



Rossmoor IN News



VOLUME 59 / No. 2

Monroe Township, New Jersey

FEBRUARY 2023



A foggy morning on the golf course

Photo by Tom Teaman

Repair and renovation permit procedures for all Rossmoor owners

By Tom Curry

As our homes age they require more maintenance, repairs, and improvements. Upgrading, renovating, and repairing a home not only increases its value, but it also increases the value of the entire community.

Rossmoor is a large Condominium and Cooperative

Community. It is composed of 18 sub associations, or Mutuals, that have specific sets of rules, regulations, and bylaws pertaining to improvements and repairs.

Through monthly fees every owner and resident shares in the cost of common building and grounds maintenance. Adherence to association regulations protects the commonly owned buildings and grounds reducing the number of improper or substandard improvements completed without the association's knowledge.

Rossmoor's rules can be cumbersome, therefore all 18 Mutuals follow the same Permit Procedures that are out-

lined in this article. Each step of the procedure is designed to identify problems before they occur.

The Rossmoor Permit procedure for owners should not be confused with any required Township construction permits. If your project includes electrical, plumbing, or other work not considered ordinary maintenance, it may also require permits from Monroe Township. For those permits you should contact the Monroe Construction Department at 732-656-4585.

Please note: Rossmoor Permits are required for all work whether it is completed by an owner or an owner's

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Avoiding the "Tripledemic" this winter

By Margaret Drozd, MSN, RN, APRN-BC, Director

What is a "tripledeemic?" Although you may hear this word frequently in the news, there's no scientific definition for this term; it simply refers to a community spread of RSV (respiratory syncytial virus-common respiratory virus), influenza, and COVID-19 to the extent that it might overwhelm hospital emergency departments and cause an increase in hospitalizations. After all the gatherings of the holiday season, you need to know how to protect yourself, your family, and your friends as the year

continues.

A big part of the flu increase in the community is the lack of immunity in individuals from not being exposed to the virus for the last two-and-a-half years due to masking and social distancing. Because masking and social distancing are not consistently practiced in the community at this time, the risk of spread is increased.

RSV is a respiratory virus that can be contracted by both adults and children. Typically, if you get RSV,

you'll recover within a week or two. The good news is that this is not a new virus and healthcare providers know how to treat it. Currently there is no vaccine for RSV, but there are several in development.

However, there are vaccines to prevent or lessen the symptoms experienced from the flu and COVID-19. First and foremost, now is the time to get your flu shot and make sure you are up-to-date on your COVID-19 vaccination, including the new bivalent booster. The bivalent booster helps to reduce your risk of contracting the Omicron variant of COVID-19 and its subvariants.

The flu vaccine may not completely prevent you from getting the flu, but it has a good chance of keeping you from getting seriously ill and being hospitalized and dying.

Aside from these vaccines, how else can you protect yourself? Flu, COVID-19, and RSV are all respiratory viruses, but there are differences in how they spread. By taking proper precautions, you can protect yourself and others.

RSV spreads through contaminated surfaces. Hand-washing and cleaning surfaces are more critical with RSV.

COVID-19 doesn't spread through surfaces; instead, it spreads from respiratory droplets expelled through sneezing and coughing.

Flu can spread from respiratory droplets, aerosols, and through contaminated surfaces. It's important, therefore, to practice respiratory etiquette by coughing into a

(Continued on page 18)

Referendum presentation scheduled

By Linda Bozowski

A presentation on the upcoming school construction referendum has been scheduled by the League of Women Voters for Monday, Feb. 27. The information, to be presented by school officials, will be given at the Municipal Building courtroom at 1 p.m.

The actual vote is scheduled for Tuesday, March 14. The Middlesex County Board of Elections will coordinate voting and will announce polling places and vote-by-mail procedures. Originally

planned for an April election, the Board of Education was advised that the date needed to be moved forward one month or be delayed to September.

The referendum proposes additions to both the middle and high schools and a large addition and renovation to Applegarth School, currently an elementary facility. The Applegarth building was constructed in 1936 but has had minimal renovations over the past 90 years. There is concern

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The moon on Jan. 1, over the Meeting House

Photo by Youngae Lee

at the governors' meeting

The first 2023 monthly meeting of the Rossmoor Community Association Board of Governors was held on Thursday morning at 9:00 a.m. on January 19. A larger than normal group of residents attended. Over 50 residents filled the Village Center's meeting room and another 30 were online watching the simulcasted meeting on Zoom.

