



## The Rossmoor Nursery, a little bit of Rossmoor history

By Alyce Owens

The Rossmoor Tree Committee came into existence several years ago when some residents decided that our beautiful, tree-rich community was something that should not be taken for granted. Having a Tree Committee seemed like a good way to avoid that. Several interested residents got together and, with the approval and blessing of the community authorities, the Rossmoor Tree Committee was born. The objective was to keep the trees healthy, beautiful and replenished in the ensuing years.

The group soon realized that they would need to replace trees that were dis-

eased or had storm damage. Replacing trees could be a fairly expensive proposition so why not grow our own? They negotiated and got the use of a small piece of land between the maintenance building and the small creek.

Now it was time to get to work. Everyone pitched in to prepare the area for the project. It was a lot of work but no one complained. Some members scouted the three-foot beds in the mutuals looking for saplings, while others prepared the ground for them. After a year or two in the nursery, they would hopefully be ready to plant. It worked fairly well.

Since several residents gave donations to be used

for nursery trees the members decided to speed things up. In the fall there were lots of good trees available usually at half-price. Planting them in the nursery for a year meant that a good supply of trees would be available the following year. The trees were free but a \$10 gift was welcome and made it possible to purchase more trees.

With a lot of volunteer work the nursery grew and prospered. Large pots were set into the ground in order to protect the plants in winter. Water was piped in to individual pots, making summer care easier. An arborist was available to give advice.

Many of our beautiful

(Continued on page 4)



Holding its leaves for our viewing pleasure

## Chorus honors June Hutchens at Zoom party



June Hutchins – Chorus honoree

By Alyce Owens

The Rossmoor Chorus usually holds its end-of-season party in late June before the singers take a two

-month hiatus from their busy schedule of rehearsals and performances. At that time it has become a tradition for the group to honor one of its members with a Certificate of Appreciation for their dedication and service to the Chorus.

Of course, this year was different – with no “usual” or “traditional” anything. By October the COVID-19 pandemic had prolonged the Chorus hiatus to more than seven months. Regular weekly rehearsals were suspended in mid-March when all the public buildings in Rossmoor were closed, and because indoor gatherings of any sort were out of the question, the Chorus party had to be postponed

indefinitely.

As time passed, Chorus president, Jim Wilson, decided we needed to have the party anyway, and began making plans for an unprecedented first – a party to be held on Zoom. Of course, by that time, most of us had become quite used to organization meetings or even exercise classes on Zoom.

But a party? How much fun could that possibly be, with everyone sitting in their own home in front of their computer, tablet or phone. Who will bring the food? Or the wine? No problem, each person would cater their own. The songfest of old familiar songs which inevitably breaks out spontaneously at party's end would be a bigger challenge.

Without blinking an eye, Chorus members Becky and Rey Redington made all the arrangements with Zoom, and at 7 p.m. on Friday, Oct. 30, smiling faces of Chorus members – some even in Halloween costumes – started popping up on screens all over our community at the very first Rossmoor Chorus Zoom party. A

(Continued on page 5)

## The Festival of Lights

By Allan Kaufman

Hanukkah, the Festival of Lights, begins with the lighting of the first candle on Thursday, Dec. 10 and ends eight days later on Dec. 18. Hanukkah means dedication and is thus named because it celebrates the rededication of the Second Temple in Jerusalem.

In the second century B.C.E., Jerusalem was ruled by the Seleucids (Syrian-Greeks), who tried to force the people of Israel to accept Greek culture and beliefs. Against all odds, a small group of poorly armed Jews, led by Judah the Maccabee, drove the Greeks from the land while reclaiming the Holy Temple in Jerusalem. When they sought to light the Temple's menorah they found only a single cruse of olive oil. The one-day supply of oil lasted eight days.

Food plays a large part of celebrating Hanukkah. It is customary to eat foods fried in oil, hence the passion we have for potato latkes, garnished with applesauce, and heaven forbid, sour cream. Do you use, as my mom did, a hand-held potato grater so that the potato pieces were thinly sculptured? One year, when I was in college, I was given the task of doing this by my mom. To this day, I

have no idea of how much of the skin on my knuckles were mixed in with the potatoes.



Latkes

Courtesy of delish.com

Looking at the box of Hanukkah candles you wondered, did they give us the right amount that would last for eight days? As a child I tried to figure out the sequence of candles by color and putting them in the menorah in that order. You didn't want to put two blue candles together just as you didn't want to put a yellow next to a white one. Today, many of us will use an electric menorah (just as bad as having sour cream with potato latkes) instead of lighting the candles. How can you say the prayers over an electric menorah? Many of us put the electric menorah in our window and at the same time, light the candles.

While playing dreidel games, the most important thing is the custom of giving gelt (money) to children.

(Continued on page 6)

### Inside this issue

Bob's Almanac.....7	New Neighbors ..... 13
Clubs .....14	RCAI Meeting.....2
Culinary Corner .....14	RCAI General Manager .3
Governors' Meeting .....2	Recycling Information .. 17
Health Care Center..... 16	Religious Organizations.....15
Month in Pictures.....10	Transportation Tidbits .. 17

# at the governors' meeting

November 19, 2020

The RCAI Board of Governors Zoom meeting was called to order at 9:00 a.m. on Thursday, November 19, 2020, by Mr. Daniel Jolly, President. The Zoom meeting was open to Owners and Stockholders that wished to participate.

The Minutes of the Board of Governors meeting on October 27, 2020 were approved 18-0.

The RCAI health insurance broker, Mr. William Daly, with Allen and Stults, presented the renewals for the Union and Non-Union employees medical and non-medical plans.

Mr. Gerald McQuade, Finance Committee Chair, announced that the financial reports for Period Ended September 30, 2020 reflected a surplus of approximately \$350,000.

The board passed the following resolutions:

- A. Resolution #20-28, Authorization to Transfer Working Capital Funds to the Reserve Fund
- B. Resolution #20-29, Authorization to Renovate the First Floor Front Meeting House Restrooms

C. Resolution #20-30, Authorization to Proceed with the 2020 Refurbishment Project

D. Resolution #20-31, Authorization to Increase Golf Membership Rates

E. Resolution #20-32, Authorization to Engage the Services of FWH Associates for Engineering Services and Oversight of the Bid Process for the 2021 Paving Project

F. Resolution #20-33, Authorization to Renew the Insurance Plan for the RCAI Union and Non-Union Employees with Aetna

G. Resolution #20-34, Authorization to Renew the Life/AD&D, LTD and Dental for the RCAI Non-Union Employees with Guardian

H. Resolution #20-35, Authorization to Renew the Life/AD&D and Dental for the RCAI Union Employees with Guardian

I. Resolution #20-36, Adoption of the Proposed 2021 RCAI Operating and Capital Budget

J. Resolution #20-37, Authorization to Purchase a Replacement Pickup Truck for the Maintenance Department

K. Resolution #20-38, Approval of the Revised Non-Union Employee Handbook and the Union

Rules, Regulations and Policies Handbook

L. Authorization to Install a Perimeter Drainage System for the Tennis Court

If you are interested in further details about the resolutions of a copy of the RCAI 2021 Budget, please contact Administration in the Village Center at 609-655-1000 or email [janebalmer@rcainj.com](mailto:janebalmer@rcainj.com).

Mr. Jolly reported that after twenty plus years of dedicated service to Rossmoor, Ted Servis, Head Golf Professional, has announced that he will be retiring on December 31, 2020 and the Assistant Golf Professional, Ray Bridy, will be promoted to Head Golf Professional on January 1, 2021. Many, many thanks to Ted and we wish Ray much success in his new role.

Participants questions regarding the name of health insurance broker; the RCAI 2021 Budget; the increase in Carrying Charges of \$2.17 per manor per month to support the RCAI 2021 Budget and when Maintenance may be able to do work inside Units were answered.

There was no other business for the Board to discuss and the meeting was adjourned at 9:55 a.m.

## Bits & Pieces

Sue Ortiz

### The Case of the Cryptic Christmas Card

*"Holiday Greetings from the Weigard\* Family!"*

I dropped the pile of mail onto the already cluttered kitchen table. Among the usual bills – credit cards, water, cable – were the first couple of green, red, and foil-embossed envelopes of the season. Even though postage prices have risen, there are those who still send out Christmas cards, me included. I send out just enough to use up a book of stamps and a box of cards.

"Not tonight," I mumbled to no one as I pushed the bills farther into the clutter. It's been a hard day at work, and payday isn't until next week.

The brightly colored envelopes made me smile. Christmas is my favorite holiday, and reading the sentiments from people I don't see too often gives me "all the feels," as they say these days.

I sighed as I picked up the gold foil-embossed envelope and slid my finger under the flap. Every year, for the past 15 years or so, I've been receiving a Christmas card from a family I do not know with a last name that I've never heard of. Well, I should say, while the card has my home address, it isn't exactly addressed to me, but to a Lou Ortiz. I do not know a Lou Ortiz, but I do know that he, or she, has never lived at my address.

It's always one of those professionally printed photo cards, with "Holiday Greetings from the Weigard Family," printed in Monotype Corsiva font. There are no first names and no return address on the cards or envelope, so I haven't been able to find the family through an Internet search.

And I haven't been able find Lou, either. I did a search for Lou Ortiz, and there are many – some Lou, some Louis, some Luis. I found a professional chef, a university director, a colonel, and even a Minor League baseball player, born in 1923, among others. Any one or none of them could be

this Lou. None are or were from Jamesburg, though. Ortiz is such a common name nowadays. I remember, back in the day, there were only five Ortizes listed in the entire Middlesex County phone book: my father (our phone was listed in his name), his brothers, sisters, and mother.

The photos on the cards always show a husband and wife, seemingly happily married, and three smiling children, two boys and a girl. Whoever they are, they seem like a nice family. But who knows what's hiding behind the smiling faces? Were they Lou's employer, a business acquaintance, or friend? Maybe Lou is a family member; although, if he/she were, there would probably be a feud over Lou not getting a Christmas card from them for all these years.

I've watched the kids grow up through photo collages: playing with the family dog, trips to Disney World, graduating high school. Now, they are young adults, the mom's hairstyle is a bit shorter, and the dad's hair is touched with gray.

I saved the first few years' cards, on the off-chance I would find either party. But I finally gave up, and the cards get tossed after the holidays. I still wish I could find the Weigards to tell them that their annual holiday greeting has never reached its intended recipient.

"Holiday Greetings to the Weigards, whoever, and wherever, you are," I said, as I tucked this year's card back in its envelope and placed it aside, at least for a few weeks.

*The Case of the Cryptic Christmas Card* will have to remain a mystery for another year.

Happy Holidays also to Lou, you, me, and everyone!

\*Name changed to protect the unidentified.

**B&P**

"It is the dim haze of mystery that adds enchantment to pursuit." – Antoine Rivarol (French journalist, 1753-1801)

"Happy, happy Christmas, that can win us back to the delusions of our childhood days, recall to the old man the pleasures of his youth, and transport the traveler back to his own fireside and quiet home!" – Charles Dickens (English novelist, 1812-1870)

### Please wear a mask and stay physically distant in public

Coronavirus is transmitted primarily through droplets as we cough, sneeze, talk, sing, and even breathe. Large droplets generally fall to the ground within six feet of our mouths, hence the six feet physical distancing. Smaller droplets remain in the air for a longer time and a greater distance. The masks keep exhalations closer to the person wearing a mask.

When other people wear a mask, they are protecting YOU. When you wear a mask, you are protecting THEM. Failure to do so is inconsiderate of all.

### Our Website

Rossmoor now has an improved website: [rcainj.com](http://rcainj.com).

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



#### 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 as space permits. Unscheduled volunteer writers should contact Rossmoor News Chairman Joe Conti about any article they wish to contribute. All copy and pictures are subject to editing and are accepted with this understanding.

Letters to the Editor must be emailed to PES at [pescmd@aol.com](mailto:pescmd@aol.com) and clearly marked Rossmoor News.

