



Rossmoor IN News



VOLUME 56 / No. 2

Monroe Township, New Jersey

February 2020

Electricity Budget Plan users

By Alex Monaco

If you are an electricity budget plan user who participated in the Monroe Township Community Energy Aggregation (MTCEA) through South Jersey Energy, you might have received a "True-up" bill, which is the result of two years of use instead of one year, as required by the Township. This has resulted in many people receiving usage bills because their budget payment was not sufficient to cover their usage.

Budget plans are designed to provide a level monthly cost through the year with a "true-up," a reconciliation of how much energy you actually used and the amount of electricity you paid for under the budget plan.

For example, if you used \$1,200 of electricity for the prior year, your budget

would be \$100 per month. If, at the true-up period, you have actually used \$1,400 of electricity, your adjustment would be \$200 and your new budget would be \$116.67 for the following year.

Unfortunately, the energy supplier, South Jersey Energy, did not perform the mid-contract "true-up" on time at the end of 2018, causing them to present the final adjustment to include the two years of 2018 and 2019, which resulted in large adjustment amounts.

As the result, South Jersey Energy will send each budget plan user a check for 10% of the adjustment amount. Expect this check in mid-January.

Additionally, JCP&L will assist any customers who have a hardship in paying the overage amount by offering an interest-free install-

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Jack Kirschenbaum, Commander of the Jewish War Veterans Post 609 in Monroe Township, congratulates Rossmoor resident Bernie Fox, right, for achieving the milestone of being 100 years old at a celebration in honor of three members who have turned 100.

Army veteran turns 100

By Jack Kirschenbaum,
Commander Jewish War
Veterans Post 609, and
Veteran Bernie Fox

On Feb 17, 1941, Bernard Fox was 21 years old and the draft had just begun. He wasn't doing anything special and he knew that eventually he would be called up. So, he decided to volunteer for the Army. The following is his story.

For my initial training I was sent to Fort Benning, Ga., and assigned to the 4th Division. At that time the 4th Division provided its own training for Army enlistees and the drill sergeants were World War I veterans. They were exceptionally skilled, and they taught us well, however, the Army was, at that time, in my opinion, third rate.

The Army was woefully unprepared for us and provided us with few essentials, such as clothing or military equipment. The clothing, when it was available, consisted of a patchwork of WW I and newer uniforms. As for military equipment, we improvised as best we could including, for example, using broom handles as mock ma-

(Continued on page 6)

The first time I saw the man I was to marry

By Muriel Calvanelli

The ballroom resembles a winter wonderland with white candles flickering brightly, snowflakes falling gently as soft music fills the air. A strikingly handsome man enters the room dressed in a black tuxedo which accentuates his well sculptured body. He walks slowly toward a young girl facing him. She's dressed in a magnificent flowing red gown. Their eyes meet and hold their gaze. He takes her hand leading her onto the balcony to waltz into the future. Love fills the air as fireworks and sparks light up the sky.

That's how the movies and romance novels describe lovers meeting for the first time. Real life is much different.

Of course, some people do experience love at first sight

but for many others love grows slowly, like a fungus. As first meetings go, mine was more the fungus type. Where's William Holden when you need him?

It was 1950 and I was 16, excited to be a junior in high school knowing graduation was just around the corner. President Truman had committed troops to the Korean peninsula, and once again young men from the neighborhoods were being drafted to fight in a far-away land. In Brooklyn we had additional heartaches. The Dodgers lost the National League pennant race to the Philadelphia Phillies on the last day of the season. Once again, the joy went out of Brooklyn. Where were the baseball gods when you needed them?

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Crikey! It's Leap Year!

By Bob Huber

This is a year in which we add a day to the calendar; Feb. 29, Leap Year Day.

It's all caused by sloppy work on the part of the gods. A year should be a tidy 365 days, but it is not. It actually takes our earth 365 days, five hours, 48 minutes and 46 seconds to circle around the sun, give or take a second, so we have to add a day every four years to catch up with the math. Here it is again; that pesky extra day that nobody knows what to do with.

This has posed a major conundrum for calendar designers down through the ages. Julius Caesar decided to fix it (he thought he could fix anything) by simply adding a day to the calendar every four years. He called the year with the extra day "leap year." The Julian calendar stood for centuries, and there are some cultures that

still use it, but it was far from perfect.

Fifteen hundred years later, Pope Gregory tried his hand at correcting the imperfections with the application

of some sophisticated mathematics. He came a lot closer. Though it still has some imperfections, the Gregorian calendar is most com-

(Continued on page 3)

Voters wanted

By District 3 Fire Commissioner
Joe Haff

On Saturday, Feb. 15, the Fire Districts in Monroe will hold their annual election for Fire Commissioners and for the annual budget.

This past year has been very productive for our District #3. We purchased a new ladder truck to replace an old truck we used for 28 years. We also started construction on a new firehouse to replace our obsolete facility on School House Road.

We accomplished these endeavors with virtually no increase in the budget or in your tax obligation.

It is most important that you, our knowledgeable voters, make the effort to vote for us and for the new budget, now more than ever. Why, all of a sudden? Because New Jersey is now sending absentee ballots to virtually all the eligible voters in the district, some of whom have paid no attention to the issues and therefore never bothered to vote in the past. Now, with a paper ballot delivered to their homes, all they see is a budget figure and can't understand why we would ever need that amount of money. So they vote NO,

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at the governors' meeting

January 16, 2020

The RCAI Board of Governors meeting was called to order at 9:00 a.m. on Thursday, January 16, 2020, in the Village Center Meeting Room by Mr. Daniel Jolly, President.

The board passed a resolution for the Authorization to Engage the Services of FWH Associates for Engineering Services Oversight of the Bid Process for the 2020 Paving Project.

The board also passed a resolution for the Authorization to Proceed with Phase III of the HVAC Preplacement Project in the Clubhouse and Meeting House.

Mr. Jolly announced that Ms. Jean Houvener, Mr. Walter Grykiewics and Ms. Linda Bozowski were appointed to the *Rossmoor News* Board for three-year terms ending December 31, 2022.

There was discussion about Comcast wiring, the Middlesex County Food Bank, and holiday schedule for Waste Management.

The board and Mutual directors in the audience were informed that the Mutual nomination letters/forms were being mailed to every Owner and Stockholder. The forms must be returned the Administration Office by February 10, 2020 and if anyone

intends to run as a director or alternate, you must be nominated, using the nomination form, in order to be on the ballot.

Everyone was also reminded to complete an age survey by January 31, 2020, as it is necessary for 80% of the Owners/Stockholders in each Mutual to respond to comply with the Fair Housing Act as they pertain to an age

restricted community.

There was discussion about residents not "curbing" or picking up after their dogs and asked that a reminder be placed in the *Rossmoor News*.

There was no other business for the Board to discuss and the meeting was adjourned at 9:35 a.m.

Electricity Budget Plan users

(Continued from page 1)

ment payment plan. To take advantage of this plan, you must call JCP&L customer service at 800-662-3115.

The township has indicated that it will be monitoring the new energy supplier, Constellation Energy, to ensure that this does not occur again.

Residents should also be aware that for each degree you raise the thermostat, there will be a 3% increase in the number of kilowatt hours used, leading to increased

costs.

Also, you should call the new supplier, CNE, at 844-979-0174 to discuss your 2020 proposed budget payment schedule.

Voters wanted

(Continued from page 1)

and mail it in, without thinking of the consequences. It's a natural reaction.

What if the budget is defeated?

We would have to terminate firefighters.

Your fire commissioners have spent many hours taking the figures down, to the best of our ability. It is a tight budget. Yet every year there will be a small increase, mainly due to two factors: increased salaries for paid firefighters and increased health insurance costs.

If the budget were to be defeated, our only recourse would be reduction in manpower, which would inevitably reduce our ability to save lives and protect homes. So, we ask you to vote YES for the budget so we can continue to help you as we always have in the past.

This year the polls will be open on Saturday, Feb. 15, in the Clubhouse Gallery, from 2 until 9 p.m.

Our Website

Rossmoor now boasts an improved website: rcainj.com.

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

Open RCAI Meetings in February

Thursday, Feb. 13

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

Thursday, Feb. 20

Board of Governors Meeting...9 a.m.

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

Please watch Channel 26 for any changes or cancellations.



News Board:

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

Editorial Assistants

Alex Monaco
Linda Monaco

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

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

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

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Bits & Pieces

Sue Ortiz

My Mom collected hearts. She had heart-shaped Christmas tree ornaments made of woven ribbon, gilded metal, embroidered fabric, plastic, scrolled wicker, colorful cardboard, cookie cutters, solid pewter, silver plate, yarn -- the list goes on. Some were just imported ephemera, while others had sentimental value. None was worth a lot of money, but they brought her joy. I still have most of them displayed in my home to remind me of her.

She wore heart-embellished T-shirts and sweatshirts. Her heart-themed jewelry brought her many compliments. Friends sent her birthday cards with hearts, and they also gifted her heart pillows and figurines holding hearts. Anything with a heart on it was game. On Valentine's Day she loved to give (and get) heart-shaped boxes of chocolate. I once bought her a poster filled with photos that someone took of naturally occurring objects like rocks, clouds, and trees that are in the shape of hearts; it was titled "Love is Where You Find It."

I think my Mom just loved "love."

My Dad collected letter openers and swizzle sticks. All in all, he had a couple of hundred letter openers. He didn't use them for opening mail, although we did keep one, a duplicate, out for that purpose. We didn't display the openers, for fear of someone (especially the kids who often visited) getting hurt, but he brought them out occasionally to show them to guests. A lot of them were souvenirs of places we visited, like the metal Abe Lincoln one from Gettysburg. Some were eagles and other animals, hand-carved out of wood by the Amish in Lancaster, Pa. A few were intricately carved from mother of pearl. A few were just simple molded plastic, a couple more advertised products like Fuller Brush. I don't recall how he started collecting them, but collect he did.

He didn't drink alcohol, but he liked the endless variety of swizzle sticks that were made through the years. Most were made of molded plastic in myriad colors and printed with the names of every hotel, bar, casino, and club one can think of. He had nearly a thousand of those

innocuous drink stirrers. Every once in a while, I will add one or two to the collection, which I still have, tucked away for posterity.

By the way, I still have those letter openers, too.

I collect a lot of things, also. When I was young, it was U.S. stamps and coins, rocks, seashells, and Star Trek comics and memorabilia. Then it was books -- H.G. Wells and time travel in particular. Now I collect my thoughts for this column. And, I still collect rocks.

Once, at a neighbor's yard sale, I bought a small cowgirl figurine because it was cute. I paid 50 cents. After I brought it home, I noticed the stamp on the bottom: Made in Occupied Japan. What did this mean? I did some research: I discovered that General Douglas MacArthur set up headquarters in Tokyo after WWII to revive Japan's economy, and between 1945 and 1952 all factories had to stamp "Occupied Japan" or Made in Occupied Japan" on everything made in that country. It was to differentiate the old regime's products from products made during the occupation. How interesting.

That one little figurine sparked a lifelong collecting spree. To this day, I still find pieces for my ongoing collection. Little figurines of crickets playing various instruments, celluloid articulated football players, pretty serving dishes, vintage Halloween decorations, hand-painted celluloid brooches, and metal cigarette lighters can be found at garage sales, flea markets, and even on eBay. The collection might not be valuable enough to retire on, but it is a part of history and that's where its value lies.

I guess everyone collects something.

Some people collect everything.

Everything collects dust ...

We just rearrange it.

B&P

"Collections collect collectors. It doesn't work the other way around. A certain object misses its own kind and communicates that to some person who surrounds it with rhyming items; these become at first a quorum, then a selective, addictive madness." -- Allan Gurganus (American novelist, b. 1947)

"My only saving grace is that I actually collect things that nobody else is interested in." -- Phil Collins (English musician, b. 1951)

Friendly reminder

- Please STOP dumping plastic bags in the recycle bin.
- Toss in loose cans and bottles.
- Recycle all plastic bags at the supermarket.

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



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

Q: What is the relationship between the manor owners, stockholders, Mutuals, RCAI and staff?

A: If you can imagine an organizational chart, the owners and stockholders of Rossmoor would be on the top of the chart. The owners and stockholders elect the Mutual directors each spring to handle the day-to-day operations of the Mutual. Mutual directors are elected for a term of three years with no term limits. At the conclusion of the annual meeting in the spring, the existing directors and the newly elected directors have a brief meeting to fill the three officer positions, RCAI standing committee assignments and appoint the governor to represent the Mutual on the RCAI Board of Governors.

The Community Affairs, Maintenance and Finance Committees are the three RCAI Standing Committees that serve at the discretion of the RCAI Board of Governors. Most RCAI matters are first presented to one or all of the Standing Committees and in return the committees make recommendations to the Board of Governors. The Standing Committees meet quarterly at 9 a.m. on the second Thursday of the month and the meetings are open to all residents.

Each May, the Standing Committees elect a chair, vice chair and secretary. The Board of Governors elect the Executive Committee or the officers of the Board including a president, vice president, treasurer, and secretary. The Board of Governors typically meets on the third Thursday each month at 9 a.m. in the Village Center Meeting Room. Copies of the agenda are available there and in the Village Center. Meetings are open to all residents.

The Board is responsible for the preparation and adoption of the annual budget; maintenance of the common facilities; the funds of the association; making and amending rules and regulations; keeping books with detailed accounts of receipts and expenditures; and maintain insurance coverage to name a few.

The Executive Committee is responsible for drafting agendas for Board meetings, for advising the president and general manager on matters for which guidance is sought, for monitoring the performance of the general manager and for acting in emergencies where it is not possible or practical to assemble the Board.

The RCAI president is the chief executive officer of the Association. The RCAI treasurer

has the primary responsibility for the preparation of the budget and may delegate all or part of the preparation and notification to a finance committee, to the general manager, or both. Historically, the RCAI treasurer has led the budget preparation process with support from the general manager, finance chair and executive committee with input from the standing committee chairs.

