



As Susan Kassack stepped onto the Village Mall just after a 7:20 a.m. sunrise on Dec. 27, the sky suddenly lit up the treetops and illuminated the steeple on the Meeting House. That day also happened to be Susan’s birthday and the spectacular light show was “a most delightful surprise” for her on that special day. Photo by Susan Kassack

## Viruses—the Computer kind

By Steven Gray

With the onset of the Omicron variant as of this writing (early January), I felt it was only proper to talk about viruses, the computer kind and

what to watch for.

I have recently been told that my PayPal account is either frozen or on hold and all I have to do is click on a link and supply information to

remove that freeze or hold. I have been told that at least five times a day for the past few months – all from different email addresses, none of which was PayPal. So naturally, clicking on the link is something I would do – **NOT**.

One of the best ones I saw was to alert me that I recently purchased something from Hammacher Schlemmer through PayPal and to click a link if I did not do so. It had an excellent imitation of the PayPal logo, the Hammacher Schlemmer information right down to the order number and gave a shipping address in Perth Amboy (a

(Continued on page 5)

## Fire Department District 3 Election

By Fire Commissioner Joe Haff

On Feb.19, the Monroe Township Fire Departments will hold their elections for 2022. With the latest directions from the State of New Jersey taking effect, most of the voting will be by mail-in ballot. In the past, District #3, which serves the central section of the township, had vot-

ing locations at the senior communities located in the district. With the new voting being done by mail, the only location for on-site voting will be at the fire station at 16 Centre Drive.

Voters will be asked to approve the 2022 budget and to vote for one commissioner

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The Chorus performs at the Christmas/Hanukkah concert

## Warm clothing drive was an awesome success

By Alyce Owens

It’s really hard to believe that each year we can accumulate — or perhaps finally give in and part with — such an abundance of warm clothing for the needy. But we did it again! Despite the fact that the Big Red collection box once again had to be placed outside this year because of COVID-related public building closures, an awesome amount of clothing was donated and the Community Church extends its sincere thanks to all Rossmoor residents who participated.

Sal Gurriero and Greg Policastro faithfully monitored the box each day, and every day it was stacked high. Some days plastic bags of clothing overflowed out onto the Fitness Center en-

trance patio before they arrived to collect them. The donation of hundreds of bags of clothing were accumulated and held in their garage before being delivered to their final destinations: Your Grandmother’s Cupboard in Toms River, St. Peter’s Church in Spotswood, and St. George’s Church in Freehold.

It was an amazing sight! It took three trips, each time with the car filled to capacity — with barely enough space left to see and drive safely — to deliver everything to the sites for distribution. Your Grandmother’s Cupboard received the majority of the items. This non-profit organization year-round provides free clothing, shoes, toilet-

(Continued on page 3)

## The Woodshop has a new head monitor

By Lex Monaco

Welcome John Oleksak as the new head monitor of the woodshop. John is following in the footsteps of the long-time and talented head monitor Beryl Levitt. (Visit the woodworking display cabinet to see some of Beryl’s work.)

John has been a woodworker since he was first introduced to woodworking at the age of nine at Lenox Hill Neighborhood Association in Manhattan. His first project was a shoeshine box that he used successfully to shine shoes in various locations on First Avenue

John, a retired electrical engineer, continued his love of woodworking throughout his working career and into retirement. A ten-year resident of Rossmoor, John has served as a monitor for over eight years. During that period, he built a number of blanket chests of different



John Oleksak

styles, jewelry boxes, chess sets, boxes, and more. His family reaps the benefits of his labors. You can often see him in the woodshop researching new projects and techniques.

As head monitor, John enjoys the interaction with the other woodworkers, assisting and providing guidance as

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# at the governors' meeting

The meeting was called to order at 9:00 a.m., Thursday January 20, 2022, by President Dan Jolly.

Mr. Jolly announced a change in the agenda, he would present the Action Item Employee Awards now rather than the end of the meeting. Mr. Jolly read a short bio of each service award recipient and presented each with a gift card. He ended the presentation with a sparkling cider toast to all three recipients, Jason Sak – 10 years, Jesus Maldonado – 20 years and finally Sebrena Jinks – 40 years of service to Rossmoor.

Mr. Jolly announced that free at-home Covid tests are available at [www.cms.gov](http://www.cms.gov).

Mr. Jolly asked Mr. Frank Waltzer to explain a proposal he presented to the Executive committee. Mr. Waltzer explained his proposal for an Ad-Hoc committee to investigate the human, financial and governmental aspects of the August 22, 2021, tropical Storm Henri flooding in Rossmoor. Mr. Jolly stated his desire to form the committee. He appointed Mr. Waltzer the chairman of the Ad-Hoc committee along with two owners, Mr. Paul Pittari and Mutual 10 Director, Judith Sforza.

**Treasurer's Report:** Gerald McQuade, Treasurer, was absent therefore President Dan Jolly reported a \$195,126.57 surplus as of November 30, 2021.

**Management Report:** General Manager Tom Curry presented the Management Report and discussed recent actions pertaining to the August 2021 flood.

## New Business:

**Ratification of Email vote closing indoor amenities:** A ratification of a December

29/30<sup>th</sup> email vote to close indoor amenities for two weeks in response to COVID-19. RCAI Secretary, Robert Gleason read the resolution. Barbara Boyer, Mutual 11 made the motion to ratify the electronic vote. Barbara Brumberg, Mutual 9 seconded. The vote was ratified 17 - yes, 1 - absent.

**Authorization to install a shelter at the tennis courts:** Mr. Gleason, read the resolution. Whereas, the RCAI Board of Governors approved the cost for FWH to draft specifications for a shelter at the Tennis court; and whereas after reviewing the four sealed bids, it is the recommendation of the Executive Committee to award the contract for the Tennis Court shelter to Amore Homes. Now therefore be it resolved, that the installation of a shelter, at the Tennis Court at a cost not to exceed \$31,590 is authorized and shall be charged to the RCAI Capital Improvement Fund 4150, Paulette Mascia made a motion to approve, James Murphy seconded. The motion passed 16-1.

**Ratification of Email vote closing indoor amenities:** A second ratification of a January 11/12<sup>th</sup> email vote to close indoor amenities for one week in response to COVID-19. RCAI Secretary, Robert Gleason read the resolution. Paulette Mascia, Mutual 1, made the motion to ratify the electronic vote. Sal Gurriero, Mutual 12 seconded. The motion passed 17 - yes, 1 - absent.

**Independent Club and Organization Insurance Requirement** Mr. Gleason read the resolution. Whereas, Resolution 07-75 required all independent

clubs/organizations to provide a certificate of insurance evidencing general liability insurance in the amount of \$500,000 combined single limit and naming RCAI as an additional insured party. Whereas, the association's insurance broker Allen and Stults is recommending the amount of insurance be raised to a minimum of \$1,000,000.00 based on increases legal defense costs and increases in payments for damages/liability since resolution 07-75 was approved 14 years ago in 2008. Some questions followed, motion to approve Paulette Mascia, second James Murphy motion passed 17-0.

## Directors' Comments:

- Dennis Haggarty, President of Mutual 2, motioned to allow snacks, drinks, card and board game playing at the outdoor pool. The motion was seconded by Paulette Mascia, Mutual 1. The board voted and the motion passed; 16 - yes, 1 - no and 1 - absent.
- Sal Gurriero made a motion to install a sun shelter similar to the tennis and pickle ball shelters at the Bocce courts. The motion was seconded by Paulette Mascia, Mutual 1. The Board voted and the motion passed; 17 - yes, and 1 - absent.
- Barbara Boyer standing in for Mutual 11 President, Dolores Grieff motioned to keep all indoor amenities closed until February 1, 2022. Paulette Mascia, Mutual 1, seconded. The board voted and the motion passed; 16 - yes, 1 - no and 1 - absent.

## Residents Comments:

- Several residents voiced concerns regarding the north gate guard's telephone responsiveness. Much discussion followed.
- Discussion was raised con-

(Continued on page 7)

## Bits & Pieces

By Sue Ortiz

Days go by when I don't receive any mail. Then I find a ton of it in my mailbox. Was the letter carrier lazy for three or four days and thought, "I'd better give her something, or she'll start complaining?" I don't think so; I see my carrier come up my front steps and open my mailbox. I hear a beep, and then he leaves my property, but no mail. My mailbox has a barcode sticker under the lid, and I found that it needs to be scanned by the carrier each day to keep track of his progress, just like a security guard's nightly checkpoints.

But sometimes no mail is good mail.

I cringe when I find a pile, or even one, of those dreaded white #10 envelopes in my daily mail. Usually, they do not contain anything useful. Bills, or "Williams" as I call the larger ones, like the cable statement, arrive in those ubiquitous white envelopes. Even though I expect them, know when payments are due, and am ready to pay them, I still get that sinking feeling in my gut when I open my mailbox and they attack me like a blast of cold air on a winter's day.

Some of those dreaded #10s come at the worst times. Attorneys' letters seem to always arrive late on Friday afternoons. They are always complicated, and will require a call to said attorney to make sense of all the gobble-de-gook, but, by the time my mail is brought in, sorted, and opened, the office is closed. Anxiety hits like a brick, because, now, the call will have to wait until Monday. Tuesday, if it's a holiday weekend. By then, the attorney will be in court, because, well, he has other clients, too. You are told he will call you back, possibly on Tuesday. So now you have to wait some more. All because of a 4-1/8 by 9-1/2 inches-long folded and gummed piece of paper.

**Insurance EOBs** (explanations of benefits) come in cheap white #10s, too. These statements are written in code, it seems. All that mumbo jumbo might make you think you'll need a lawyer to comprehend them, but forget about asking one, because, well, see above.

Credit card offers usually come in white envelopes with "You're pre-approved!

0% interest for one year! No fees! 5% cash back on purchases!" emblazoned in red, blue, gold, and silver. Ignore these temptations, because more of those aforementioned "Williams" will be coming to a mailbox near you. In white #10 envelopes.

Remember chain letters? *Mail 10 copies of this letter to keep good luck coming your way.* Some even asked you to send a dollar or something else, like a paperback book, to one or more friends. Do this and you will get thousands of dollars (or books) within a week. Yeah right. It was only good luck for the envelope companies. I tried it once, and didn't receive anything for my efforts! Fortunately, I haven't gotten a chain letter in years. (They are on Facebook, now. Just keep scrolling.)

On the other hand, white envelopes are fine when they contain cards from friends and family sending birthday wishes or holiday greetings. Those envelopes are commonly large, small, long, or square and are usually addressed by hand. Easy to spot, so open them first. They might even contain a gift card or check.

Setting aside #10s, thinking all of them as "evil," though, might leave a rebate check or payment for a job well done to go unnoticed. So, I guess we have to open them, every stinkin' one of 'em, whether we like it or not, on the off-chance that one might hold a treasure, such as a hand-written letter from a long-lost friend or relative. Or, maybe, a love letter. Ooh, now isn't that a lovely thought.

## B&P

"I believe in opening mail once a month, whether it needs it or not." – Bob Considine (Journalist, 1906 - 1975)

"I get mail; therefore I am." – Scott Adams (American cartoonist, b. 1957)

"Alongside my 'no email' policy, I resolve to make better use of the wonderful Royal Mail, and send letters and postcards to people. There is a huge pleasure in writing a letter, putting it in an envelope and sticking the stamp on it. And huge pleasure in receiving real letters, too." – Tom Hodgkinson (British author, b. 1968)

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



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

## Editorial Assistants

Alex Monaco  
Linda Monaco

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

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

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

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## Open RCAI Meetings in February

**RCAI Board of Governors Meeting  
Thursday, February 17 - 9:00 a.m.**

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Please watch Channel 26 for any changes or cancellations.



