your calendars for the very popular trip to the Christmas Show at the Sight and Sounds Theater on Dec. 10.

The Emerald Society's Christmas Party was held at the Cranbury Inn on Sunday Dec. 1. Outkast Customs provided the entertainment. The menu for the dinner included a cheese table, Sunday brunch, mimosas, juice, coffee and dessert. A wonderful time was had by all.

Dan appointed a nominating committee for a full slate of officers for the Emerald Society, which was done at the Oct. 23 meeting. An election was held and the new officers are President Linda Klink, Vice President Ronald Reid, Treasurer Robert Landman, Secretary Erin Medlicott, Sergeant-at-arms Betty Ann Clayton.

Dan decided to step down as president of the Emerald Society, having brought the membership to 342 members through his devotion to the

club. He always arranged for monthly food and entertainment, lectures on important topics, trips to Lancaster, Pa., luncheons at Doolan's in Spring Lake, and numerous picnics.

Our members were also treated to many four-day fabulous trips to all the New England states. Dan provided hundreds of joyful moments for us through his hard work and attention to detail, not always an easy task. We all want to thank Dan for giving us such wonderful memories.

Also, under Dan's leadership, the Emerald Society has donated hundreds of dollars to very worthy causes such as cancer research, heart disease, the Smile Train, the Make-A-Wish Foundation and many others. This makes us all proud that we can contribute to these causes through the Emerald

The next meeting is Dec. 4. See you there.

Computer Club general meeting

By Steven Gray

To all members, potential members, and non-members of the Rossmoor Computer Club: This month's meeting, on Dec. 16 in the Gallery, will be featuring Arthur Segal with tips and hints on digital photography.

Arthur is in charge of the Special Interest Group -Photography, part of the

Kulbacki, Mgr. N.J. Lic. No. 487

Computer Club, and will be giving a regular training session in early 2020 to club members.

The meeting begins at 10 a.m. with snacks and schmoozing beginning at 9:30 a.m. Whether you are a novice or a self-proclaimed expert you may learn something new.

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Democratic Club

By Catherine Hunt

Best wishes and holiday greetings from the Democratic Club. We want to extend our cordial invitation to you to attend our Dec. 2 Holiday Shopping Spree and Silent Auction at 7 p.m. in the Gallery.

Join us for a fun evening with good company, light refreshments including finger foods, soft beverages, wine and music, plus participate in our exciting silent auction of themed baskets and other wonderful items just in time for the holidays. Pick up a special gift or something for yourself at the Silent Auction.

Feeling generous? The club is accepting donations of themed baskets and other items for the silent auction. Please contact Catherine Hunt (205-821-1209) concerning your items for the Silent Auction so that we will be able to prepare an attrac-

(Continued on page 19)

Happy holidays from the Dance Club

By Judy Perkus

Since this is such a busy month, the Dance Club will have no dance in December. Join us in January at our next dance. All Rossmoorites are welcome, but priority goes to Dance Club members.

In October we marked Hal-

loween with dinner, dance music, costumes, and fun. Rob Respler's birthday and the 50th wedding anniversary of Antonio Furnari and Francesca LaManna were celebrated at this event. Prizes for costumes were won by Tony and Lorraine Giaguzzi, Hawaiian hula dancers; Kris

dedicated and energetic as

she is. I suppose this is why

these individuals are able to

tame the initial chaos of this

event and create spaces

through which people are

happy to roam in search of

hidden treasures and bar-

Let me share some data

on where these treasures

and bargains were appar-

ently found and the dollar

· Women's clothing, shoes,

purses, jewelry and linens-

\$1,437. (Decrease in jew-

amounts they generated:

Brady and her husband, a butterfly and a butterfly hunter; and Antonio and Francesca's son and wife, who came to help his parents (who were "under construction") celebrate their special day.

In November, we had a Chinese food buffet at the last dance of the year. We look forward to seeing what President Armen DeVivo is planning for 2020.

You may send your 2020 Dance Club dues of \$15 per couple, \$7.50 per person made out to the Rossmoor Dance Club to Armen DeVivo at 449B Roxbury Lane or leave your check in an envelope in the Dance Club folder. New members, singles and couples, are welcome. Call Armen at 609-655-5799 for more information.

President Armen DeVivo and the entire Dance Club wish you happy holidays and a happy and healthy New Year.



Krys Brady and her husband, costume winners at our Halloween dance.

Good news from the Women's Guild

gains.

By Diane England

First of all, let me thank you for a very successful Bazaar. You might remember that last year we raised \$5,961. Now, while we were quite pleased with that figure, our chairperson, Paulette Mascia, believed that with your help, we could raise even more money this year. And you know what? She was right. Indeed, because you stepped up and helped as volunteers, donated some quality merchandise, and/or shopped until you dropped, we raised \$1,019 more—for a grand total of \$6,980.

Paulette has written for this edition to extend her thanks to all of you. As president of the Women's Guild, I also want to thank you, and certainly I want to thank Paulette.

Whenever I see an Energizer Bunny advertisement on television, I think of Paulette. Seriously. But then, this woman has boundless energy. I suspect most of you have no idea what all she does for this community. With regard to the Guild, not only does she organize and manage the Bazaar each year, but she attracts others who are essentially just as

Italian American Club

By Tony Cardello

A very merry and blessed Christmas to all the members and their families. The officers of the club hope that Santa is good to all and does not leave any coal in their stockings.

Lucille Renda, our membership chairperson, reminds us that our \$15 membership dues for 2020 are now due.

The last membership meeting of the year was held on Nov. 20. There is no meeting in December.

The last bingo games of the year were held on Nov. 14. Bingo will not be played in December.

Democratic Club

(Continued from page 18)

tive display before guests arrive.

Gifts for the Casa Freehold or RISE food pantry will be received at the holiday event and delivered promptly. Items such as packaged rice and beans will be gladly received.

We look forward to an evening of fun and fellowship. Bring friends and family. Your presence is all that is needed.