**Editorial Office:**  
2 Rossmoor Drive,  
Monroe Twp., NJ 08831

**E-mail:**  
[news@rcainj.com](mailto:news@rcainj.com)

The Rossmoor News and Princeton Editorial Services (PES) are not liable for any typographical or printing errors that may appear, including in its display or classified advertising, over the cost of the space of the advertisement.

The advertisements here are, to the best of the publisher's knowledge, accurate representations of the products and services offered. However, no endorsements are intended or implied. Acceptance of all materials is at the discretion of the publisher.

**Email display ads to:** [pescmd@aol.com](mailto:pescmd@aol.com)  
**Telephone:** 732-761-8534

© 2020, PRINCETON EDITORIAL SERVICES, INC.

Visit the Rossmoor website at [www.rcainj.com](http://www.rcainj.com)

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

### Open RCAI Meetings in December

Thursday, December 17  
Board of Governors Meeting...9 a.m.

This meeting will probably be held via Zoom

Please watch Channel 26 on your TV or on  
[www.rcainj.com](http://www.rcainj.com)  
for more information



**"Ask the G.M."**  
Questions posed to RCAI General  
Manager Jane Balmer by Rossmoor  
staff and residents.



**Q: What are some of the significant changes in the RCAI 2021 budget?**

**A:** Please keep in mind, at the time of the writing of my column, the proposed 2021 Budget had not been approved.

The RCAI Budget Committee chaired by the RCAI Treasurer, reviewed and discussed every line item in the proposed budget. Due to the mild winter and little to no expenses for snow removal, the Budget Committee projects that there will be a surplus at year end equivalent or very close to the amount that was allocated for snow removal and supplies, but not used in 2020.

2020 has been a year like no other. The common buildings still required heat and air conditioning for the staff that occupied them and also to protect the Steinway pianos in the Meeting House and Clubhouse. Personal protective equipment, additional cleaning products, hand sanitizer dispensers, protective plexiglass and so forth was not budgeted, but needed to be purchased in anticipation of reopening. No one ever expected that the closures would last this long. The savings of not opening the pool, fewer bus trips for the residents that relied on the bus for grocery shopping, etc. balanced out the items

that were purchased under these unusual circumstances.

The following items are the components that I believe will not change in the final 2020 RCAI Budget:

- A \$50,000 increase in the Hazard and Liability Insurance
- Increase in Investment Income based on past history
- A decrease in Electricity for the Common Facilities due to the replacement of the original heating and air conditioning systems in the Clubhouse and Meeting House
- A 3.4% increase in the health insurance premiums for staff
- An increase in the daily rate for the shopping bus
- 3% increase in the rental income from the doctor's side of the Healthcare Center and the same increase in the Nursing Services contract
- An increase in the pool contract
- An increase in the trash/recycling removal contract
- No increase in the lawn maintenance or snow removal contracts

Overall, there will be an increase in the Operating portion of the 2021 RCAI Budget. It is the recommendation of the Executive Committee to make a lump sum contribution to Reserves by year end to lower the 2021 contributions to the fund to

help offset the increase in the Operating portion of the RCAI 2021 Budget and keep the increase in Carrying Charges to a minimum.

**On behalf of all the RCAI employees, we extend our warmest wishes for a joyous holiday season and a pleasant, hopefully better, New Year.**



*Barbara's Unique  
Antique Boutique*

**10% discount to holders of Rossmoor I.D. card**

Wed. - Fri. 10:00 am - 5:00 pm • Sat. 10:00 am - 3:00 pm  
(Closed Sunday, Monday, Tuesday)

**Jamesburg's Largest Estate Jewelry Selection**

**WE BUY GOLD**

also buying Coins, Sterling, Costume Jewelry, Cameos,  
Designer Purses, Old Toys, Military & more.

Lifetime Area Residents Specializing in Buying and Selling All Kinds of Fine & Costume Jewelry,  
Antiques, Collectibles & Gifts. We have a Full Shop with Thousands of Pieces to Choose From.

Visit us at [www.barbarasantiques.com](http://www.barbarasantiques.com)

Like us on Facebook • Call for Extended Hours/Specials

35 East Railroad Avenue, Jamesburg, N.J. 08831

732-521-9055

Outlook Eyecare

**Comprehensive Care,  
Local Focus**

**Outlook Eyecare** offers top quality comprehensive eye care for all of our patients. You'll find Ophthalmologists, Optometrists and Opticians who are at the forefront of their field ready to address all of your eye care needs.

- > Cataract Surgery
- > Glaucoma Screening and Care
- > Diabetic Retinopathy Treatment
- > Eyelid & Orbital Surgery
- > Cosmetic Fillers
- > Routine Eye Exams
- > Full Service Optical Shop
- > Wide Range of Contact Lenses

Our staff and Doctors provide quality care tailored to your individual needs.

Wayne M. Grabowski, MD

Joseph P. Shovlin, MD

Colleen M. Coleman, MD

Margaret M. Ritterbusch, OD 270A00463000

Michael R. Trottini, OD 270A0644500

Grace Daniele, Optician Manager NJ31TD-3827

Colleen Hatter TD2226

Nicole Swanhart, Ap Optician AD-07379

Call for your appointment today or  
stop in and browse our Optical Shop  
at our two convenient locations.

PRINCETON (609) 419-1920 • MONROE TOWNSHIP (609) 409-2777 • [www.outlookeyecare.com](http://www.outlookeyecare.com)

## Postal Inspection Service lists scams targeting Veterans; Offers valuable information to protect against them

Operation Protect Veterans, a joint crime prevention program created by the U.S. Postal Inspection Service and AARP, is alerting the more than 17 million U.S. veterans to scams specifically targeting them.

These include:

- **Secret Veterans Benefits Scam:** Veterans are told they qualify for "secret" government programs or benefits that offer thousands of dollars. But first, they attempt to collect personal information or a fee.
- **Pension Poaching Scam:** Scammers often offer veterans lump sum payments up front, in exchange for signing over all their future monthly benefit checks.
- **Bogus Employment Scam:** Scammers post fake job descriptions to collect personal information from a veteran's job application, or they charge an employment fee.
- **VA Loan Scams:** Offers to refinance VA loans at extremely low rates.

- **Update Your File Scam:** An imposter, claiming to be from a government agency, attempts to get a veteran's personal information to "update their file," so they can maintain their benefits.

- **Aid and Attendance Scam:** Veterans (or their family members) receive an offer to move their assets into a living trust so that they can qualify for financial assisted living benefits.

According to research conducted by AARP, veterans are twice as likely as the general public to be victims of scams. What can veterans – and those who care about them – do to prevent being taken advantage of by scammers?

The Postal Inspection Service advises every veteran do the following:

- Visit the Postal Inspection Service's website ([www.uspis.gov](http://www.uspis.gov)) to learn about scams targeting veterans and what they can do to prevent becoming a victim.
- Check out any offer with a

(Continued on page 4)

**Empower your legacy from the  
comfort of your own home!**

We are now presenting

**Living Trusts and Wills Webinars!**

*You've worked hard your entire life to provide for your family and it's time to protect and pass on that legacy.*

Check out our website at  
**[www.levinefurman.com](http://www.levinefurman.com)** for  
our scheduled webinars.  
New dates announced  
weekly!



**LEVINE • FURMAN • RUBIN**  
ESTATE PLANNING & ELDER LAW ATTORNEYS

F-3 BRIER HILL COURT, EAST BRUNSWICK, NJ  
19 N COUNTY LINE ROAD SUITE 5C, JACKSON, NJ

**[WWW.LEVINEFURMAN.COM](http://WWW.LEVINEFURMAN.COM)**

732-238-6000



**MONROE DENTAL GROUP**

*Comprehensive Dental Care*

**609-655-3551**

[www.monroedental.net](http://www.monroedental.net)

**New Patients Welcome**

- General & Cosmetic Dentistry
- Implant Dentistry
- Digital Radiography
- Emergency Dental Care



Adam Klein, DMD  
Amanda Thompson, DMD

18 Centre Drive Suite 102, Monroe Twp, NJ  
Located right off Applegarth Road

## An overlooked observance

By Bob Huber

Since you are no doubt absorbed in preparations for the upcoming holidays, it is understandable that you may have overlooked the importance of Dec. 5. For more than a decade this date has been observed as National Bathtub Party Day, a day devoted to inviting your friends over for a social soak in your bathtub. Considering the size of Rossmoor bathtubs, this would seem impractical, unsanitary and not within the guidelines of social distancing. The founders of this event were quick to recognize the problem, so they propose that people take to their own tubs and, supposedly, communicate with other

partygoers by phone or Skype.

The stated purpose of National Bathtub Party Day is to enjoy a relaxing interlude with friends. It is suggested that adding essential oils to the bath water and surrounding yourself with candles and soft music will add to the experience.

Of course, the operative word is relax, which seems increasingly difficult in today's tumultuous world. The popular radio comedian Fred Allen once claimed he had a friend who found it so difficult to relax that he went to the hospital and had his spine removed. His family took him home in a pail. Health care professionals discourage this approach.

Since the process of getting in and out of a bathtub can be problematic for many of us of a certain age, you may want to forget the bathtub idea altogether and find other means to relax. Soft music and candlelight are a good idea, in or out of a tub. Try reading a good

book or listening to music or watching television (no news, please). However you choose to do it, take some time to "smell the roses" before diving into your final preparations for the holidays. You will be in much better shape to enjoy the occasion.

## Rossmoor Nursery

(Continued from page 1)

Rossmoor trees came from our nursery. It was a wonderful project that brought many residents together for a common goal.

I visited the nursery several times after it was closed and it always made me sad. On my last visit, a few years ago, I noticed that one pot still held a dry, stunted tree. On inspection I found that it was still alive. I called Dan Jolly and asked if he could find a spot for it in Mutual 5, which he did. It was planted in a large grassy area behind the carports on Prescott Lane. It is now a beautiful, large, healthy maple tree.

## High Quality Orthopaedic Care

When you need it. Where you need it.

Whether you experience an orthopaedic injury or suffer from chronic arthritis, **Princeton Bone & Joint** is here for you.

With Covid-19 protocols in place, we offer a safe environment for you to get the care you need.

We offer same day appointments.

If you are in the Emergency Department, request one of our physicians to expedite your experience.



We excel at robot assisted partial and total joint replacement which is more accurate, less painful, safer, and longer lasting than standard techniques.



**Princeton  
Bone and Joint**

5 Plainsboro Road  
Medical Arts Pavilion Suite 100  
Plainsboro, NJ 08536



[www.pbnj.com](http://www.pbnj.com)  
609.750.1600

## Postal

(Continued from page 3)

- trusted family member, friend or your local veteran's affairs office before acting.
- Don't be pressured into acting immediately. If you are dealing with a legitimate outfit, they won't try to pressure you to act before having a chance to check it out and think about it. If they do, just say "no" and hang up.
- Get an answering machine and caller ID display. Then, let the machine answer the phone for you. If you don't recognize the person leaving a message, don't pick up the phone!
- Contact your telephone service provider, and ask them what kind of services they offer to help you block unwanted calls.
- Report if you believe you have been the victim of a scam. Contact your local police or AARP

([protectveterans@aarp.org](mailto:protectveterans@aarp.org) or 877-908-3360).

- Get credible information on how to qualify for veterans' benefits by contacting your state veterans' affairs agency. Visit [www.nasdv.us](http://www.nasdv.us), and click on "Links."
- "Veterans have access to special benefits and share a special bond that scammers know and use to take advantage of them," said Chief Postal Inspector Gary Barksdale. "The Postal Inspection Service works hard every day to stop scams targeting veterans, but we need everyone to become better informed, so they can help spread the knowledge to the veterans they know and love. I encourage all Americans to make this Veteran's Day not only a day of remembrance and thanks for our veterans, but also to make it the start of learning about, and helping to spread information on scams targeting veterans."