## Giving the gift of life

By Anne Rotholz

In 1998, the United States Department of Health and Human Services designated Feb. 14 as National Donor Day. It is no coincidence that this day also marks the celebration of Valentine's Day. National Donor Day is meant to "raise awareness of organ, eye, tissue, marrow, platelets and blood donation."

Organ donation is a process by which a person allows an organ to be taken from one's body and transplanted into the body of someone else. This is done legally with the person giving consent while still alive or with consent of next of kin after death.

While the history of human transplant goes back several centuries, organ donation as we know it today is relatively new. Accounts of limb transplants in early centuries are just stories and do not represent factual events.

The earliest transplant on

record, a skin graft to replace a nose, goes back to 600 B.C. and was done by the famous Indian surgeon Sushruta. Centuries later in 1596 an Italian surgeon, Gasparo Tagliacozzi, did a successful skin graft. In 1905 the first successful human cornea transplant was done by Edward Zirm in the Czech Republic.

In more recent times organ transplant got a big boost when, on Dec. 23, 1954, Dr. Joseph Murray and Dr. David Hume performed a successful kidney transplant on an identical twin at Brigham Hospital in Boston. This was followed in 1962 by a successful kidney transplant from a deceased donor. It was done by the same doctors at that hospital.

The same decade brought successful transplants of lung, pancreas, kidney, liver and heart. The most famous of these "firsts" was the successful heart transplant by

Dr. Christian Bernard in Cape Town in 1967.

As organ transplant became more successful and more popular, the need for some kind of regulation became apparent. In 1968, The Uniform Anatomical Gift Act set up the Uniform Donor Card as a legal document for anyone 18 years or older to legally donate organs at death.

In 1984 The National Organ Transplant Act established a nationwide computer registry. Two networks were set up to operate the registry. The Organ Procurement and Transplantation Network would find suitable deceased donors and collect donated organs. The United Network for Organ Sharing would allocate organs in a fair manner.

The National Organ Transplant Act made it illegal to buy or sell organs in the United States. While some countries passed similar laws, payment for organs became legal and was encouraged in other countries.

Consequently, a large black market for human organs, mostly kidneys, came into being especially in some of the poorer countries, and trafficking in organs became commonplace. One report indicated that 40% of the residents in some villages in Pakistan have only one kidney, having sold the other for \$2,500 with the middleman getting half of the payment. Needless to say, the surgeries involved were probably not done under ideal circumstances.

"Transplant tourism" has also become a reality in our time. Patients (including many U.S. and Japanese citizens) go to countries such as China to get transplants at a much lower cost. China's transplant history came under scrutiny when it was found they used organs harvested from executed prisoners. China promised to end that practice in 2007.

Because of the pandemic, some organ donations decreased in the last two years. Statistics for 2019, however, show that it was a record year for organ donation in the U.S. Here are some of the numbers:

Any resident interested in woodworking may apply for membership in the shop, which requires an orientation to the machines and signing of a waiver. Only members are allowed to use the tools, but any resident who needs assistance is welcome. When the Clubhouse is open, the Woodshop is normally open Monday through Friday from 9 a.m. to 3 p.m. with a monitor available. Check Channel 26 for any changes.

## Election

(Continued from page 1)

with a three-year term. This past year, one of our commissioners, Jim Fisher, became seriously ill and had to resign.

In the interim, I selected Ray Bridy to take over the position for the remainder of the term. Ray, who also happens to be our golf professional, has done an excellent job and will be our selection to run for this position. Ray was selected due to his living in Rossmoor and his being a long-time resident of Monroe.

## Head monitor

(Continued from page 1)

necessary and sharing techniques with the other talented members of the shop. He is responsible for vetting new members and coordinating the coverage of monitors for the workshop hours. He says one of the critical issues is that all monitors are responsible for the safety of anyone in the shop, so be aware and follow the monitors.

## Warm clothing

(Continued from page 1)

ries, food, and other necessities to the hungry and homeless, storm and accident victims, and others in severe need throughout New Jersey. Surely this warm clothing will be of special value this year when many are no doubt suffering from COVID as well as in desperate need.

The Community Church

Benevolence Committee sincerely thanks all residents who contributed to this very important outreach. This is truly God's love at work. And you can be assured that the folks who received your warm clothing donations know that someone loves and cares about them, which should warm your heart as well. The Community Church wishes all a happy, healthy year ahead.

## Our Website

Go to rcainj.com to access the Rossmoor website.

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

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## Potatoes and Tomatoes – relatives but not usually seen together except on a plate

By Linda Bozowski

You might consider yourself fortunate if you learn something new each day. Early in November, I met with a neighbor named Chuni Begum, who gave me some information about members of the nightshade family of plants. Among those plants are the deadly nightshade, eggplants, peppers, nicotine, petunias, potatoes and tomatoes. Many of the plants in this genus are dangerous and some are deadly, but others are delicious plants that we use as foods.

Some of these plants grow above ground and others produce their fruits below the soil – think eggplants, peppers and tomatoes as top-side fruits and potatoes as underground cousins. Could these plants, related in some obscure (to me) way become joined, and what might be the outcome? This is where botanist Chuni enters this narrative.

A Rossmoor resident since 2018, Chuni and her husband, Ahmad, share three grown children and four grandchildren. Chuni hails from Bangladesh, where she studied botany as an undergraduate and as a master's degree student. She came to the U.S. in 1999 as a professor at Thomas Nelson Community College in Virginia. She has also lived and taught in Florida and London.

As a curious scientist, Chuni decided to try a curious experiment – the joining of a tomato

plant to a potato plant. Ever the scientist, she began with a potato plant grown from a piece of potato that had an "eye." She planted the potato segment in a flower pot and after a few weeks it began to sprout and grow its upper branches. Not having any tomato plants on hand, she went to a garden store and purchased a young tomato plant and removed a little branch from that specimen.

Grafting the tomato portion onto the potato branch was a delicate operation, since sufficient plant material was needed so that water could flow from the host (potato) to the visitor (tomato). The joint was wrapped carefully with plastic which protected the junction, and small sticks were inserted into the flower pot so that the new combined plant would have sufficient support. After about three or four weeks, the new plant began to sprout new healthy leaves and both segments continued to increase their heights.

As anyone who has attempted to grow tomatoes knows, sunshine is a key and necessary ingredient. Chuni moved her tomato-potato plant to her patio table to take advantage of the generous sunshine that we enjoyed last summer. Both plants continued to thrive, and each produced its own unique flowers, as indicators of potential forthcoming fruit. Sure enough, baby tomatoes appeared on the upper portion of



the plant. But what about the potatoes? After very gently moving a bit of the dirt in the flower pot, Chuni saw baby potatoes underneath the soil. Success!

Both plants continued to grow and produce fruit. As the weather began to cool, the leaves began to wilt, signaling that the growing season was coming to an end. Over the summer, some of the tomatoes grew to good sizes, and when it was time to harvest the potatoes, Chuni had an abundance of various sized potatoes as well.

As to her plans for future plant marriages, Chuni said she was uncertain where her curiosity would take her. Maybe she could merge some eggplant, tomato, and pepper sprouts and we would have the beginnings of a single plant: ratatouille. We'll see what the spring brings to Stockton Lane.

(Thanks to Chuni's neighbor Alyce Owens for bringing this wonderful tale to our attention.)

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## Viruses

(Continued from page 1)

valid address). I hate to give credit to a scam, but it was extremely well done and almost fooled me. Needless to say, I always check my PayPal account directly and even went as far as checking the Hammacher site with the order number – totally false, of course. To repeat what I have said many times in the past, never, ever click on a link in an email – always go directly to the site to verify. The information you save will be your own.

Why go to all that trouble with phony stuff? Simple, once you click on a nefarious link you are now infected. Since you actively caused the infection, many anti-virus programs will not clear it.

Speaking of anti-virus programs, the two largest are McAfee and Norton. I am also constantly getting reminders that my McAfee is about to expire and to click on a link – sound familiar? I personally have not used McAfee in over 20 years.

Norton came up with a new trick – installing cryptomining software. Why do that? Someone, not you, will get the credit and earn money from your unused computer cycles, as well as slowing your system down. Not a nice thing to do to loyal users.

There are many anti-virus programs out there, some better than others and a few still free. I will not recommend any particular program but will state that I am using Microsoft Defender as, for win10 and win11 computers, it does a fairly high-quality job, does not cost any extra and is frequently updated.

Why is updating so important? Anti-virus programs are reactive, not proactive. That means they can only protect against a known virus, not one that was just developed, hence the constant and continual updating. There is no such thing as a proactive anti-virus program. That is also a word to the wise. If you are using an outdated anti-virus program, you might as well not be using any. So, just like real life when we should keep all our vaccinations up to date to avoid trouble, we should keep our computer anti-virus up to date.

As you know, the Computer Lab is closed every time the Clubhouse is closed for obvious reasons. The Computer Club will not collect dues until the Lab can be reopened and we can have our general meetings again. For any of you who have already paid dues, you will get credit. There are two perks of membership, however, that are very important; use of the Lab and free house calls. I am still making house calls to members but only to those who are fully vaccinated (which also means boosted). If you are not a member or a member but not fully vaccinated, please do not call or come to the Lab. I understand you may have reasons for your actions or inactions

## An early colonial founder

By Jean Houvener

People have immigrated to this land for centuries, millennia if you count the arrival of the indigenous Americans who arrived during the ice age. Some of the earliest came during the early 1600s. During this time in England, the Protestant revolution was in full swing. Henry VIII had broken with the Catholic Church of Rome over his desire for an heir with a new wife, and created a new Church of England with himself as the head. After his death the country swung from one ascendant theology to another, depending on the monarch at the time.

For some Protestant groups, none of the royal versions were sufficiently pure. In their opinion the Church of England had retained too much ritual from the Roman Catholic Church. These groups were called Puritans for their view of the needed purity in a church. Many of them had fled to the Netherlands, which allowed them to practice their religion as they chose. They still felt themselves to be English and were afraid their children were becoming Dutch, so various groups began a migration to North America.

Thomas Hooker was one such person. He received his degrees from Emmanuel College, Cambridge. He became a lecturer, or preacher, first at St. George's Church in Esher, Surrey, and then at St. Mary's Church in Chelmsford, Essex. He was considered an inspiring preacher, but very soon fell afoul of the Archbishop of Canterbury, William Laud, appointed by Charles I. After being summoned to the Court of High Commission, he fled first to Netherlands, where he was offered a position in the English Reformed Church in Amsterdam. Subsequently he decided to emigrate to the Massachusetts Bay Colony. There he was welcomed by many of his old congregants from Eng-

land, who became known as Mr. Hooker's Company.

He found himself regularly in disagreement with John Cotton, particularly on the issue of the right to vote, which Cotton limited to men of property who had been formally admitted to their church and questioned as to their beliefs by the church, whereas Hooker believed all free men should have the right to vote, independent of their church affiliation. As a result of these clashes, Hooker and his congregation moved first farther away from Boston, but still in the colony, and ultimately to what became the new colony of Connecticut where they founded the city of Hartford.