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Checking Accounts. Wise Checking Bonus is considered interest and will be reported on IRS Form 1099-INT (or Form 1042-S, if applicable).

Judi Frey and Laurie Moyers as Lucy and Ethel in the Bakery were first Prize at the Halloween Party





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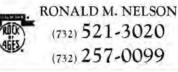
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Players Pastimes

By Sue Archambault

The Players' last general meeting was held on Monday, Nov. 25. Norman Perkus had terrific ideas to encourage participants to get involved and lead us in his very entertaining ad lib skits. Performers had an extremely fun evening coming up with and acting in original improvised sketches. Audience members enjoyed the antics

of the performers, and much laughter was shared by all.

The Players' annual holiday party will take place on Tuesday, Dec. 3, in the Gallery. The holiday party will take the place of our monthly meeting. The next Players' meeting is scheduled for Monday, Jan. 27, 2020. Details will follow in the January Rossmoor News.

We are accepting dues for

\$1500 each. Also, as we did

last year, we'll fund one mu-

sic scholarship as well as

four for students pursuing

degrees in healthcare and

other helping professions.

While we suggest the type of

student we'd like to see re-

ceive one of our scholar-

ships, school personnel actu-

Now, don't forget these

ally select the recipients.

events

door.



the Players 2020 membership. The cost is \$10 per person for the year. Place your check in The Players' folder in the E&R office at your earliest convenience and label the envelope "Dolores." Please support us by joining our wonderful club.

Women's Guild

(Continued from page 19)

elry sales—but amount was up for the rest)

- Hand-knitted or sewn items and crafts-\$441 (Up)
- Silent Auction-\$240 (Down)
- Photos with Santa-\$217 (Same)
- Fifty-fifty tickets-\$317 (Up)
- Books, Games, CDs, DVDs and Toys-\$465 (Substantial Increase)
- Homemade baked goods-\$850 (Substantial Increase)
- Men's clothing, sporting goods and more-\$511 (Substantial Increase)
- Household and decorative items-\$1,692 (Up)
- Ballroom Café-\$506 (Up)
 The Guild, as was the case last year, is committing to

fund five scholarships of

Since you're likely reading this at the beginning of the month, let me remind you of two events we'll be holding immediately. For those who have already purchased tickets, don't forget about our holiday luncheon at noon in the Ballroom on Monday,

One great event you can plan to attend on the spur of the moment is the Monroe

Dec. 2. Sorry, but there will

be no ticket sales at the

Township School District Percussion Symphony Concert. It will take place on Thursday, Dec. 5, at 7 p.m. in the Meeting House. Fortunately, not only are you going to hear some wonderful music, but you'll also have an opportunity to ask questions of the group's director, Yale Snyder. Furthermore, he may ask students to demonstrate techniques they use—or other things you're apt to find equally interesting.

Really, it should be a great evening. And while it will be a free concert, we'll have a basket in the Narthex for donations. Any money collected will be used to fund our music scholarship.

Now, let me take this opportunity to wish you and your loved ones a joyous holiday season and a happy and healthy 2020.

Religious Organizations



Celebrating Simchas Torah with a Torah Study and a rolling of the Torah with Rabbi Lauren Levy

December is a festive month

By Marjorie Heyman

December is a festive month for the Jewish Congregation. Hanukkah, or the Festival of Lights, commemorates the success of the Maccabees over the Greeks and the re-dedication of the Temple in Jerusalem. It is a minor holiday celebrated in the home rather than the synagogue.

Candles are lit each evening, beginning with one the first night and ending with eight on the last night, plus the shamash or helper candle used to light the others. Special prayers are said

each evening. It is customary to have several menorahs, or candle holders, including one in a window, bulbs not candles, to share light with the world.

Hanukkah celebrations are the norm and must include foods fried in oil, particularly jelly doughnuts, called *sufganiot*, and potato pancakes, called *latkes*. Songs are sung and a game with a spinning top called a *dreidel* is usually played for money or often chocolate coins.

Following the Jewish calendar results in Hanukkah being celebrated anytime between the end of Novem-

ber, in recent years once starting on Thanksgiving and the end of December. This year Hanukkah begins on the evening of Dec. 22 and ends on Dec. 30.

The Congregation will be having their Hanukkah party on Sunday, Dec. 29 at 1 p.m. in the Ballroom. Catered by Lox, Stock and Deli and ably organized by Jeff Albom, the party is sure to be a success.

The Congregation was delighted to host the Interfaith Service at the Meeting House on Thursday, Nov. 21. We were honored to have

(Continued on page 21)

Christmastime at the Community Church

By Diane England

When you envision your perfect Christmas, does it resemble a Norman Rockwell painting? Are you and loved ones gathered around the Christmas tree on Christmas Eve, perhaps sipping on eggnog and singing Christmas carols while a fire crackles in the background? Or, do you envision yourself in church, watching young children depict the manger scene?

The Community Church may be offering something slightly different from what you've envisioned. Certainly, we hope you'll join us anyway for the following two services—even if you rarely step into a church.

Christmas Cantata on Dec. 15

Chorus Director Janet Wilson, as well as the group's 30 singers, would like to invite you to their performance of the cantata, "City of Light," on Sunday, Dec. 15. They'll be performing during the Community Church's regular service—in the Meeting House from 11 a.m. until noon.

This cantata, written by Tom Fettke, is about love, joy, peace, hope, and light in the darkness. Indeed, it's about things that have the ability to uplift each and every one of us.

The cantata will begin with a piano overture by the Chorus's new and talented accompanist, Abraham Alinea. You'll then enjoy various types of music, which tell the Christmas story— through the eyes of the prophet, Isaiah; the Innkeeper; Mary, the mother of Jesus; a shepherd; and a modern-day person. Then, having heard all this beautiful music, you'll undoubtedly realize that this story of love and light can still positively impact people and our world today.

After the program, both the Rev. Robin Bacon Hoffman and the church's congregation hope you'll stay to enjoy refreshments and fellowship.

Christmas Eve Service

Could you enjoy attending a candlelight Christmas Eve service? Mark Tuesday, Dec. 24 at 5 p.m. at the Meeting House on your calendar now.