The 52 employees serving the community are employed by RCAI and are under the direction of the general manager. There are six departments and department managers that report directly to the general manager, including Education and Recreation, Golf Course Pro Shop, Golf Course Maintenance, Administration, and Maintenance.

The General Manager is responsible for the hiring, firing, training, and supervision of all RCAI employees; for preparing the annual budget and for administering the final approved budget; for participating in meetings of the Board, its officers and committees, but does not have a vote; for representing the Rossmoor Community; and assisting Mutual associations if requested.

In conclusion, owners and stockholders are members of the individual Mutuals. They elect the directors within their Mutual to handle the affairs of the Mutual and represent them in the operations of the RCAI. The decision maker for the affairs of the Mutual is the Mutual Board of directors and the decision maker for RCAI is the Board of Governors.

Please be sure to return the Survey of Age Verification form to the Village Center as soon as possible.

Crikey! It's Leap Year!

(Continued from page 1)

monly used around the world today, but we still have that extra day that sticks out like a sore thumb.

The embarrassing appendage has been a problem for centuries. Technically, people born on Feb. 29 only have a birthday every four years. In some cultures, being born, or getting married, on that date, is considered bad luck. In other cultures, it's a lucky day. Go figure.

According to an old Irish custom, women are allowed to propose to men every four years, especially on leap year day. In many European countries, especially in the upper classes of society, tradition dictated that any man who refused a woman's proposal on Feb. 29 had to buy her a silk gown and 12 pairs of gloves. The intention was that the woman could wear the gloves to hide the embarrassment of not having an engagement ring. During the Middle Ages there were, in fact, laws governing this tradition.

Folklore or law, the one tradition that seems to have stood the test of time is the one allowing a lady to propose marriage to the gentleman of her choice on Feb.

29. Some liberal minded ladies interpret the tradition as giving them the entire month to make their choice.

Folklore aside, the gods have given us this extra day every four years. There's no sense in wasting it. We suggest you make the most of it any way you choose.

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Education

(Continued from page 4)

were presented. In addition to the annual operating budget decisions, many districts also presented capital expenditure referendums to accommodate increasing student populations or to expand or repair buildings that no longer met the needs of the communities.

School funding doesn't get formulated according to these relatively simplistic methods anymore, not that these methods were simplistic. As any school board member or school administrator will attest, generating budgets that will meet the educational and financial needs of communities is an extremely difficult task that takes great efforts.

So how do we put together a budget?

Nowadays, here in New Jersey we do not vote to approve operating school budgets anymore. Why has this decision process been eliminated? Because the legislature recommended that school boards limit their budgets in such a way that they do not increase more than two percent over the previous year's budgets. This school budget cap is designed to help stabilize the school tax portion of local property taxes. The tax-paying public can only register its opinions on big-ticket items presented in referendums, which are not subject to tax caps.

So how does a school budget get calculated? It's not easy, but the Department of Education has made a substantial portion of the process a formulaic exercise. The department calls this process the calculation of the adequate budget. What does that mean? Adequate for whom and to what end? The Department's definition of adequate budget is the calculated amount of what its district's cost would be to educate a single no-extras elementary school student. The complications that have to get factored into that formula may vary widely from district to district, and get even more complex as we move from elementary to high school students. Elements that are included in the base amount include supplies, salaries, transportation, building maintenance -- basic, every-day items that should, of course, be part of a budget.

But now it's time for the formulas. Not all students are the same and not all have the same needs. Children need adequate nutrition and those who qualify for free or reduced cost lunch are considered to be at risk. Students might get language and speech training as needed, might learn to speak and read English if their primary language is different, or might need additional support because of physical or learning disabilities. If a school district is to level the playing field so that all students are treated to a thor-

ough and efficient education, the district is permitted, in its formula, to increase its base amount by specified multipliers. For example, a no-extras elementary student has a base amount set at 1.00. That same child, now a middle school student, has a base amount set to 1.04. High school students and vocational technical students have higher weights assigned as well.

The formulas are increased in part based on the percentage of students who require nutritional support through the reduced lunch program. An additional multiplier is offered based on the percentage of students who have limited English profi-

ciency. Some multipliers are processed singly, while others permit add-on formulas. Are you confused? Is this complicated? Let's move on.

How do we pay the bill?

Because this topic is so complex, the topic will be continued in the March edition of the Rossmoor News. We will look at transportation, property taxes, special education, state aid and other components.

Monroe Township's School Budget can be viewed and reviewed on the Board of Education website. The New Jersey Department of Education has substantial budget information available for all districts in New Jersey on its website.

A peaceful solution

By Anne Rotholz

I thought the following incident deserved a spot in the paper.

Shortly before Christmas, I was driving on New Haven Way to the South Gate exit. As I approached the gate, I noticed that there was a "situation" there. A small truck was partially in the gate. There was a car ahead of me and another on Revere Way waiting to exit. As I sat there, I thought "now the beeping will begin."

It didn't. Instead the driver in front of me calmly got out of his car and walked to the truck driver. After a short talk

with him, he guided the truck driver as he reversed and turned to go out a proper gate. The driver then got back into his car and we all went on our merry way. Kudos to all involved.

Rossmoor News contributors:

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

PAIN OR DISCOMFORT?



EXPERIENCING ANY OF THE FOLLOWING?

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Army veteran

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chine guns. On the positive side, the Army provided us with the opportunity to see the country. We travelled, for example, to Louisiana and North Carolina for maneuvers.

My initial responsibility in the Army was being an infantryman and then I was a clerk. Upon completion of my training, I was assigned to Camp Gordon in Augusta, Ga. There I served as an infantryman with the 4th Division. For a reason that is unclear to me the 4th Division was reorganized, and I was assigned to the 313th Infantry Regiment of the 79th Division.

Then, the Army sent some of us to an Army Specialized Training Program (ASTP), which is a military training program instituted, in part, to meet wartime demands for us to be more technically skilled. I was sent to the University of Pittsburgh for six months to learn German. Once I completed the course, I was assigned to a combat engineers' outfit to build bridges. I wasn't satisfied with this company and so I volunteered to return to the infantry.

That's how I ended up in Europe in the 354th regiment in the 89th Division. My first stop was somewhere in France during the winter of 1944. We were knee deep in snow and had insufficient clothing and meager rations. We barely subsisted on what passed for the meals that we were given twice a day. When the weather improved, we moved through France, then Luxemburg and finally into Germany.

One of the scariest experiences I had was crossing the Rhine in an open boat while the enemy was shooting at us. I was a rifle squad leader when, on April 5, 1945, I was shot in the leg. I couldn't walk so they evacuated me to the 95th General Hospital in Bar-le-Duc, France. After recovering for six weeks, I returned to my infantry outfit and served with my company until the war in Europe ended. After the cessation of fighting, I spent my free time with a French teacher and his family. While I visited them, they provided me with a clean bed and home cooked meals. On Sept. 2, VJ Day, I was in London on a 10-day furlough.

I returned from Europe by troop ship and on Dec. 14, 1945, after serving for four years and 10 months, I was discharged from the Army at Fort. Dix, N.J. My rank at discharge was staff sergeant. In addition, I had been awarded the Purple Heart, Bronze Star, and Combat Infantry Badge. I particularly treasure the Combat Infantry Badge.

Back then, when we returned from the war, we didn't discuss our experiences in the military as people do now. I subsequently became an accountant and worked

as a partner in an accounting firm until my retirement. For the past 30 years I have been living in Rossmoor. I am a member of multiple veterans' organizations, notably the Jewish War Veterans (JWV), Disabled American Veterans (DAV), Military Order of the Purple Heart, Veterans of Foreign Wars

(VFW) and the Rossmoor Veterans Club.

With pride and gratitude, we in JWV Post 609, salute and acknowledge Bernie's contribution and the contribution of all the men and women in the service for safeguarding our home, our community, our country, and our way of life.

The first time I saw

(Continued from page 1)

Nonetheless, my life went on routinely with school, reading "A Tale of Two Cities" for English and movie magazines for gossip, going to the movies weekly with my girlfriends and dreaming about those handsome movie hunks. My favorites were usually tall and blonde. I was in love with Van Johnson. He fit the bill with reddish blonde hair and freckles scattered over his face. In school plenty of boys fit that description but, unfortunately, they weren't the least bit interested in a tall, skinny, freckle-faced, tomboy with glasses and pigtails. At 16 I was doomed to be an old maid forever. Where was Van Johnson when you needed him?

Despite my pending "old maid" status, the rest of my year looked promising. I started a new job as a bakery clerk at the local supermarket. After the store closed on Friday nights, the single employees would congregate at the ice cream parlor across the street before heading home. I had met most of the crowd and enjoyed getting together with them.

Because he was recuperating from an appendectomy, I hadn't yet met my immediate manager. According to my co-workers, Joe was a nice guy. He was about 20 years old, Italian, tall, dark, and handsome. He was very quiet, kind of serious with a dry sense of humor. The "word" was he had already been drafted and was waiting to be called to active duty.

As a bakery clerk, I was required to wear a white uniform and a cap made more hideous by the attached netting which covered my pigtails. No beautiful gown in this story. I looked something akin to a white bean pole holding up a spotted ball covered by a white mop. In short, I was no princess in a flowing red gown.

On the third weekend I finally met HIM, when I arrived at the store. Picture a lot of Italian bread stacked in a grocery cart sitting in the aisle of a supermarket. Got it? This was the setting the first time I saw the man I was to marry. No flickering candles or violins, just glaring florescent lights and canned radio music. He wasn't wearing a tuxedo. He had on dark slacks, a white shirt opened at the collar with a white apron tied around his waist. God,

he was so handsome and on him that white apron looked great.

Although he was handsome, Joe was the opposite of what my "dream man" was supposed to look like. I'm sure I was absolutely, positively, without a doubt, the complete opposite of any girl he ever dreamed about.

He was about four inches taller than I and had olive skin with not a freckle in sight. Instead of blue eyes he had brown eyes that were so dark they were almost black. Even the hair was wrong, instead of blonde hair he had thick black wavy hair. Not exactly my Prince Charming but the fuse to those fireworks was being ignited. Van Johnson was beginning to fade from my mind.

We shook hands when we were introduced. Almost immediately I became aware he was a man, not one of the teenage boys I was used to being around.

Just before I went back to work, he offered some brotherly advice telling me which boys I should stay clear of since they weren't my type. Until then I didn't know I had a type.

After our first meeting I thought Joe was kind of cool but never thought I had just met the man I was to marry. No bells rang, no fireworks lit up the skies, nor did champagne flow into a glass slipper. Our love bloomed over a ten-cent cup of coffee and a hot chocolate, shared every Friday night for several months. He was definitely on my Prince Charming list, after William Holden, Alan Ladd, and Van Johnson. He moved up to number one within a few short months and stayed there for 64 more years. Who needs movie stars when a kid from Brooklyn had met the man who put stars in her eyes?

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2020 is a Leap Year

By Anne Rotholz

Leap year originated with Julius Caesar. In the year 46 B.C., Caesar realized that the Roman calendar needed to be reformed.

The Roman calendar was a lunar calendar with 10 named months March to December. The two months in the middle of winter were not given names probably because there was not too much going on at that time of year.

In the year 700 B.C., Numa, the second king of Rome, named the midwinter months January and February and added a 20-day month called "Intercalaris" after February every two years. This was supposed to take care of the 11-day discrepancy between

the solar and lunar years

Numa's calculations, though good for the time, were not accurate. By the time of Julius Caesar, the calendar had become somewhat chaotic.

Caesar persuaded Sosthenes, a Greek astronomer and mathematician from Alexandria, to work on a truly solar calendar. The solar year estimated at 365 days six hours and 11 minutes was rounded to 365.25 days. A leap day was added at the end of February every four years. Eleven minutes becomes eight days after a thousand years, so the calendar will need to be reformed again.

The Roman calendar

In the original Roman calen-

dar, the months began with March. This month was named for *Mars*, the god of war, because this was when battles resumed after a break for winter. April, the month when flowers returned was named for *Aphro*, the Greek goddess of love and beauty. May was the month of *Maia*, the goddess of spring. June was named for *Juno*, the goddess of the Roman Pantheon.

July, the sixth month, was named *Quintilis* from the Latin word for five. When Julius Caesar reformed the calendar he renamed the month after himself. His successor, Caesar Augustus named the sixth month in his own honor. The following months were named for the Latin number that represented them.

Because one of the two added months, January, was now at the beginning of the year. It was named for *Janus*, the Roman god of gates and doorways. February was named for the Roman festival of Purification, *Februa* which was held on the fifteenth day of that month.

Love and laughter

By Bob Huber

Buried among all the events taking place in February, there is a special day devoted to the premise: "Love makes the world go 'round, but laughter keeps us from getting dizzy." In other words, if you are in love, enjoy the experience, but use humor to keep from running off the rails. "Laughter is the best medicine" is more than just a dog-eared bromide. It is a clinically supported fact. The list of benefits is long and impressive. Laughter benefits our physical health by boosting our immunity, lowering our stress hormones, decreasing pain, relaxing our muscles, and perhaps most interesting of all, preventing heart disease.

Mental health experts tell us that laughter adds joy and zest to life, eases anxiety and fear, relieves stress, improves mood and enhances our resilience to life's adversities. In other words, when life tosses you a lemon, make lemonade.

Laughter has a number of social benefits. For instance: it strengthens relationships, attracts others to us, and enhances teamwork, helps diffuse conflicts and promotes group bonding.

We are quick to notice that in a social group, if one person yawns everyone else in the group is likely to follow suit, including the dog and the cat. The same is true of laughter. If one person starts laughing, the others will most certainly join in, (we are not sure about the dog and the cat).

As a person who has spent much of his professional life as a wordsmith, I've always enjoyed writing humor, not necessarily to make people laugh, but to open the door to a broader perspective. If a good laugh was involved, so much the better.