The founders of the new

(Continued on page 6)

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## Founder

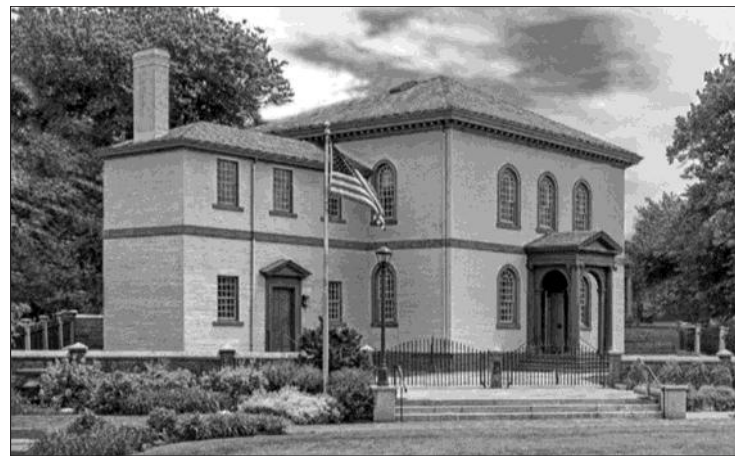
(Continued from page 5)

colony met to create a document outlining their planned government. Inspired by a rousing sermon by Hooker, the group created the "Fundamental Orders of Connecticut," which some have called the first written constitution in the colonies, outlining the form of government and the voting rights for choosing representatives, which can be seen as a direct ancestor of the United

States Constitution. It stressed the rights of the individual and the right of a secret ballot for all Christian free men, regardless of their denomination.

Hooker founded the First Church of Hartford, a Congregational church where the authority lies within each congregation to rule itself. He died in 1647 at the age of 61 during an "epidemic sickness," and is buried at the Ancient Burying Ground of the church he founded.

## George Washington slept here... well, maybe



Touro Synagogue, Harvard Magazine

By Allan Kaufman

### Touro Synagogue, Harvard Magazine

The small but growing colony of Newport, Rhode Island received its first Jewish residents in the 17th century, possibly as early as 1658. They came from Barbados, where a Jewish community had existed since the 1620s. They were of Spanish and

Portuguese origin. In Newport they formed a congregation called Nephuse Israel (Scattered of Israel).

Through the early and middle 1700s, Newport rose in prominence and importance, taking a leading role in the shipping and mercantile trades of the American Colonies. By 1758, the Jewish population had grown sufficiently that there was a need for a house of worship. The Congregation now known as Congregation Jeshuat Israel (Salvation of Israel) engaged Newport resident Peter Harrison to design the synagogue. Construction began in 1759 and was completed in 1763 and was dedicated during the Hanukkah festival on Dec. 2 of that year.

When he died in 1822, Abraham Touro bequeathed \$10,000 to the State of Rhode Island for support and maintenance of the "Old Jewish Synagogue" in Newport. As a result of his generosity, the street where the synagogue's building was located was called Touro Street. Later on, the state legislature was first to publicly refer to the synagogue as "Touro Synagogue."

Though we will never know where Washington actually slept, he most certainly did visit Newport and the leaders of the Jewish Congregation as he arrived on Aug. 17, 1790. He was accompanied by Secretary of State Thomas Jefferson, Governor George Clinton of New York, U.S. Supreme Court Justice John Blair, and Congressman William Loughton Smith of South Carolina.

Washington and his group were greeted by Newport's leading citizens and representatives from the many denominations present in the city, including the Jews.

Businessmen, religious leaders and guests read letters to the President. Reading one on behalf of Yeshuat Israel, the first Jewish Congregation in Newport, was one of their officials, Moses Seixas. He read, in part, his letter to the President, "Deprived as we heretofore have been of the invaluable rights of free citizen ... behold a Government, erected by the Majesty of the People — a Government, which to bigotry gives no sanction, to persecution no assistance."

A few days after leaving

(Continued on page 7)

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Washington

(Continued from page 6)

Newport, the President wrote to the citizen groups who addressed him at Newport, thanking them for their hospitality. First among them was his letter to the Jews. More than a simple courtesy, the letter reflected the policy of the new government toward those whose religious beliefs were perceived as different.

The letter was a mere 340 words in length, but their impact they would have on a new nation would be immeasurable. The letter reassures those who had fled religious tyranny that life in their new nation would be different, that religious “toleration” would give way to religious liberty, and that the government would not interfere with individuals in matters of conscience and belief. Today this letter is regarded as his most ardent endorsement of religious pluralism and freedom. “Bigotry,” he wrote, “would be given no sanction and persecution no assistance by the federal government.”

If you visit Touro Synagogue today, you will find a photo copy of the letter, framed and mounted in the synagogue. Today, Touro Synagogue, the home of Congregation Jesuat Israel, holds religious services and conducts lifecycle events including Bar/Bat Mitzvah and weddings. It sponsors educational and cultural programs as well. Services are held on Friday nights and Saturday mornings, year-round.

I can be reached at [allan.kaufman0125@gmail.com](mailto:allan.kaufman0125@gmail.com) or (732) 690-2145. Your comments are most welcome.

BOG Meeting

(Continued from page 2)

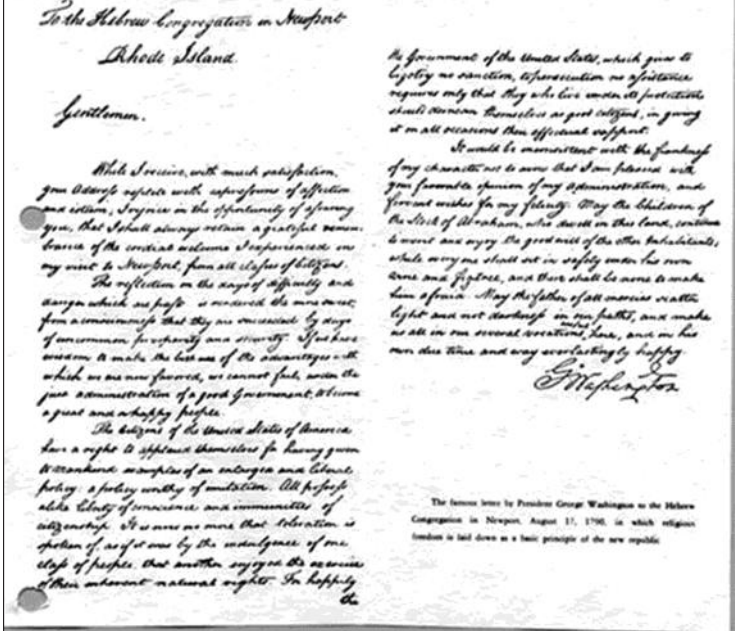
cerning a return to home delivery of the Rossmoor News. Additionally, there were requests to include more content reminding residents of parking and recycling regulations. Rossmoor News Chair Mr. Joe Conti, offered to examine the cost of postage with the publisher.

- Several resident’s raised concerns regarding rain-water drainage. Much discussion followed.

There was no further business for the Board to discuss and the meeting was adjourned at 10:15 a.m.

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George Washington’s letter to Newport Congregation Yeshuat Israel Chabad.org



Big sister Charlotte loves helping mom feed and burp her new baby sister.

E & R News: Announcing the birth of Clubhouse Manager Melissa Barnard’s baby — Madelyn Grace. Born: November 28 at 11:47 p.m., 8 lbs., 7 oz., 18.5 inches long.

DO YOU HAVE  
ANY OF THESE  
SYMPTOMS?

✓ Numbness

✓ Pain when you walk

✓ Sharp, electrical-like pain

✓ Burning or tingling

✓ Difficulty sleeping from leg or foot discomfort

✓ Muscle weakness

✓ Sensitivity to touch

YOU MAY HAVE

PERIPHERAL NEUROPATHY

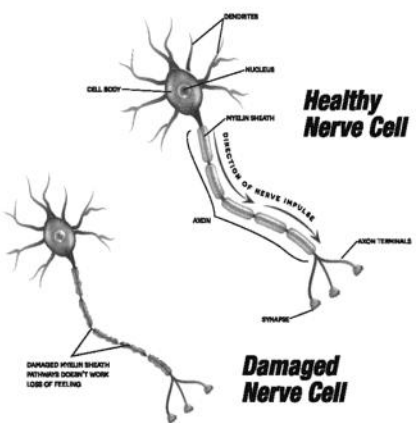
Peripheral Neuropathy is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

NEW FDA-CLEARED TREATMENTS PROVIDE HOPE

AllCure Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be felt on the first few visits. This treatment restores, stabilizes, and rebuilds the nerves in your extremities. Treatment has also been effective in addressing painful symptoms of arthritis, MS, and other forms of chronic pain. Patients generally feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

HOW DO YOU KNOW IF YOU HAVE NERVE DAMAGE?

Peripheral neuropathy is the consequence of damage to your peripheral nerves. There are over 100 different kinds of peripheral nerve disorders or neuropathies – some are the result of a disease like diabetes, while others can be triggered by a viral infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage. Many people suffer with pain for years, not realizing that their symptoms may be due to Peripheral Neuropathy. Symptoms start gradually, then get worse, including numbness, burning or tingling sensations and sharp, electrical-like pain. Treatment options have been limited to a small assortment of pain medications, which can lead to further issues. Ignoring the problem or masking the symptoms has never been a viable solution. If you suffer from any of the aforementioned symptoms, we can help.



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

## A letter from the Archbishop

By Carol De Haan

The return address on the envelope said "Emory University, Atlanta, Ga." "Hmmm," thought my inner sceptic, "Somebody wants a donation." I nearly tossed it. Then some imp of curiosity made me slit the envelope open and inside, (good heavens!) was a hand-written letter from South Africa's Anglican Archbishop, Desmond Tutu.

Why would this Nobel Laureate, this modern saint, take the precious time to write to a person, like myself, of zero significance on the world scene?

**It goes back to the late 1980s**

In those days I commuted on the PATH train to the World Trade Center, walked down Broadway, hooked a left onto Wall Street, and thence to the bank where I worked. One morning, there was a large sign on the iron fence surrounding the grounds of famous Trinity Church, which has faced down the canyons of Wall Street for over 200 years. The sign announced that visiting Archbishop Tutu would preach at a noontime service on a certain date in two weeks.

When the day arrived, I tiptoed out of the office for an early lunch, then hotfooted it up to the Church, which was already nearly full. Massive media presence with their heat-producing Klieg lights took all the space in the back of the nave. I found a seat halfway down the aisle and joined the silent congregation in watching a cute little cat wend its dainty way around the gothic columns along the rear wall of the sanctuary.

Soon Archbishop Tutu came forward, dressed in his ecclesiastical robes, and mounted the steps into the pulpit. He flashed his famous smile and welcomed us all. His sermon was The Transfiguration, in which Jesus was uplifted, surrounded in ethereal light, and portrayed in the glory of God. The Archbishop, with arms raised toward heaven, seemed himself to be transported to a more glorious realm.

In the following days, I pondered his choice of sermon. There had been many years of violence against the native populace from the government of South Africa. I had hoped he would deal with that burning issue. Nevertheless, I was glad to have seen and heard him.

**Fast forward to 1999**

A newspaper notice said that Archbishop Desmond Tutu would be coming to Emory University in Atlanta, Ga., to teach one semester. "Good," I thought. "Here's my chance."

I wrote to him at the University to explain my presence at Trinity Church all those years ago. I wanted him to know that eventually I understood his meaning as he preached the Transfiguration of Jesus: with an apart-

heid government still controlling South Africa, he could not risk speaking his mind. He had to speak in code. The Transfiguration of Jesus was his metaphor for the happy days ahead when all South Africans might be free from government oppression, free to vote, free to be full citizens.