Festive month

(Continued from page 20)

Rabbi Joshua Goldstein, former rabbi of Temple Sha'arey Shalom in Springfield, N.J. be the guest speaker.

Shabbat services in December will be held Fridays, Dec. 6 and 20, at 7:15 p.m. in the Meeting House. Cantor Mary Feinsinger, assisted by Jeff Albom and Bob Kolker, will conduct services.

Torah Study will be held on Dec. 7 and Dec. 21 in the Dogwood Room at 10 a.m., led by Rabbi Lauren Levy.

All are welcome to join the Congregation. For information contact Membership Chairperson Karen Seiden.

Long before the candles are passed out, everyone will sing "O Come, O Come, Emmanuel"—a beautiful carol in its own right, however, we'll be accompanied by chimers, a violinist, and the service's organist. Shortly thereafter,

the chimers and violinist will play "Of the Father's Love Begotten." Afterward, you'll encounter another musical treat—"The First Noel," being played by the chimers, the violinist, the organist, and a

(Continued on page 23)

Catholic Society

By Lucille Conti

On Thursday, Dec. 12, a Mass will be celebrated to commemorate the dedication of the Diocese of Metuchen to Our Lady of Guadalupe, The Mass will be celebrated in the Meeting House at 1:30 p.m. The Celebrant will be announced. James Palmer will be the Organist/Cantor. We invite you to attend. If possible, we wish you would offer a ride to anyone who does not have transportation.

There will be no film in December; however, we plan to show a film about the Miracle and Blessings of Guadalupe later as Christmas is upon us and time is of the essence.

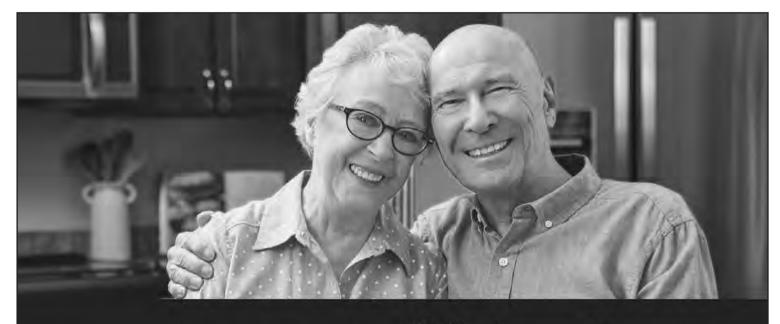
The Prayer Shawl Ministry will gather on Thursdays, Dec. 5 and 19, at 1:30 p.m. in the Craft Room. The Chaplet of Divine Mercy will be recited on Tuesday, Dec. 17, at 3 p.m. in the Dogwood Room.

Our next Council meeting will be held on Tuesday, Dec. 10, at 1:30 p.m. in the Meeting House parlor. Please join us to see what we are about and to help us plan for next year.

We wish to extend our very best wishes to you and yours for the merriest Christmas and a most happy and healthy New Year. Keep Christ in Christmas.

Community Church

- Dec. 1 Communion Service at 11 a.m.
 Pastor ~ Rev. Robin Bacon Hoffman
 Organist ~ Kevin Gunia
- •Dec. 2 Women's Guild Christmas Luncheon Ballroom at Noon (ticket holders only)
- Dec. 5 Monroe Township Schools Percussion Concert Meeting House at 7 p.m.
 (Donations will be welcomed)
- Dec. 8 Church Service at 11 a.m.
 Rev. Robin Bacon Hoffman
 Organist ~ Kevin Gunia
 Music Presentation ~ Rainbow Chimers
- •Dec. 10 Finance Committee at 10 a.m.
- •Dec. 11 Worship Committee at 10 a.m.
- Dec. 15 Church Service at 11 a.m.
 Pastor Rev. Robin Bacon Hoffman
 Organist ~ Kevin Gunia
 Music Presentation ~ Rossmoor Chorus
 Christmas Cantata ~ "City of Light" by T. Fettke
- •Dec. 16 Council Meeting at 10 a.m.
- Dec. 22 Church Service at 11 a.m.
 Pastor ~ Rev. Robin Bacon Hoffman
 Organist ~ Kevin Gunia
- Dec. 24 Christmas Eve Service at 5 p.m.
 Pastor ~ Rev. Robin Bacon Hoffman
 Organist ~ Kevin Gunia
- Dec. 29 Christmas Service at 11 a.m.
 Preacher ~ TBA
 Organist ~ Kevin Gunia



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SPORTS



Senior Condo Olympics Awards breakfast

By John Delmasto

On Monday, Oct. 21, an awards breakfast was held in our Clubhouse Ballroom for the Senior Condo Olympics.

Rossmoor had a very successful season with 56 gold medals and three bronze medals that were awarded for the following activities:

- Shuffleboard: 11 gold medals
- Ladies Golf: 3 gold medals
- Bocce: 12 gold medals
- Ladies Pickleball: 4 gold medals

- Men's Pickleball: 6 gold medals
- Mixed Pickleball: 6 gold medals
- Billiards-9 Ball: 3 bronze medals
- Billiards-Straight Pool: 3 gold medals
- Billiards-8 Ball: 7 gold medals

In addition, plaques were awarded from the Mayor's Cup for the following sports:

Shuffleboard; Ladies Golf; Men's Golf.



Eight-Ball Billiards Team: from left are Harry Moorhouse, Frank Crocitto, Paul Boisvert, John Ferreiolo, Greg LaCroce.



Straight pool: Harry Moorhouse, Frank Crocitto, and Paul Boisvert.



Billiards (9 Ball): Harry Moorhouse (Captain); Ron Cieselski and Greg Lacroce.



Gail Piccirillo.



Mixed Pickleball: Yvonne Nobile and Mark McEntee



Men's Pickleball: Warren Kelly; Mark McEntee and Miguel Lopez.



Golf Course Highlights

By Ted Servis
Rossmoor Golf Professional
What's going on at the Golf
Course?