As one professional publication put it, "More than just the respite from sadness and pain, laughter gives us the courage and strength to find new sources of meaning and hope even in the most difficult of times. A laugh, or even simply a smile, can go a long way toward making us feel better, and laughter really is contagious. Just sharing laughter primes our brains and readies us to smile and join in the

fun."

If we are told to look on the sunny side of life, then it's even better to look on the funny side of life, especially if we are in love.

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1. Cash. In case you lose your job, lose your health, or are stricken by life's myriad mishaps, can you pay the bills for at least six months?

2. Investment policy. If the stock market were to fall by 40% over the next year or two, are you ready to ride out the storm — even if it takes a decade to come back?

That's approximately what happened in the global financial crisis of 2008. Although this is not in the forecast, a written investment policy statement can eliminate any ambiguity about your investment risk preferences and plan to survive a terrible storm.

3. Family risk. Will your children be able to afford college, will your spouse be able to maintain your family's current lifestyle, and will your other loved ones have the financial wherewithal to carry on if you die? Insurance — specifically no-frills term insurance — is meant to manage the worst of all risks families face.

4. Beneficiary designations. Life changes families. Divorce, death, health, and family financial dynamics change over time, making it necessary to reexamine beneficiaries listed on your retirement and other accounts.

5. Retirement income plan. Retirement income planning is being transformed by U.S. demographic trends and changes to the U.S. Tax Code. A retirement income plan done before the 2018 tax law changes, or one that is not in tune with the demographic trends affecting income investing, should be updated.

6. Medical proxy. If you are unable to make your own medical decisions, give the power to make medical decisions for you to someone you trust.

7. Final details. Specify preferences about your funeral, and leave a list of all your accounts, assets, loans, important legal documents and advisors delegated to carry out your final instructions. Include how you want certain personal possessions and family heirlooms treated. If you have social media accounts, you can let someone know what to do, or there are apps that write or make recordings of final thoughts for loved ones.

A financial lifeboat drill is a pithy concept, belying its seriousness, and it requires answering hard questions about your personal financial, tax, and family situation. It would be a privilege to help.

Norman J. Politziner, CFP, a resident of Encore, is an Investment Adviser Representative of Kingsview Asset Management.

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Alice Paul: Suffragist

By Jean Houvener

In 1920, women throughout the United States were given the right to vote when the Legislature of Kentucky ratified the 19th Amendment, giving it the needed 36th state to approve it. One very important person in the struggle for women's right to vote was New Jersey girl Alice Paul.

Paul was born on Jan. 11, 1885, in Mount Laurel, into a wealthy Quaker family. Her parents, Tacie Parry and William Paul, held progressive views of equality for all people and encouraged equal education for girls and boys. Tacie took her young daughter to suffrage meetings.

Paul attended Swarthmore College, a Quaker school that was cofounded by her grandfather, and graduated with a degree in biology in 1905. She continued her education studies at what is now Columbia University, receiving a master's degree in 1907 in sociology.

She spent the next few years in England learning social work and also becoming active in the British women's suffrage movement. While there she became friends with fellow American Lucy Burns. She also earned a Ph.D. from

University of Pennsylvania in 1910. In 1912 when she and Lucy returned to the United States, they applied many of the tactics they had learned in England to their activities with NAWSA (National American Women's Suffrage Movement), such as picketing and hunger strikes. Alice sought for a change at the national level and pushed for an amendment to the Constitution granting women the right to vote. That was different from NAWSA's tactics at the time, which was to approach suffrage at the state level.

She organized a march on March 3, 1913, the day before Woodrow Wilson's inauguration. Some eight thousand women marched from the Capitol to the White House to demand the right to vote. When she and other marchers met with Wilson, he told them it was not yet the time for women to vote. In 1916 she founded the National Women's Party, which would use the more forceful tactics which she had seen used in England.

In January of 1917, she began a program of "Silent Sentinels," over a thousand of whom stood outside the White House carrying signs demanding women's rights.

(Continued on page 9)

Deck Shuffleboard

By Ken Thomas

My father and my Uncle Bill played in our church Men's Deck Shuffleboard League. When I was 17, my uncle mentioned they were looking for two replacement players. I quickly made excuses: homework, girls, part-time job, girls, sports, girls, dating, and girls. Then my father joined the conversation. Consequently, I "volunteered" to play deck shuffleboard. Hopefully, I could sneak out early and cruise for girls.

Dad paired me with Uncle Bill in the first match. For Uncle Bill to play shuffleboard was a miracle to me. He had very, very severe arthritis. Uncle Bill played deck shuffleboard with his head and heart not with his body. He needed more than heart with me as a partner, but I learned to "think" the game every time we played. I did notice most of the players had gray hair. No girls!

Uncle Bill and I watched my father and his elderly partner. Surprise, Dad was the best player on the courts. He had to be. Dad's partner, "the other Bill," was 82 years old with very poor eyesight and a strategy of his own. Dad would say, "Hit this quoit," and add encouragement. Sometimes "the other Bill" would actually hit an opponent's quoit. Sometimes he would do something "Bill." Surprise, our team won as Dad outscored both opponents. From Uncle Bill, the strategist, and Dad, the shot maker, I learned fast.

Toward the end of my first season, Uncle Bill and I did not lose many matches. As for Dad, every night was an adventure. Yet, no one would ever ask "the other "Bill" to

stop playing deck shuffleboard. He left his heart on the court each week.

Secretly, I practiced alone, because I didn't want friends to know about my deck shuffleboard or AARP affiliation. Our team won the league championship during my second season. Female cheerleaders never materialized, but many players were comparing me to Dad. By now, you could say I liked the game almost as much as chasing girls. Maybe you could say that, but I would not say that. However, an invitation to the State Deck Shuffleboard Championships was an interesting conclusion to the year.

Six of us car-pooled on a Saturday to a Hoboken facility with approximately 30 courts. I couldn't believe that many deck shuffleboard players even existed. All three of our teams won their first match. Dad and my "father-in-law to be" won their second match and so did Uncle Bill and me.

About 30 spectators watched as we started our third matches. Uncle Bill was tired, so I slowed the pace of the game. Applause near us indicated a win for some team and Dad's smile as he joined our sidelines identified that winning team. With a lucky shot, I scored 15 points and put my opponent in the minus 10 section of the court in the last frame of the game; we won!

Dad's team was in third place and we were in fifth place. The tournament director gave us a schedule for Sunday's games, sad news. The State Championship was a two-day event and we couldn't play (Sunday church). The match sched-

uler began to stutter. "But, but," he said. "You've beaten last year's champions and three other top seeded teams." Who knew? Because our teams didn't pre-register, the scheduler had matched us against the top teams from the previous year. Driving home, Uncle Bill asked me if I had a date that night. Uncle Humor.



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Alice Paul

(Continued from page 8)

While peaceful and not breaking any laws, they were subject to abuse by passers-by, particularly after the U.S. entered World War I, and were often arrested on charges such as obstructing traffic. Paul was arrested and imprisoned for seven months along with other protesters. Conditions in the prisons were deplorable, and when the women began a hunger strike, they were force-fed. Newspaper accounts swayed the public to sympathy with the protesters. When she was released from prison she had to be carried out and taken straight to a hospital.

Wilson switched to express support for an amendment to the Constitution giving women the right to vote. It took two years for the amendment to pass Congress and then receive the needed 36 states to approve it.

While satisfied that the goal to vote had been attained, Alice Paul did not rest on her laurels, but instead co-wrote the first version of the Equal Rights Amendment to oppose discrimination against women. It read,

"Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex." It took many years for a revised version of this amendment to make its way through Congress, but in 1972 it passed Congress, and between 1972 and 1977 reached approval by 35 states, but was unable to pass a 36th state. Because a change was made specifically to this amendment to limit the time for approval, the ERA failed to be added to the Constitution.

Paul was also active in the passage of Title VII of the Civil Rights Act of 1964, which among other things prohibits discrimination in employment on the basis of race, color, religion, sex, or national origin by companies with 15 or more employees. The act has various carve-outs, which has led to legal challenges, but it was a step in the direction Paul was seeking through the ERA.

Alice Paul died July 9, 1977, age 92, in Moorestown, N.J., and is buried at Westfield Friends Burial Ground in Cinnaminson, N.J.

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Can Notre Dame de Paris be saved?

By Carol De Haan

After the 15-hour fire of April, 2019, which destroyed the roof of the Cathedral of Notre Dame de Paris, French President Emmanuel Macron vowed that it would be rebuilt in five years.

"Maybe not," said architects and engineers who surveyed the damage and wondered if there were any chance the magnificent old building could be saved.

Many factors contribute to the dilemma. Without the pressure of a roof to keep all parts connected, the walls will lack stability. Can mortar, mixed and applied 800 years ago, still hold the stones together? Will rib vaults and flying buttresses, in their newly weakened condition, continue to support the immense weight of the stone walls? Will exposure to rain, freezing winters, and hot summers affect its integrity? Stabilizing the structure, a huge undertaking, will continue through the end of 2020. Reconstruction, if it is deemed possible, can begin only in 2021.

Proposals for a new roof came in from far and wide, including suggestions for a stained-glass roof, a greenhouse, a 300-foot tall gilded spire made of carbon fiber, an open-air garden of trees, and a column of light pointed skyward. However, because the Cathedral was nationalized in 1789 after the French Revolution, its fate rests with Parliament, which recently voted to re-

store Notre Dame to its original state.

A prehistoric, sacred place

Julius Caesar, around 52 B.C., wrote that the Celtic Parisii tribe worshipped a horned god, Cernunnos, on that river Seine island now called L'île de la Cité. Roman conquerors built a temple to Jupiter over the pagan shrine. Four Christian churches succeeded to that location over the years until, in 1160, it was noted that the existing church could not accommodate the growing population of Paris. **They planned BIG in 1163**

The current footprint of Notre Dame is exactly as first planned, sufficient to accommodate 6,500 people inside. The first phase, in 1163, was construction of the altar and choir. Then the 420-foot long nave went up with its 117-foot high walls. Rib vaulting, 40-feet across, eventually put a ceiling over the nave. Atop the rib vaults, in 1345, was built "the forest," a complex of oak beams onto which was poured 250 tons of molten lead to seal the building from the elements. Last to be built were the two bell towers on the west (front) façade, with its three large portals. Colorful leaded glass windows, a carillon of bells, and an immense organ were added over the years.

April 15, 2019

At nearly 6:30 p.m. on that fateful Monday, a smoke detector signaled "fire" to a Cathedral em-

ployee who failed to call the fire brigade, but instead sent a guard to inspect. Climbing 300 steps to the wrong location, the guard reported "no fire." When the fire brigade was finally called, more than half an hour had elapsed and the rooftop blaze was raging. Within minutes, fire fighters were on site, working furiously to contain the crisis.

Twenty fire fighters climbed the narrow, smoke-filled stairway (a least another 300 steps) into the north bell tower. They feared that if the bells fell, the tower would collapse, pulling down the south bell tower as well, and thereby destabilizing the whole building. It took three hours to extinguish the bell tower blaze.

Meanwhile 500 other fire-fighters had arrived and were striving mightily to extinguish the inferno in the "forest." They could not save the 300-foot-tall spire, a lightning rod with a rooster reliquary on top. It collapsed just before 8 p.m., bringing down 750 tons of stone and lead. It took 15 hours through the night and into the next morning for those 500 exhausted men to stop the conflagration.

Surviving were the main structure, the western façade with its two bell towers, the walls, the flying buttresses, and miraculously, the three famous leaded glass rose windows. Much of the rib-vaulted ceiling over the nave is intact. The organ, while damaged, did survive. One fire fighter and two policemen were injured. Completely destroyed was the forest of 800-year old oak beams that constituted the attic/roof and also held the whole structure intact.

While this terrible drama played itself out, thousands of stunned Parisians gathered in the nearby streets to watch. Many tears were shed as onlookers sang hymns and anthems in tribute to this ancient symbol of France, now in such dire peril.





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Interesting facts about Notre Dame

By Carol De Haan

Building the "forest"

Twelfth century French foresters selected a reported 10,000 oak trees between 300 and 400 years old, similar in size to the Monroe oak. Felled, they were cured by submersion for one year in local rivers, aligning their fibers with the magnetic lines of the earth and thereby strengthening them. For a second year, they dried out on land. Eventually trimmed, they were brought by barge and farm wagon to the construction site on the island in the Seine.

The roof/attic for the cathedral was designed and built on land using these oak timbers. One by one, each piece was hoisted above the limestone walls and reassembled over the nave. Completed, the forest was sealed with 250 tons of molten lead.

Modern builders expressed astonishment at the sophisticated woodworking techniques of medieval carpenters, who used only hand tools to create what has been dubbed a "forest" over the cathedral. The forest was destroyed in the April, 2019 fire.

Relics

Saved from the fire are relics believed to be Jesus' Crown of Thorns, a sliver of the True Cross, and a nail

from the True Cross. These had been purchased at great expense in the 13th century by sainted King Louis IX from Latin Emperor Baudouin II. Louis gave them to the Cathedral.

The bells

Ten bells, each named for a well-loved person, rang out from the two bell towers. Six-hundred-year-old Emmanuel weighs 13 tons and plays an F sharp. Also in the south tower is Marie, cast in Holland and weighing six tons, playing a G sharp.

In the north tower hang eight smaller bells. Starting with the largest are Gabriel, Anne-Genevieve, Denis, Marcel, Etienne, Benoit-Joseph, Maurice, and Jean-Marie. Depending on their size and weight, they range in sound from A sharp to G sharp. The bells were saved.

The organ

The first organ in Notre Dame was built in 1403. Over the years, it has been replaced or repaired many times. In the 1920s, electricity was introduced to power it. Cleaned, updated, and tuned in recent years, the enormous organ now has 115 stops and more than 8,000 pipes. It suffered much damage in the April fire, but can be repaired.

The three rose windows

The oldest rose window was made in 1225 and it sat

in the western (front) façade between the two bell towers and over the central portal. Its diameter was 31 feet and its framework was stone. It was replaced in the 19th century.