By 1999, it had come to pass. Thanks to the valor of Archbishop Tutu, the unfailing heroism and graciousness of Tutu's friend, Nelson Mandela, and many others, thanks to the support of the international community, and the worldwide free press, the apartheid government of South Africa was finally defeated. A glorious outcome.

Meanwhile, I had forgotten my letter to him and was un-

prepared for a response.

Who would ever have expected him to write back? I am taking his letter to be framed because it is a valued possession. Here are his gracious words:

4.29.99

Dear Friend,

*Thank you for your very kind letter. Please forgive my dilatoriness.*

*We have been the beneficiaries of so much love and caring and now are free because of people such as yourself. Thank you for your support, love, and prayers.*

**God bless you,**

**Desmond**

**Desmond Mpilo Tutu**  
**Anglican Archbishop of**  
**Cape Town**  
**South Africa,**  
**Oct. 7, 1931 – Dec. 26, 2021**

## Dealing with the inevitable

By a Rossmoor resident

He went to work in the morning and was dead by mid-afternoon from an undiagnosed brain aneurism that caused a massive stroke. We were stunned. He had been a dearly loved person. We hardly knew what to do; we felt like zombies.

Somehow it fell to me to make whatever arrangements were needed.

I drove to a local funeral home to inquire about cremation. Because of the pandemic, we asked for basic services, no public visitation, no other amenities. The representative gave me a well written trifold that explained what they could do for us. It appeared to be satisfactory. He quoted me a price of approximately \$6,000.

Next day, I drove to a funeral provider in a nearby town, that had handled arrangements for another relative some years earlier. This place also offered a brochure describing services identical to the first place. Their quote was approximately \$4,000.

Meanwhile, unbeknownst

to me, my daughter-in-law had been doing Internet research, through which she found a direct cremation service, not a funeral parlor, that seemed to offer simple arrangements, identical with the first two places. This company quoted us approximately \$2,000.

My son and daughter-in-law looked further into their quote and their reputation, and found both to be acceptable. We decided in favor of the third company. They were prompt, courteous, and most respectful in every way. We were as satisfied as anyone could be under such heart breaking circumstances.

I write about this sad period in our lives because sooner or later we will all have to deal with similar events. It is helpful to talk to one another in advance, to make known our preferences, so that our surviving relatives are spared painful decisions. It would be a generous, loving gesture to help them in their sorrow, perhaps a final kindness to those we love.

## Cross country skiing

By Ken Thomas

"He" was a co-worker, newly hired. The winter weather forecast was maybe snow and maybe no snow. "He" was the happiest "maybe snow guy" in town. Snow meant cross-country skiing and the first storm of the year was an eight-inch accumulation of his happiness.

Our group of six to seven father-son duos met in our town park for some fun in the snow. The sledding was perfect. The snowball fights were gruesome. The igloo was pathetic.

Then "He" showed up with his cross-country skis and we were all jealous. "He" made it look easy. The eyes of each boy said, "I want to do that." "He" volunteered to take us cross country skiing in the mountains nearby. Im-

mediately, my stomach flip-flopped. Despite my age, my new knee, and my fear, "He" persuaded me to put on skis.

The recreation area was a cross country skier's heaven with a lodge for rentals. Distinct trails were visible going north, south, east, and west. A skier could choose from a three- to a seven-mile distance. "He" lined us up on a practice field and demonstrated some cross-country skiing techniques. The fathers struggled, but the boys fell down, laughed, and got up again.

My fear was now four-fold; falling down bruised my backside, getting up was a slapstick comedy, down-hill exceeded my speed limit, and the "how to stop" technique was a learning disability. After a half hour, "He"

(Continued on page 9)



## These women made a difference

By Allan Kaufman

We celebrate National Women Inventors Month in February. While the list of women who are part of this inventor community is endless, there are a few who truly stand out. They have changed our lives.

The world as we know it was built through a series of inventors and inventions. Brilliant minds have given us items that literally shape the way we interact with the world and with one another every single day. Women had been held back, through no fault of their own except that they were women, from making a mark in, what was once, an all-male inclusive club. In spite of this and other obstacles, these women still made their mark on our history, creating inventions and discoveries that we couldn't do without.



Marie Curie c. 1920  
en.wikipedia.org

**Marie Curie:** Madame Curie is one of the greatest scientific minds of all time. She was the first person to study the Theory of Radioactivity and discovered that we could split the atom. She received two Nobel Prizes, one for her work on radioactivity and a second for her discovery of polonium and radium. Under her direction, the world's first studies were conducted into the treatment of neoplasms by the use of radioactive isotopes. During World War I she developed mobile radiography units to provide X-ray services to field hospitals.

tals. Marie Curie died in 1934, aged 66 of aplastic anemia from exposure to radiation in the course of her scientific research and radiological work at field hospitals during World War I.



Heddy Lamar  
artstation.com

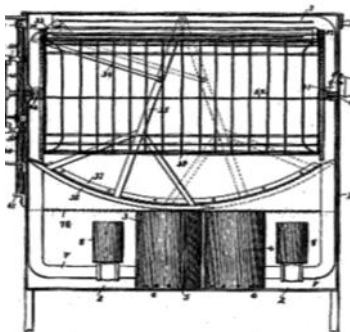
**Hedy Lamarr:** You may recognize the name and yes, she is better known as the glamorous movie star of the late 1930s and '40s. But did you know she also worked to improve torpedo technology in World War II? She was a gifted mathematician and engineer who worked with a composer to develop the idea of frequency hopping which would encrypt torpedo control signals, and would defeat the threat of jamming by the axis powers. Even more impressive was the technology she developed that ended up being the foundation for many modern-day inventions, including Wi-Fi, the Smartphone, and GPS.

**Josephine Cochrane:** This is the woman you can thank for keeping us from having to wash every dish by hand. She originally came up with the idea of a mechanical dishwasher that would hold dishes in a rack while pressurized water sprayed them clean.

Cochrane showed her new machine at the World's Columbian Exposition in Chicago in 1893 where nine Garis-Cochran washers were installed in the restaurants and pavilions of the fair and



Josephine Cochrane  
boweryboyshistory.com



Mechanical dishwasher

was met with interest from restaurants and hotels, where hot water access was not an issue.

**Mary Anderson:** Like many men, Mary wanted to solve a problem. She saw that it was unsafe to drive in bad weather when she visited New York City in 1902 and rode a trolley car in a sleet storm. She came up with a working model that used a lever inside the car to control a rubber blade on the windshield. To get this invention accepted, especially by the major motor companies that were in their infancy, took time. It was not until 1922 when Cadillac included windshield wipers on its vehicles.

Others, among many, who merit acknowledgement include Dr. Shirley Jackson (Modern Day Telecommunication), Maria Beasley (The Life Raft) and Admiral Grace Hopper (The Computer). All seven listed here are distinguished members of a very select group, women inventors who made a significant contribution to society. We celebrate them and their accomplishments during this month of February.

a second wind. "He" encouraged me with some "He" words. My answer was directed only to "He," not the boys.

During the fifth mile, my skis began to like the snow and I could finally stop most of the time. Ridiculous! I refused to consider adding cross-country skiing to my "do again" list. The seventh mile crossed a frozen snow-covered lake and ended at the ski lodge. I joined two other fathers in front of a large fireplace, grimacing as I settled into a big comfy chair. The boys were racing around the lodge with "He."

Later, when a smiling "He" sat down across from me, I chose my words carefully, "I don't know whether to hire an assassin or thank you for the evil wrought upon me today." I never went cross country skiing with "He" again and I refuse to mention his real name.

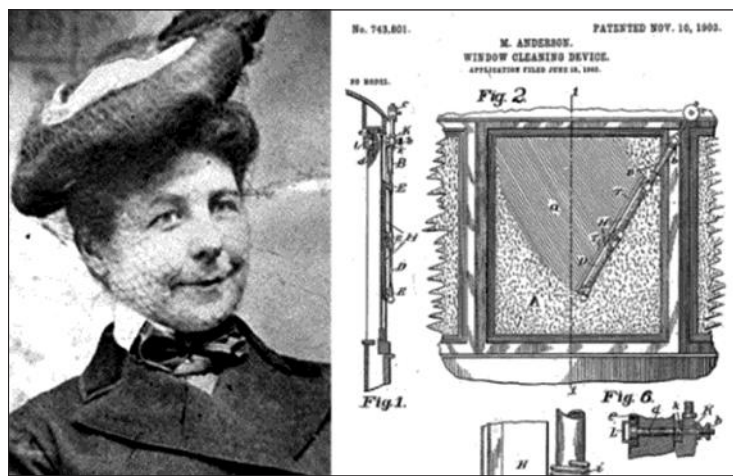
## Skiing

(Continued from page 8)

declared us ready, but I'm not sure we would have graduated from "Skiing Kindergarten."

The seven miles seemed doable until we reached the first hill. "He" glided up that hill non-stop. The rest of us were like "the little engine that could," but couldn't. About half way up, the skis went into reverse. The once neat, precise trail was obliterated.

Then, we entered the forest. Any tree was in my danger zone. I still couldn't stop and my turns took more athletic ability than I ever possessed. The boys were having a grim kind of fun. The fathers were just grim. Mile three wasn't as miserable as miles one and two. I even caught up to my son. Cross-country skiing is exercise, big time exercise, and I needed



Mary Anderson

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# This month in pictures

By Joe Conti and Walter Gryskiewicz



Monroe Village Activities Director Steve Weans and daughter introduce Director Janet Wilson and the Rossmoor Chorus at a Holiday Concert for their residents



Tom Smith and Jane Schreiber sang “Santa It’s Cold Outside” at Monroe Village.



Chorus members sing Christmas carols for homebound Rossmoor residents



Chorus members Jim McConnell, Anne Allen, Jackie Ottinger, Mary Perry, Camille Stahl, Annmarie Martucci, Bill Leonard, Tom Smith, Rey Redington, Laurie Giaguzzi and Alyce Owens

## Rossmoor Chorus at a Holiday Concert



Sisters Anne Rudolph and Mary Perry perform, appropriately, “Sisters”



Tom McMahon and Jim Wilson sing duet



Judi Frey and Russ Howard sing “Santa Baby” at Monroe Village



## Sound Advice

Norman J. Politziner, CFP®, CFP® President of NJP Associates

### Long-Term U.S. Equity Investments and Demographics

Population trends of the United States versus other countries rarely make headlines in the financial press, but a population bust has recently been in the news.

According to a newly released Pew Research study of U.S. adults, 44% of non-parents ages 18 to 49 say it is "not too or not at all likely that they will have children someday," an increase of seven percentage points from the 37% who said the same in a 2018 survey. That sounds frightening, but is it?

Pew also reported that unchanged since 2018, 74% of adults younger than 50 who are already parents say they are "unlikely to have more kids". To be clear, the same number of parents are not planning to have more children now versus pre-pandemic.

Moreover, though the pandemic may have caused a larger proportion of 18-to-49-year-olds to say they are not too or not at all likely to have children someday, the larger demographic trend in the decades ahead is very positive for the United States compared to other global economic powers. Here's why U.S. demographics are a highly favorable and influential factor in the forecast for U.S. equity investments for the long run.

The size of a nation's labor force is one of the two factors in the equation for calculating an economy's growth potential. Productivity growth plus growth in the working-age population, combined, determine the growth potential of an economy. So, how will demographics boost the potential growth of the U.S. economy and U.S. equity investments in the years ahead?

Here's the answer: The demographic story of the U. S. now is driven largely by the Baby Boom, which started after World War II, and the Echo Boom, which started in 1976 and encompasses Gen X, Gen Y millennials, and Gen Z millennials. Since 2008, the story has been somewhat gloomy. Growth in the U.S. working-age population has been declining. But the long-term forecast is looking up.