Golf is in its winter season and only the truly hardy golfers are out. For those of you who have stopped playing golf or who go away, I hope you have a healthy and happy winter. We look for-

ward to seeing you in the spring.

The Golf Course continues to be in fantastic condition thanks to Tom Tucci and his staff. We are continuing the bunker work on hole #5 and we will start new gold tee box work on several other holes.

On behalf of my staff and (Continued on page 23)



Mayor's cup won by our Shuffleboard team.



Ladies Golf: From left are Maria Hogan, Jo Schwegel; Carolyn Meyer. Mayor's Trophy: Low Gross.

30th Croquet season comes to a close

By John N. Craven

As Jack Frost readies to blow his chilly breath across the croquet court, we bid adieu to Rossmoor's 30th season of Golf Croquet. As some hibernate for the winter in the south, or hunker down here in New Jersey, club members will have memories of sunny, warm days of spirited play, followed by the highly enjoyable "Attitude Adjustment" sessions each Friday. But, take heart my friends, before you can say "Winter Solstice," the warm weather will be upon us and we will be starting Season

This year's in-costume Halloween play was rained

Golf Course highlights

(Continued from page 22)

myself, I would like thank everyone for a great 2019 golf season. If there is anything we can help you with or any questions we can answer, please give us a call at 609-655-3182.

The Pro Shop has a yearend sale going on so please stop in and take a look because we have plenty of merchandise for all of your shopping needs. Just a reminder: all Pro Shop credits must be used by Dec. 31, 2019.

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

Christmastime

(Continued from page 21)

flutist, too.

Pastor Robin will step up to the pulpit this night to celebrate her first Christmas Eve Service as the Community Church's pastor. While it makes sense for all of us to anticipate hearing the familiar Christmas story, we can almost always count upon Pastor Robin to somehow surprise and delight us during the course of such a meaningful service as this.

Because of the hour of this service, you'll be home in time to partake of your usual Christmas Eve traditions. and won't you be in great spirits for celebrating this holiday—after having just sung "Silent Night" with neighbors in flickering candlelight? Also, while walking down the steps of the Meeting House, perhaps you'll have realized we actually live in a community reminiscent of a Norman Rockwell painting.



out, but it didn't dampen the spirits of the members who came in costume to the first annual Halloween pot luck.

The Croquet Club held its annual meeting and luncheon on Saturday, Oct. 27. The meeting was conducted by President Sidna Mitchell, who reviewed the events of the year and heard reports from the various committee members. Officers for the 2020 season were nominated and elected. They include President John Craven. Vice President Barbara Wright, Treasurer Suzette Sulsona, and Secretary Joan Bowman. Carol Towlen will be the social director. The meeting was followed by a buffet luncheon.

The annual holiday luncheon will be held on Wednesday, Dec.11 at a location not

decided at press time. Members have been notified via mail and instructed where to send their checks. As we did at the last holiday party, members are encouraged to bring a small gift (\$5) to participate in a "Yankee Swap" gift exchange. The gift exchange was the highlight of last year's party.

The Club welcomes all residents. Anyone seeking a form of light exercise, the enjoyment of the outdoors, an opportunity to mingle with friends and neighbors and to learn a simple yet challenging game on a professional level playing court, should contact Betty Ann Clayton. Think about it over the winter and look for us on the Croquet Court any Friday afternoon in the spring of 2020. Come join us, you'll like it!



9-Hole Golf

By Mary Shine

It's been fun! (Usually.) Our 9-Hole Golf season is officially

over. Congratulations to Paula Richardson, our Club Champion for 2019, and runner-up Alyce Owens.



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EXPERIENCE

HEALTH CARE CENTER NEWS

Stomach Flu

By Kaytie Olshefski, BSN, RN-BC

This being the flu season, we are being advised on how to fight the flu, but what about the stomach flu? Although both are called "flu," there is no relationship between the respiratory flu, which affects your nose, throat and lungs, and the stomach flu, which affects your stomach and intestines. The flu shot will not protect you from the stomach flu, which is also referred to as a stomach bug, stomach virus, and is medically known as gastroenteritis.

Some of the causes of gastroenteritis are salmonella and E.coli; 50% of all cases are caused by the norovirus. The stomach flu is highly contagious and is spread from person to person. It is spread by sharing utensils, participating in meal preparation, and touching a contaminated object. This virus can live on surfaces such as countertops. door knobs, handles, sinks, toilets, computer keyboards, and phones.

Symptoms of stomach flu can start within 12 hours after exposure and can make a person feel pretty miserable. A mild feeling of discomfort like an upset stomach can progress to include abdominal cramping and pain, chills, fever, nausea, vomiting, watery diarrhea, weakness, and dehydration. There is no cure for the stomach flu other than treating the symptoms and letting it run its course. Antibiotics are not effective. They treat bacterial infections, not viral infections.

Typically, the stomach virus can be managed at home. Once the vomiting subsides, start with baby steps by sucking on ice or an ice pop. Eventually progress to sipping water or an electrolyte drink, which will help to combat the dehydration. Once you are able to tolerate liquids, slowly introduce solid food into your diet by starting with the BRAT diet. A BRAT diet is bland, gentle on your stomach, and helps to ease the diarrhea.

is defined as follows:

B = banana. A banana is easy to digest and it replaces potassium lost through vomiting and diar rhea.

R = rice. White rice is easy to digest and provides energy. Do not use brown rice because it has too much fiber for your intestines to handle at this moment and produces excess gas.

A = applesauce provides energy and pectin. Pectin will help to subdue the diarrhea.

T = toast. Use white refined bread or pasta, cream of wheat, farina, or oatmeal.

As you start to eat, avoid sugary drinks such as juices and sodas, which can make the diarrhea worse. Avoid dairy products, caffeine, alcohol, black tea, chocolate, fiber foods, fatty foods, tomato-based foods, and spicy foods. As you start to feel hungry and have tolerated the BRAT diet, resume eating a normal diet.