Larger leaded glass windows face each other across the transept, those "arms" that give the cathedral its cruciform shape. Both date back to the mid-13th century and their increased size is to the credit of flying buttresses that made possible thinner, stronger walls. The south rose window was a gift of sainted King Louis IX.

Lead melts easily when subjected to heat. It is therefore to the eternal credit of Parisian fire fighters that both these more than 700-year old leaded glass windows survived with little damage. They will be repaired.

Visitors

More than 12 million people per year usually pass through Notre Dame de Paris. That will not be possible for many years, if at all, until vast repairs are completed. Let us hope that Notre Dame will be rebuilt, a tribute not only to its religious origins, not only to Paris and to France, but as a monument to the human desire for transcendence, perhaps our most valuable characteristic.

Charlotte F. Casey, GRI, SRES

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— Peter DeFazio, D.M.D.

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

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Inflammation, good and bad

John Pillepich, PhD, CPhT

Inflammation is sometimes referred to as “the fire inside.” Signs and symptoms often include heat, pain, redness, and swelling. But sometimes its presence is not so obvious, being connected with Alzheimer's disease, heart disease, and diabetes. There are three main categories of inflammation: acute inflammation (initial response to tissue injury), chronic inflammation, and inflammation generated by an immune response.

Benefits

Inflammation does have its good side. Our immune system's response to an injury or infection involves inflammatory actions. That's acute inflammation.

Negative effects

Sometimes, however, the inflammation doesn't subside, and then becomes chronic, leading to some major diseases.

- Heart Disease: Coronary artery disease (CAD) can be caused by the body trying to “heal” the lining of an injured artery, with the assistance of macrophages. (The injury may be the result of arterial plaque containing oxidized LDL-cholesterol, which can irritate the lining.) The result is an inflammatory response that leads to more plaque, and eventually a blood clot causing a heart attack (myocardial infarction) or stroke.
- Diabetes: Research shows that obesity may be associated with inflammation. It's believed that chronic, low-grade inflammation contributes to

insulin resistance, causing type 2 diabetes. That, in turn, can lead to many diseases, including heart disease, peripheral vascular disease, kidney disease (nephropathy), and nerve disease (neuropathy).

- Alzheimer's Disease: Chronic brain inflammation is commonly seen in people with Alzheimer's disease. The brain has immune cells called microglia, which have a similar role to the macrophages that are involved in heart disease. As with coronary heart disease, the result is similar, with an increase in inflammation and damage to healthy cells.

Diet connection

Food groups that may contribute to inflammation include (1) refined starches and sugary foods; (2) high-fat and processed red meat;

and (3) french fries, fried chicken, and other fried foods.

Foods that can reduce inflammation include fresh fruit and vegetables, whole grains, plant-based proteins (beans and nuts), fish rich in omega-3 fatty acids (salmon, tuna, and sardines), and healthier oils (avocado and olive oil).

Helpful nutritional supplements

There isn't enough space to go into detail, but these supplements may be helpful in reducing inflammation: Alpha-Lipoic Acid, Borage Oil (omega-6), Boswellia (Indian frankincense), Bromelain, Curcumin (turmeric), Fish Oil (omega-3), and Ginger.

Finally, a word of caution. If you have a major ailment or are taking medications, check with your doctor before taking any new nutritional supplements.

It's not too early to plan



The Three Sisters Monument Valley

By Allan Kaufman

No, not to work on your taxes, but to begin planning for your summer vacation. Now, I'm not talking about a weekend at the Jersey Shore or visiting relatives in the Poconos. What I'm referring to is a well-planned, perhaps bucket list vacation that will take up two weeks of your summer.

In 1973, I, along with two of my friends, drove some 9,000 miles from New York out to California and back, visiting some of the most beautiful parts of our country, the National Parks. Fast forward 44 years, during the summer of 2017, when my wife Diane and I explored some of the same parks I had visited in 1973 and some parks that were new to both of us. We spent 15 days on the road.

I'm a bit old-school, so I

like to do my own planning, using paper maps to start and calling hotels for reservations. Supplementing this was the Internet.

We have friends in South Dakota so that seemed the most logical place for our trip to begin.

From that location we would be able to see the bison at Custer State Park and Mt. Rushmore and then drive to both Yellowstone and the Grand Tetons National parks. The challenge was getting from the parks in Wyoming to the ones in Utah. Driving was not an option as the distance would have eaten about three days of the two weeks.

We decided the best way to do this was to travel back to Cody, Wyo. after leaving Yellowstone, spend the night and head to Billings, Mont., just a two-hour drive from Cody so we could catch a plane to Las Vegas where the last part of our vacation would begin.

The plan would have us spend the night in Las Vegas then head out to Zion National Park. From Zion to Bryce, then to Moab, Utah,

(Continued on page 14)

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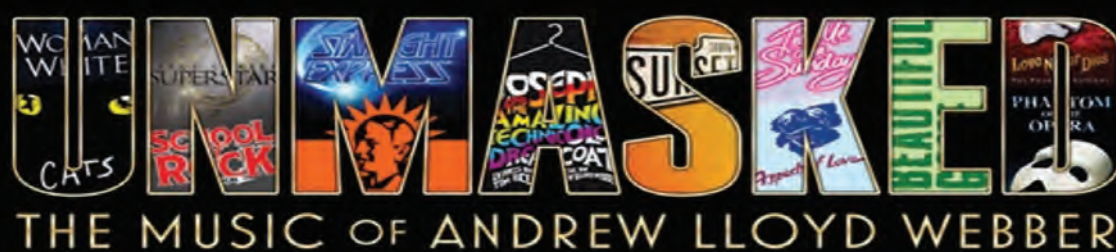
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Rossmoor Clubhouse News

February 2020



Wednesday, February 26
7:30PM Paper Mill Playhouse

\$104pp - includes bus, gratuity & Orch. Ticket

One of the most successful musical theater composers of all time takes audiences behind the scenes. Get to know the man behind such Broadway blockbusters as Phantom of the Opera and School of Rock in a new musical revue filled with humor and heart. You'll hear new and sometimes unexpected interpretations of his beloved songs.

WELCOME

Clubhouse

Open daily from 8AM - 10PM

E&R Office

Open Monday-Friday
8:30AM - 5PM

*Closed Daily from 12noon-1PM

Phone: (609) 655-3232

Melissa Barnard: Clubhouse Manager
Sue Ortiz: Office Coordinator
Sebrina Jinks: Office Assistant
Jessica Roberts: E&R Foreman

ON SALE - NOW & UPCOMING

EVENTS

SUPERBOWL PARTY—SOLD OUT
Sunday, February 2 at 6:30PM, Ballroom

YEAR IN REVIEW 2019
Friday, February 7 at 10AM, Ballroom, Free
Join us as we enjoy memories from 2019! Coffee & cake

TRIVIA NIGHT W/ CJ THE DJ
Tuesday, February 18 at 7PM, Ballroom, \$10
On Sale 1/23

**"BEAT THE WINTER BLUES" DANCE PARTY
w/ THE TAKE 5 BAND**
Friday, February 21 at 7PM, Ballroom, \$15
Call-In on 2/11 at 12:15pm

WINE & DESIGN
Thursday, February 27 at 6:30PM, Gallery, \$15
On Sale Now

MUSICAL BINGO
Wednesday, March 4 at 7PM, Ballroom, \$8
On Sale 2/3

ST. PATRICK'S DAY LUNCHEON
Friday, March 13 at 12:30PM, Ballroom, \$22
Menu includes corned beef brisket, New England potatoes, steamed cabbage, Irish soda bread & more!
On Sale Now

Sham-ROCK DANCE PARTY w/ SHORE SOUNDZ BAND
Friday, March 27 at 7PM, Ballroom, \$15
Call-In on 3/16 at 12:15pm

"KNIVES OUT" MOVIE LUNCHEON
Sunday, March 29 at 12:30PM, Ballroom, \$15
Assorted sandwiches, harvest & tortellini salad and more!
On Sale 2/6



EXCURSIONS

UNMASKED: THE MUSIC OF ANDREW LLOYD WEBBER
Wednesday, February 26, \$104—Bus, grat. & Orch. ticket
On Sale Now

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

TROPICANA CASINO
Tuesday, March 17, \$25—Bus departs poolside at 9:15AM
On Sale 2/19

CINCINNATI REDS AT NEW YORK METS
Wednesday, May 6, \$70—Bus departs poolside at 9:30am
Cost includes game ticket, bus, grat. & \$24 food voucher
On Sale 2/4

PHS Philadelphia Flower Show

Riviera Holiday

Thursday, March 5

Cost: \$60pp - includes show ticket, bus and gratuity

Enjoy lunch at the Reading Terminal Market
One of America's largest and oldest public markets
offering an incredible selection of locally grown & exotic
produce, sourced meats, finest seafood and more!

"Beat the Winter Blues" Dance Party w/ The Take 5 Band

Friday, February 21
7PM Ballroom \$15

Join us for an evening of
great music and dancing!

Call-In on 2/11 at 12:15PM



Cincinnati Reds at New York Mets

Wednesday, May 6
First Pitch at 12:10am
Bus departs poolside at 9:30am

Cost: \$70pp

Inc. game ticket, bus, gratuity and **\$24 food voucher!**

CULTURAL

AFRICAN HERITAGE GROUP
Saturday, February 8, 3:00pm, Gallery

AVIATION GROUP
2nd Wednesday, 1:30pm, Ballroom

BOOK DISCUSSION GROUP
Thursday, February 20, 3:00pm, Dogwood

CURRENT EVENTS ROUNDTABLE
Mondays, 10:30am, Maple
No meeting on February 17

GERMAN AMERICANS
Thursday, February 27, 1:30pm, Cedar

KOREAN AMERICANS
Saturday, February 15, 5:00pm, Maple

LATINO/HISPANIC-AMERICANS
Wednesday, February 29, 6:00pm, Gallery

POLISH AMERICAN
Friday, February 7, 1:00pm, Maple

PROGRESSIVE GROUP
Thursday, February 20, 5:00pm, Ballroom

RECIPE GROUP
Wednesday, February 12, 6:30pm, Maple

VETERANS GROUP
Tuesday, February 14, 10:00am, Ballroom

WRITERS GROUP
Thursday, February 30, 10:00am, Cedar



THE ARTS

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

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

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

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

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

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

AARP SAFE DRIVING CLASS



Monday, April 6
8:30am Gallery

Members—\$15
Non-members—\$20

Checks payable to AARP

CARDS & GAMES

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

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

BRIDGE
Contact Clubhouse

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

MAHJONG
Contact Clubhouse

MAY I
Contact Clubhouse

MAH JONG
Beginners and experienced players
wanted. Contact Linda DeMorato.

MEN'S POKER
Contact E&R.

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

PINOCHLE
Please call E & R if interested.

POKER
Contact E&R



GET MOVING!

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

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

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

LATIN-INSPIRED DANCE
Tuesday, 6:30pm, Gallery
Join us for an hour of instructional dancing—Salsa,
Merengue, Bachata and more!

OPEN EXERCISE DVD
Monday, Thursday, 9:30am, Hawthorn
Saturday, 9:30am, Maple
Exercise at your own pace. No Instructor. DVDs
are selected from our current collection. No charge
or sign-up required.

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

YOGA
Wednesday, 9:30am, Cedar
Resident instructor conducts the class. No Charge.
Bring floor mat. SPACE LIMITED.



LINE DANCE

Demonstration

Wednesday, February 5
6:30PM Ballroom

RSVP your interest to E&R

*Participants must wear closed-toe shoes.

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SPORTS FUN!

BOCCE
The 2020 Bocce Season will be April—June.
The lottery for players will be held in
February.

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

HIKERS
2020 Schedule to be announced via Ch. 26.
* New hikers welcome! All hikes depart from
Clubhouse at 9:30am, unless otherwise noted.

PICKLEBALL
New Players Welcome!

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

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

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



MOVIE CORNER



"FORD v FERRARI"
PG-13 / 2hr 32m / No Charge

Sunday, February 23
1:30pm and 7pm Ballroom

Tuesday, February 25
1:30pm and 7pm Hawthorn

TUESDAY MYSTERY MOVIE
February 11 at 1:30PM and 7pm

Movies are subject to change.

RSVP Your Interest

River Queen w/ lunch at The Grenville Inn (Bayhead)
Cape May Mansion Trolley Tour w/
lunch at The Lobster House
Fishing Charter * Mackinac Island, NY Tour
Newport Mansion Tour (4 Days/3 Nights)
Longwood Gardens w/ meal at Joseph Ambler Inn
NYC during Museum Mile Week
Wine & Train Tour * Ladies Day in Lancaster
5 Day Cruise (out of Bayonne) * QVC Studio Tour
Murder Mystery Dinner

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

LIBRARY ON LOCATION

"Singing with Angry Bird"

Wednesday, February 19 at 1PM, Ballroom
Korean opera singer and professor, Jae-chang Kim, whose Indian pupils nicknamed "Angry Bird," uses his charity to bring music and performance opportunities to uplift lives. Viewers follow along with his children's choir in Pune, India. A film by Hyewon Jee. [2018, 53 min]

"Dalya's Other Country"

Wednesday, February 26 at 1PM, Gallery
13-year-old Dalya and her mother, Rudayna, flee the escalating war in Aleppo, Syria for the safety of Los Angeles. Viewers follow several years in their lives as they work to adjust to a new life and culture in the US. A film by Julie Meltzer. [2017, 77 min]

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



F41

- **RCAI Offices will be Closed** on Monday, February 17 in observance of President's Day.
- **CONTACT THE CLUBHOUSE** for information regarding events and trips.
- **EVENT REMINDERS:** Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- **TRIP REMINDERS:** Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident **MUST** be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- **CLUB PRESIDENTS & GROUP REPRESENTATIVES:** Channel 26 announcements and room set ups **MUST** be handed in on the official forms. Forms can be found on the website or in the Clubhouse.
- **ROSSMOOR CLUBHOUSE NJ** is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- **RCAINJ.COM** is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- **EVENTS & TRIPS** are subject to change.