While the proportion of 18-to-49-year-olds saying it is "not too or not-at-all likely that they will have children someday," grew by seven percentage points, they are on the margins of a larger wave reverberating from the Baby Boom.

In the near term, the number of baby boomers set to retire is peaking now through 2026. Then, the growth of the labor force is expected to slow to a crawl through 2030. In the early 2030s, just a decade from now, the trend shifts, and the U.S. workforce is expected to begin to grow again, and steadily at that, through 2050.

Despite the growing proportion of adults less likely to have

children, according to Pew Research, investors should be mindful of the favorable demographics expected to swell the ranks of the working-age population in the U.S. at the same time as other global economic powers will be experiencing slowdowns in the rate of growth of their workforces.

By comparison, the economic growth rate for the United States in the decades ahead is going to look attractive to investors globally, because the other major economies that compete for investment dollars – Europe, China, and Japan – are all now in the throes of declines in the size of their working-age population.

As a result, the U.S. is likely to remain an attractive investment destination for the foreseeable future. The U.S. is widely expected to continue to benefit from a continued inflow of capital from investors worldwide – a portion of which undoubtedly can be expected to flow into the stock market.

Math driving economic and investment growth is hard

and is further complicated by the non-stop, 24/7, never-ending cycle of news and social media streaming to our smartphones. The information explosion, ironically, makes it easier to overlook the proverbial forest of evidence crucial to the success of your investment plan.

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

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## In Memoriam

### Robert (Bob) Shine 1923- 2021

It is with my deepest sadness that I inform you that we lost a dear neighbor and a personal friend this weekend. Robert (Bob) Shine died at home on Dec. 29.

He was one of the last members of what Journalist Tom Brokaw called "The Greatest Generation." During WW II he served in the Pacific with the U.S. Navy Seabees.

Bob is pictured here with his son, Tom, who accompanied us on an Honor Flight trip to Washington, D.C.

A lifelong New Jersey resident, Bob was born in Metuchen, then moved to Packanack Lake, where he and Mary lived for 36 years before moving to Rossmoor. He is survived by his wife Mary, children Cindy, Eileen, Tom, and Dan, four grandchildren and many nieces and nephews.

A talented artist and photographer, Bob has donated several paintings to Rossmoor that are displayed in the Clubhouse and in the Meeting House. He was also an active member of our Veterans Club and the Photography Club.

Bob will be greatly missed.  
*By Dan McOlvin*

### Two more residents who will be missed

Mutual 4C recently lost two of our residents, Barry Clayton and Bob Landman.

### Barry Clayton

Barry, spouse of Betty Anne, resided on Sharon Way and was a life-long local resident. The former owner of Cranbury Hardware, Barry had been an active member of Cranbury First Aid Squad. Following the loss of his first wife Marjorie, he raised their two children. As a recent Rossmoor News biography relayed, he met Betty Anne while they were walking their dogs one evening, and the friendship grew into an eight-year marriage. Barry left us last Nov. 27.

### Bob Landman

Robert (Bob) Landman, a former director in Mutual 4C, died last Nov. 11. Bob served for many years as a monitor in the Woodshop, helping many residents with their woodworking projects. He also took a turn at acting in a play written by another resident.

Bob's wife Patricia died last year, but Bob remained in their home on Orrington Lane. He also suffered through the August flood, and was in the process of having his home refurbished before he was taken ill. Bob leaves three grown daughters.

To the friends of these gentlemen and their families, and to the friends of others who have recently passed on, we offer our condolences.

## New Neighbors



By Christina Smith, Resident Services Manager

Ron and Olga Byer, 219N Manchester Lane, formerly of Perrineville, N.J.

James Newmeyer and Sharon Seeman, 29A Bradford Lane, formerly of Hightstown, N.J.

Elena Soulier, 19P Rossmoor Drive, formerly of Ruthersford, N.J.

Stanley Downer, 340D Narragansett Lane, formerly of Bronxville, N.Y.

Francis and Dina Ashun, 300N Sanford Lane, formerly of Monmouth Jct., N.J.

Letitia Siriapismai, 291A Sharon Way, formerly of Niles, Ill.

James and Jaime Cullen, 54N Old Nassau Road, formerly of Monmouth Jct., N.J.

Paula Goldberg, 26A Bedford Lane, formerly of Kew Gardens, N.Y.

Frank and Tina Esposito, 101C Gloucester Way, formerly of Spotswood, N.J.

Ann Golabesky, 664A Windsor Way, formerly of Princeton, N.J.

Rosemarie Maldonado, 455A Roxbury Lane, formerly of Holtsville, N.Y.

Cynthia Flood, 710B Yarrowborough Way, formerly of Wilmington, Del.

Kasturi Rajagopalan and Nirmala Rangan, 98B Glenwood Lane, formerly of Rego Park, N.Y.



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## CULINARY CORNER

By Sidna Mitchell

### Finding snowballs in Florida?

Years ago, Ellen, my Missouri cousin, originally from Mississippi, called to remind me that she rarely cooked anymore and that she really wanted some "snowballs." I had no idea what she was talking about. What did snowballs have to do with cooking? I've made snow ice cream out of snow but ques-

tioned how you cook snow into balls.

"No, you silly," Ellen laughed. "I'm talking about my favorite cookies. I can almost taste them now." She chattered on, mentioning coconut and powdered sugar.

When the phone called ended, Ken asked what was

that conversation all about. I said that Ellen wanted me to make some cookies and send them to her.

"Why doesn't she just make them?" he asked.

Well, I can't tell how many cookbooks I perused, looking for snowballs or coconut balls to no avail. When next Ellen called to see if I had mailed her cookies, I told her I had no idea what she was talking about and couldn't find any recipes.

"Don't worry," she said. "I'll email the recipe." She rapidly did send the recipe and I made what turned out to be one of my favorite sweets — I just didn't know the name. Since I had to provide refreshments for a club meeting that night, I made the snowballs, hoping there would be enough left to mail to Ellen.

#### Snowballs

1 cup butter, softened  
½ cup confectioner's sugar  
1 teaspoon vanilla

#### Culinary Corner

2 cups flour, sifted  
½ cup chopped pecans  
Confectioner's sugar

Preheat oven to 350 degrees.

Cream butter and sugar.

Add vanilla, flour and nuts and blend well.

Form dough in balls about the size of a quarter.

Place on ungreased cookie sheet and bake at 350 degrees for about 10-12 minutes or until just slightly browned.

Remove from oven and cool.

When cool, roll in confectioner's sugar.

Makes about four to five dozen, depending on the size of the balls.

NOTE: Ellen wrote that these cookies are also called Mexican wedding ring cookies. Whenever I see these little cookies in an arrangement, I go right to them but I had never baked them. Yummy.

Ellen has since passed away so I now make these cookies in her memory.

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

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## Clubs and Organizations

### Italian American Club

By Tony Cardello

Because of the new coronavirus variant, the Clubhouse was closed in January and we had to cancel the social events planned for that month.

Hopefully if it opens in February, we will have our first Membership Meeting on

Wednesday, Feb. 16, at 7 p.m. in the Ballroom.

Bingo will be played on Feb. 25 at 6:30 p.m. in the Ballroom.

On the lighter side, do not forget your honey on Valentine's Day, Feb. 14.

To all the members and your families, please stay safe.

### The Rossmoor Players



By Sue Archambault

I usually start off the Players' monthly article telling the readers about the success of our last month's meetings' entertainment. Since the article is due at the beginning of the month before it's printed, I am therefore reporting about an event that has not yet taken place. Up until now, this has not been a problem; however, since we've been informed that the Clubhouse is closed until the

middle of January, our meeting on Jan. 24 might not have taken place.

If we had the meeting, I am confident that Norman Perkus led the participants in a variety of improvisational activities. We utilized our imaginations to amuse and entertain each other. Audience members were thoroughly amused.

(Continued on page 13)

### Rossmoor Chorus brought joy to the holidays

By Alyce Owens

With the recollections of Christmas 2021 fading quickly in the rearview mirror, let us not forget that there were many joyful moments to cherish, despite the arduous restrictions and the many curtailed, reduced, or postponed plans for celebrations of the season.

The Rossmoor Chorus brought more than their share of holiday happiness when they sang for the residents of Monroe Village on Saturday, Dec. 18 and again at a concert open to all Rossmoor residents in our Meeting House on Sunday, Dec. 19. Christmas and Hannukah music filled the air and the hearts of those in attendance who had the opportunity to sing along on many of the familiar holiday songs.

And this year, for the first time, the Chorus brought their musical talents and enthusiasm outdoors, and went caroling throughout



**Minnie and Frank Sasso**

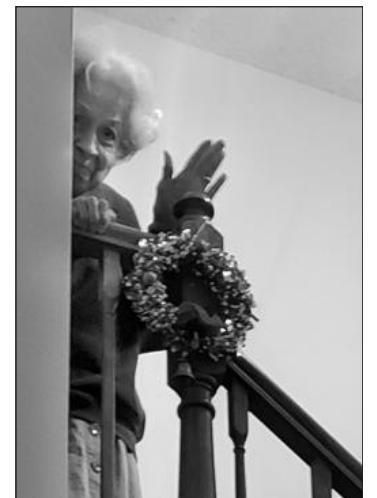
the community. They visited many of our homebound residents who rarely have the opportunity to hear "live" music or enjoy the happy company of residents and friends. Of course, this all was done with proper consideration for their safety. Chorus members gathered outside of front doors or enclosed patios to raise their voices with familiar holiday songs and frequently took requests for favorites from their small but precious audiences, of sometimes only one or two.

Among those for whom the Chorus sang was former member of both the Chorus and The Players, Frank Sasso who, along with wife Minnie and daughter Susan, sang along as the carolers filled the air with Sasso favorites of the season.

Akiko Seitelbach, 98, came to the door with her caregiver



**Akiko Seitelbach**



**Ruth Fitzgerald**

and just couldn't stop smiling and clapping!

Ruth Fitzgerald, now 101, stood at the top of her stairs in the foyer of her Terry Lane home and beamed with joy

(Continued on page 13)

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## Players

(Continued from page 12)

If the meeting did not take place, we will reschedule this program for a future date. If you are reading this article, it is now February, so you know if it did or didn't happen. (What a crazy time this is!)

Our next meeting will take place on Monday, Feb. 28 at 7 p.m. in the Gallery. Audience members will be treated to a showing of the DVD of the first original musical comedy we ever performed. The play took place in October, 2015. It was also the first musical comedy that Bob Huber and Bill Strecker teamed up to create. Everyone loved watching "Between Engagements." Bob's script was a fun romp about out of work actors and friendly ghosts. Bill's music consisted of wonderful, memorable melodies.

In future months, The Players plan to show the other two musical comedies written by Bob and Bill. In addition, we'll show the first musical comedy written by Jim Wilson. Check the Rossmoor News and Channel 26 to be kept in the loop.

To remind you, The Rossmoor Players is a very active group. We have three performances per year: "Just Music," "This & That," which is our variety show, plus our very popular original musical comedy. Jim Wilson has prepared a script to follow up his wonderful show two years ago titled "WHAT'S Up." In addition, we have an open mic event each year.

We will be accepting new members to the Rossmoor Players Club. Dues will be \$15 per person for the year 2022. We meet monthly, usually on the 4th Monday of the month. We always have entertaining programs, which are often interactive. In addition, we have parties: holiday parties, cast parties, and special celebrations. Any questions about our organization, please call Sue Archambault at 201-981-5959

## Jewish War Veterans Post 609

By Charles Koppelman

The Monroe Township Jewish War Veterans Post

609 is collecting United States and foreign stamps, both on and off envelopes.