For more information on scams targeting veterans and other scams, visit [www.uspis.gov](http://www.uspis.gov).

About the U.S. Postal Inspection Service: The U.S. Postal Inspection Service is the nation's oldest federal law enforcement agency. It supports and protects the U.S. Postal Service and its employees, infrastructure and customers; it enforces the laws that defend the nation's mail system from illegal or dangerous use; and it ensures public trust in the mail. Over 2,400 postal inspectors, postal police, technical and administrative people are spread out over 17 divisions and the national headquarters in Washington. For more information, visit [www.uspis.gov](http://www.uspis.gov), and follow us on Twitter (@USPISpressroom), Facebook (@Postalinspectors), and Instagram (@postalinspectors).



## MIDDLESEX/MONMOUTH GASTROENTEROLOGY

A Division of Allied Digestive Health

## COLON CANCER SCREENING

Gall Bladder Disease  
Liver Disease  
Heartburn

Peptic Ulcers  
Constipation  
Diarrhea

**ROBERT R. BLANK, MD**

**STEVEN C. NADLER, MD, FACG**

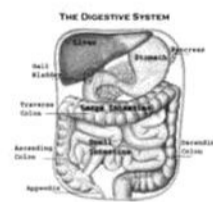
**ARTHUR J. GELLER, MD, FACP, FACG • COLIN C. BROWN, MD**

**KUNAL GUPTA, MD • ROBERT S. AARON, MD**

**KALPESH PATEL, MD • DARIANNA FROMETA, APN-C**

222 Schanck Road, Freehold  
100 Commons Way, Holmdel  
Tel: (732) 577-1999

312 Applegarth Road, Monroe  
2 Hospital Plaza, Old Bridge  
[www.mmgaastro.com](http://www.mmgaastro.com)



## Chorus

(Continued from page 1)

few dogs even showed up on the screen! Everyone was having a great time chatting with folks they hadn't seen in months, playing the music trivia game led by president Jim, and truly having fun being together after such a long time.

Then, at the allotted time and in the tradition of honoring one of its own, President Jim made the surprise announcement that the person receiving the award that evening was June Hutchens. With that, June's front door swung open and daughters Mary from New Jersey and Laurie from New York suddenly appeared to share in the celebration, and June's son Buddy (Henry the III) now living in Florida, made a surprise appearance on Zoom as well.

June Hutchens has been singing since she was a child in Brooklyn where she played in the sandbox with a boy she called Bud. The unfortunate divorce of June's parents and subsequent move to Massachusetts with her mother separated the young friends for many years. But fate was to bring them back together when a classmate of June's from high school met Bud when they served together in the Navy. He put them in touch, and the rest is history.

The couple reunited, married in 1953, and had three children. Growing up, the kids remember singing and playing games, loud boisterous meals, and sharing wonderful family vacations. But mostly, they say, "Mom taught us to pray, to care, and to love – we couldn't have had a better role model. She's always been happiest when her family is all together, and especially now with four grandchildren and four great-grandchildren."

For their 61st anniversary, their family took the couple on a trip down memory lane to the park where they played as children. Bud pushed June on the swing and they wrote their initials in chalk hearts on the sidewalk. "It was so beautiful to see them still so much in love." In 2018 June and Bud celebrated 65 years of wedded bliss, but sadly it was only months before Bud succumbed to cancer.

In addition to devotion to her family, June's life has been all about faith and love. Over the years she has served as Brownie and Girl Scout leader, church secretary and choir member. In the Women's Club at St. Paul's Church she sang and performed in many of their shows. After moving to Rossmoor in 1997 June joined the Chorus, the Women's Guild, and Red Hat Society. She is an active member of the Rossmoor Community Church and serves on its prayer chain, offering daily prayers for those people who are in need of God's care

(Continued on page 6)



Fewer side effects.  
*More living.*

Proton therapy for breast cancer at ProCure. Personalized for your treatment needs—and your lifestyle.

If radiation therapy is part of your treatment plan, proton therapy at ProCure targets tumors precisely, with less impact on surrounding healthy tissue. That could mean fewer side effects—and more freedom to enjoy what matters to you most.

To learn more, visit:

[www.ProCure.com](http://www.ProCure.com)

**ProCure**  
Proton Therapy Center  
*Precision Therapy. Passionate Care.*



### Proud Resident of Monroe Township

After successfully selling in the city for over 40 years, I am excited to serve my new community. Call me with all of your real estate needs!



**SHERYL SIEGEL**  
Realtor-Associate

m: 917.783.4093 | o: 732.946.9200  
e: sheryl.siegel@sothebysrealty.com

Real Estate licensed in New York for 40 years.



Heritage  
House

**Sotheby's**  
INTERNATIONAL REALTY

Holmdel Office - 38 Main Street, Holmdel

Sotheby's International Realty™ is a licensed trademark to Sotheby's International Realty Affiliates, Inc. Each Office Is Independently Owned and Operated.



## A unique school year for Monroe Township students and staff

By Dr. Dori Alvich,  
Superintendent of Schools

On Nov. 16, Monroe Township Schools opened their doors for in-person students in a hybrid model. What does that mean? Students with last names beginning with A through L come to school on Mondays, Tuesdays, and alternating Wednesdays, while students with last names beginning with M through Z log into their classrooms from home. Then they switch, and students with last names beginning with

M through Z come to school on Thursday, Fridays, and alternating Wednesdays while students with last names beginning with A through L log into their classrooms from home.

Teachers are teaching students both physically in the classroom and on the computer at the same time. This is called synchronous teaching. This model offers several benefits for our students. First, they remain with the teacher and class that they have had since September and all students receive the same lessons.

Also, the district can provide for social distance for all students in the schools with the smaller numbers.

In the event that we have to close a classroom or school due to exposure to COVID-19 or a student has to quarantine, students are not losing any instructional time and can move directly into remote learning.

Students in grades pre-kindergarten through 12 are attending in person for a four-hour session; they go home for lunch, and then all students log in for the afternoon sessions. Parents still have the option to keep their children home every day in which case students will then log into their virtual classrooms all five days. There are videos and resources for parents and staff on our district reopening website.

The goal of our plan is to keep students and staff as safe as possible. We have put practices in place to

provide for this environment. We are conducting daily screening for all staff and students including a screening questionnaire to be completed online before coming to school. There will be temperature checks at the door of all buildings.

We are limiting visitors in all district buildings, but any visitor will also follow these guidelines. Parents have the option for in-person students to take district transportation or parents can drop students off at the schools.

Buses are limited in capacity, and all students and drivers must wear face coverings. Buses are disinfected between all runs.

In our schools, all staff and students must wear face coverings. Our nurses put together guidance for parents on proper face coverings as well as proper hand washing practices. Regular disinfecting of high touch surfaces, including students' desks, have been instituted.

Every aspect of the plan is flexible and dependent on health conditions. The district will continue to monitor all updates and make adjustments as needed. Although school may look different this year, our goal continues to be to provide the education for all of our students just as the community has come to expect.



- Post-Hospitalization Rehabilitation
- Personalized Goal-Oriented Treatment
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- 24-hour Nursing Staff
- Certified Dietician
- Long Term Care
- Respite Care
- Hospice & Palliative Care
- Medicare, Medicaid & most insurances accepted

Call our admissions team today to schedule a tour!

**THE GARDENS AT MONROE**

189 Applegarth Road, Monroe, NJ 08831 | [www.thegardensatmonroe.com](http://www.thegardensatmonroe.com)

**609.448.7036**

## Quarantine Without Pain! We Are Here To Help



Social Distancing ☒

Mask & Gloves ☒

Clean Environment ☒

**FREE  
10 Minute  
Phone  
Consult!**

**AllCure**  
SPINE & SPORTS MEDICINE

**732-521-9222**

350 Forsgate Drive  
Monroe Twp., NJ 08831

[allcurespineandsports.com](http://allcurespineandsports.com)

ACUPUNCTURE • PHYSICAL THERAPY • CHIROPRACTIC SERVICES

## Chorus

(Continued from page 5)

and blessings. June's true spirit of caring is reflected in the volunteer work she has done for the past 17 years at Princeton Hospital. She recently received the hospital's **4000 Hour Volunteer Pin** for this exceptional service.

In the words of daughter, Laurie, "Mom gives of herself for her family, friends and community because that is who she is." At 88, June is going strong after successful knee replacement surgery in August. She's looking forward to the end of this pandemic so she can resume her normal, active life.

The Rossmoor Chorus Zoom party was an opportunity to carry on the tradition of honoring another of its extraordinary members. In presenting the "Certificate of Appreciation" plaque, President Jim called June "The epitome of dedication and selfless devotion to others, a shining example to us all. It is our privilege to have you in the Chorus and to honor you today." Applause and congratulations burst forth from computers and cell phones all around Rossmoor ... did you hear them?

## Festival of Lights



**Menorah and Gifts**

courtesy of chabad.org

(Continued from page 1)

We do that so we can teach them to give some of it to charity. For younger children the Hanukkah gelt is in the form of a chocolate coin.

Remember, regular candles, latkes with applesauce, and chocolate gelt and you will have a great Hanukkah celebration.

I can be reached at [allan.kaufman0125@gmail.com](mailto:allan.kaufman0125@gmail.com). Your comments are most welcome.

## Please note

Printed copies of the November Rossmoor News are available for pick up at the Village Center by calling Administration at 609-655-1000.

Bob's Almanac—December 2020

By Bob Huber

Most people feel that this December will usher out a year that has unalterably changed their lives, and with good reason. The truth is that down through American history there have been many events which have illuminated and altered our lives, and December has had its share. Here are just a few.

Dec. 1, 1955: Rosa Parks, an African-American woman, 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.

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

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

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

Thomas Edison picked this date in 1878 to demonstrate his new invention, the phonograph. In 1886, the celebrated American poet Alfred Joyce Kilmer was born in New Brunswick, N.J.

Dec. 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.

Dec. 9, 1933: Congress adopted the 18th amendment to the Constitution which repealed prohibition,

Caroling

By Ken Thomas

Meetings in December were difficult; no school and too much holiday energy. What to do? I mentioned caroling at our troop committee meeting. What about non-Christian scouts? How would parents react and BSA respond? Will the scouts participate? After more questions, I made my pitch for caroling. "Our caroling will be community service. We'll obtain a town sick list, and they will be our caroling targets. Members of our troop band will play with the carolers. Afterwards, the committee can provide donuts and cocoa to reward the scouts for their participation. In my Scoutmaster's minutes, I will thank them for their community service. The boys repeat the Scout Oath and Law at every meeting. To me, caroling fits." The committee

(Continued on page 8)

just in time to celebrate the holidays.

Dec. 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 in the comfort of our own living rooms.

Dec. 14, 1962: Speaking of messages from space, it was on this day that the Mariner 2 space probe sent back its first message from the planet Venus, the first communication ever received from another planet.

Dec. 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, but we doubt that even those gifted inventors

could have envisioned what their creation would evolve into over the ensuing 117 years.

Dec. 23, 1947: The transistor was invented, sparking a world 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.

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

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

LET'S PLAN TOGETHER

Call to schedule a free at home consultation



Freeman Manalapan-Marlboro Funeral Home

344 Route 9 North, Manalapan NJ 07726  
(732) 972 - 8484

Glenn A. Freeman -Manager N.J. Lic. No. 3662

SERVING ALL FAITHS SINCE 1847  
COMPARE OUR PRICES

First Day of Winter—Dec. 21

Fearful of living at home alone?

Are you lacking consistent family or community support?

Do you require 24-hour care or supervision?



Consider

Next to HOME

LONG TERM CARE

Enjoy Quality of Life & Quality of Care!

We take pride in delivering an unparalleled resident experience, with an emphasis on maintaining our residents' dignity, independence and self-respect.