Guest presenter and resident Talib Abdul-Alim showed Recipe Exchange members how to make mayonnaise.

Residents gathered at One Steep at a Thyme in Jamesburg for a sumptuous 5-Course "High Tea" Luncheon.

FEBRUARY 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Events or trips marked * require tickets or prior registration	Ticket Sales Today! 					1
2 6:30pm Super Bowl Party and "The Favourite" Movie -BR*	3 	4  9:00am Comcast -BR	5 2:00pm Mutual 11 Open - MP 6:30pm Line Dancing Demo- BR	6 	7 10:00am "Year in Review" - BR	8
9	10 1:00pm Bid Opening for Concrete & Pavement Overlay -VC	11  1:30pm Mystery Movie -BR 2:00pm Mutual 10 Open -GL 7:00pm Mystery Movie -BR	12 10:00am Fireside Chats-RR 1:30pm Aviation-BR 6:30pm Recipe Exchange- MP	13 9:00am Committee Meetings-VC	14 	15
16	17 RCAI Offices Closed 	18 10:00am Mutual 12 Open -GL 7:00pm Trivia Night-BR*	19 1:00pm Library on Location - BR	20	21 7:00pm "Beat the Winter Blues" Dance Party - BR*	22
23 1:30pm "Ford vs Ferrari" Movie -BR 7:00pm "Ford vs Ferrari" Movie -BR	24	25 1:30pm "Ford vs Ferrari" Movie -H 2:00pm Mutual 4C Open -GL 7:00pm "Ford vs Ferrari" Movie -H	26 UNMASKED at Paper Mill PH* 10:00am Mutual 9 Open -DW 10:00am Fireside Chats-RR 1:00pm Library on Location - GL	27 *DATE CHANGE* 9:00am Board of Governors-VC 6:30pm Wine & Design-GL 	28  6:30pm Bingo-BR 	29

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

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

ROOM KEY	
BR Ballroom	H Hawthorn
C Court	MP Maple
CD Cedar	MH Meeting House
CH Clubhouse	MHP Meeting House Parlor
CFT Craft	TR Terrace
DW Dogwood	RR Red Room
GL Gallery	VC Village Center
GR Game	

This month in pictures

Photos by Joe Conti and Walter Gryskiewicz

The Rug Hookers recently presented a winter display of their works.



Lion and Lamb by Linda Neary



Rooster by Flo Schneider



Oriental landscape by Teresa Conrad



Noah's Ark by Laura Setzer



New Year's parties were, from left, Niecia Monaco, Sue Archambault, Debbie McCauley, and Joan Russo.



Rug Hookers are, from left, Teresa Conrad, Marge Princiotta, Linda Neary, and founder Jan Levitt.

At the New Year's Party



John Cumming with 2020 Glasses



Whose sparkly shoes are these? Gail Russo's!



The hardworking E&R team for the New Year's Party were, from left, Pete Romeo, Melissa Barnard, Sebrana Jinks, and Pete Karl.

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Plan

(Continued from page 12)

the home of Arches and Canyonlands and Dead Horse Point State Park. By the way, not every moment in this area was spent in the park. We did some mild white water rafting down the Colorado River. From Moab we drove to Monument Valley which, for us, was the most spectacular part of our sightseeing adventure. The last part of our journey took us to the North Rim of the Grand Canyon and then back to Las Vegas where we spent two days lounging by the pool in 107 degree temperature before we flew back home.

There are a few things you need to know about our trip:

- We traveled during the first two weeks in July, the hottest time of the summer, in most, but not all of the parks. Traveling after Labor Day, the first two to three weeks in September, where it will not be as hot and will be less crowded in the parks may be preferable for you. Anytime later, you can run the risk of snow in Wyoming.
- We flew out of Newark into Rapid City via Chicago, Billings to Las Vegas and then Las Vegas back to Newark. Nothing flies directly into Rapid City from Newark.
- Except for Zion, where you really need to be able to do some hiking to see the most spectacular sights, the other parks have turn-offs where you can park the car, and either see the sights from where you park or you can walk no more than ½ mile to get a better view of the particular area.
- We stayed in the lodges in Zion and the Grand Canyon, and at a great B&B in Moab. These places book up quickly so if you want to stay in the park you need to make your reservations quickly. There are also hotels/motels near every park entrance, with the exception of the Grand



Mount Rushmore

Canyon. There you need to stay on property. I would recommend staying on property at Monument Valley where every room in the hotel faces the monuments.

- You can plan a much shorter version of our trip by doing a round trip to South Dakota and Wyoming, returning to Rapid City, which would take a week, or you can take the Utah parks trip which can be done in 10 days.
- It's a good idea to have things on paper because there were some places in some of the parks where there was no cell or Internet service. MapQuest was great in this regard. Having a back-up is critical so you don't veer off course and wind up in Canada.

I have friends who traveled to many foreign countries, but few of them have cap-

tured the beauty of our own National Parks on their cameras. While bison are plentiful and were seen in groups of 40 in Custer State Park and somewhat less in the others, there were elk, mule deer and an occasional black bear setting up their homes in these national treasures.

The U.S. Congress made Yellowstone America's first national park in 1872 and in subsequent years the National Park Service was created under President Woodrow Wilson in 1916 to consolidate America's federal parklands under one agency. If you do not have a bucket list, visiting our national parks should be at the top of your list if you decide to create one.

If you want additional information or to share your thoughts on my writings, I can be reached at allan.kaufman0125@gmail.com.

The Mouse

By Steven Gray

Let's talk a bit about one of the most undervalued pieces of equipment that most, if not all, of us use. The Mouse! No, not the furry kind we hate to see or even the one with the name of Mickey but rather the computer mouse.

The mouse was invented by Douglas Engelbart in or around 1964. Up to that time users had to type codes and commands on a screen to

make things happen which, obviously, required some knowledge of programming. Engelbart collaborated with Bill English to build a prototype out of wood. It had two wheels, one horizontal and one vertical, and a button on top. Moving this thing on a horizontal surface would move the cursor on the screen. Engelbart's company filed for a patent in 1967 and was awarded one in 1970.

Computers were soon designed to incorporate the mouse into their design, one of the earliest being the Xerox Alto in 1973. It wasn't until 1983 when Microsoft updated the MS-DOS program Word to make it mouse-compatible and developed a PC-compatible mouse that it went mainstream. Apple, Atari and Commodore soon followed with their own versions.

The mouse has drastically changed over time. We went from two wheels to a ball which turned the equivalent inside the mouse. Remember the days when you had to remove the ball and clean all the dust. The trackball (which was actually invented in the late 1940s for military purposes and kept under wraps) was somewhat popular — basically an upside-down mouse that allowed for better control. One design actually had the cord coming from the top of the mouse — not very practical because

(Continued on page 15)

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Our 50th Anniversary

By Ken Thomas

I used to make all the big decisions in the family. Now, she does. My responsibility is afternoon naps and our cocktail hour.

We live on a fixed retirement income, except for her credit cards.

We've had knee replacements, cataract surgeries, and expensive dental work, with chiropractors and physical therapy weekly.

We swallow a plethora of pills at a plethora cost for a plethora of ailments prescribed by a plethora of doctors and supplied by a plethora of pharmacists.

She doesn't cook every day anymore and any weekly meals emphasize "left overs."

We eat out often (early senior specials) and pretend to diet or exercise.

Our intimate moments require personal preparation and prayer.

Our bathroom has "his" and "her" sides. Her side is twice my side.

Now, our leisure activities are quilting, woodcarving and hot tub diving. Bridge, bocce and pickleball are optional.

Our favorite TV shows are Jeopardy and daily news programs.

We are not absolutely sure of the day or month without calculations and mutual agreement.

We call the children or grandchildren for directions to operate our telephone, TV, iPod or personal computers.

No pet is permanently allowed in our house; only grandchildren can visit.

We do not sleep eight hours a day, but we nap for hours each day.

Weather predictions determine the duration of our visits and holiday celebrations.

The Mouse

(Continued from page 14)

the cord got tangled very quickly.

The optical mouse solved many of the dust problems because it usually does not need cleaning. The original optical ones did require a special mousepad to work but now they will work on virtually any surface. We even have cordless ones at this point, some using a radio frequency (requiring the use of a receiver in a USB port) and some using Bluetooth.

These gadgets can come in any shape – I have one that looks like a racecar with actual headlights and taillights. Gaming ones come with many extra buttons that can be programmed. You can get ergonomic ones, plain ones, fancy ones and ugly ones – whatever floats your boat.

The one remaining burning question is what is the plural of a computer mouse? Do we say mice or mouses when referring to more than one computer mouse? How about mousi? Technically there is no official plural so either one can be used.

Live entertainment options depend on pill and potty timing.

We go shopping for health insurance instead of groceries.

Both of us are required to remember the good ole days or home phone number.

Beer does not stay ingested anymore. Alcoholic beverages mean "it's your turn to drive."

I hit from the senior tees on my golf days and she does Zumba on Wednesdays.

Now we hold hands for support, not togetherness.

We use our GPS more than our microwave oven.

Both of us check our Facebook messages daily, if we remember.

She chooses my attire and I wisely praise any of the clothing she selects to wear.

Politicians make us laugh hysterically and the Giants still make me cry.

I get a monthly haircut. She gets her hair and nails done weekly. All hairs are gray.

We moved from Virginia back to New Jersey to be near our grandchildren. Traffic jams and increased taxes were other bonuses.

We are the official 24 hour baby-sitting service for our family. The names on our drivers' licenses are grandma and grandpa.

We don't drive more than six hours a day and mostly during the day with intimate knowledge of rest stop locations.

We compete with the in-laws for family time, hoping the children like us more than them.

We worry about problems in our family, so answering the phone creates "A-Fib" symptoms.

We hope our kidneys, hearts, Social Security, and Medicare last until our 60th anniversary.

A 50th anniversary is an occasion to celebrate marriage and life.

Play dominoes?

By Ken Thomas

I met my wife's grandmother only once on a trip to Michigan with her parents. This woman was 90 years old, lived alone, grew her own food, and raised pigs. She didn't have a television. "Jeepers Creepers."

When we parked the Airstream near her house, a note on the door read "Gone fishing." My wife and I volunteered to go get grandma. The 'ole fishing hole was just "down the road a piece." Have you ever noticed that people's directions change, when the skyscrapers are

gone? The 'ole fishing hole was a pool of water under a bridge. We followed a trail down to grandma's spot. Picture a 5'1," gray haired little woman dressed in bib overalls and waving a straw hat (lures attached).

After hugs and kisses, we helped grandma pack up her fishing gear. I took a peek in her fish basket. Stunned, I saw two good sized small mouth bass. "Jeepers Creepers."

She started up the trail. I have never used the word "sprightly" to describe anyone, but in this case "sprightly" described grandma absolutely. With a "follow me," she took off down the middle of this coun-

try road in an old Ford like a race car driver. I'm going 60 mph and she's pulling away from us. Back at the farm, she gutted and cleaned the bass in minutes.

Next, grandma marched my wife and me toward the garden to pick vegetables for the family dinner that night. Grandma gave me lessons digging for vegetables. Then, she picked and gathered the vegetables faster than both my wife and me, shaking her head and calling me "city boy."

Besides my "city boy" ways, grandma was not happy because some "critter" was eating her vegetables. She pointed at a couple of

(Continued on page 16)



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Dominoes

(Continued from page 15)

trails through her fields to the garden saying "dang woodchucks." My wife told grandma I often hunted woodchucks back in Pennsylvania. Suddenly, "city boy" might be useful. After we lugged the baskets of vegetables into the kitchen, grandma called me, a rifle in her hand. "Jeepers Creepers." She gave directions to the ladies for preparing the food then announced, "We're going to shoot some varmints." Grandma handed me the rifle, explaining her eyesight has been a "bother." As we topped a little hill, there he was "woodchuckus varmituckus." Somehow, he sensed us and sporadically ducked down into his hole. Finally, I squeezed off a shot and "woodchuckus varmituckus" bit the dust. Grandma was now affectionately holding my arm and even her "city boy" was not as negative.

Garden cabbage turned

into grandma's coleslaw, three helpings. Now, I was a favored visitor. I shot varmints and loved her coleslaw. The men sat on the porch, while the women cleaned up after the meal. Soon, grandma came out on the porch and said to me, "Do you play dominoes?" I was not interested in dominoes, but Grandma led me to a table chair and announced I would be her partner. Have you ever played super-duper-triple-thermal-nuclear dominoes? Then, grandma handed me the score pad. Dominoes is not a difficult game and my partner had a gambler's luck. Grandma stunned me again. She added up the scores almost as fast as my calculator. Sitting at that dominoes table, we laughed at our dirty knees from gathering vegetables, a coleslaw addiction, woodchuckus varmituckus, "city boy," "gone fishing," and "the slowest score keeper in Michigan."

We won the dominoes game! Grandmas are a huge stack of "Jeepers Creepers"!

Finally made it to my first Super Bowl, part 2

By Allan Kaufman

To pick up where we left off last month:

It's December 1986 and the Kaufman family and friends are applying for tickets to the 1987 Super Bowl. But they have to submit the request by noon, Dec. 25. The story continues.

We were going to be entitled to four tickets if we were chosen. My dad and Larry decided that they were not going to go, so it was going to be Mark and me. We would find someone who would need the extra two tickets. We needed a plan to get our response toward the front of the line. We had no idea where we would stay, nor did we know how we would get to Los Angeles, especially trying to arrange for a flight two weeks before the game was played. We would figure things out if we were chosen.

Here is what the crazy people who drove to the games together did. First of all, there were five of us that usually drove to the game together. My dad, my brother-in-law, my friend, Alan and my dad's friend, Arnie Hecker. Arnie, at that time, was a season ticket holder since the mid-1950s. The plan was one that would have been the envy of any military general planning a decisive battle.