When should you seek medical attention? If you have not been able to keep fluids down and have been vomiting for more than 24 hours, it's time.

If you have bloody diarrhea, are vomiting blood, running a fever, confused, and/or are dizzy, call the doctor immediately. Before taking over-the-counter (OTC) medications for any symptoms, check with your doctor because OTC medications may interfere with prescription medications.

How can you tell if this is a stomach flu or food poisoning? Many of the symptoms overlap and it is difficult to say which it may be. Some clues to determine if it is food poisoning, is to go back to see if anyone else became sick after eating the same thing as you. If it was only you, then food poisoning can be ruled out.

A major difference be-

tween the two is that food poisoning symptoms start within a few hours after eating, while stomach flu occurs 12 hours after exposure. Another difference between the two is the duration. Food poisoning symptoms subside within two days, whereas the flu virus takes three to seven days to subside, with severe cases lasting as long as 10

Here are a few tips to protect yourself from the stomach flu. Always wash your hands with soap and water. Disinfect countertops. Wash all vegetables and fruit thoroughly. Wipe down shopping cart handles before using. If someone at home has the stomach flu, wash their clothing and bedding separately from yours. Isolate that person in one room. Use the dishwasher rather than hand washing the dishes.

If you have not gotten your flu shot yet, it is not too late. Call the Health Care Center at 609-655-2220 to make arrangements to get your

The next program in our lecture series from Saint Peter's University Hospital will be from Wellspring Center for Prevention. You will learn about depression, anxiety, and stress with the lecture set up like the game show, Jeopardy. The lecture is on Dec. 9, at 1 p.m. in the Maple Room. If you are interested in attending or would like more information, please call the Health Care Center at 609-655-2220.

MAINTENANCE DEPARTMENT

By Dave Salter

Preparing for the holidays

With the holidays approaching and company coming, you might want to make sure your home is ready. Are your light bulbs out, plastic light panels dirty, do your oven and stove elements work, are your faucets leaking, is your toilet running? If attention is needed, give the Maintenance office a call. We will be happy to make your holidays a little easier at this very busy time.

All snow birds please schedule your winterizing as soon as possible. The calendar is already getting full.

Attic Insulation

With winter around the corner, call Maintenance for your free estimate.

Thermostats

With the fall coming upon us you should turn on your heat thermostats to make sure they are working properly before the cold weather sets in. If you find they are not working, we can replace your thermostats for you. If you have PSG thermostats, Rossmoor strongly recommends you have these replaced as they can overheat. Please give us a call for pric-

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Lite Gardening

REASONABLE RATES



Holiday Safety

By Mike Daley

According to the National Fire Protection Association, the average number of building fires nearly double in the end of the year. Fires during the holiday season claim the lives of over 400 U.S. residents, injure over 1600 people, and cause over \$990 MILLION in damage across the country. Home holiday decorations account for \$12 million in damages and average almost 1,000 home structure fires per year. Here are some tips to keep your holidays happy:

Pay attention when cooking with oils. Buildup can ignite and get out of control quickly. Keep a lid close by to smother any pan fires that may start. If the fire is in the oven, shut off the heat and keep the door closed to the oven, and call the fire department

Avoid using lit candles when you can. Christmas and Christmas Eve are the two peak days for candle usage around the holidays. Between 2013 and 2017, 22 fires a day were attributed to the direct use of candles. If you do use them, make sure they are in stable holders and place them where they cannot be knocked over. **NEVER** leave the home with candles burning.

Never put lit candles on a tree. Do not go near a Christmas tree with an open flame – candles, lighters or matches.

Selecting a tree for the holidays

Choose one that has been freshly cut. Needles on fresh trees should be green and hard to pull off of the branches. The trunk should be sticky to the touch. If many needles fall off the tree, it has probably become very dry, posing a fire risk.

Do not place the tree close to a heat source. That includes fireplaces, heat vents, or radiators. Keep the tree at least 5 feet from any heat source. The heat will dry out the tree, causing it to be easily ignited by heat, flame or sparks.

Do not keep the tree up too long. The average cycle for tree use is approximately two weeks. While it is up, be sure to keep the tree stand filled with water at all times. The tree will use up plenty of water, so be diligent in keeping the stand filled.

Do not put branches or needles in the fireplace. When the tree becomes too dry, dispose of it properly. Take it to a recycling center or have it hauled away.

Holiday Decorations

Maintain your holiday lights. Electrical lighting equipment was found to be the cause for tree fires in over 44% of the incidents. Inspect wiring for frays, breaks, gaps in wire, and broken sockets. Use only lighting that has been listed as safe from an approved third-party testing laboratory.

Do not overload electrical outlets. Do not link more than three electrical strands



together, unless the manufacturer indicates the product can do this safely. Be sure to check the wires frequently – they should not be warm to the touch.

Artificial trees also need to be flame retardant. Not all trees are, so be sure to choose one that has been rated as such.

Do not throw wrapping paper in the fireplace. It can result in a very large fire, throwing off dangerous sparks and embers that can result in a chimney fire.

Finally, as in every season, have working smoke detectors installed on every level of your home, test them monthly and keep them clean and equipped with fresh batteries at all times. Know when and how to summon help, and remember to practice your

home escape plan. For any further information, contact us at the fire station at any time.

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A message from High Tech Landscapes, Inc.

By Jeff Voss

- We will finish our fall cleanup by the end of this month. Please tune in to Channel 26 daily for more information.
- X-Out will not be sprayed anymore due to cool temperatures.
- Please call the East Gate phone and leave a message with any questions or concerns. 609 - 655-5134.
- Ornamental grasses around the utility boxes

and in established beds around the common facilities have been trimmed.

- Winter pruning will begin next month.
- Annual flowers have been replaced with fall pansies and tulips for next spring.
- Please remember to put any debris curbside
 Sunday night for us to pick up Monday morning.
- High Tech Landscapes wishes you happy holidays.