THE JEWISH HOME  
FOR REHABILITATION & NURSING

 Glatt Kosher

ENJOY:

- Secure Memory Care Unit
- Multi-Specialty Physician Access
- Interactive RESTORE Therapy
- Care Safely Approach to Care Provision
- Diverse Menu & Dining Services
- Beautician & Barber Services
- In-Center Televisions Network
- Life Enriching Activities
- Dedicated 24/7 Hospitality Line
- Life Loop Technology
- Family Matters Program
- Quarterly Resident Wellness Review with Family
- Medicaid Support & Guidance

1151 W. Main Street • Freehold, NJ 07728  
(732) 202-1000  
jewishhomefreehold.org

 Now part of the Marquis Health Services family!

**H E HOMETIME ESTATES**

1861 Victory Blvd  
SI, NY 10314

718-986-7274  
718-524-0400

YOU MAY BE PLEASANTLY SURPRISED TO LEARN  
HOW MUCH YOUR HOME HAS INCREASED IN  
VALUE. CALL YOUR LOCAL REALTOR FOR  
A FREE MARKET EVALUATION

**NO OBLIGATION**

**MARIANNE IPPOLITO**  
NJ Licensed Real Estate Salesperson

**I AM A CLEARBROOK  
RESIDENT**

WE HAVE BUYERS FROM STATEN ISLAND & BROOKLYN



**Jerry** AB LIC.# 00678A

**NOONAN'S**  
AUTO-CENTER

Serving the community for over 33 years!

**Your One Stop Auto Shop!**

Automotive Service & Repair • Auto Body & Collision  
NJ State Inspection & Re-Inspection • Towing

**609-655-AUTO (2886)**

251 Applegarth Road- Monroe Township NJ, 08831

**MIKE "THE HANDYMAN"**

**732-780-0468**  
Lic. #13VH08300900

- No job too small, so don't hesitate to call
- Same-day callback, work done within 24-48 hours
- Fully Insured
- References gladly furnished upon request

OVER 25 YEARS OF EXPERIENCE




**ASSISTED LIVING & MEMORY SUPPORT COMMUNITY**

**1 on 1**  
COMPANION  
care


You may be worried about the transition of a loved one during COVID, but rest assured we will be there for you every step of the way. **We are offering complimentary 1 on 1 companion care during the first week of move-in** so that you will have peace of mind knowing trained, caring staff are here for you to provide additional support. To learn more about the flexible hours that may be available to comfort your loved one, **please schedule your virtual or personal tour TODAY by calling 732-333-3605.**

**Exclusively at Mattison Crossing at Manalapan Avenue**  
for a limited time

Our 1:1 Companion Care Program assists our residents with the transition.  
**Call Morgan or Tammy today at 732-333-3605 about our complimentary 1:1 Companion Care Program.**

 **MATTISON CROSSING**  
AT MANALAPAN AVENUE  
Honor. Tradition. Quality.

93 Manalapan Avenue | Freehold, NJ 07728 | 732-333-3605 | MattisonCrossing.com



## Christmas letter to Santa

By Ken Thomas

**Santa, Santa, Santa.** Every year we wait for your arrival. As parents, we warn our children to "be good" or you won't come to our house. Coal is mentioned sometimes. On Christmas Eve, they change into their pajamas and go to bed early, hoping for presents delivered on a sled. Many, many children have asked you for these presents and totally believe in your nod at Macy's.

Santa, your name has been mentioned often during this holiday celebration, but specifics have not been forthcoming. Sometimes your name changes too. Is Saint Nicholas an alias? Is Kris Kringle a nickname? I'm confused and have a few questions.

What do you weigh? How tall are you? A dimpled, chubby, jolly old elf is not very descriptive, Santa. You need to shave also.

Do you really shake like a bowl full of jelly? While dancing? Doing Zumba? Walking the dog?

I heard you dress in a sooty red and white furry suit, smoke a pipe and whistle, but so do country singers. Obviously, you won't need an ID in Nashville, but your wardrobe makes me laugh.

If white hair, rosy cheeks, a beard and a cherry nose is your general description, we don't want additional information. Stay out of Macy's! You'll scare the children.

Your noisy arrival woke us up and activated the "Neighborhood Watch." They've issued a ticket for

exceeding the 25 mph speed limit. We'd appreciate a clatter limit, please.

Those reindeer names you shouted were strange. What's a Blitzen? Is Donner male or female? Does Rudolph have a cold?

Decorating the tree and stuffing our stockings was great. However, all those candy canes you left were too much. Grandpa's "sugar high" and grandma's sucking sounds scared the dog.

Keep your almost always late peddler's sack of presents. Amazon delivered this morning. Your elves may be

Santa's "helpers," but they certainly are not "merry" mailmen.

You left the cookies and milk untouched, but a bottle of scotch is missing from my bar.

Your constant "Ho, Ho, Ho" is irritating. Only Burl Ives can be that jolly.

Drive carefully. A sled pulled by reindeer might baffle local airport Air Traffic Control. Also, I've enclosed a bill for \$660 dollars, damage to my roof and lawn.

Merry Christmas to you, too, and to others also, good night.

## Let's get decked out on Faux Fur Friday

By Linda Bozowski

Those of us who remember the olden days, with the glamour of Hollywood stars, may sigh because we could not have any of the glorious furs that they wore in their photo ops. Fast forward to more humane times – we can have some of those same lovely looks without harming any animals. Fake fur is not really new in the fashion industry - it has been around since 1929. According to Wikipedia, fake fur was originally made using real hair from alpacas. Although the article I read didn't explain how the alpaca hair was incorporated into the artificial product, I would guess that the alpacas were shorn, not killed.

Fake fur does not offer the

same degree of warmth as real fur, but the techniques used today in its manufacture can pretty closely replicate the look of real animal products. Most of the synthetic fabrics used in crafting outerwear and home decorating products are made from blends of acrylic and other chemicals created from coal, oil and limestone. These fabrics take far less energy to be transformed into outerwear than natural fur and are far less expensive.

Among the other downsides of artificial fur are the lack of breathability of the fabric, their non-biodegradability, and their inability to function effectively as weather-repellents, since

(Continued on page 9)

## Caroling

(Continued from page 7)

agreed. I never told BSA.

At the meeting before caroling, the words for two Christmas carols were distributed and I handed out music to four trumpets and trombones. We practiced for 10 to 15 minutes. Our carols needed some divine intervention. My Scoutmaster's minutes that night emphasized community service as a scout's responsibility. I clearly mentioned the donuts and expressed my expectation of their participation. The following week, I waited for the scouts to arrive. Ninety percent of the boys became carolers.

The first stop was my minister's manse. He was surprised at the size of our group and smiled at our caroling. He could have laughed. At the next stop (sick list) our Senior Patrol Leader knocked on the door and announced, "We are troop #3 and we'd like to sing Christmas carols for you." The man went back into the house and pushed his wife seated in a wheelchair onto the porch. The troop sang and played "Joy to the World."

Unexpectedly, porch lights went on all around us. Residents opened windows and stood on their porches. We

sang "The First Noel" and some of our audience applauded. I don't know why. We were loud not laudable. After "We wish you a Merry Christmas and a Happy New Year," the man tried to give our Senior Patrol Leader money. He said, "Thank you, but we are caroling as a community service."

The next three homes were a replay. We woke up the neighborhood and improved our carol renditions to the level of a reindeer choir. One of the scouts pointed out his house, so the troop gladly sang and played for his family. Now, we also stopped at the homes of other boys. Often, we were offered cookies, candy, cocoa or tips, which were refused.

One particular family met us at the end of their sidewalk entrance. They were more welcoming than the owner of the Biblical manger. The father urged our scouts into his house. I introduced myself to him and his family. They must have prepared the cookies and cocoa after hearing us at another house up the block. The mother smiled continuously as she passed out cookies. Soon, we had to leave. I said, "Thank you," again to Rabbi Feldman and wished him a Merry Christmas and Happy New Year.

## Sound Advice

Norman J. Politzner, CFP®, CeFT® President of NJP Associates

### A five-point COVID diagnostic for family wealth management

A terrible truth of the COVID pandemic is that families are at a greater risk of losing a matriarch or patriarch. Whether you're a beneficiary or grantor, here's a five-point diagnostic for managing family wealth, issues to consider that might require urgent action due to the unusual times we are living through.

**When did you last update your will:** Wills should be reviewed annually.

**Do you need a revocable trust to avoid probate?** State laws vary, so there are no hard and fast rules, but the COVID crisis has made the use of revocable trusts a more popular estate planning vehicle, preferable to a Will. Courts were recently shuttered across the country. It's prudent to continue expecting delays in the probate court process. If a family patriarch is intubated and can no longer manage family financial matters, a revocable trust facilitates the transition in the management of family assets. Whoever is named as successor Trustee may present the trust document to the bank (which should have a copy of it already) and the management of assets can then be assumed by the successor.

**GRATS and other trusts should be reviewed, and they are expected to be recommended more often in managing family assets in the months ahead.** Grantor retained annuity

trusts (GRATS) are a way to freeze the value of an estate, to reduce estate taxes. For many years GRATs have been set up based on the IRS's mid-term Applicable Federal Rate (AFR). However, with the AFR dropping in mid-August to 40-basis points (0.40%), trusts may need to be updated to use the long-term IRS AFR. With higher taxes expected, due to the weakening U.S. balance sheet, locking in the long-term AFR on a GRAT is worth considering. To be clear, higher taxes on inheritances are a likely target for generating new revenue, which makes it wise to consider 10-year GRATs instead of the traditional two-year GRAT.

**Intrafamily loans** are also pegged off the IRS's AFR, and this may also be a way of transferring wealth. While direct loans to children might expose assets to divorce settlements or claims by business creditors, loans made through trusts are more compelling tax-wise. They allow you to loan some money to the trust at a 40-basis-point interest rate for a mid-term loan of up to nine years, or you can even go out 20 years, with the rate at 1.2% as of August 2020. Any earnings beyond that 40 basis-point hurdle rate is shifted over to the trust tax-free.

**Don't wait until the end of the year to do any of this.** Estate and trust law-

yers are already overwhelmed with work, and may not be able to get everything done before the end of the calendar year, before higher tax laws could potentially be retroactively applied. And it is not simply a matter of just drafting a trust. You also must get the Grantor and the Trustee to execute it. Or, if you have an institutional trustee, you must determine, "OK, what am I going to transfer to the trust? Am I going to need appraisals?" All of these decisions take time. It is therefore best to start now, just in case you run into problems.

Tax and financial management for private wealth requires highly personal

advice beyond the scope of this article.

Norman J. Politzner, CFP, a resident of Encore, is an Investment Adviser Representative of Kingsview Asset Management. For more information, questions, or comments, we encourage you to visit our website at [www.politzner.com](http://www.politzner.com) or call us at (732) 296-9355.

©2020Advisor Products Inc. All Rights Reserved.

The views and information contained herein may have been prepared independently of the presenting Representative and are presented for informational purposes only and should not be construed as investment advice. This information is not intended as tax or legal advice. Please consult with your Attorney or Accountant prior to acting upon any of the information contained in this correspondence.



**REMEMBER  
OUR MEN  
AND  
WOMEN  
IN THE SERVICE**



## You can feel safe and confident at Seabrook.

In good times and uncertain times, there's no safer, smarter place to be than at an Erickson Living®-managed community like Seabrook on the Jersey Shore. Enjoy independent senior living, plus a safety net of additional support should you ever need it.

- Feel safe and secure in a community of friends, neighbors, and caring staff.
- Our full-time providers are available for telehealth appointments and even house calls.
- You can rely on the expertise and financial strength of Erickson Living, a national leader in senior living.



**Learn more about senior living at Seabrook.**  
**Call 1-800-471-6394 for your FREE brochure.**



“Our move to our Erickson Living community was the best move we ever made!”

—Carol B.,  
a community resident

**Erickson LIVING**  
**Seabrook**  
Add more Living to your Life®  
Jersey Shore  
[SeabrookCommunity.com](http://SeabrookCommunity.com)



## Faux Fur

(Continued from page 8)

rain and snow can refreeze on the fabrics in cold weather.