We had to get our responses to the East Rutherford post office so that they would not arrive too soon, but not arrive so late that our response would not be considered. Then we had to figure in that the mail would not be picked up from our local post office on Christmas Day and if we mailed it the day before Christmas there was no guarantee that the envelope would arrive on time.

Now there are many benefits of being Jewish, one being that our Christmas Day is usually a day of doing nothing. Not that year. We found out the location of the post office and the time they would pick up the mail that day, if they were going to pick up the mail for it was Christmas. I called the post office and found out that due to the situation with the Giants, they would pick up the mail from the mailbox in front of their building once, at noon on Christmas Day.

We decided to leave nothing to chance. I filled up my dad's car with gasoline. It

took all of \$2 to top it off. We went to the AAA to get maps. Then, with a highlighter, we planned two or three routes, just in case President Reagan decided to fly to New York to spend Christmas with his New York friends.

The ride would take 40 minutes. We decided to leave Yonkers at 9:30 a.m. just to make sure we would be there in time to get the envelopes picked up at noon. The next decision was that all five of us would go to New Jersey. Crazy, huh! The five of us got into my dad's car and drove to the East Rutherford post office. We found the post office and the mailbox, that lovely blue mailbox sitting quietly right in front of the brick building. Never did a post office building look so good!

It was getting close to noon. With two envelopes in hand, my dad's and Arnie's, the five of us walked slowly and cautiously; we didn't want to be hit by any cars that might have been driving near us, toward the mailbox. As luck would have it, just before we were going to deposit the valuable envelope into the mailbox, who do we see approaching the mailbox matching our pace, step for step? It was a postman working on Christmas Day. He got to the mailbox a few seconds before we did. He put that big post-office key, the one that looks like a skeleton key, and opened the box.

"Sir, excuse me," I said.

"Yes, what can I do for you?"

"These five, crazy people, myself included," as I waved my hand to point out my travel partners, "want to know if we give you these sacred envelopes they will not be postmarked until tomorrow? You see these are our applications for Super Bowl tickets and the stipulation is that they can't be postmarked until Dec. 26 and then it's a first come-first-served basis on who gets the tickets should the Giants reach the Super Bowl."

"No one works today, except me," he stated as he took out the mail trays from the mailbox. "This is the only pick up of the day."

My father and Arnie started small talk with him. I can't recall the subject matter of the discussion, but the discussion was laced with laughter.

He had two trays filled with

envelopes. The top tray, he said, "would be postmarked first, and the envelopes in the second tray would be postmarked next." He reached out and took the envelopes, which I thought would be destined to the second tray, only to be stunned as he placed the envelopes into the sacred first tray, at the front of the tray. Could this be? Could this man who was forced to work on Christmas Day provide a Christmas gift to these five crazy Jewish guys?

That Sunday, the Giants beat the '49ers, 49-3, as some people in my section of the stadium told me that they received notices that they were not selected for tickets. The next week, more people told me that they were not selected. We had not heard anything. After the Giants beat the Redskins, 17-0, they were Super Bowl bound in a game to be played in the Rose Bowl in Pasadena.

The next day my dad and Arnie received notice that they would be receiving tickets for the game. We had a place to stay, at my friend David Castro's house in Los Angeles. For that, he got the third ticket and the fourth ticket went to his friend, Alfred Siegal. We were able to get plane tickets and, on my birthday, Jan. 25, 1987, the Giants won their first Super Bowl, defeating the Denver Broncos, 39-20. I love it when a plan comes together!

My dad continued to go to the games until he couldn't any more. Three more Super Bowl victories followed, although I didn't get picked for tickets for any of those games.

Now, my middle daughter, Lisa goes to most of the games with me. My other kids and grandkids go because I no longer go to night games and games when it's raining. My friend Larry and his son and my brother-in-law and his oldest daughter, Rena, still go to the games. This is my 50+ year of having season tickets. I'm a Hall of Fame Season Ticket Holder according to the Giants.

The waiting list is down to zero. With the advent of personal seating licenses, mine cost me \$1,000 per ticket, people gave up their seats, not wanting to pay much higher amounts to "own" their seats. I only kept my seats because of the low PSL price. I still have 50-yard line seats, in the sun, and enjoy watching the games in person, even though it's been difficult watching the team the last few years. The sad part is that I don't know the people who sit next to me because they change every game. They are there, I fear, for the entertainment. I'm there to watch the game.

There was a time when my dad was number 34,784 on the waiting list. Now anyone can get a ticket. That doesn't seem right.

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Clubs and Organizations

Jim Wilson returns to Women’s Guild

By Diane England

Have you ever known someone passionate who felt compelled or even *called* to do something? Whether you have or not, you’re going to hear from such an individual at the Women’s Guild meeting on Thursday, Feb. 20, at 1:30 p.m. in the Ballroom.

Jim Wilson, who spoke to us last winter about his yesterdays at the NBC television show, “Today,” will be returning, but with a very different presentation. Jim will discuss his venture into doing something new to him — developing a musical comedy, which was presented by the Players in October. If you saw it, you know he had the audience bursting into laughter regularly as well as tapping their toes.

Should we be surprised that Jim, who sought to ensure that nothing but the truth was presented in newscasts he produced for “Today” for over two decades, would try something so different? Not if you understand passionate people. After all, they tend to be open-minded. Also, their creativity helps them find ways of kindling the energy required to remain motivated as they strive to become proficient at something new and different.

Jim certainly already had some skills and knowledge that helped him to write the play as well as to put together the musical score, however he definitely had to venture into new territory to accomplish this. Fortunately, not only was he successful,

but he obviously enjoyed the process. I’ve heard he’s already working on something for the Players for this coming October.

At this meeting, not only will you hear an interesting presentation from someone who’s a great speaker, but I suspect you might realize there’s something you’ve wanted to try that you owe it to yourself to pursue -- even if merely for your own pleasure. Then again, you just might end up accomplishing something you’d like to share with others.

We look forward to seeing you at this program which Jim initially titled “Making Music: Something New and Noteworthy.” Don’t be surprised, though, if his talk has grown into something more expansive.

As always, please plan to stay and join us for refreshments and fellowship afterward.

CULINARY CORNER

By Sidna Mitchell

Be creative with slaw

The holidays were different for us this year since we decided to stay in Florida instead of heading back to New Jersey and New York to be with family. When I told granddaughter Maggie we would celebrate Christmas right after Halloween, she claimed, “But, Grammy, that’s not fair!” However, she seemed pleased with early presents.

On Christmas morning Ken and I hosted a Southern brunch -- Bloody Marys, biscuits, pork chops, gravy, cheese grits, country ham, egg casserole and fresh fruit -- for some croquet friends and an Irish visitor. That evening we went to other croquet friends, who live right on the Gulf of Mexico, for desert and to watch the sunset.

Unfortunately, the skies were overcast but we enjoyed drinking, eating, and talking about our favorite Christmases.

After all the rich food, Ken and I settled in for some simple meals and grilling of steaks and pork chops. There was some down time to catch up on phone calls and going through the piles of newspapers and magazines.

When I saw a recipe for Brussels sprouts slaw, I cut it out because I’ve always thought of Brussels sprouts as little cabbages. Of course, when I got ready to make the slaw to go with leftover beans and bratwurst for Ken and chili for me, I couldn’t find the recipe. Once again, the Internet came to the rescue. Here’s my version of a very easy and tasty side dish.

New Neighbors

By Christina Smith, Resident Services manager

Jawad and Farooq Khan, 187C Rossmoor Drive, formerly of Monroe, N.J.

Eileen East, 229C Old Nassau Road, formerly of Jim Thorpe, Pa.

Mario and Maria Rodrigues, 300B Sanford Lane, formerly of Elizabeth, N.J.

Mark and Larisa Lemishev, 503A Stockton Lane, formerly of Old Bridge, N.J.

Jay Hinlicky, 84P Old Nassau Road, formerly of Iselin, N.J.

Peter and Olga Berrio, 519N Spencer Lane, formerly of Hillsborough, N.J.

Adebisi Shofu, 479-O Newport Way, formerly of E. Windsor, N.J.

Jerry and Donata Rea, 633A Yale Way, formerly of Staten Island, N.Y.

John and Judith Knoblock, 666A Windsor Way, formerly of E. Brunswick, N.J.

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Brussels Sprouts Slaw

6 Brussels sprouts, halved and shredded	1/4 cup olive oil
1/4 cup raisins	2 tablespoons white vinegar
1/4 cup slivered almonds (toasted)	1 tablespoon honey
1/4 cup grated Parmesan cheese	1 garlic clove, minced
	1 teaspoon brown mustard

For the dressing, whisk together the olive oil, vinegar, honey, minced garlic and mustard in a small bowl or jar. Set aside.

Combine the shredded Brussels sprouts, raisins, almonds, and Parmesan cheese in a medium bowl.

Add about two to three tablespoons of the dressing and mix well.

For the best flavor, refrigerate before serving. Makes about two to three servings.

NOTE: The original recipe called for dried cherries that I didn’t have. Thus, the raisin substitute. Also, the original recipe used one pound of Brussels sprouts—way too much for two people. However, I did make the full dressing recipe and will use the leftover dressing for other salads. If you don’t have almonds on hand, chopped walnuts will do but they might discolor the shredded sprouts so add just before serving.

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

Culinary corner

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Players Pastimes

By Sue Archambault

The Rossmoor Players are going to offer a very entertaining evening on Monday, Feb. 24, at 7 p.m. in the Gallery. Our monthly meeting will consist of the presentation of a video of the musical “My Fair Lady.” The North Brunswick Adult Drama Group performed the play several years ago. Our own Joe Conti was featured in the lead role of Dr. Henry Higgins. Joe will introduce the program with facts about this very well known and well-liked group. The Players very popular Open Mic program will take place on Sunday, March 1. The event will take place in the Gallery at 2 p.m. Everyone is welcome to attend and perform. Please contact Beverly Masters with the information about your entry prior to the event so we can plan this program. Beverly can be reached on her email - waugam@msn.com. You



may bring a CD or provide your own accompaniment. This will certainly be an entertaining afternoon for audience members and participants as well. The Rossmoor Players made donations to two local groups that provide services to Rossmoor: the Monroe Township Ambulance Corps and our Monroe Township Fire District #3. We are still accepting dues for the Players 2020 membership. The cost is \$10 per person for the year. Place your check in the Players’ folder in the E&R office at your earliest convenience. Label the envelope “Dolores.” Please support us by joining our wonderful club.

Geocaching

By Steven Gray and Steven Kurtz

What is Geocaching? Simply put, it’s a global, outdoor, high-tech treasure hunt. You can play any day, any time, and virtually anywhere – using only a GPS device or GPS enabled Smartphone. Geocaching is an activity in which “Geocachers” (people) search for “Caches” (treasures) hidden by other Geocachers

all around the globe. Often, the treasure is nothing but a log book and pencil for you to record your find. But sometimes the Cache Container is large enough that Geocachers can place/take/swap trinkets from around the world. To the uninitiated, Geocaches are rarely seen or found. Want to be in on the secret and learn to play Global Hide and Seek? Come out to our next Computer Club meeting

on Monday, Feb. 17. Let seasoned Geocachers Steve and Karen Kurtz introduce you to this world-wide game and share 10 years of experiences as part of a community of more than seven million people searching for over three million Caches worldwide. The meeting starts at 10 a.m. with the three C’s (coffee, cake, and conversation) beginning at 9:30. Hope to see you there.

Emerald Society news

By Linda Klink

Thanks to everyone who came to our first meeting and helped the new board by offering suggestions of what activities you are looking forward to for this coming year. Unfortunately, not everything on the list will get done this year, either due to lack of interest on the part of the membership, or we just didn’t have the time to include everything. But one thing is for sure, we will

have lots of fun! Our entertainment for February will be Leo van der Blink, a retired musician. Leo will not only provide us with some wonderful Irish music, but will also do a presentation on the history of Ireland as he performs.

A few things you need to keep in mind is the time change of our meetings to 1 p.m. Dues are due no later than our February meeting, and tickets to special events will be limited to two tickets per manor and are payable by check only.

Italian American Club

By Tony Cardello

Happy Valentine’s Day to all.

The first social event of the new year will be our annual Carnevale Festival, which will be held on Tuesday, Feb. 25, in the Ballroom. The event will start at 6 p.m. and will be catered by City Streets. Ambien DJ Services will provide entertainment. It is a BYOB affair. The cost will be \$35 per person. The next regular membership meeting, scheduled for Wednesday, Feb. 19, has been canceled. Bingo will be held on Friday evening, Feb. 28 at 6:30 p.m. in the Ballroom.



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This event will not include a formal marketing presentation, but sales associates will be on hand to answer your questions.

Mailing Addresses

If you are not receiving mail from Rossmoor, your Mutual, or *The Rossmoor News*, it may be a matter of our not having your correct mailing address. Many residents, over the years, filed “Winter Address” forms with Administration and failed to specify a return date. If you did not contact us when you returned, it might be possible that we still have an alternate or winter address in our system. Please contact Resident Services manager, at 609-655-1000, to verify your address.

WARNING
Attention,
Runners, Bike
Riders
and Pedestrians
Be sure to wear
reflective gear when
out in the community
at night.

Religious Organizations

Fight the winter doldrums

By Marjorie Heyman

Fight the winter doldrums and attend Jewish congregation services to feel the warmth of spirit and to socialize afterwards at the *Oneg Shabbat* (refreshments). Enjoy the beautiful voice of Cantor Mary Feinsinger.

Services this month will be held on Friday, Feb. 14, when Jeff Albom will be the Lay Reader and Norm Perkus the Torah Reader, and on Feb. 28, when Janet Goodstein will be the Lay Reader and the Torah Reader will be Jeff Albom. Services begin at 7:15 p.m. at the Meeting House. The Congregation will sponsor both Onegs. All are welcome.

Torah Study is at 10 a.m. in the Dogwood room, led by Rabbi Lauren Levy on Saturday, Feb. 15, and Saturday, Feb. 29. Cost is \$15 per month. All welcome.