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

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

Also requested are DVDs suitable for veterans at those locations.

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

## Chorus

(Continued from page 12)

and approval as the group of 20+ singers surrounded the doorway and filled the evening of Dec. 21 with the delightful carols which have been such an important part of our childhood and lives. What memories that must have evoked for these folks.

But be assured, the joy of the recipients no doubt paled in comparison to the satisfaction and enjoyment of the Chorus carolers as they, one after another, told of the delight of seeing the beaming smiles on these beautiful faces as they sang for them. I can't be sure — but have every reason to believe — that the joy shared that evening will be among the best recollections of Christmas 2021, for both singers and listeners. I hope you, too, have many fond memories of the recent holidays. Let us pray for a healthier, happier new year in which we all can, once again, hug our friends and loved ones without fear.



## Music Association spring schedule – Hope you'll attend!

By Linda Bozowski

Exciting and beautiful music returns to the Rossmoor Meeting House this spring as the Rossmoor Music Association begins its new season. After a two-year pause, RMA is pleased to offer a performance by the Princeton Pro Musica Chamber Chorus, who will welcome listeners with its "Welcome Spring" event scheduled for Friday, April 1.

A full six-concert season is planned, and will include some events that had been postponed as well as performances that are first-time events for Rossmoor concert attendees. In addition to the Pro Musica performance on April 1, the following offerings will be available at the Meeting House:

- May 6, Olga Vinokur and son Dan Grip will present piano solos and duets.
- June 3, the Frisson Ensemble, a nine-member chamber ensemble featuring young classical musicians, will entertain us.
- September 10, Bridgette and Scott Johnson, accompanied by Jeffrey Uhlig, will present "Let's Duet," a blend of soprano and baritone voices.
- October 21, the Virtuosi Quintet, composed of a clarinet, bassoon, horn, oboe, and flute, will present their offerings.
- December 9, the Princeton Pro Musica Chamber Chorus will close out the season with a holiday concert.

Concerts that are scheduled at 7 p.m. on the Friday dates noted above are at the Meeting House. The schedule is, of course, subject to

change as health circumstances dictate. More detailed information about the performers and their programs will be published in future issues of the Rossmoor News in advance of each performance.

Since the 2019-2020 season was cut short by the advent of COVID, season subscribers were able to enjoy only three of the six scheduled performances that year. Subscriptions for the current proposed season are available from Paula Richardson (609-860-0237) at a half-price rate of \$30 for subscribers who missed out on the remaining concerts of 2019-2020. New subscribers may purchase current year subscriptions at the regular price of \$60 for the new six program season. Single concert tickets will be available in advance or at the door on

(Continued on page 14)

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Religious Organizations

A day at the beach



Carolyn and Morty Wall on their wedding day

By Allan Kaufman,  
Jewish Congregation

When Carolyn (Lyn) Krauthamer went to the beach with her girlfriends as a 16-year-old, during the summer

of 1957, she didn't think she would meet the man she would be spending the rest of her life with. The first time she met Morty Wall was at Brighton Beach in Brooklyn.

A casual meeting with no sense of things to follow.

It was about a month later when the girls from Bensonhurst were meeting guys from Sheepshead Bay, two communities in Brooklyn, Carolyn thought she could find a guy to go to a party with her. She needed a date. The first guy she asked said "no." The second guy she asked, the guy she met a month ago, Morty Wall said, "Sure, I'll go." And off they went for the next 60 plus years, cele-



Carolyn and Morty after 62 years!

brating their 62nd wedding anniversary on December 26.

Two years later they tied the knot at the President's Chateau in Brooklyn. They were both students at Brooklyn College at the time. Morty majored in accounting and found a job after a stint with the National Guard. Lyn was still in college majoring in elementary education, eventually graduating with honors. While a senior she became pregnant with their first child, Staci. During their careers, Lyn was a second, fourth and fifth grade teacher while Morty was a Chief Financial Officer for two companies.

After living in a small Brooklyn apartment, they made the move to New Jersey. They bought a house in Aberdeen where Lyn gave birth to their second child, a son named Adam. Morty and Lyn helped build and became founding members of Temple Beth Ahm in Aberdeen as they settled into the community.

Morty and Lyn love to travel. With their kids they started traveling the globe and within the United States. When Staci and Adam left the nest, they traveled on their own and then, when their grandchildren were old enough to enjoy the travel, they took them to many places, both within the United States and abroad. Speaking of grandkids, Sam and Ilana are Staci's children and twin girls, Lyla and Lily are Adam's.

After 50 years in Aberdeen, they made the move to Rossmoor. They liked the idea of having a Jewish congregation on the premises and were able to find a home that fit their needs. That was six years ago.

Besides traveling, they pointed out that they have been to 72 countries and 40 states, they enjoy the opera and the ballet. Lyn likes to collect Mickey Mouse related pins, jewelry and Disney tee-shirts. They also enjoy finding new restaurants and try to make it their business to go somewhere every Saturday evening.

On Dec. 17, during services, the Rossmoor Jewish Congregation honored Morty and Lyn on their 62nd wedding anniversary. The Walls sponsored the Oneg celebrating their anniversary after the service.

Toward the end of our conversation, it was very obvious that their love continues for one another after 60 years. I asked them what was their secret. Morty said, "We love each other. We love the same things and we are each other's best friends." Lyn nodded her agreement.

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

Jewish Congregation news

By Allan Kaufman

Watch Channel 26 for any announcements of cancellations due to inclement weather.

Sabbath Services in February

- Friday, Feb. 11, at 7:15 p.m.  
Lay Reader: Janet Goodstein  
Torah Reader: Cantor Mary  
Oneg Shabbat sponsor: The Congregation
- Friday, Feb. 25, at 7:15 p.m.  
Lay Reader: Larry Epstein  
Torah Reader: Norman Perkus  
Oneg Shabbat sponsor: The Congregation

Members and non-Members are cordially invited to attend. One must be vaccinated (2 shot minimum) to attend the services.

Clubs and Organizations

Music Association spring schedule

(Continued from page 13)

the evening of each event at the price of \$15, as was our previous custom.

The Music Association looks forward to offering exciting events to residents, and hopes that many will join

in the celebration of fine musical events. As restrictions are announced by Administration, they will be announced. In the meantime, we're hoping that spring offers us a fresh start with joyful sounds.

This is not an April Fool's joke –Take 2

By Judy Perkus

We're back - we really are back! We are finally back after a really long Covid hiatus. I hope. We are trying again.

Wear red to the Dance Club's Valentine Dance Party on Saturday, Feb. 26. We will be in the Ballroom from 7 to 10 p.m. enjoying DJ Carmine's music. All Rossmoorites are welcome – singles and couples.

Bring your Valentine, bring your friends, or come alone and meet some friends. In addition to the dancing and socializing, we will have snacks, dessert (sugar-free available), coffee, tea and soda.

To reserve your place: please send your check



made out to the Rossmoor Dance Club (\$8 per paid-up member, \$10 per guest) to President Armen DeVivo at 449B Roxbury Lane by Feb. 17. We respectfully request that only fully vaccinated people attend.

Send your 2022 Dance Club dues of \$15 per couple, \$7.50 per person to Armen, if you've not already done so.

Call Armen at 609- 655- 2175 for more information.

ROSSMOOR DANCE CLUB

Valentine's Dance

Saturday, February 26

RESERVATION DEADLINE: February 17<sup>th</sup>

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Address: \_\_\_\_\_

# of Sugar Free Desserts: \_\_\_\_\_

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## Sports News

### Our Golf Pro

By Lex Monaco

Ray Bridy, Rossmoor’s golf pro, has been involved with golf since his dad took him out to shag balls and learn the game as a teenager. Growing up in Manville, he played golf for Manville High School, spending his summers as a caddy and pro shop worker at Raritan Valley Golf Club. Ray is a graduate of Montclair State College, after spending a year at University of Arkansas. He continued his playing all through his college years. He moved to Jamesburg in 1993.

Golf Pro Rich Bichsel was his mentor, first at Raritan Valley G.C., and then at Applegarth Golf Range, where

he learned to teach and coach golf under Rich, while studying for his PGA certification – a three year plus process.

Ray’s history as a golf pro follows this path:

Four years at Applegarth Golf range,  
One year at Plainsboro Golf Club,  
Six years at Forsgate Country Club, and  
Fifteen years at Concordia Golf Course as head pro.

Ray joined Rossmoor as assistant pro in 2017 and took the position as head pro upon the retirement of Ted Servis on Jan. 1, 2021.

Ray is a detail-oriented guy who wants to get the best out of every player,

spending time to encourage all the players. He provides golf lessons, helps set up golf outings, including the N.J. Junior PGA Amateur Tourney as well as running the Pro Shop and managing expenses,

Ray is proud of the fact that Rossmoor has added 75 new golf memberships since September 2020. He negotiated a couple of PGA sanctioned amateur events that can potentially increase our exposure and bring in new members as more players experience our course. He feels that Rossmoor has a good team with well maintained fairways and greens that are fast and accurate.



Golf Pro Ray Bridy

### Resident displays artwork at Monroe Public Library



Karen Terry “sumi” art work on Exhibit

By Karen Terry

Artist Karen Terry is currently displaying a collection of sumi ink wash paintings at the Monroe Township Public Library. This solo exhibition is composed of 32 works on paper and is on display throughout the month of February in the library’s Fine Arts Gallery. The show is titled “Nocturnes, as Low Light Spaces” and features tonal images of our natural environment that are calming and easy to view. The soft washes offer relief from the overstimulation that we so often encounter in our daily lives.

Sumi ink has been used in East Asian brush painting and calligraphy since early times. The soft black pigment in the ink is plant-based soot. Traditional forms of sumi brush painting are still used in contemporary Zen practice

today.

Karen Terry’s use of sumi ink is a departure from the classical brush painting form. She pushes the medium, while retaining a natural subject matter, monochromatic ink wash tonality and sense of spirit. She uses heavy weight cotton watercolor paper that enables her to work with ink/ink washes in cumulative layers using various brushes and materials for application and technique.

Karen Terry has exhibited her sumi ink paintings in various venues, including museums and galleries, and has received awards in juried exhibitions. Additional biographical details and a statement for the exhibition itself are available at the show. Karen Terry resides in Mutual 2 and is the daughter of Caroline Terry and the late James Terry, Mutual 4, and

the niece of Marie Falger, Mutual 16.

Rossmoor residents are cordially invited to the exhibition. Please come see the artwork being shared with the Monroe community at large, as well as to support the artist. Due to current circumstances, the library cannot accommodate group receptions at this time. When planning your visit, please note that the Fine Arts Gallery is open to the public during standard library hours.

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- **APPOINTMENTS TO MEET YOUR SCHEDULE**  
(EVENINGS & SATURDAY APPOINTMENTS AVAILABLE)
- **SPECIAL FINANCIAL CONSIDERATION FOR OUR NEIGHBORS IN THE ADULT COMMUNITIES**

GENTLE DENTAL CARE  
IN A STATE-OF-THE-ART  
FACILITY



DR. ROZIN

### Rossmoor News seeks photographs

We need pictures.