Besides the far lower cost of synthetic fur and its availability to the average consumer, fake fur, because it is a fabric, is easier to work up into clothing or accessories. It does not have to be sewn by hand, piecing of fur pelts is not required since it is sold in fabric stores by the yard, and it is, for the most part, washable. Special cleaning techniques are not required, nor is cold storage, and moths don't generally consume fake tiger fur. Best of all, no animals are harmed in the process of creating that faux black mink jacket.

For those who might enjoy a zoo effect of pillows on the sofa, a trip to the fabric store can yield tiger, cheetah, crocodile and other choices to be made up into decorative pieces. And when you have tired of the Philadelphia Zoo look, the pillows can be recovered in a sedate chintz. You certainly wouldn't do that with your real zebra-hide chair seat covers.

# This month in pictures

By Joe Conti and Walter Gryskiewicz

## Pumpkin Decorating Contest



Rosemary Masella’s pumpkin received the most Facebook “Likes” in the E&R Department’s Pumpkin Decorating Contest. For her efforts, she won a beautiful autumn wreath and a \$25 TD Bank gift card.

Courtesy of Sue Ortiz



The Tennis Court in the early stage of renovation.

Courtesy of Terre Martin

## Fall Foliage from around the community



Clockwise from top left: As summer turns to autumn. Photo courtesy of Deb Kieselowsky. Yellow carpet on Sharon Way. Photo Courtesy of Y. A. Lee. Fall flowers. Photo courtesy of Deb Kieselowsky

## Does the past predict the future?

By Carol De Haan

We are living in the throes of a viral pandemic that is spreading rapidly in Europe and America, after we thought last summer that we were overcoming it. If it is true that people who do not know their history are doomed to repeat it, perhaps we should consider the history of pandemics in the human saga.

Modern scientists have examined the remains of Neolithic farmers from Sweden and found that they suffered from plague as far back as 4,500 years ago. The bacteria was *Yersinia pestis*, thought to have originated in the Middle East and North Africa and spread outward from there by flea-laden rodents.

In the Biblical story of the Prophet Samuel, who was born around 1100 B.C., the Philistines defeated the Israelites in battle and stole the Ark of the Covenant. After some months, they were afflicted with "swellings" reminiscent of the horrific plagues of Egypt. The Bible does not say how many died in this outbreak, but the death toll terrified the superstitious Philistines enough to make them pack up the Ark and send it swiftly back to the Israelites.

The Roman empire collapsed in A.D. 476 and the seat of power shifted to Byzantine Constantinople. By A.D. 540, Emperor Justinian was reconquering lost lands, hoping to reconstruct what had been the Roman empire. Alas, a few shiploads of grain from Egypt brought in rats that were infected with fleas, the vectors for *Y. pestis*, which spread like wildfire among the populace. Killing 10,000 people a day, the pestilence spread throughout Europe, Asia, North Africa, and Arabia. Estimates are that it killed 30 to 50 million people worldwide – probably half the world's population at that time.

The Black Death, or rat-borne Bubonic plague, was the deadliest disease in human history. Between 1346 and 1353, it killed 200 million people in all of Europe and vast swaths across Eurasia and North Africa. In Europe alone, 50 million people, or 60% of the population, perished. In many towns, not enough living people remained to bury the dead.

Heavily populated London, in 1665, suffered another rat-and-flea borne epidemic that took the lives of 80,000 people, a large portion of the city's inhabitants. The plague raged unstoppable until a massive four-day fire gutted most of medieval London inside its

old Roman walls. All civic buildings were lost, along with 87 churches, and 13,200 houses. Although 80,000 residents were now homeless, with all the rats either dead or dispersed, the plague never again broke out in London on any scale large enough to make the history books.

This is a list of the major plague outbreaks. Smaller, more localized outbreaks also occurred throughout history with great regularity. Even today, plague still exists, particularly among desert rodents in the American west. We are fortunate that the occasional plague victim can be successfully treated with antibiotics, courtesy of Sir Alexander Fleming, who in 1928 discovered penicillin, and Rutgers Professor Selman Waksman, who introduced additional antibiotics in the 1950s. The point to remember is that we only control this disease. We have not eradicated it.

Having found a way to deal with bacterial plagues, we find ourselves faced with a potential viral plague in the COVID-19 pandemic that appears to be spreading rapidly across the globe, as did the terrible plagues mentioned above. Modern science will surely develop a vaccine to give us immunity from COVID-19, perhaps in the next year if all goes well. But meantime ...

Think about the millions of people who succumbed to plagues throughout history. If they had been told "You can save your life by wearing a mask, by washing your hands frequently, by keeping a distance from others, and by staying home when ordered to do so," do you think they would have refused?

## Radio City Music Hall – An American icon

By Linda Bozowski

For the first time in its 87-year history, Radio City Music Hall will be dark this holiday season. The historic facility, known for its expansive art collection, its lavish décor, and its world-famous Rockettes, was originally intended to be the home of the Metropolitan Opera. Plans were canceled in 1929 and Rockefeller Center was constructed on the reserved plot of land.

The Rockefeller Center complex was built between 1932 and 1940. Benefactor John D. Rockefeller had originally leased the land from Columbia University and was a significant donor to the entire construction project.

The facility suffered on-the-brink financial declines through the 1970s and was under discussion for closure and conversion to other uses, including tennis courts, a shopping mall or various other types of businesses. A public outcry and significant publicity led to the creation of a nonprofit entity to lease the Music Hall. One month later, the facility was named a New York City Landmark in May 1978 and the theater was restored. An extensive renovation in 1999 brought the theater to its current vibrancy.

The Art Deco style of the structure contains several theaters, but best known is the nearly 6,000-seat International Music Hall. The Holiday Show runs each year (except this one) between late November to early January, with several shows each day. Many other entertainment opportunities are available for locals and tourists, including movies, concerts, sports events and televised programs including the Grammys, Tonys, Emmys, and the NFL Draft. The Theater was the home of 650 movie premieres, including "King Kong," "Mary Poppins" and "The Lion King."

Radio City Music Hall is now operated by the Madison Square Garden Company,

then known as Cablevision, which oversaw the extensive renovation. The efforts included replacement of curtains, seat coverings, light fixtures, carpeting and other components, and carried a price tag of \$70 million, well over the original budgeted amount of \$25 million. Considering the extensiveness of the renovation, it was completed in fewer than eight months, and the Hall reopened in October 1999 with a gala celebratory concert.

The Radio City Christmas Spectacular has been a New York City tradition since 1933. The women's precision dance team, now known as the Rockettes, was originally known as the Roxyettes. Other performing troupes who have

entertained appreciative audiences include the Irish dance troupe, Riverdance, and the Cirque de Soleil show, "Zarkana."

All of us who have visited the Hall in the past will look forward to its reopening sometime soon. In an effort to keep people safe from disease, Radio City has joined the Metropolitan Opera, David Geffen Hall (aka Lincoln Center), New Jersey Performing Arts Center and nearly all of the theaters in the New York and New Jersey metro area in these safety efforts. Despite our entertainment losses throughout this season, we wish all of those associated with these venues safety and good health.

### PART TIME CAREGIVERS WANTED

**Earn money while helping seniors  
with personal care, transportation,  
meals errands, and more.**

For information about a job  
helping others in your spare time.  
**Call or text Elizabeth at 646.413.0813**



**GOLDSTEIN**  
FUNERAL CHAPEL INC.

**The only Jewish owned funeral home  
in Middlesex County**

***We value the dignity and the  
sanctity of the Jewish soul and we  
uphold and maintain reverence for  
the Jewish tradition.***

**732-777-0032**

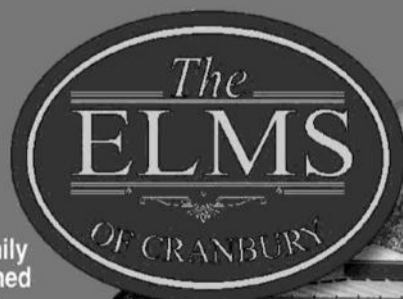
**Martin Goldstein, Mgr.**

N.J. Lic. No. 4025

**2015 Woodbridge Avenue  
Edison, New Jersey 08817**

**www.goldsteinfuneralchapel.com**

### SUB ACUTE REHABILITATION AND NURSING – LONG TERM CARE



Family  
Owned  
and  
Operated  
Since  
1960



**NEW 5000 sq. ft. Rehab Pavilion & Therapy Pool**

**Family Atmosphere  
Warm, Friendly And Caring Staff**

**Most Convenient Facility to the  
Monroe Township Active Adult Communities**

**609-395-0641**

**61 Maplewood Avenue  
Cranbury, NJ**

NJ Department of Health Rated  
Outstanding Survey History

## Tree lighting ceremony is a great spectacle

By Linda Bozowski

Since its inception on Christmas Eve in 1931 with the display of a 20-foot tree decorated with cranberries, paper garlands, and tin cans, trees have decorated the Rockefeller Center, which was under construction at that time. The first official celebratory tree lighting occurred in 1933, when a 50-foot tall tree graced the completed Center complex. The completion of a skating rink in 1936 added to the ambience and aura of the magical scene.

Workers paid for the early trees with contributions and their families made the decorations. The scene was changed during World War II with the addition of more trees and the display of patriotically colored red, white and blue ornaments. No lights adorned the tree during wartime, as a safety meas-

ure while blackout regulations were in force.

Beginning in the late 1940s and through the 1950s, the selected trees were larger and the lighting was more imaginative, including fluorescent globes that glowed in the dark. The tree lighting ceremony was televised for the first time in 1951 after nine days of work preparing the tree for display. The lighted tree is usually on display from late November or early December through the first week of January.

Trees were originally brought into the City from upstate New York, but now they are selected from other growing areas. Following the weeks of display, beginning in 1971, the denuded trees were mulched. Since 2007 the tree has been milled into lumber which is donated to Habitat for Humanity. These environmental processes have bene-

fitted the city's parks and the Habitat programs.

Additional adornment was added to the tree area over the years, including sculptures. Herald angels were added near Fifth Avenue in 1969, and 12 other pieces were created by that same artist, Valerie Clarebout. In 2007, the tree's lighting was converted to LED bulbs in a move toward energy conservation. It is estimated that the power saved is 1,200 fewer kilowatts per day, enough to power an average house for a month.

It is uncertain how the tree ceremony will be celebrated this year. It was announced that the 75-foot tree will be lighted on December 2. The 125 million people who visit and enjoy the tree display each year will not be able to do so. We can still share the joy, but will have to visit this year via computer or TV.

## Rosa Parks: “Mother of the Modern Day Civil Rights Movement”

By Jean Houvener

On Dec. 1, 1955, Rosa Parks was on her usual commute home after a day's work at Montgomery Fair department store. She sat in the first row of the colored section of the bus as laid out when she got on the bus. As the bus filled with other riders, the front white section of the bus filled, so the bus driver ordered all those in the front seats of the colored section to move back. While she was tired, she was no more tired than usual. She was, however tired of giving in to demands like this, so while three other people moved, she did not.

In spite of the fact that 70% of the riders of Montgomery's bus system were people of color, the company required people of color to ride in the back of the bus in accordance with Jim Crow laws of segregation. The cut off of where that might occur could be shifted in the course of the bus ride, as happened on that day. Laws on this issue in Montgomery were contradictory, with one saying a seated person did not have to move. Others permitted drivers to change the location of the division.

This particular bus driver had already caused problems for Parks. It was commonly demanded by drivers that African-Americans pay at the front of the bus, then get off and enter the bus by the rear doors. On one occasion the driver demanded that Parks exit the bus, but then drove off after she'd paid and before she'd gotten back on.

While Parks tried to avoid riding the bus with this driver, she had not noticed that on this day, he was the driver. He refused to continue driving and she refused to move. Eventually the police arrested Rosa Parks. On Dec. 5 she was found guilty and fined \$14.