LWV: Looking back and forging ahead

By G. Moore

This year, the LWVUS, along with the more than 700 state and local Leagues celebrated two milestone events: the 99th anniversary of the ratification of the 19th Amendment to the Constitution, which gave American women the right to vote and the League's 99th anniversary. After nearly a century, the League continues to be recognized as the nation's leading non-partisan, grassroots organization dedicated to defending voters' rights and expanding citizen participation in maintaining our democracy,

Here in Monroe, LWVMT is proud to be a partner in the work of the League at the

state and national levels. In 2019, we took action to inform the community of important issues such as redistricting, the influence of "dark money" in elections and government, alternative energy sources, and recycling in the Township. We sponsored two well attended events: a Human Trafficking Awareness Program and an information session on the 2020 Census. Our programs feature subject matter experts in the various fields.

On the legislative front, we advocated for the passage of the For the People Bill (HR1) in Congress and participated in the protest against the redistricting bill proposed in

(Continued on page 27)

HOME SAFETY TIPS



How To Deter Home Burglary

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

How To Safeguard Your Home · While on Vacation



• Strive to make your home look as lived-in as possible while you're away.

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

 Chack and double about all window
- Check and double-check all windows and doors on every level and garage doors before leaving.

Car Safety

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

Rossmoor News contributors:

We have space limitations. Please limit your submissions to between 500 750 words. (Less is better.)

Monroe Township Public Library

All events are open to the public. www.monroetwplibrary.org

Fidget Quilts

The Monroe Township Public Library is collecting completed fidget quilts and twiddle muffs to donate to Parker Adult Day Center in Monroe Township through Monday, December 16. Help us exceed our goal of at least 20 quilts/muffs to donate to residents in Monroe!

Learn more about this project by visiting http:// www.monroetwplibrary.org/ news/fidget-quilts-to-donate/ **Book Café**

Wednesday, December 4. Session 1 at 11 am. Session 2 at 1 pm. Discuss books that you have read. Light refreshments will be served. Space is limited. Register at the Welcome Desk.

Amelia Earhart Presentation

Wednesday, December 4 at 2 pm. Irene Curran, literary lecturer and retired Monroe Township teacher, will present Amelia Earhart. Irene will discuss Amelia's personal life and famous flights including the flight on July 2, 1937 when Amelia and her navigator Fred Noonan disappeared. Was she lost at sea? Was she a POW from WWII? Come discuss the various theories for her disappearance.

of the Library. Register at the Welcome Desk.

Socrates Café

at 7 pm. Socrates Café are gatherings around the world where people from different backgrounds get together and exchange thoughtful ideas and experiences while embracing the central theme of Socratizing; the idea that we learn more when we ask questions along with others. Join us and pose questions, listen to others, raise challenges and consider other alternatives. Register at the Welcome Desk.

Friends of the Library Book Sale

December 6 Friday, through Sunday, December

Gently-used books and a limited selection of DVDs, audiobooks and CDs will be available for purchase at bargain prices during library

Proceeds benefit The Friends of the Library. Sit-N-Stitch

School Board election results

(Continued from page 2) cerns. His seat was filled on an interim basis in early

October by Lou Masters, a previous Board member and this-cycle candidate.

The Board will have several heavy-duty topics to deal with in the coming cycle. The continuing discussion with the legislature regarding funding is always an important topic. The Board recently passed a resolution regarding funding changes, as was reported in the October issue of the Rossmoor News. Ongoing discussion about school facilities is very high on the agenda, as the Ad Hoc Committee makes its deliberations known to the public in mid-November. Budget limitations, strained by the need to add more temporary classrooms versus potential reduction of programs and services, will be an important topic of discussion.

The community is urged to keep up with our school system via attendance at Board of Ed. meetings, or by monitoring the Board website, which contains videos of previous meetings. The Rossmoor News will continue to provide articles about programs in our schools so that all may become more fully informed.

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

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

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

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

Recycle information from Waste Management

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

TRANSPORTATION TIDBITS

Important phone numbers:

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

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

Middlesex County

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

St. Peter's University Hospital

On Time Transportation 1-800-858-8463

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

Sponsored by the Friends

Wednesday, December 4

Keep these contaminants OUT of your recycling bin:

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

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

Fridays, December 6 & 20 at 10:30 am. Socialize with needleworkers of all types and skill levels. Assist others, share tips, projects and patterns. Bring your own supplies. Registration is not required.

Rhythm N' Sound Music Performance

Friday, December 6 at 11 am. Musical review of the 1940s through the 1980s. Registration is not required.

Poets Corner

Friday, December 6 at 11 am. A workshop and reading group for all ages. Please bring 12 copies of your work. Registration is not required.

Pop-Up Shops

Saturday, December 7: Bundle Up Babe Boutique: handbags, outerwear and accessories

Saturday, December 14: Jewelry Trends: Madalyn Litoff will present her line of silver on leather jewelry, magnetic eyeglass holders and watch pins. Cash, credit and checks accepted.

The Monroe Township Library Foundation provides Pop-Up Shop rental space on select Saturdays between 10 am and 4 pm. Local residents with their own direct sales businesses (LuLaRoe, Pampered Chef, Tastefully Simple, Rodan & Fields, crafters, e.g.) should visit one of our service desks or our website for an application to rent the Pop-Up Shop space at the Library.

2019 Year in Review: **Current Events Discussion** Group

Saturday, December 7 at 10:30 am. 2019 Year in Review. Enjoy a discussion about global and domestic affairs. Light refreshments provided. Register at the Welcome Desk.

Winter Wellness & **Essential Oils**

Saturday, December 7 at 11:30 am. Interested in learning about using powerful plant solutions to boost immunity, support respiratory function, reduce stress and address emotions? Join Renee Hardt with doTERRA Essential Oils. Register at the Welcome Desk or online.