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

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

### IMMACULATE CONCEPTION



WEDNESDAYS & THURSDAYS

DOORS OPEN 6PM • CALLING STARTS 7:30PM

23 MANALAPAN ROAD, SPOTSWOOD, NJ 08884

PULL TABS • PROGRESSIVE • FRIENDLY • KITCHEN • FOLLOW US ON FACEBOOK



National Donor Day

February 14

Share the Love. Register Today.

#GotHeart





### Mayor and Township Council Inauguration Held New Year’s Day

Monroe Township held its inauguration ceremonies on Saturday, January 1, 2022 at Council Chambers in the municipal building.

With public health and safety in mind, the Mayor and Council inaugurations were held in private and witnessed by family.

Mayor Dalina was honored to be sworn in by a very special guest, Senator Cory Booker.

New and returning Council members are as follows:

Terrance Van Dzura, Councilman at-large  
Elizabeth Schneider, Councilwoman Ward 1  
Rupa Siegel, Councilwoman Ward 2  
Charles Dipierro, Councilman Ward 3

## Untreated Vision Loss Can Speed Cognitive Decline

There’s a reason you shouldn’t skip your routine eye exam—and many people don’t even know about it. A growing body of research shows that vision loss can affect how well your brain works.

The most recent study found that people who scored poorly on vision tests were more likely to suffer from deficits in memory, language and the ability to identify and locate objects in space. To protect your brain, get an eye exam to make sure correctable vision problems are detected and treated. The American Academy of Ophthalmology recommends all adults receive a comprehensive eye exam by age 40, and every year or two after age 65.

### Why Check Your Eyes

Here are three more reasons to get your eyes examined:

1. The leading causes of blindness— including glaucoma and age-related macular degeneration—can begin without any noticeable symptoms,. The best way to protect your vision is to see an ophthalmologist, a physician who specializes in medical and surgical eye care.

2. Seeing an ophthalmologist can improve your overall health. Blood vessels and nerves in your eyes are reflective of the rest of your body. Ophthalmologists are sometimes the first to diagnose systemic diseases, such as diabetes, multiple sclerosis or vitamin deficiencies. For

example, when David Hibler, Sr. went to get his eyes checked, his ophthalmologist detected signs of a blood clot just by looking into his eyes. Seeing an ophthalmologist helped save Hibler’s life, as it led him to get appropriate medical attention to avoid a potential stroke.

3. Some adults shouldn’t wait until they are 40 to have a complete eye exam. See an ophthalmologist now if you have an eye disease or risk factors such as:

- diabetes
- high blood pressure
- family history of eye disease.

**EyeCare America Can Help**

If the cost of an eye exam is a concern, the American Academy of Ophthalmology’s EyeCare America program may be able to help. This national public service program provides eye care through volunteer ophthalmologists for eligible seniors 65 and older and those at increased risk for eye disease.

For further information regarding EyeCare America and to see if you or someone you care for can qualify, visit [www.aaao.org/eyecare-america](http://www.aaao.org/eyecare-america).

(NAPSI)

### Monroe Township Public Library Community Outreach

Patrons of the Monroe Township Public Library can now sign up for SMS text alerts to learn of various Bookmobile updates such as when the bookmobile will be in their neighborhood, when a stop is canceled, and when the bookmobile is doing special events. Patrons can sign up for alerts for specific Mon-

roe neighborhoods that interest them. To learn more, please email [bookmobile@monroetwplibrary.org](mailto:bookmobile@monroetwplibrary.org).

For more information on the bookmobile schedule or stop locations, please visit [www.monroetwplibrary.org/services/bookmobile-2/](http://www.monroetwplibrary.org/services/bookmobile-2/) or email [bookmobile@monroetwplibrary.org](mailto:bookmobile@monroetwplibrary.org)



### Exceptional care, close to home.

You might not know much about your thyroid or parathyroid, but you will know if you’re experiencing symptoms that are common for thyroid and parathyroid conditions. These include feeling tired, gaining or losing weight, being sensitive to hot or cold, having difficulty concentrating and feeling anxious or depressed. Other symptoms may include having an elevated calcium level or a kidney stone.

At the Center for Thyroid & Parathyroid Care at Penn Medicine Princeton Medical Center, you’ll find a multidisciplinary care team made up of board certified surgeons, endocrinologists, radiologists, and pathologists, as well as specially trained nurses and a dedicated nurse navigator. Together they provide comprehensive, coordinated care in treating conditions including hyperparathyroidism, thyroid nodules, thyroid cancer and Graves’ disease.

Many people with these conditions can be successfully treated with monitoring, medication or with minimally invasive surgery that may not require an overnight stay.

To learn more about the Center for Thyroid & Parathyroid Care, call **609.853.6560** or visit [princetonhcs.org/thyroid](http://princetonhcs.org/thyroid).



HEALTH CARE CENTER NEWS

Polymyalgia Rheumatica

By Kaytie Olshefski, BSN, RN-BC

Polymyalgia Rheumatica (PMR) is a common but not well-known inflammatory disorder causing aching, stiffness, and/or pain in the shoulder and hip muscles. The pain is usually worse in the morning when a person gets out of bed or after resting for a period of time. PMR is an inflammatory process; the white blood cell attacks the lining of joints which causes the inflammation. PMR is not related to arthritis.

The exact cause of PMR is uncertain. There are studies showing PMR is an autoimmune disease in which one's immune system attacks healthy tissues. Other studies are showing genetics, environmental factors, such as infections, and the aging process may be contributing factors.

The risk factors of PMR usually strike people over the age of 65 with the average age being 70. It is rarely seen in people under the age of 50. Women are three times more likely than men to develop PMR. Caucasians and people of Scandinavian descent or northern European heritage have a higher risk of developing polymyalgia rheumatica.

Symptoms of PMR tend to come on suddenly with inflammation causing pain and stiffness in joints and surrounding tissues. Joints that may be affected are neck, shoulders, back area, and hips. Both sides of the body are affected which distinguishes this disease from other muscle and joint diseases. But not everyone experiences pain and stiffness in their joints. The pain and stiffness make it harder to do activities of daily living and leads to muscle weakness. People may also experience fatigue, fever, night sweats, depression and lack of appetite leading to weight loss.

A complication of PMR is temporal arteritis. Temporal arteritis may occur at the same time as PMR or precede or occur after PMR develops. Temporal arteritis is also referred to as "giant cell arteritis." Around 15% of people will develop temporal arteritis with PMR. Temporal arteritis is an inflammation in the lining of blood vessels and is much more serious. This inflammation damages the artery vessels in the head including the temporal artery which delivers blood to the eye's retina and can lead to permanent blindness. The most common symptom of temporal arteritis is a severe headache particularly on one side, scalp tenderness, jaw or facial soreness especially chewing, distorted vision or aching in the extremities.

PMR is diagnosed through a physical examination, symptoms, and

blood tests that include erythrocyte sedimentation rate (ESR) and C-reactive protein (CRP). These two blood tests detect inflammation in your body. If temporal arteritis is suspected a temporal artery biopsy may be needed to confirm the diagnosis.

PMR has common symptoms with other diseases which can lead to PMR being misdiagnosed. Rheumatoid arthritis (RA) is an autoimmune disease that causes pain and stiffness in the joints. RA affects both sides of the body along with fatigue, fever, low appetite, weight loss and joint swelling. The difference between these two diseases is that in PMR only 30% people develop joint swelling whereas in RA it is a major symptom. In RA the joints involved are hands, wrists, feet and ankles. PMR targets larger joints.

Fibromyalgia has similar symptoms, but the key difference is fibromyalgia is not an inflammatory disease and will not respond to corticosteroids in reducing pain and inflammation.

Lupus is an autoimmune disease with similar symptoms of PMR, but the main difference is that with lupus a butterfly shaped rash develops over the nose and cheeks.

Cancer can also have similar symptoms as PMR.

The goal of treatment is to reduce inflammation and pain, and to ease stiffness, aches, fatigue, and fever. Prednisone, a corticosteroid, is the drug of choice. It is an anti-inflammatory drug that works quickly to relieve symptoms by reducing inflammation and tissue damage. While on prednisone frequent blood tests are needed to monitor for possible side effects and evaluate the effectiveness of the drug therapy. Physical therapy may be ordered to help to maintain joint mobility, flexibility, strength, and function. Exercise that may help is walking, riding a stationary bicycle, and exercising in a pool. PMR varies from person to person but in general it could last from one year to as long as five years.

Temporal arteritis is treated with higher doses of corticosteroids. There are other medications that may be used such as methotrexate or biologic drugs.

Prednisone will help to relieve symptoms but we should know the side effects of this drug. Prednisone can cause increased blood pressure, blood sugar, increased risk of developing cataracts and ulcers, and weight gain. Steroids can cause osteoporosis, a thinning of the bones and an increased chance of developing infections. Report

any symptoms of fever, cough or trouble breathing, weakness, headache, change in vision, and/or stiffness in the pelvic and shoulder to your doctor.

The overall outlook for people with PMR and temporal arteritis is to have a normal life by following your doctor's instructions with careful monitoring and following treatments.

Start the New Year on a high note. Sing with the Monroe Township Chorus

By Micki Meyers

Calling all sopranos, altos, tenors, and basses to come and join the fun and camaraderie of a wonderful group of men and women and share the Gift of Song.

We sing four-part harmony and rehearse Tuesday mornings from 9 to 11 a.m. at the Monroe Township Senior Center, 12 Halsey Reed Rd.

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

*We don't sing because we're happy.*

*We're happy because we sing.*

Cranbury Arts Council

In February, The Gourgaud Gallery will host a donated art show as a fundraiser for The Cranbury Arts Council. The exhibit will run from February 1-February 25. The art work can be viewed at the gallery or online, at [www.cranburyarts.org](http://www.cranburyarts.org), and Facebook pages: The Gourgaud Gallery, and Cranbury Arts Council. The show will feature donations of art work from several different artists, including Louise Palagyi, Linda Gilbert, Lynn Cheng Varga, Deborah Rosen, Donna Rittner among other artists. All the artists have exhibited at The Gourgaud Gallery before. The artwork

will include different mediums, sizes, framed, unframed, and matted work, in a very modest price range (\$25-\$100).

As part of a Non-Profit, The Cranbury Arts Council supports the Arts in the community, which includes classes, camp, and excellence in the Arts awards. All proceeds will go to the Cranbury Arts Council.

The Gallery is open M-F 9-3 (hours subject to change), located in Town Hall, 23A North Main Street, Cranbury, New Jersey. For information, contact Linda Gilbert at [paintingsbylinda@gmail.com](mailto:paintingsbylinda@gmail.com).

Monroe Township Cultural Arts

On February 17, the Monroe Township Cultural Arts Commission will host a live tour of the Barnes Foundation's exhibit of the works of Amedeo Mondigliani. This 50 minute tour, from 7-8 pm, is free and will be followed by a Q&A with docent Joe Caliva. Go to the Commission's website: <https://www.monroetownshipculturalarts.com> to scan the QR code, or click on: <https://live.barnesfoundation.org/CACMonroeTwp2-17-22>.



pb&j

Princeton Bone and Joint

**Princeton Bone & Joint** offers surgical treatment options for all your orthopedic needs, as well as onsite physical therapy and X-ray scans. We excel at robot assisted surgery for a more precise surgical procedure where you experience less pain and a faster recovery.

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





# Rossmoor Community Association, Inc.

## Snow Policy and Procedure

**POLICY**

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

**PROCEDURE**

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

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

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

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

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

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

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

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

access.