Rosa Parks

This was not an idea that came on the spur of the moment. Parks was an active member of the Montgomery chapter of the NAACP and was in fact the secretary of the chapter. Other people had also been arrested for refusing to move on other occasions.

The injustice of these laws had been discussed many times. This time, E.D. Nixon, president of the chapter, was there to support Parks through a system of appeals. Additionally, he and others in the chapter initiated a bus boycott. The boycott was to begin on the day of Parks' trial.

A young newcomer minister, Martin Luther King, Jr., was chosen to lead this boycott. The boycott lasted 381 days and cost the bus company considerable money. As the court case wound its way through the court system, whites became angry that the bus system was on the edge of collapse, leading to threats and harassment of Parks and others involved in the boycott.

Nixon and King's homes were bombed. Parks was fired from her job. The community

nevertheless continued the boycott, carpooling, walking, biking, and using any other means than the bus system.

When the case reached the U.S. Supreme Court, the Court ruled on Nov. 13 that bus segregation was unconstitutional. The boycott ended on Dec. 20 with the arrival of the Court's written order.

Parks continued to experience harassment and death threats. Her husband Raymond also lost his job. They moved first to Virginia and then to Detroit where she became an administrative aide to Congressman John Conyers, Jr., until she retired in 1988.

She received many honors and awards. In 1996 President Bill Clinton awarded her the Presidential Medal of Freedom. She was awarded the Congressional Gold Medal in 1999. While her last years were hard as she lost her husband and family members, she continued to work on behalf of the civil rights movement. When she died in 2005, she became the first woman to lie in state in the U.S. Capitol.

Happy Holidays



**Wash and Fold**

**(732) 289-0978**

FRESH FOLD

Pick up and Drop Off  
Laundry Service

**WANTED TO BUY**

**JEWELRY (GOLD, SILVER OR COSTUME)  
DIAMONDS • ARTWORK • FURNITURE  
GUITARS • CAMERA • RECORDS, ETC.  
COMPLETE CLEANOUT SERVICES**

**Call Dan at 609-306-0613  
AMERICAN FURNITURE EXCHANGE**

**Lester Memorial Home**

**Thoughtful, Personal, Dignified Service**

*“A choice for Rossmoor Residents since 1965”*

**Gregory S. Lester, Manager, Lic. #3364**

**David L. Lester, Director, Lic. #3483**

16 W. Church Street, Jamesburg  
New Jersey 08831

**732-521-0020**

**www.LesterMemorialHome.com**

**ELECTRICIAN**

**732-851-1561**

**All Electric Services - Lic.# 15848**

• Ceiling Fans • Recessed Lights • Bathroom Fans  
• TV Mounting • Smoke Detectors • Security Lights

**www.allelectricnj.com**

**For Display Advertising**

Contact

**Princeton Editorial Services**

**732-761-8534**

**pescmd@aol.com**

## A tribute to Darby Houston

By Anne Rotholz

(Resident and neighbor Darby Houston died on April 9 at the age of 90.)

I met Darby in the early days of the Rossmoor Tree Committee. My first impression of him persisted over the years. Here was a gen-

tle giant who was totally in love with the earth and its people. With a degree in psychology from Princeton and a business degree from Cornell, he was well prepared for the path he had chosen in life.

While Darby spent some years working in the business world and a short time in the Service, he eventually gravitated to what he always loved most, working with trees, plants and flowers. He and his wife, Becky, moved to rural Maine. There they took charge of several greenhouses and did landscaping for private and business enterprises. Their coming to Rossmoor was a gift to our community.

Darby was always willing to help anyone with a garden or tree issue. Saving a tree was never a chore for him. Once I had a problem with a young tree and I



Darby Houston,  
Nov. 2016 at Home Depot

asked him to take a look at it. I waited for a few days and heard nothing. The next time I went to water the tree I found that Darby had already come and taken care of the problem.

I seriously began to appreciate Darby's knowledge of horticulture when I worked with him on the Rossmoor Nursery. He and several other residents who loved trees and appreciated their environmental value were the driving force be-

hind the project. Many of our beautiful trees were planted at that time. They were chosen carefully and planted with love. It is little wonder that they did so well.

In his later years Darby worked for Home Depot in East Windsor. There he had an opportunity to share his love and knowledge of gardening with a large number

of people. Apparently the personnel at Home Depot valued his vast experience in the field of horticulture since they kept him on as a store greeter.

Finally, it is my wish that our lovely trees will wave their branches for years to come in memory of Darby and of all our residents who loved them and cared for them.

## New Neighbors



By Christina Smith,  
Resident Services Manager

Alonzo Prigmore, 193N Mayflower Way, formerly of Willingboro, N.J.

Ihor and Svitlana Matushynets, 217-O Mayflower Way, formerly of Morganville, N.J.

Michael and Lenore Mancusi, 150D Providence Way, formerly of East Haven, Conn.

Nancy Nicola, 662A Windsor Way, formerly of North Brunswick, N.J.

Giuseppe Mangiapane, 215A Mayflower Way, formerly of Staten Island, N.Y.

Joon and Kium Lim, 378C Old Nassau Road, formerly of Springfield, N.J.

Ralph Aiello, 34N Concord Lane, formerly of Brooklyn, N.Y.

Elsie Valentin, 10P Sussex Way, formerly of East Brunswick, N.J.

Patti Sanders, 263B Middlebury Lane, formerly of Hooksett, N.H.

Markeeta Watts, 10A Sussex Way, formerly of Piscataway, N.J.

Teresa and Giovanna Sanuto, 136N Plymouth Lane, formerly of Brooklyn, N.Y.

Joan and John Mischak, 678B Yarrowborough Way, formerly of Pennington, N.J.

John Adams, 531-O Redding Lane, formerly of Manalapan, N.J.

Walter Sherman, 227A Manchester Lane, formerly of Middletown, N.J.

Grace Loneker and Zarifa Sampaio, 73B Rossmoor Drive, formerly of Elizabeth, N.J.

Lisabeth A. Graci, 418A Onset Lane, formerly of East Brunswick, N.J.

Afifi and Sanaa Said, 444A New Haven Way, formerly of South Amboy, N.J.

Andrew and Karen Katz, 206N Rossmoor Drive, formerly of Manalapan, N.J.

Kerford and Velma Franklin, 282C Old Nassau Road, formerly of Perth Amboy, N.J.

Subbiah and Latha Danasheka, 695B Yardley Way, formerly of Colonia, N.J.

Steven and Renay Badagliacco, 68-O Gloucester Way, formerly of Staten Island, N.Y.

Alka and Rajesh Gandhi, 206A Rossmoor Drive, formerly of Milltown, N.J.

Jan Ritter, 472A Rockport Way, formerly of Basking Ridge, N.J.

## Jewish War Veterans Post 609

By Charles Koppelman

The Monroe Township Jewish War Veterans Post 609 is collecting United States and foreign stamps, both on and off envelopes.

Stamps are used by veterans as a hobby and as therapy at VA Medical Centers nationwide.

The stamps are not traded or sold; they are forwarded to veteran patients at no charge.

Also requested are DVDs suitable for veterans at those locations.



Send all items to: JWV Post 609, c/o Charles Koppelman, 6 Yarmouth Dr., Monroe Township, NJ 08831-4742.

## FIorentini FAMILY DENTISTRY

COMPREHENSIVE, COSMETIC & IMPLANT DENTISTRY

AT FIORENTINI FAMILY DENTISTRY, YOU'RE MORE THAN JUST A PATIENT... YOU'RE FAMILY.

At Fiorentini Family Dentistry, we are proud to be meeting and exceeding all guidelines in order to keep you safe and to continue to provide you care!

**We have equipped our office with:**

- Ultraviolet sterilization in the HVAC system
- Medical grade HEPA filter in every room
- Air scrubber in waiting rooms
- Virtual waiting room
- Teledentistry
- Additional sterilization and PPE

**Accepting New Patients and Emergencies**



**We provide the following services:**

- Implants
- Crowns in a Day
- Dentures and Repairs
- Sleep Apnea Therapy
- Veneers
- Tooth Whitening
- Root Canal Therapy
- Periodontal Therapy

**Call Today to Schedule a Complimentary Consultation**

294 APPLEGARTH ROAD, SUITE H, MONROE TOWNSHIP, NJ 08831

PH 609.655.1023

WWW.FIOREFAMDENT.COM



**YES!  
We're open!**

**I.C.C.** Heating & Air Conditioning

Monroe Twp NJ, 08831

ICC is a **YORK** dealer.

We are a full-service company servicing local and all surrounding areas since 1974.

*This may be the time to change your equipment. Call 609-655-4647 to schedule a free estimate.*

License #s  
19HC00510800  
19HC00615600

**609-655-4647**

John Intravartolo  
Santo Intravartolo



**WE BUY**

ANTIQUES, COLLECTIBLES, JEWELRY, POSTCARDS, EPHEMERA, POTTERY, PRINTS, PAINTINGS, SILVER, COINS AND BOOKS.

**WE PURCHASE ESTATE CONTENTS**

**DOWNSIZING/MOVING? CALL US.**

ANTIQUE APPRAISALS AVAILABLE.

**609-658-5213**

Email: LarryFeldman51@gmail.com




**You name it, we take it!**

- Estate Sale Clean Outs
- Garage Clean Outs
- Appliance & Furniture Removal

**We will beat or match any price!**

**800-609-3696**

**www.wecollectjunk.com**



**Parker**  
we make aging part of life®

**We're Accepting New Admissions for our Nursing & Memory Care Homes**

Meeting all the state's infection control requirements for senior living communities

Call and ask how we keep your loved one safe in our care.

**Parker at Monroe**

395 Schoolhouse Road • Monroe Twp, NJ 08831

**Parkerlife.org | 732-992-5200** | 



**THE LOWEST PRICES. PERIOD.**

We don't inflate our charges so that we can then offer you "discounts" when you ask. *THAT'S NOT RIGHT.*

Our service charges are the lowest in the area for superior service, and we are Central NJ's premier Independent Jewish Funeral Chapel.

**Mount Sinai Memorial Chapels**

Being FAMILY OWNED & OPERATED, without a "network" of stockholders, lets us **guarantee** that.

454 Cranbury Road,  
East Brunswick, NJ  
(732) 390 - 9199 (800) 395 - 9199

For Yahrzeit Dates, Candle Lighting Times, Directions, & more:  
**www.MSMC.us**



## CULINARY CORNER

By Sidna Mitchell

### Use this shortcut for cookies

December means it's that time of year to think about Christmas decorations, Christmas gifts and, of course, Christmas cookies. My son-in-law's family uses the day after Thanksgiving to make dozens and dozens of cookies for the holiday season. Daughter Meredith has tried to continue that tradition.

Frankly, I don't recall ever baking cookies with my mother. Nor do I remember having a bunch of cookies on hand for the time between Thanksgiving and New Year's Day; however, somewhere through the years, I developed a sweet tooth and cookies are on the top of that list.

Since my father was in the dairy and food supply business, I quickly found the joy of ice cream. My mother loved chocolate candy and I certainly didn't want her to eat the whole box. Of course, there was Cousin Ruth's divinity to save and savor.

Over the years, especially since I wrote a weekly cooking column for 42 years, I've

made my share of cookies – almond, applesauce, bacon-bourbon, breakfast, gingerbread, butterscotch, lemon, moose track, oatmeal, onion, post office, pimento cheese, potato chip, rosemary, snickerdoodles, wedding, peanut butter and chocolate to name

a few. However, as I got older, I started taking a shortcut. Here's a recipe for easy sugar cookies that you can make any time using your seasonal cookie cutters. You can add different food colorings, flavors, raisins, nuts, etc.

#### Easy Sugar Cookies

1 box yellow cake mix  
1 stick butter, softened  
1 egg

#### Culinary Corner

granulated sugar  
Pillsbury Holiday Frosting

Mix first three ingredients together to form a well-blended dough.