POV Documentary Films

Sunday, December 8 at 10:30 am: A plunge into the fire of Tultepec, Mexico, the site of the National Pyrotechnic Festival. (2018, 60 min-

Sunday, December 8 at 1 pm: 15 year-old Russian Egor and 14 year-old Mie, one of Denmark's most promising young dancers pair up in this coming-of-age story in the world of competitive ballroom dancing. (2014, 82 minutes)

Saturday, December 14 at 1 pm: Every summer on Palermo's Mondello beach, over 1,000 cabins are built in preparation of the Ferragosto holiday. Follow the vanity fair of beach goers during the season. (2019, 60 minutes)

These films are presented in collaboration with the award-winning documentary series P.O.V. (www.pbs.org/ pov). Registration is not required.

The Great Courses: **Turning Points in American History**

Tuesdays, December 10 & 17 at 1 pm. The history of America is shaped by many long-term trends and subtle forces. From the Great Epidemic through 9/11, this series explores important moments and themes of the American past. Professor Edward T. O'Donnell presents a fresh and unique look at American history in this DVD lecture series. Each session consists of two 30minute DVDs, followed by a brief discussion.

December 10: 1676 Near Disaster & 1735 Freedom of

December 17: 1773 Boston Tea Party & 1776 Declaring Independence Registration is not required.

Tech Express

Tuesday, December 10 from 2 pm to 3 pm. Drop-in with your electronic device to get personalized help from a Librarian. Bring your charged and registered device and necessary passwords. Registration is not required. First come, first served.

Scholarship Strategies Interactive Presentation

Tuesday, December 10 at 6:30 pm. Scholarship Expert Jean O'Toole will show families how to take a strategic approach to applying for scholarships. Author Scholarship Strategies: Finding and Winning the Money You Need, Jean will discuss the myths and misconceptions about the scholarship process and help attendees identify which scholarships they have the best chances of winning. For more information about Jean O'Toole visit www.connections 101.com. Register at the YA Desk in person or by calling (732) 521-5000 x.148 or online at www.monroetwp library.org.

Library Board of Trustees Meeting

Tuesday, December 10 at 6:30 pm. Short Story **Discussion Group**

Wednesday, December 11 at 11 am. Join us for a discussion about "What Got Into Us" by Jacob Guajardo in Best American Short Stories and "How We Eat" by Mark Jude Poirier in O. Henry Prize Stories. Register at the Welcome Desk.

"From Opera to Broadway"

Wednesday, December 11 at 1 pm. This Boheme Opera NJ lecture performance will focus on the origins and development that occurred over the centuries that begin with classic opera, changed into Victorian era operetta and then became classic and modern Broadway. Emphasis will be given to both the style and form that begins with operatic arias and becomes modern songs. Composers will include Mozart, Puccini, Lehar, Strauss, Kern and Gershwin.

Grant funding has been provided by the Middlesex County Board of Chosen Freeholders and Middlesex County Cultural and Heritage Commission through a grant

(Continued on page 27)

Classified Advertising

Transportation

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

MARVIN'S CAR SERVICE -Low rates. Airports, piers, NYC, Philadelphia. Anywhere 24/7. Ride in style for less. (908) 812-6299.

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

LIMO GUY, INC. - Our 17th year. We go to all airports. Late model Lincoln Towncars. Holds four passengers in total comfort and style. SUV's now available with approximately \$40 additional charge. \$75 to Newark, \$155 Philadelphia, \$175 JFK airports. We go almost anywhere 24/7. Call (732) 452-9222.

Home Improvement & Services

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

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

HANDYMAN JEFF - I'm the guy to hire, I can fix anything you desire. 21 year Monroe resident. (917) 747-4514.

Miscellaneous/ Services

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

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

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

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

techbuddybarb@aol.com

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

Tax/CPA Services

CERTIFIED PUBLIC AC-**COUNTANT** - Want a CPA who comes to your home? Personalized attention to your tax questions or problems at reasonable rates. Rebecca Bergknoff, CPA (732) 718-

Wanted to Buy

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

For Sale

JAZZY MOBILITY POWER CHAIR for sale. New batteries. \$600. (609) 655-1495.

Help & Health Services

PROVIDING SKILLED CARE for senior people. Maria (848) 210-7614; Mila (732) 841-6071.

CERTIFIED PROFESSIONAL CAREGIVER looking for a job. Experienced, references, driver's license. Helen (732) 610-2811; (732) 351-3804.

CARING ELDER CARE - We will help you with the care you need including personal care, household tasks and outdoor errands. Elizabeth (646) 413-0813.

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

COMPANION/DRIVER Compassionate, experienced

Rossmoorite happy to assist. Judy (609) 655-1026.

COMPANION and dependable pet sitter. References. Semiretired health professional. Call (609) 498-1354.

House Cleaning

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

TINA'S CLEANING SER-VICE - Great references. Free estimate. Call at (203) 501-9245.

Our Website

Rossmoor now boasts improved website: rcainj.com.

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

LWV

(Continued from page 25)

New Jersey. In Monroe, we submitted to the Environmental Council a proposed ordinance for eliminating single use plastic bags-a major pollutant globally.

Preparing for this year's election, we ran five voter registration drives, provided candidate information for candidates running for office in Monroe, and for candidates for Freeholder and Sheriff in Middlesex County on Vote411.org, a League sponsored website.

We anticipate that 2020 will be a very busy year as we continue efforts to bring a fair redistricting process to New Jersey, gear up for the 2020 elections, and address other issues. We are looking forward to our most productive year ever as we celebrate our 100th anniversary.

We invite you to join us! We are a nonpartisan, political membership organization whose goal is to empower citizens to shape better communities. We encourage you to put your skills, energy and passion to work with us. The League is open to both men and women.

Visit website, our lwvmonroetwpnj.org, learn more about us. Our General Meetings, on the fourth Monday of the month at 1 p.m. in the Monroe Municipal Courtroom, are open to the public



Library

(Continued from page 26)

provided by the New Jersey State Council on the Arts/ Department of State. This series is presented in partnership with the Cultural Arts Commission. Registration is not required.

Genealogy Club

Wednesday, December 11 at 1:30 pm. Beginner and experienced genealogists are welcome. Registration is not required.