**Snow Removal Operations Concerns**

Maintenance Office  
655-2121

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

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

*Residents are responsible to leave accurate and pertinent information.*

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

**Channel 26**

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

**RESIDENTS' RESPONSIBILITY**

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

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

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

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

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

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

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

**PRIORITIES**

The safety of Rossmoor residents is our priority. Supervisory RCAI personnel are on site during snow removal operations to lead staff and the outside snow removal contractor to oversee procedures and respond to emergencies. All main and secondary streets and entrance gates will be plowed continuously to provide emergency access. Sidewalks to the Club House and Meeting House are continuously cleared and the buildings remain open during snow/ice storms for residents use in case of power outages and/or loss of heat.

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

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

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

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

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

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

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

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



### A Cheesy Winter Warm-Up

One of the easiest ways to warm up at the end of a winter day is by sharing a comforting meal with loved ones.

Getting your whole family to the table can be surprisingly easy when a savory dish like Cheesy Spinach Ravioli awaits. Originally started by an Italian mother more than 80 years ago, having a delicious jar of RAGÙ sauce in hand, with its distinctive yellow cap, can help anyone create this mouthwatering recipe and quick real-world dishes at home.

Having a go-to jar of sauce in your pantry offers an invaluable resource for at-home cooks who want to “cook like a mother” and create delicious, homemade recipes regardless of culinary skill.

Visit Ragu.com to find more winter recipe inspiration.

#### Cheesy Spinach Ravioli

Prep time: 10 minutes  
Total time: about 1 hour  
Yield: 17-20 ravioli

#### Dough:

3 cups all-purpose flour, divided  
1 pinch salt  
1/4 teaspoon garlic powder  
1/2 teaspoon olive oil  
4 whole eggs  
2 egg yolks  
water

#### Filling:

1/2 teaspoon olive oil  
2 cups chopped spinach, fresh or frozen  
1 pinch salt  
1 pinch pepper  
1 container (15 ounces) ricotta cheese

#### Toppings:

1 jar (24 ounces) RAGÙ Old World Style Traditional Sauce  
shredded mozzarella cheese  
2 chopped basil leaves  
2 chopped sprigs rosemary  
grated Parmesan cheese (optional)

To make dough: Place 2 1/2 cups flour in bowl and make hole in center. Add salt, garlic powder, olive oil, eggs and egg yolks to hole. Slowly bring flour into middle and knead into ball. Cover with bowl and let rest 20 minutes.

To make filling: In pan over medium heat, add olive oil; add spinach, salt and pepper then saute until spinach is wilted. Let cool then mix in ricotta cheese; set aside.

Cut dough in half. Sprinkle remaining flour on large cutting board and roll dough to 1/8-inch thickness. Cut into rectangle then cut into 2-3-inch squares. Set scraps aside. Brush water on squares then spoon 1 teaspoon spinach-ricotta filling in center of every other square. Top with remaining squares. Use fork to crimp edges. Repeat with remaining dough. Form scraps into ball and repeat.

Put ravioli in boiling water, 8-10 minutes; they will rise to top when done.

In saucepan over medium heat, heat sauce until simmering.

Place ravioli on plate and top with warm sauce and cheese,

## CLASSIFIED AD COUPON

Check those publications that apply:

☐ The Clearbrook Courier

☐ The Concordian

☐ Encore Speaks

☐ GW Voice

☐ Regency Reporter

☐ Renaissance Reflections

☐ The Rossmoor News

☐ Check here for all seven publications

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

MAIL TO

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

### RATES

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

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

No classifieds accepted by phone or email.

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

**MADE PAYABLE TO PRINCETON EDITORIAL SERVICES, INC.**

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

Name \_\_\_\_\_

Tel. # \_\_\_\_\_

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

PLEASE PRINT YOUR AD ON 8.5 X 11” PAPER

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

### Contact Waste Management

**609-587-1500**

ID# 61565342007

for pick up of household items

**NO electronics**

**NO upholstered furniture**

**No mattresses**

### Recycle information from Waste Management



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

### TRANSPORTATION TIDBITS

#### Important phone numbers:

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

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

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

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

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

## Classified Advertising

### Home Improvement & Services

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

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

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

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

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

### Tax & Accounting Services

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

**GREGORY TAX SERVICE**—Reasonable fees, pick up, online, fax, email. 35 years of experience, IRS, AFSP. Concordia Resident, Jim Gregory. (732) 236-4498.

### Miscellaneous/Services

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

### Computers Custom Built & Repaired

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

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

### Help & Health Services

**B&A GOOD PRIVATE HOME CARE.** Certified Home Health Aides by New Jersey. We are available for private cases at home. Hourly, live-in. Couples and singles. Contacts: (609) 248-7063 or (609) 248-7067.

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

### Transportation

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

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

**LIMO GUY** — Our 20th year. We go almost anywhere. Late model Lincolns. \$85 to Newark Airport. \$175 Philadelphia. \$185 JFK. We go almost anywhere. 24/7. Call (732) 452-9222 or (732) 803-2521.

### House Cleaning

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

**CRIS CLEANING SERVICES**—Free estimate. Great prices. Call today (203) 501-9245.

### Wanted to Buy

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



#### Reminder

Please Pick Up After Your Dog.



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[www.mtfd3.com](http://www.mtfd3.com)  
609-409-2980



# Protect Your Health with a Heart-Smart Eating Plan

FAMILY FEATURES

As people have spent more time at home, many have rediscovered the simple joy of home-cooking and stumbled upon a secret weapon for health at the same time. By making smart, intentional decisions from breakfast to dinner and every meal (and drink) in-between, they are supporting strong bodies.

A heart-smart eating plan is especially important for more than 30 million people in the U.S. living with type 2 diabetes who are at double the risk for heart disease and stroke compared to those without diabetes, according to the American Heart Association and American Diabetes Association's Know Diabetes by Heart initiative. When managing diabetes and heart health, building a consistent eating plan with the right balance can be a powerful tool.

Healthy eating provides benefits for the whole family whether members are managing existing health conditions or not. This recipe for Baked Parmesan Chicken is packed with 30 grams of protein in each serving yet delivers only 280 calories. For a tasty way to increase vegetable intake, try pairing the no-sugar chicken dish with Green Beans with Mushrooms and Onions.

A key to feeling your best begins with the first meal of the day. Start the morning on a nutritious note with this Ham and Broccoli Frittata – a low-sugar, low-fat, low-calorie alternative to traditional fat- and sugar-laden breakfast foods. With this recipe, you're setting yourself up for a healthy day and getting the energy you need to live it to the fullest.

Find more recipes and learn more about managing the connection between diabetes and heart health at [KnowDiabetesbyHeart.org/Recipes](https://www.knowdiabetesbyheart.org/Recipes).

**Baked Parmesan Chicken**

Recipe courtesy of Know Diabetes by Heart  
Prep time: 15 minutes  
Cook time: 18 minutes  
Servings: 4 (3 ounces chicken per serving)

- Cooking spray**
- 1 large egg
  - 1 tablespoon water
  - 2 teaspoons olive oil
  - 1/3 cup finely crushed, low-sodium, whole-grain crispbread
  - 1/3 cup shredded or grated Parmesan cheese
  - 2 tablespoons minced fresh parsley
  - 1/2 teaspoon ground oregano
  - 1/4 teaspoon pepper
  - 4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded, flattened to 1/4-inch thickness

Preheat the oven to 400 F. Lightly spray a 13-by-9-by-2-inch baking dish with cooking spray.

In a shallow dish, whisk the egg, water and oil. In a separate shallow dish or pie pan, stir together the crispbread, Parmesan cheese, parsley, oregano and pepper. Dip the chicken in the egg mixture then in crumb mixture, turning to coat at each step and gently shaking off any excess. Using fingertips, gently press the coating mixture so it adheres to the chicken. Arrange the chicken in a single layer in the baking dish. Lightly spray the chicken with cooking spray.

Bake for 15-18 minutes, or until chicken is no longer pink in the center and the top coating is golden brown.

**Nutritional information per serving:** 280 calories; 80 calories from fat; 9 g total fat; 2.5 g saturated fat; 0 g trans fat; 1 g polyunsaturated fat; 4 g monounsaturated fat; 125 mg cholesterol; 340 mg sodium; 530 mg potassium; 18 g total carbohydrate; 4 g dietary fiber; 0 g sugar; 0 g added sugar; 30 g protein; 370 mg phosphorus. Choices/Exchanges: 1 starch, 4 lean protein.



Baked Parmesan Chicken



Ham and Broccoli Frittata

**Ham and Broccoli Frittata**

Recipe courtesy of Know Diabetes by Heart  
Prep time: 10 minutes  
Cook time: 25 minutes  
Servings: 4 (1 1/4 frittata per serving)

- Cooking spray**
- 2 cups frozen fat-free potatoes O'Brien, thawed
  - 6 ounces small broccoli florets, rinsed in cold water, drained but not dried
  - 8 large egg whites
  - 1 large egg
  - 4 ounces lower-sodium, low-fat ham (uncured, nitrate/nitrite-free), cut into 1/4-inch cubes
  - 1/4 cup fat-free milk
  - 1/4 teaspoon pepper
- Preheat the oven to 400 F.

Lightly spray a medium ovenproof skillet with cooking spray. Heat over medium heat. Remove from the heat. Put the potatoes in the skillet. Lightly spray with cooking spray. Cook for 4-5 minutes, or until potatoes are golden brown, stirring occasionally.

In a microwaveable bowl, microwave the broccoli, covered, on high for 3-4 minutes, or until tender-crisp. Drain in a colander. Stir the broccoli into the potatoes.

In a medium bowl, whisk the egg whites and egg. Whisk in the ham, milk and pepper. Pour the mixture over the potatoes and broccoli; stir well.

Bake for 15-18 minutes, or until the eggs are set.

**Nutritional information per serving:** 180 calories; 30 calories from fat; 3 g total fat; 1 g saturated fat; 0 g trans fat; 0.5 g polyunsaturated fat; 1.5 g monounsaturated fat; 60 mg cholesterol; 460 mg sodium; 570 mg potassium; 17 g total carbohydrate; 2 g dietary fiber; 4 g sugar; 1 g added sugar; 18 g protein; 210 mg phosphorus. Choices/Exchanges: 1 carbohydrate, 2 lean protein.

**Green Beans with Mushrooms and Onions**

Recipe courtesy of Know Diabetes by Heart  
Prep time: 10 minutes  
Cook time: 10 minutes  
Servings: 4 (1/2 cup per serving)

- Water**
- 8 ounces green beans, trimmed
  - 2 teaspoons olive oil
  - 4 ounces sliced mushrooms, stems discarded
  - 1/2 cup thinly sliced onion
  - 1 medium garlic clove, minced
  - 1/8 teaspoon salt
  - 2 teaspoons fresh lemon juice
  - 1 pinch pepper

Fill a medium saucepan 3/4 full of water. Bring to a boil, covered, over high heat. Cook the green beans, uncovered, 5 minutes, or until tender-crisp. Drain well in a colander.

In a medium nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the mushrooms, onion, garlic and salt 5 minutes, or until the mushrooms are soft and lightly browned, stirring frequently. Stir in the lemon juice, pepper and cooked green beans.

**Nutritional information per serving:** 60 calories; 25 calories from fat; 2.5 g total fat; 0.5 g saturated fat; 0 g trans fat; 0.5 g polyunsaturated fat; 1.5 g monounsaturated fat; 0 mg cholesterol; 60 mg sodium; 300 mg potassium; 9 g total carbohydrate; 2 g dietary fiber; 4 g sugar; 0 g added sugar; 2 g protein; 70 mg phosphorus. Choices/Exchanges: 2 vegetable, 1/2 fat.



Green Beans with Mushrooms and Onions