Divide in half, place in plastic wrap and chill in the freezer for 20 minutes.

Preheat oven to 375 degrees.

Sprinkle sugar on cutting board or counter and roll the dough out to 1/4-inch thickness.

Cut with cookie cutters and place on lightly greased baking sheet.

Bake for five to seven minutes.

When completely cool, use the Pillsbury Frosting and decorate with colored sprinkles.

NOTE: One time I left the dough in the freezer for almost an hour so I had to let it warm up some before I could roll it out. The Pillsbury frosting with red, green and white candy bits was my shortcut idea instead of making an icing from one cup powdered sugar, one to two tablespoons of milk and food coloring. Enjoy!

Have a wonderful holiday season and a healthy, happy New Year!

## Clubs and Organizations

### Keep on Dancing

By Judy Perkus

It's deadline day again at the Rossmoor News. What else is there to say!?! The Clubhouse is still closed and as I write, COVID-19 is surging. The Rossmoor Dance Club generally doesn't have a dance in December because everyone is busy with the holidays.

Fortunately, I subscribe to



the New York Times. In their weekly Science Times section on Oct. 20, there was an article entitled, "Dancing May Help Prevent Falls." It said that "the more that older people danced, the better." I am old enough to remember "never trust anyone older than 30," and you can't live in Rossmoor if you aren't over 30; so, let's get out and dance to prevent falls. "Dance-based mind-motor activities involving coordinated upright movements, structured through music or rhythm, with distinctive choreography and interactions with other people" – in other words, dancing.

The article goes on to cite ballroom dancing, folk dancing, line dancing and other styles. "The most important thing for physical activity to have a beneficial effect is that you stick with it – life long."

President Armen DeVito and the Dance Club Board wish you a healthy happy holiday season whatever holiday you celebrate. Until we can all get together in the Clubhouse, do some dance steps, smile, and stay safe.

## Clubs and Organizations

### Italian American Club

By Tony Cardello

The officers of the club extend their wishes to all the members of the club and their families for a safe and healthy Merry Christmas and a healthy and safe New Year in 2021.

We had hoped to see all who planned on attending the Christmas Party on

Dec. 13 at Forsgate Country Club but due to the rise in COVID-19 cases in New Jersey and the new restrictions put in place by Governor Murphy, we had to cancel the Christmas Party for the safety of all.

All deposit checks received will be shredded.

## Religious Organizations

### A recipe for the Festival of Lights

By Adrienne Brotman

It's that time of the year again, "The Holidays." Gift giving and overeating! Hanukkah, aka Festival of Lights, will be celebrated this year from Dec. 10 through Dec. 18. Each night another candle will be added to the menorah, candelabra, until eight candles will be burning bright. Some families exchange gifts, while others exchange *gelt*, money instead of presents.

Traditional foods include potato pancakes, called latkes, usually served with applesauce or sour cream. Kugul, a noodle pudding, and in some homes, brisket is served. Chocolate covered popcorn may be a recipe you would like to add to your holiday culinary repertoire.

You will need 1 tbsp. canola oil, ¼ cup popcorn kernels, ¼ tsp. salt, 3 tbsp. margarine and 4 oz. bittersweet chocolate. Heat oil in a pot at medium high heat. Add kernels and cover. While shaking pot often, pop kernels until you hear just the last few pop. Remove from heat and uncover. Add salt and toss. Pour into a large glass bowl and set aside.

Preheat oven to 250 degrees. In a double boiler, melt margarine and chocolate on low heat and whisk continuously to blend. Drizzle melted chocolate over popcorn and blend to coat. Spread chocolate coated popcorn in a greased 9x13 baking dish and place in oven for 15 minutes, stirring at 10 minutes. Cool on parchment paper. Makes 8 serving. This might be a recipe you enjoy making with the grandchildren.

The congregation will be Zooming Sabbath services on Friday, Dec. 4, and Friday, Dec. 18, at 4:30 p.m. Zoom Torah Study will be on Saturday, Dec. 5, and Saturday, Dec. 19, at 10 a.m. All are welcome to join us.

For more information on Zooming contact Judy Perkus. For information about the Congregation contact Cindy Sigl, president, or Karen Seiden, membership vice president.

The Jewish Congregation would like to wish everyone a happy holiday season and a happy and healthy New Year.



### How to brighten your holiday season

By Diane England

Because of the pandemic, this holiday season will be different than it has been in the past. Of course, the board members of the Women's Guild had expected, for the fifth year in a row, to hold a holiday luncheon—which has always been a fun and uplifting way for all of us to kick off the holiday season. Since we couldn't do this, to try to compensate for the lost event, as well as to help you get through what may prove to be a challenging time, I've prepared something special for you. Needless to say, I hope it helps you experience more joy than you might have otherwise.

By now, many of you know that I enjoy pouring through videos to come up with some that can be used to build a fashion show, for example. In this case, however, I've come up with Christmas-related shows and music I'm hoping you'll enjoy. (While we invite all women to join The Women's Guild, the organization was founded by the Community Church and

remains loosely affiliated with it. Thus, the emphasis here is on the celebration of Christmas.)

Certainly, we all have different tastes when it comes to what brings us holiday cheer. I suspect some of yours, like mine, were influenced by childhood as well as adult experiences. Because I particularly enjoyed the five years I lived abroad and had the opportunity to celebrate Christmas in both Italy and Austria, I'm particularly drawn to the shows developed by André Rieu and Rick Steves. Frankly, I hope they touch your heart because they bring fond memories to mind—even if they're unlike the ones brought forth in these shows.

Please know these are not listed in any particular order. Most are at least an hour. (The approximate time is listed in parentheses by the link.) Perhaps these will be a change from watching Hallmark and Lifetime movies—or listening to holiday music on the radio. Aren't you about ready for that?

Below are the listings:

- <https://www.youtube.com/watch?v=COLEI64ii5A> (58:57)  
The BBC: *Sacred Music at Christmas: A Christmas History*
- <https://www.youtube.com/watch?v=XpJD5ROSVvM> (57:40)  
Andre Rieu: *The Christmas I Love*
- <https://www.youtube.com/watch?v=ReApJymYSiw> (16:40)  
It is Well with My Soul, a Hugh Bonneville Christmas Concert Narration
- <https://www.youtube.com/watch?v=y3K5oLg-Fq4> (1:21:00)  
Christmas in Vienna with The Three Tenors (L. Pavarotti, J. Carreras, and P. Domingo) in 1999
- <https://www.youtube.com/watch?v=YEeqCJmOPCik> (55:35)  
Rick Steves: *A European Christmas*
- <https://www.youtube.com/watch?v=RVguSWYwSsA> (51:46)  
Christmas Carols from the King's College Choir at Cambridge University (audio only)
- <https://www.youtube.com/watch?v=rDREWMdU8Rg> (54:41)  
Lucy Worsley: *12 Days of Tudor Christmas*
- <https://www.youtube.com/watch?v=zFSs2ldDmuU> (19:52)  
Dylan Thomas Reading his story: *A Child's Christmas in Wales* (audio only)
- <https://www.youtube.com/watch?v=pJw8ZkzEW7c> (5:03)  
*Lessons Christians and Jews can Learn from Hanukkah*

Below, there is an additional song of no more than five minutes that should prove comforting or inspirational as we head into 2021—with the pandemic still expected to be raging. Having said that, do take care and have the best holiday season and New Year you possibly can under the circumstances. Hopefully, I'll see you sometime in 2021.

- <https://www.youtube.com/watch?v=EJqiV55JnX0>  
Andre Rieu performing *You Raise Me Up*



*BCB Bank is here to serve you!*

SENIOR CHECKING | OUR NEW MILITARY CHECKING | FREE COIN REDEMPTION  
FREE NOTARY SERVICES | BANK CHECKS | MONEY ORDERS | TRAVELER CHECKS  
FREE ONLINE / MOBILE BANKING | AND MUCH, MUCH MORE!

VISIT OUR MONROE BRANCH LOCATED AT 473 SPOTSWOOD-ENGLISHTOWN ROAD AND  
SPEAK WITH BRANCH MANAGER, VINCE DAVIS, TO LEARN MORE ABOUT THESE  
AND OTHER PRODUCTS AND SERVICES!

VISIT OUR WEBSITE AT [WWW.BCB.BANK](http://WWW.BCB.BANK) OR CALL US AT 1.800.680.6872  
FOR A FULL LIST OF HOURS AND LOCATIONS.



[www.BCB.Bank](http://www.BCB.Bank) | 1.800.680.6872



M. David DeMarco, *President*, N.J. Lic. No. 3203  
Thomas J. DeMarco, *Manager*, N.J. Lic. No. 4651  
Peter S. Winther, *Director*, N.J. Lic. No. 4763  
Jennifer L. Burry, *Director*, N.J. Lic. No. 5172

**"Family Owned & Operated"**

"Totally Barrier Free"

M. David

*DeMarco*

*Funeral Home, Inc.*



205 Rhode Hall Rd.  
Monroe Twp., NJ 08831  
732-521-0555  
[www.demarcofuneralhome.com](http://www.demarcofuneralhome.com)

CLINTON MONUMENT CO.  
EAST BRUNSWICK MONUMENT CO.  
Since 1866



SERVING ALL FAITHS  
SERVING ALL CEMETERIES

-Superior Craftmanship  
-Memorials In Granite & Bronze  
-Cemetery Lettering

841 CRANBURY RD.  
Opp. Holy Cross Burial Park  
East Brunswick/Jamesburg  
Convenient to Rt 1 & Rt 130



RONALD M. NELSON  
(732) 521-3020  
(732) 257-0099

**DANIK SERVICES**  
Call 609 655 2624

**Grocery Shopping  
Lite Handyman Work  
Lite Gardening  
REASONABLE RATES**

**YOU NAME IT WE HANG IT**

DECORATIVE ITEMS OF ALL KINDS • PICTURES • MIRRORS  
SHELVING • TVS AND MONITORS • BLINDS • CURTAINS  
VALANCES • VERTICAL BLINDS • SHADES

THE **HANGMANPRO**

We hang anything that goes on your walls or windows

Call **732-354-6464** for free estimate 30 YEARS EXPERIENCE

# HEALTH CARE CENTER NEWS

## Staying heart healthy during a pandemic

By Kaytie Olshefski, BSN, RN-BC

Staying heart healthy during COVID-19 has not been the easiest of tasks. The choices we make every day affect the development of heart disease, also known as cardiovascular disease. An existing medical condition can increase the risk of developing heart disease. Below are ways to protect your heart and keep it healthy.

- If you smoke, stop smoking for your heart as well as for your lungs. Smoking increases your risk of developing cardiovascular disease. It is a well-known fact that smoking increases the plaque in blood vessels and there is a higher incidence of developing blood clots in the veins and arteries due to the chemicals in cigarette smoke. Avoid secondhand smoke; if family members or friends smoke, ask them to smoke outside.
- If you are taking blood pressure medication, it is important to follow your physician's advice as to how and when to take the medication. Untreated high blood pressure can lead to strokes and heart attacks. Talk with your physician before taking over-the-counter medications, vitamins, supplements, decongestants and ibuprofens.

Do not stop taking your medications without talking to your physician first. Monitor your blood pressure. If you would like to have your blood pressure monitored by the nurses in the Health Care Center, please call us. Due to COVID-19, we are taking appointments for blood pressure monitoring to keep you safe and to avoid having other residents in the Health Care Center when you arrive. Please call us at 609-655-2220 to make an appointment.

- Studies have shown that sleep helps to heal and repair the heart. Sleeping less than six hours a night is associated with high blood pressure. Sleep apnea is another factor that puts one at risk for having a heart attack. Sleep apnea is diagnosed through a physical examination and sleep study.
- Eating unhealthily can lead to or cause high blood pressure, heart disease and/or obesity. Salt should be used sparingly and you should limit processed foods as these foods are high in sodium. Sodium causes water retention in the body which leads to high blood pressure. Drink alcohol in moderation as

alcohol increases your risk for heart disease. For women, limit yourself to one alcoholic drink a day and for men, no more than two drinks.