International Film sponsored by The Friends of the Library

Thursday, December 12 at 2 pm. On the eve of retirement a middle class, judgmental snob discovers her husband has been having an affair with her best friend and is forced into exile with her bohemian sister who lives on an impoverished inner-city council estate. (2017, UK) Comedy/Drama/Music, Rated PG-13, 1 hour 51 minutes. There will be no charge for International Films in 2019 as a 30th Anniversary bonus thanks to the generosity of the Friends of the Library. Registration is not required.

New Jersey Library Association Holiday Store

Friday, December 13 through Sunday, December 15. Literary and librarythemed gifts for everyone on your holiday shopping list. Purchase literary-themed toys, puzzles, mugs, tees, nightshirts, totes, throws, stationery, character stuffed animals, jewelry, Christmas cards, Hanukkah gifts, Poe, Shakespeare, Harry Potter, Jane Austen, Vonnegut, gifts for the movie, mystery, music, sci-fi lover, and so much more. We accept cash, checks and credit cards.

Musician's Showcase

Sunday, December 15 at 2 pm. Gregg Cagno will perform. Sponsored by the Friends of the Library. Registration is not required.

Coffee & A Book

Tuesday, December 17 at 10:30 am. Join a book discussion about A Piece of the World by Christina Baker Kline. Coffee and cookies provided. Register and reserve your copy at the Welcome Desk.

Consumer Fraud Prevention Seminar

Wednesday, December 18 at 11 am. Consumer scam artists are more active than ever. Don't get scammed! Hear about the latest Grandparent scams, Lottery scams, Door-to-Door sales scams, and more. Please join us for a Consumer Affairs Q&A with a representative from the New Jersey Division of Consumer Affairs. Visit www.NJ ConsumerAffairs.gov for more information. Made possible by the New Jersey Office of the Attorney General, Division of Consumer Affairs, and the Friends of the Monroe Township Public Library. Register at the Welcome Desk.

The Library will have a delayed opening on Thursday, December 19 at 10:30 am due to a staff in-service.

Page Turners

Thursday, December 19 at 11 am. Looking for something to read or add to your reading list? Library staff will present and recommend a variety of new titles pertaining to a different topic each month, both new and old titles. This month's theme is Family Gatherings. Light refreshments provided. Register at the Welcome Desk.

3D Printer Demonstration

Thursday, December 19 at 7 pm. Did you know that the library has a 3D printer? Register for a 3D Printer Demonstration, see a 3D printer in action, understand how it works, and learn how it is used at the Library. All ages welcome. Registration is required. Call (732) 521-5000 x.140 to register.

Friday Afternoon Movie

Friday, December 20 at 2 pm. This biopic focuses on Elton John's early years and his meteoric rise to fame in the 1970s. It dwells on his relationships with his parents, his enduring partnership with lyricist Bernie Taupin, and his romantic relationships. Biography/Drama/ Musical, Rated R, 121 Min-

Movie is free. Registration is not required.

Closings

The Library will close at 5 pm on Tuesday, December 24 and will remain closed on Wednesday, December 25. The Library will close at 5 pm on Tuesday, December 31 and will remain closed on Wednesday, January 1.

George Ivers Display Case

Dolls made from recycled materials by Pauline Perlman have been on display in 15 New Jersey libraries!

Fine Arts Gallery

Paintings and Artwork by Poonam Singh & Students of ArTree

CLASSIFIED AD COUPON

Check those publications that apply: ☐ The Clearbrook Courier ☐ The Concordian ☐ Encore Speaks ☐ GW Voice ☐ Regency Reporter ☐ Renaissance Reflections

☐ The Rossmoor News

☐ Check here for all seven publications

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

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

\$14 for 10 words. 50 cents each additional word per publication. Sample: 10 words in two publications = $$14 \times 2 = 28.00

No discounts apply. All ads must be mailed with payment. No classifieds accepted by phone or email.

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

MADE PAYABLE TO PRINCETON EDITORIAL SERVICES, INC.

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

Name	
Tel. #	
	ion is for <i>Princeton Editorial</i> purposes only if you. Above information will not be published.)

PLEASE PRINT YOUR AD ON 8.5 X 11" PAPER

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.
- Plowing all main and secondary streets (see list of streets under "Priorities") continuously after an accumulation of 2" or more or as required by RCAI management.
- 3. Once the storm ends, separate crews and separate equipment will begin plowing lanes and carports; plowing perimeter and main sidewalks; plowing driveways and finally shoveling of the main, front entrance walks and stoops leading to the main entrance doors of the manors. Secondary walks and/or stoops on the sides or backs of manors will not be shoveled or treated with ice melt

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

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

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

Utmost caution should be used if residents must use the walkways during a storm and during the thaw/ freeze 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 <u>lane, parking space on a</u> 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 Mayflower Way Mt. Vernon Road New Haven Way Newport Way Old Nassau Road Providence Way Revere Way Rossmoor Drive Sharon Way Sheldon Way Spencer Way Springfield Way Sussex Way Sutton Way Terry Lane Thurman Lane

Troy Way
Victoria Court
Waverly Way
Windsor Way
Yale Way
Yarborough Way
Yardley Way

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

Tilton Way

snowfall ceases: Amherst Lane **Bradford Lane** Concord Lane Dorset Lane Emerson Lane Fairfield Lane Glenwood Lane Greenfield Lane Hanover Lane Lowell Lane Madison Lane Malden Lane Manchester Lane Marblehead Lane Meeting House Lane Middlebury Lane Milford Lane

Mystic Lane
Nantucket Lane
Narragansett Lane
Nautilus Court
New Bedford Lane
Northfield Lane
Norwich Lane
Onset Lane
Orrington Lane
Oxford Lane
Pelham Lane
Plymouth Lane
Portland Lane
Prescott Lane

Putnev Lane

Redding Lane

Rockport Lane

Roxbury Lane Salem Lane Sanford Lane Somerset Lane Stockton Lane Stowe Lane Stratford Lane Sturbridge Lane Sudbury Lane Sunset Circle **Thornton Lane** Westfield Lane Westport Lane Winchester Lane Wingate Court Yorkshire Lane Yorktown Lane