Feb.10 is *Tu B'Shevat*, or the New Year of the Trees. This minor Jewish holiday commemorates the time in Israel when the earliest blooming trees begin their awakening to bear fruit. It is celebrated by eating fruit, particularly those mentioned in the Torah: grapes, figs, pomegranates, olives, dates, and nuts, especially almonds. It is also customary to plant trees in Israel. In modern times, it is a day of ecological awareness, a Jewish Arbor Day.

March 10 marks *Purim*, but more about that in next month's column. The Congregation will celebrate this festive holiday with a party in the Ballroom on Sunday, March 8, at 1 p.m. The menu includes pizza, vegetarian lasagna, eggplant rollatini, tossed salad, Italian bread, *Haman-taschen*, coffee, tea, and soda.

In preparation for the *Purim* party Helene Gray and friends will host a *Haman-taschen*, three cornered cookie, baking event in the Ballroom kitchen on March 6.

For more information about the congregation contact Karen Seiden, vice-president of membership.



Celebrating Hanukkah were, from left, Steve Gray, Cindy Sigl, Janet Goodstein, Jeff and Marica Albom, and Helene Gray.

All are welcome at the Dance Club's Valentine Dance Party

By Judy Perkus

Wear red to the Dance Club's Valentine Dance Party on Saturday, Feb. 29. We will be in the Ballroom from 7 to 10 p.m. enjoying Eric's music. All Rossmoorites are welcome – singles and couples. In addition to the dancing and socializing, we will have sandwiches, snacks, dessert (sugar-free available), coffee, tea, and soda. Choice of one sandwich per person:

Italian sub, roast beef, turkey, or tuna salad.

Bring your Valentine, bring your friends, or come alone and meet some friends. To reserve: please send your check made out to the Rossmoor Dance Club (\$15 per paid-up member, \$17 per guest) to Armen DeVivo at 449B Roxbury Lane by Feb. 20. Send your 2020 Dance Club dues of \$15 per couple, \$7.50 per person to Armen, if you've not already done so. Call Armen at 655-2175 for more information.

Rossmoor Dance Club

February 29th Valentine

Dance Party

Name(s) _____

Address _____

Phone _____

RESERVATION DEADLINE: January 17

of PAID-UP Member(s) @\$15 per _____ = \$ _____

of Non-member(s) @\$17 per _____ = \$ _____

2020 Annual dues \$7.50 pp; \$15 per couple _____ = \$ _____

CHECK TOTAL: _____ \$ _____

Sandwich selection{s} _____

of sugar-free desserts: _____

RESERVATION DEADLINE: February 20

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

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

or leave in an envelope in the Dance Club folder in the E&R Office

Catholic Society Highlights

By Lucille Conti

On Tuesday, February 11, at 1:30 p.m., Father Paolo Fedrigoni will celebrate Holy Mass to celebrate the dedication of our Diocese to Our Lady of Guadalupe.

Council Meeting: Thursday, February 9, at 1:30 p.m. in the Meeting House Parlor.

Prayer Shawl Gatherings: Thursdays, Feb. 13 and 27, at 1:30 p.m. in the Craft Room.

Recitation of the Chaplet of Divine Mercy: February 18 in the Maple Room.

Movie: "Guadalupe: The Miracle and the Message," narrated by Jim Caviezel, will be shown on Friday, February 21, at 2:00 p.m. in the Gallery. Refreshments will be served.

The Holy Rosary will be recited on Friday, Feb. 28, at 10:00 a.m. and on every Friday thereafter, including Good Friday.

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REMEMBER OUR MEN AND WOMEN IN THE SERVICE

Community Church Calendar

- Feb. 2 Communion Church Service at 11 a.m.
Pastor ~ Rev. Robin Bacon Hoffman
Organist ~ Kevin Gunia
- Feb. 6 Women's Guild Board Meeting at 10 a.m.
- Feb. 6 Bible Study at 10:30 a.m.
- Feb. 9 Sunday Service at 11 a.m.
Pastor ~ Rev. Robin Bacon Hoffman
- Feb. 11 Finance Committee Meeting at 10 a.m.
- Feb. 13 Bible Study at 10:30 a.m.
- Feb. 16 Sunday Service at 11 a.m.
Fellowship Hour at noon
Pastor ~ Rev. Robin Bacon Hoffman
Organist ~ Kevin Gunia
Music Presentation Rossmoor Chorus
- Feb. 17 Council Meeting at 9:30 a.m.
- Feb. 20 Bible Study at 10:30 a.m.
- Feb. 23 Church Service at 11 a.m.
Pastor ~ Rev. Robin Bacon Hoffman
Organist ~ Kevin Gunia
- Feb. 26 Ash Wednesday Service at 12:30 p.m.
- Feb. 27 Bible Study at 10:30 a.m.

Church Services are in the Meeting House.
Bible Study is in the Dogwood Room.
All meetings are in the Meeting House parlor.

SPORTS

Some Croquet thoughts to get you through the winter

By John N. Craven

Croquet has been played throughout the United States for well over a century, and throughout the world even longer. Hundreds of thousands of backyard sets are sold each year, and as you read this, the odds are better than good that someone, somewhere, will be arguing over a local rule, probably with their best and future ex-best friend.

It is a game for the ages, croquet. Its popularity ebbs and flows, but once you have played, the virus lingers within the blood. With croquet today, at its top level, conceptual thought, sports ability and the capacity to survive ego-bending options makes this game one for the determined, not for those of timid heart. At Rossmoor, we lean more to the lighter, more fun side of the sport. Our Friday afternoon sessions begin with play and end with a social gathering.

Although playing ceased at the end of October, "attitude adjustment" continues every Friday at 5 p.m. in the Cedar Room. Members can bring their own refreshments and enjoy lively conversation and some great fun. It's a great way to pass the time in the winter months. The 31st season of Rossmoor Croquet will start with the opening day luncheon to be held in the Gallery on Saturday, April 25.

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

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Ladies' 18-Hole golf league is ready for golf season 2020

Ladies' 18-Hole Golf League 2020 membership form

Please return the membership form by
April 1, 2020, or earlier.

Membership fee: ____ \$75.00

Prospective members, please enclose a current USGA handicap card or five Rossmoor scorecards attested by a league member and your check in the above amount. (Maximum handicap – 40)

Name: _____

Address: _____

Phone: _____ #: : _____

Email Address: _____

Please make checks payable to:
"Rossmoor Ladies' 18-hole Golf League." Send check with membership form to: Arlene P. McBride, 352A Old Nassau Road, Monroe Township, NJ 08831, OR place the check with membership form in the Ladies 18-Hole box in the Pro shop.

By Arlene McBride

I hope everyone had a healthy start to the new year of 2020. You may not be thinking of golf as yet, but as of this writing the weather hasn't been too wintry. There are those golfers who can play on a cold windy afternoon as long as the snow hasn't invaded the course.

If anyone is interested in joining a ladies' 18-hole golf league in the spring, we welcome you. We have very competitive tournaments and just plain fun. Attached to this article is a membership form.

So for the month of February, happy Valentine's Day.



MAINTENANCE DEPARTMENT

By Dave Salter

Some helpful information you might want to cut out and save

Emergency service

There's a Maintenance man on call 24 hours a day, seven days a week including holidays, for emergencies. If our office is closed, just call the North Gate 609 655-7586 and they will call the man on duty. Please note there's a \$75 charge for emergency service, so it's better to wait until the next business day if you possibly can.

Recycling

Please collapse all cardboard boxes before putting them in the dumpster. They take up a lot of space causing the dumpsters to overflow. Please no plastic bags in the recycling bin. Just toss your bottles and cans and take the plastic bags to the supermarket to recycle.

Disposal of hazardous waste items

You may call the Middlesex County Division of Solid Waste at 732-745-4170 to get the location of the nearest drop-off area to you or go to the website www.co.middlesex.nj.us/planningboard/solidwaste.asp for information.

For leftover paint, pour it all into one can and leave the empty cans to dry out. When dry, place the empty cans in the regular garbage dumpster, not in the recycle bin. Paint cans are NOT recyclable. The paint itself can be disposed of at a special Middlesex County paint drop-off area.

General info

We have an electrician, plumber, and carpenter on staff to handle routine household repairs. When you call, we'll ask some questions to help us get it done right and done quickly the first time. We have a 30-day warranty on our labor. New residents should call for a free home orientation. Give us a try!

Reminder: Please make sure outside faucets are shut off and hoses are disconnected.

Specials for material only: 10% discount on Symmons valve, bathroom and kitchen faucets.

A Message from High Tech Landscapes, Inc.

By Jeff Voss

- Please call the East Gate phone and leave a message with any questions or concerns. 609 655-5134.
- Winter pruning will continue throughout the winter.
- Please remember to put any debris at the curb on Sunday night for us to pick up on Monday morning.
- Damaged turf will be fixed in the spring.
- Please tune to Channel 26 for any updates.

HEALTH CARE CENTER NEWS

The ABCs of Hepatitis

By Kaytie Olshefski, BSN, RN-BC

This past October, the news reported that a ShopRite employee in Somerville, N.J., who worked at the deli counter, was diagnosed with Hepatitis A. Customers who purchased lunch meat there between Oct.13 and Oct. 30 were advised to throw it out because the employee had unknowingly spread the virus to the customers who came in contact with him. On television there are commercials targeted specifically to baby boomers to talk to their doctor about Hepatitis C.

So, what is hepatitis all about? By definition, hepatitis is an inflammation of the liver. The liver is about the size of a football and sits under the right side of the rib cage. The primary function of the liver is for digestion and eliminating toxic substances from the body. A healthy liver is the only organ in the body that is able to regenerate itself.

When the liver is inflamed, it cannot function properly. The most common cause of hepatitis is a viral infection. Medications, alcohol, illicit drug substances, toxins, and autoimmune

diseases can cause hepatitis. Hepatitis is divided into five main categories, A, B, C, D, and E. Each of these viruses has a different mode of transmission but they all cause liver disease.

Here is some understanding of the three most common types of hepatitis - A, B, and C.

- Hepatitis A is a highly contagious virus and is easily spread from person to person. It is typically spread by ingesting food or drink contaminated with fecal matter or coming in contact with a contaminated object from an infected person who has poor hand hygiene after using the bathroom. It is typically spread from one person to another in the home, or in a child/adult day care center, store, or restaurant. It is commonly found in countries with poor sanitation or poor personal hygiene. In the United States, water is chlorinated to kill hepatitis A virus. Hepatitis A is usually a short-term illness lasting several weeks, and patients recover fully. Some people are carriers and do not exhibit symptoms but they are still able to transmit the virus to

others. Symptoms can range from mild to severe liver damage. Mild symptoms include fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, clay colored stools and jaundice, which is yellowing of the skin and/or eyes.

- Treatments for hepatitis A include bed rest, adequate nutrition, hydration and following the instructions of your physician. Hepatitis A is preventable with a vaccine consisting of two injections, six months apart.
- Hepatitis B is spread through contact with blood or other body fluids of an infected person. Contact can be through breaks in the skin as in a cut or sore. It is also spread by having contact with infected blood/body fluid on an object such as a razor or toothbrush. It can also be spread through unprotected sex, intravenous drug abuse/sharing needles, accidental needle sticks on the job, blood transfusions before 1992, hemodialysis, tattooing, and body piercing from an infected person. A newborn can become infected when in contact with the mother's blood and body fluids at

birth. The symptoms of an acute illness are loss of appetite, tiredness, vomiting and diarrhea, jaundice of the skin/eyes, and painful muscles, joints, and stomach. Hepatitis B can develop into a chronic infection. When it develops into a chronic infection, there is a risk of developing irreversible scarring of the liver causing cirrhosis, liver failure, and/or liver cancer. Hepatitis B is treated with antiviral medication. There is a three-part series vaccine available to prevent Hepatitis B.

- Hepatitis C. The CDC recommends that baby boomers born 1945-1965 be tested for Hepatitis C. Why is this generation being advised to be tested for hepatitis C? Through studies and research, the baby boomer generation became infected when the transmission rate for hepatitis C was at the highest level. Hepatitis C is spread by shared needles among intravenous drug abusers, by blood transfusions prior to 1992, hemodialysis, and by needle sticks from an infected person. Other possible reasons for the baby boomers being infected include the use of infected medical equipment or procedures before universal precautions and infection control policies went into effect. The acute

stage may develop into chronic infection leading to development of cirrhosis, liver failure, and liver cancer. Some common symptoms are similar to hepatitis B: the loss of appetite, tiredness, vomiting and diarrhea, jaundice of the skin/eyes, and painful muscles, joints, and stomach. There is no vaccine for hepatitis C. Treatment starts with antiviral medication. Hepatitis C is the number one reason for a liver transplant.

Your physician diagnoses hepatitis with a history and a physical. Lab work is ordered, particularly a panel to evaluate the efficiency of liver function. Other diagnostic tests include an ultrasound of the liver and perhaps a liver biopsy.

If you develop any of these symptoms see your doctor and let him/her do a work up to rule out hepatitis. If the results come back positive, let your doctor identify which type of hepatitis it is so the correct treatment can be started.

Please note, there will be no health lecture in February as in past years, the weather in February is quite dangerous with snow and ice on the ground. Our March lecture in Saint Peter's lecture series will be on "Anemia" by Lynne Manley, Coordinator of Bloodless Medicine and Surgery.



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2019 Accolades for Monroe’s bravest

By Mike Daley

The year 2019 was one of the busiest years for Monroe Fire District #3, responding to over 1,600 incidents for the year. Additionally, this past year saw multiple members from the department receive awards for distinguished lifesaving efforts and actions throughout the year. In October, six members of the Fire District received the Valor Award from the Burn Center at Saint Barnabas, which honors firefighters for heroic actions that result in saving lives in the line of duty. In December, 10 members of the Fire District were awarded the Holmatro Gold Pin Award from the Holmatro Rescue Group, which is an award that is presented to firefighters and rescuers who perform lifesaving actions at extrication scenes.