- Stress and anxiety are being experienced by many people during this pandemic. These feelings can be experienced as grief, depression, feeling tired, having no interest in doing your favorite things, and not wanting to eat. Stress can cause the heart to beat faster, hypertension, and serious physical and health problems. Stress is a risk factor leading to increased triglycerides and cholesterol. There are things that we have control over to de-stress ourselves. Meditation, listening to music, taking slow and deep breaths, and taking a walk outside will help to lower blood pressure. Connect with family and friends by phone, Skyping, and/or FaceTime. If the feelings of stress and anxiety do not subside, talk with a mental health professional.
- Maintaining a healthy weight will aid in controlling blood pressure, heart disease, and blood sugar. Losing weight makes one more conscious of what to buy when shopping for groceries and prepare when cooking. Reading food labels and avoiding foods high in calories, sugar, saturated fats and trans fats will help to lose those extra pounds. Add more high fiber foods like whole grains, fruits and vegetables in your diet to stay heart healthy.
- Exercising will help to keep your heart healthy. Getting in daily exercise during this

global pandemic is not impossible. If you went to the gym to work out, COVID-19 has certainly changed how you exercise, but do not let the pandemic deter you. In this new normal, we need to adjust and be innovative in how we get our daily exercise. Your work out may not be as intense as before the pandemic, but you can take a brisk walk, go bicycling or try out some new dance moves. Dancing is a good cardio work out as all your muscles are in movement, from your feet up to your arms. If you are into weight lifting, it may not be the same as at the gym but substituting household items to do bicep and tricep curls will give your muscles a work out.

In addition to being mindful of ways to stay heart healthy, it is extremely important to know and be aware of the signs of a heart attack. The signs of a heart attack can come on suddenly or develop slowly, taking hours to days before a heart attack happens. If you have trouble breathing or break out in a cold sweat, call 911 immediately. Here are common signs of a heart attack:

- Pain or pressure in the middle or left side of your chest or what feels like heartburn.
- Pain that radiates up your left arm to your back, jaw or upper stomach.
- Experiencing lightheadedness, sudden dizziness, indigestion, nausea and abdominal pain.

Most importantly, do not skip seeing your doctor or cancel your wellness visit if you want to stay heart healthy. These wellness visits are important. Do not delay medical care for fear of COVID-19. Hospitals are well prepared to take care of

medical emergencies by dividing Emergency Room and other units with separate staff to care for the medical emergencies and COVID-19 patients.

It is important to get your flu vaccine if you have not gotten one yet. COVID-19 symptoms are similar to the flu. Getting your flu vaccine will lessen the possibility of getting the flu. Call the Health Care Center at 609-655-2220 and arrange to get one. We have the three different flu vaccines: standard, high dose and Flublok.

Some people may experience symptoms even after recovering from COVID-19. Dr. Amar Bukhari, chief of Pulmonary, Critical Care and Sleep Medicine at Saint Peter's University Hospital, stated, "To complicate matters, these symptoms can vary in intensity and duration from patient to patient; what we've noticed is that no two cases present the same."

Saint Peter's has developed a COVID-19 Recovery Program for people who still have lingering complications such as shortness of breath, chest pain, digestive problems and fatigue. The program provides access to multi-specialty care for patients who have previously tested positive and were either hospitalized or recovered at home. Dr. Nilam Srivastava, chief of Internal Medicine at Saint Peter's, has helped to create a program "designed to help streamline resources and services specific to the needs of our patients."

If you or someone you know is experiencing complications due to COVID-19, call the COVID-19 Recovery Program at 732-745-8552 or email [COVID19recovery@saintpetersuh.com](mailto:COVID19recovery@saintpetersuh.com) to make an appointment.

### CATS AT HOME

Emily Jarvis, DVM  
609-915-8671



home veterinary visits  
22 years all-feline experience  
\$10 off first house call fee with this ad

## DON'T IGNORE HEART ATTACK SYMPTOMS EVEN DURING COVID-19



Chest  
Pain



Difficulty  
Breathing



Discomfort  
in chest, arms, back,  
neck, shoulder, jaw

It's your heart. Don't hesitate.  
Contact your doctor or call 911

## A Message from High Tech Landscapes, Inc.

We will be finished with our fall cleanup by the end of this month. Please tune to Channel 26 daily for more information. Roundup 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 will be

trimmed by the end of the month. Winter pruning will begin next month.

Annual flowers have been replaced with fall pansies and tulips. Street sweeping will be completed this month.

Please remember to put any debris out at the curb Sunday night in order for us to pick up Monday morning.

High Tech Landscapes would like to wish you a happy holiday.

Email your news to:  
[news@rcainj.com](mailto:news@rcainj.com)

### Contact Waste Management

609-587-1500

ID# 61565342007

for pick up of household items

NO electronics

NO upholstered furniture

NO mattresses

Monroe Township Public Library

The Monroe Township Public Library resumed Curbside Pickup Service November 19, after closing for two weeks in response to an employee testing positive for COVID-19.

Curbside Pickup will be at the Drive-Thru Window. Hours for Curbside Service will expand to:

Monday through Thursday from 10:00 a.m. until 7:30 p.m., and

Friday and Saturday from 10:00 a.m. until 4:30 p.m.

Request materials online through the Library's website [www.monroetwplibrary.org](http://www.monroetwplibrary.org), or by phone at (732) 521-5000.

Wait for notification that your item(s) are available.

Make an appointment for pickup online through the Library's website at [www.monroetwplibrary.org](http://www.monroetwplibrary.org), or by phone at (732) 521-5000.

Drive up to the window at your scheduled appointment time.

The Library is suspending Grab & Go service; however, phones will be staffed and librarians will be available to answer reference questions and place books on hold. Online resources are available 24/7 on the Library's website. If you need assistance outside of the Library's business hours, please email [webmaster@monroetwplibrary.org](mailto:webmaster@monroetwplibrary.org) with your contact information (name, phone number, and library card number if available) and someone from the library will get back to you as soon as possible.

Virtual Programs

The Monroe Township Public Library will continue to offer a robust line-up of virtual programs for adults, children and teens via Zoom. A full schedule, along with a Zoom tutorial, program registration, meeting ID and password information can be found on the Library's website [www.monroetwplibrary.org/virtual-programs](http://www.monroetwplibrary.org/virtual-programs). Select programs require registration.

Returning Materials

The book drops at the Library's Drive-Thru Window and in the parking lot of the Senior Center have reopened. Return your library materials to either location at any time. Printed materials, such as books and magazines, will be quarantined for 4 days prior to check-in. DVDs, music CDs, audiobooks and video games will be quarantined for 7 days prior to check-in. Please allow up to a week for materials to be removed from your record. No overdue fines will accrue at this time. The book drop at the Community Rec Center remains closed. The Monroe Township Library is unable to accept material donations of books, DVDs or music CDs until further notice.

**Delivery Between Libraries**

Delivery Service between

LMxAC libraries has resumed. Patrons of the Monroe Township Public Library may request materials from other libraries that our library does not own. This will give our patrons access to a larger pool of materials. Please be aware that not all LMxAC libraries are participating at this time. This service may take longer than it had in the past because of new quarantine procedures.

Bookmobile

The Bookmobile will continue to make contactless deliveries to communities throughout the Township. Visit our website for a schedule at [www.monroetwplibrary.org/bookmobile](http://www.monroetwplibrary.org/bookmobile). Email requests in advance to [bookmobile@monroetwplibrary.org](mailto:bookmobile@monroetwplibrary.org)

- g. Please include:
1. Your name,
  2. Library card number,
  3. Your phone number,
  4. Location of your bookmobile stop, and
  5. Book title and author.

The Monroe Township Public Library moved its digital ebooks and audiobooks from RBDigital to the Libby app as part of OverDrive's acquisition of RBDigital. Read more about the transition on our website at <http://www.monroetwplibrary.org/rbdigital>.

Computers

Since the Library is closed to the public, patrons will not have access to our computers, fax machine, or photocopiers.



### Rossmoor News seeks photographs

We need pictures.

Please send us pictures you've taken of any Rossmoor event or personality. We're also happy to print your lovely landscape, your new puppy, your graduating grandchild, a spectacular sunrise, a recent snowfall.

Send them to [news@rcainj.com](mailto:news@rcainj.com) and include your name, telephone number, and a title for the picture. We'll give you credit for it.

### 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](http://rcainj.com) and following the links Facilities, Clubhouse and Activities, and Bus Info.

### Recycle information from Waste Management

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

## Classified Advertising

### Help Wanted

**PART TIME CAREGIVERS WANTED**-Earn money while helping seniors with errands, personal care, transportation, meals and more. For more information about a job helping others in your spare time, call or text Elizabeth at 646.413.0813

**CROSSING GUARDS NEEDED:** Jamesburg Police Department is looking for crossing guards \$14.00 per hour. If you are interested, come to the Police Station at 131 Perrineville Rd., Jamesburg, NJ, to fill out an application. 732-521-0011

### Home Improvement & Services

**ALL CLEAR DRAIN CLEANING.** Licensed & Insured 13VH11205600. Call (732) 554-7357. Toilet clogs, sink clogs, shower clogs, kitchen faucet, bathroom faucets, garbage disposal, dishwasher installations. [Cleandrains83@gmail.com](mailto:Cleandrains83@gmail.com)

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

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

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

### Tax & Accounting Services

**YOU'VE HAD ENOUGH STRESS!** Avoid crowds. Have your accountant come to you. Reasonable rates, and the safety of in-home care. Rebecca Bergknoff, CPA (732) 718-4359.

**Miscellaneous/Services**

**COMPUTERS BUILT & REPAIRED** - RJF Sales Company LLC. Is your computer running slow? It may need a tune-up. Desktop and laptop repair in your home with precautions due to virus. Custom built computers. Virus removal and protection. Monroe resident with over 20 years of computer experience. (732) 723-9537 or (732) 967-3400. Please leave message; all calls returned same day.

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

**HAVE SCISSORS WILL TRAVEL**—All hairdressing services. Will come to your home. Licensed hairdresser. Call Georgianne, 732-985-8129.

**FOR YOUR GRANDCHILD:** Vital tutoring with certified teacher and academic coach with over 25 years experience with standardized test prep (SAT, ACT, SSAT). Proficient with both math and verbal reasoning. Reasonable rates Call or text 732-598-2243.

### Help & Health Services

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

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

### For Sale

Parakeet/cockatiel bird cages \$25 and \$10. (609) 395-8937.

### Wanted to Buy

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

### House Cleaning

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

### CLASSIFIED Ad Information

All Classified ads must be received by Princeton Editorial no later than the 14th of the month preceding publication month.

Mail to:

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

### RATES

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

- Note: Phone numbers count as one word and names as one word. Do not count punctuation. Abbreviations will be counted as one word.
- Check or money order must accompany insert, made payable to Princeton Editorial Services.
- Phone number or address which appears in ad must appear on check or money order to ensure proper credit.

# Sharper, more precise 3D mammography with one focus...you



## *Exceptional care and safety for exceptional times.*

The 3D technology of the Hologic® Genius™ 3D Mammography™ at Saint Peter's University Hospital's Women's Imaging Center is clinically proven to detect 20-65% more invasive breast cancers compared to traditional 2D mammography.

And, through the Hologic® SmartCurve™, Saint Peter's is providing a more contoured mammography experience. SmartCurve is a curved compression paddle that is shaped more like a woman's natural breast. Saint Peter's is the only hospital in Middlesex County offering the Genius 3D in tandem with the SmartCurve comfort feature.

**To schedule a mammogram,  
call Saint Peter's Women's Imaging Center at 732.745.6686.**



***Safely treating you better...for life.***

Sponsored by the Roman Catholic Diocese of Metuchen  
Genius 3D and SmartCurve are registered trademarks of Hologic Inc.