While the actions of the members of our Fire District were moments in time for most, these results are the product of preparation and opportunity. The brave members of Monroe Township

Fire District #3 continue to prepare each and every day to provide the highest level of service possible to the members of our community, whenever that opportunity may arise.

For more information, visit www.rwjbh.org.

BEST WISHES for a safe 2020 from Monroe Township’s bravest!

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Accolades for Monroe’s Bravest!!

The Princeton Symphony Orchestra Chamber Music Series

Music from China

Hear traditional Chinese music as performed on an erhu, a two-string bowed instrument, a pipa, a four-string plucked instrument, and a zheng, a type of zither with a more than 2,500-year history.

The performers will be Wang Guowei, erhu; Sun Li, pipa; Wang Junling, zheng.

The event will be held on Feb. 10, 1 to 2 p.m. at the

Monroe Township Public Library, 4 Municipal Plaza, Monroe Twp.

Admission is free.

The event is sponsored by the Monroe Township Cultural Arts Commission, chaired by Maria C. Naumik, with support from Mayor Gerald W. Tamburro and the Township Council and the Monroe Township Patrons of the Arts, Inc.

January 2020 Calendar of Events for Monroe Township Public Library

All events are open to the public.

To register online: www.monroetwplibrary.org

Book Café

Wednesday, February 5. Session 1 at 11 a.m. and Session 2 at 1 p.m. Discuss books that you have read. Light refreshments will be served. Space is limited. Register at the Welcome Desk.

Socrates Café

Wednesday, February 5 at 7 p.m. Socrates Café are gatherings around the world where people from different backgrounds get together and exchange thoughtful ideas and experiences while embracing the central theme of Socratizing; the idea that we learn more when we ask questions along with others. Join us and pose questions, listen to others, raise challenges and consider other alternatives. Register at the Welcome Desk.

Sewing Class: Pillow Cases

Thursday, February 6 from 6 to 8 p.m. and Monday, February 10 from 3 to 5 p.m. Learn to sew pillowcases. Class is 2 hours. Students must take the Meet Your

Sewing Machine class or have prior sewing machine knowledge to take this class. Ages 18 and over. Registration is required. Register at the Reference Desk or www.monroetwplibrary.org, beginning Tuesday, January 7 at 9:30 a.m.

Sit-N-Stitch

Fridays, February 7 and 21 at 10:30 a.m.

Socialize with needleworkers of all types and skill levels. Assist others, share tips, projects and patterns. Bring your own supplies. Registration is not required.

Poets Corner

Friday, February 7 at 11 a.m. A workshop and reading group for all ages. Please bring 12 copies of your work. Registration is not required.

Friday Afternoon Movies

Fridays, February 7 and 21 at 2 p.m. February 7: Set in late 1968 and early 1969, Judy Garland hustles in Swinging London after successfully securing an engagement in Talk of the Town. Behind the scenes, her tumultuous life continues

on, battling with her manager and her ex-husband. Rated PG-13, 118 Minutes

February 21: Young Theo inadvertently steals a noteworthy piece of art in the aftermath of an explosion at the Metropolitan Museum of Art that kills his mother. He later crosses paths with the unruly Boris, and the pair finds their lives linked to the painting. Rated R, 149 Minutes

Movies are free. Registration is not required.

Short Story Discussion Group

Wednesday, February 12 at 11 a.m. Join us for a discussion about “Good with Boys” by Kristen Iskandrian in Best American Short Stories and “Why Were They Throwing Bricks?” by Jenny Zhang in O. Henry Prize Stories. Register at the Welcome Desk.

“Ethics of Living Jim Crow” Live Performance

Friday, February 14 at 2 p.m. Reginald C. Brown brings the stories of Jim Crow to life, exposing the oppression, determination and resiliency of African Americans in an adaptation of Uncle Tom’s Children by Richard Wright.

Music Documentary “Amazing Grace”

Sunday, February 16 at 2 p.m. Aretha Franklin, The Queen of Soul, records her live best-selling gospel album “Amazing Grace” in 1972. Rated G, 2 hours Registration is not required.

Coffee and a Book

Tuesday, February 18 at 10:30 a.m. Read and discuss Another Brooklyn by Jacqueline Woodson. Register and reserve your copy at the Welcome Desk.

Tech Express

Tuesday, February 18 from 2 p.m. to 3 p.m. Drop-in with your electronic device to get personalized help from a Librarian. Bring your charged and registered device and necessary passwords. Registration is not required. First come, first served.

(Continued on page 23)

Recycle information from Waste Management

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

TRANSPORTATION TIDBITS

Important phone numbers:

Rossmoor Bus609-655-4401
Hours 10:00 -11:00 a.m. and 2:30 p.m.- 4:00 p.m.

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

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

St. Peter’s University Hospital
On Time Transportation 1-800-858-8463

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

Rossmoor Resident Telephone Directory

CHANGES & DELETIONS ONLY

*Please mail or bring this form to the Rossmoor Community Association, Inc., Village Center
128 Sussex Way, Monroe Twp., NJ 08831
with any changes or deletions to your name, address or telephone listing.*

Information as it now appears:

NAME: _____
ADDRESS: _____
PHONE: _____

Changes for the 2020 edition:

NAME: _____
ADDRESS: _____
(1)PHONE OR (1)CELL: _____

****All Changes must be received by July 17, 2020****

If your name, address and/or telephone/cell number is in the 2019 edition correctly, it is not necessary for you to complete this form.

Classified Advertising

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

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

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Miscellaneous/ Services

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

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

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

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

COMPUTER REPAIR - RJF Sales Company LLC. Is your computer running slow? It may need a tune-up. Desktop and laptop repair in your home. Custom built computers. Virus removal and protection. Monroe resident with over 20 years of computer experience. Free USB backup up to 32GB. (732) 723-9537 or (732) 967-3400. Please leave message, all calls returned same day.

Tax Preparation/ Services

GREGORY TAX SERVICE – In-home appointments. 30+ years experience. Fully trained on tax law changes. Reasonable fees. Concordia resident. Jim Gregory (732) 236-4498.

PERSONALIZED IN HOME TAX PREPARATION. Reasonable rates. Rebecca Bergknoff, CPA (732) 718-4359.

MICHAEL STILLER-MBA – 41 years experience. Reliable, reasonable, knowledgeable. Home appointments. (732) 718-9050.

Wanted to Buy

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

Help & Health Services

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

CARING AND EXPERIENCED with strong interpersonal skills with knowledge of senior care. Nine years assisting an elderly couple in their home. All aspects of care. Available immediately. Former social worker and first responder. References upon request. (732) 735-4442.

ELDER CARE – Retired nurse practitioner available for elder care in your home. Pleasant, responsible, mature and empathetic. Services include companionship, personal care, appointments, errands, laundry, local trips. I look forward to meeting you to discuss your needs. Contact Alice (609) 206-3080.

COMPANION/DRIVER – Compassionate, experienced Rossmoorite happy to assist. Judy (609) 655-1026.

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.

House Cleaning

SANDRA'S PERSONAL HOUSE CLEANING – Working 25years in Rossmoor. References available. Call Sandra (609) 529-6209.

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

Keep these contaminants OUT of your recycling bin:

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

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

LWV MT urges all to participate in the count

By G. Moore
April 1, Census Day, is but a short time away. In a few weeks, households in Monroe and across the nation will receive invitations to complete the 2020 Census Questionnaire. Most households, about 95%, will receive their invitations by mail in March. Special procedures are in place for those who are not easily reached by mail or groups not living as part of a household.

While an on-line response is preferred, the invitation to participate in the census will offer the option of responding to the questionnaire on-line, by mail, or by phone. Some households in areas that are less likely to respond online will receive a paper questionnaire with their invitations.

Monroe Township has a history of strong participation in the census. The League of Women Voters urges all to continue that strong performance, utilizing the response method with which you are most comfortable, to complete the 2020 questionnaire. Ensure that your household is counted. The Census Bureau will send several reminders throughout March and April if you have not responded, before following up in person.

Attempting to count the U.S. population, estimated at almost 330 million in 2018, is a huge and costly operation. The projected cost for the 2020 Census is \$15.6 billion. More than half a million people will be involved in some facet of the data collection process.

The census data collected, however, is extremely important for many reasons that impact our lives. It is used to determine how many representatives each state gets in Congress. Population shifts documented in the census may result in the loss or gain of seats in the House of Rep-

resentatives. Election district boundaries are drawn based on census counts.

At the state and local levels, census data drives planning to meet the need for services like schools, emergency services, and roads. Future housing and public transportation planning consider population data from the census. Some federal funds, approximately \$675 billion annually, are distributed to states based on census data. Census miscounts can be costly and the opportunity to correct comes but once a decade.

Federal law requires that your responses to the census questionnaire be kept confidential and not released in any way that could identify you. Nor is your information to be shared with law enforcement agencies or used to determine eligibility for government benefits.

Again, we urge you, get in the count!

The League of Women Voters of Monroe Township is a nonpartisan political membership organization whose goal is to empower citizens to shape better communities. We invite you to attend our general meeting, which is open to the public on Feb. 24 at 1 p.m. in Monroe's Municipal Courtroom. Visit our website, lwvmonroetwpnj.org, to learn more about us.

Sing with the Monroe Township Chorus

A tribute to the Armed Forces featuring the music of Rogers & Hammerstein

By Micki Meyer
If you are a soprano, alto, tenor or bass and would like to join the Monroe Township Chorus, we sing four-part harmony and rehearse at the Monroe Township Senior Center, at 12 Halsey Reed Rd., on Tuesday mornings from 9 to 11:30 a.m.

You do not need to be a senior citizen to participate; everyone is welcome. Come join the fun and camaraderie of a wonderful group of men and women and share "The Gift of Song."

For more information contact Sheila Werfel, director at 609-619-3229.

We don't sing because we're happy — we're happy because we sing!

Monroe Library

(Continued from page 22)
Black History Month Film
Friday, February 28 at 2 p.m. 11-year-old Akeelah of South Los Angeles has a talent for spelling, which she hopes will take her to the National Spelling Bee. Rated PG, 1 hour, 52 min Registration is not required.

Artist Reception
Sunday, February 9 from 2p.m. to 4p.m.

Closings
The Library will be closed on Monday, February 17 for Presidents Day.

CLASSIFIED AD COUPON

Check those publications that apply:

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

☐ Check here for all seven publications

Classified deadline: Ads must be received by the 14th of the month preceding publication month
Princeton Editorial Services, Inc.

P.O. Box 70, Millstone Twp., NJ 08510
RATES

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

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

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

No classifieds accepted by phone or email.

- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.
- State category/heading, ie., "For Rent", "For Sale", "Help Wanted." You will not be charged for the heading
- One check or money order must accompany insert.
- MADE PAYABLE TO PRINCETON EDITORIAL SERVICES, INC.**
- Phone number or address which appears in ad must appear on check or money order to ensure proper credit.

Name _____

Tel. # _____

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

PLEASE PRINT YOUR AD ON 8.5 X 11" PAPER

Rossmoor Community Association, Inc.

Snow Policy and Procedure



POLICY

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

PROCEDURE

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

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

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

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

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

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

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

**COMMUNICATION
Fire/Police/First Aid
Emergencies 911**

Upon notification of a pending fire, police or first aid emergency requiring emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access prior to or simultaneous with emergency personnel arrival. In those instances where there is no notification in advance, upon learning of the emergency and/or arrival of emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access.

**Snow Removal Operations
Concerns**

Maintenance Office
655-2121
Monday – Friday
8:30 a.m. – 12:00 noon
and 1:00 p.m. – 5:00 p.m.
North Gate 655-1868
After hours/evenings/
weekends
North Gate personnel may take messages for supervisory staff on site during a winter storm and snow/ice removal operations. Residents are responsible to leave accurate and pertinent information.

**Snow Removal Operations
Updates/Cancellations/Bus
Service**

Channel 26
Reasonable efforts will be made to keep residents informed during a snow emergency, but it may not always be possible.

**RESIDENTS'
RESPONSIBILITY**

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

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

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

It is incumbent upon each resident to be attentive to the surroundings and exercise extra care for their safety

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

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

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

PRIORITIES

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

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

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

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

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

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

The following 26 main and secondary streets are cleared continuously after an accumulation of two or more inches or as required by RCAI management: Stonaker Road (South Gate to Prospect Plains Road)		
Gloucester Way	Sharon Way	Troy Way
Mayflower Way	Sheldon Way	Victoria Court
Mt. Vernon Road	Spencer Way	Waverly Way
New Haven Way	Springfield Way	Windsor Way
Newport Way	Sussex Way	Yale Way
Old Nassau Road	Sutton Way	Yarborough Way
Providence Way	Terry Lane	Yardley Way
Revere Way	Thurman Lane	
Rossmoor Drive	Tilton Way	
The following 51 carport lanes are cleared when the snowfall ceases:		
Amherst Lane	Mystic Lane	Roxbury Lane
Bradford Lane	Nantucket Lane	Salem Lane
Concord Lane	Narragansett Lane	Sanford Lane
Dorset Lane	Nautilus Court	Somerset Lane
Emerson Lane	New Bedford Lane	Stockton Lane
Fairfield Lane	Northfield Lane	Stowe Lane
Glenwood Lane	Norwich Lane	Stratford Lane
Greenfield Lane	Onset Lane	Sturbridge Lane
Hanover Lane	Orrington Lane	Sudbury Lane
Lowell Lane	Oxford Lane	Sunset Circle
Madison Lane	Pelham Lane	Thornton Lane
Malden Lane	Plymouth Lane	Westfield Lane
Manchester Lane	Portland Lane	Westport Lane
Marblehead Lane	Prescott Lane	Winchester Lane
Meeting House Lane	Putney Lane	Wingate Court
Middlebury Lane	Redding Lane	Yorkshire Lane
Milford Lane	Rockport Lane	Yorktown Lane