President Dan Jolly announced a change in the agenda. Action item: Employee Service Awards would be moved up in the agenda to the first item. Dan then read brief employment histories of the service award recipients. He thanked them for their service and General Manager Tom Curry presented each with a congratulatory gift card. The staff members honored were:

- Ray Bridy, Golf Professional, Five Years, hired - 12/11/2017.
- Mark Canuso, E&R Maintenance, Five Years, hired - 1/2/2017.
- Gina Genther, Administration, Five Years, hired - 4/24/2017.
- Thomas Saunders, Golf Maintenance, Five Years, hired - 10/11/2017.
- Bob Busket, Maintenance Operation Foreperson, Twenty Years, hired - 6/10/2002.
- Christine Parr, Administration, Thirty Years, hired - 5/4/1992.

Treasurer John Craven, reported on November financial report stating that as of November 30, 2022, the association's actual budget surplus stood at \$353,317 which is \$324,068 better than planned.

General Manager, Tom Curry then provided a brief summary of the January 13 meeting between Rossmoor, Monroe Township and Middlesex County Administrator's office regarding the soon to be received State grant for flood mitigation efforts in Rossmoor. The Rossmoor one-million-

dollar state grant has now been verbally approved by the New Jersey Department of Community Affairs (DCA) and will become available for use soon. Over the next month, the County's attorney and Rossmoor's attorney will work out an agreement with the DCA. Once completed the county will meet with Rossmoor's Administration to explain what use categories are eligible for funding. Rossmoor will also be provided guidance on all the associated Federal, State and Local guidelines and reporting requirements.

Mr. Curry then summarized the monthly Management Report reporting on closings, maintenance items, projects, events, golf course status, landscape maintenance, health services and Allied Security.

New Business: Resolution 2023-01 Tree Maintenance – Clubhouse Road, Pro Shop, Pool

Resolution to approve the pruning of 30 oak trees at a cost not to exceed \$12,000 along Clubhouse Road, the pro Shop and Pool by the association's landscaper High Tech Landscapes. A motion to approve was made, it was seconded. The motion passed 17 yes, 0 no.

Resolution 2023-02 Required Tow Warning Signs at Entrances

Resolution to approve the

installation of tow warning signs at each entrance to the community and sign an agreement with Akula Automotive to provide tow services as required. A motion to approve was made, it was seconded. The motion passed 17 yes, 0 no.

Resolution 2023-03 Community Access Rules on Sundays

Resolution to approve a change in the access rules for deliveries and commercial moving vans or U-Haul type vehicles allowing entry every day. A motion approve was made to approve, it was seconded, and much discussion followed. The motion failed, 4 yes, 13 no.

Resolution 2023-04 Common Electric Vehicle Charging Stations for the Clubhouse Parking Lot

Resolution to approve the installation of two Charge-Point dual car chargers installed by Icon Electric in the clubhouse parking lot at a cost not to exceed \$53,545. A motion to approve was made, it was seconded, and much discussion followed. The motion passed, 17 yes, 0 no, 1 abstain.

Directors Comments:

Mutual 3 Director Danehy questioned the location of Radar speed sign. Mr. Curry explained that the sign is

(Continued on page 18)

Open RCAI Meetings in February RCAI Board of Governors Meeting Thursday, February 16 - 9:00 a.m.

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

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

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

Bits & Pieces

By Sue Ortiz

I love Christmastime; all the red and green decorations, holiday music, exotic food, homemade cookies, and gift giving (and receiving) make the season special. But before Christmas was over, before New Year's Eve welcomed in 2023, stores had Valentine's Day candy hearts and cards on their shelves. We went from red and green to just red. Before long, the Easter bunny will be hopping down the bunny trail, tossing candy and pastel-tinted eggs down the aisles. Time flies fast enough, please don't rush the seasons.

That's marketing, though. Stores do it all year. Just as in the fashion world, this year's decorations have been in the works for over a year. Manufacturers are busy designing the next big "thing" for next year already. I have a hard enough time keeping up with my current calendar.

It's only February – department stores will be hawking seafoam and sand with bikinis and beach chairs by the end of the month. I don't buy either, as I don't swim, and my old beach chair is still going strong. After all, it only gets used once or twice a year when I watch the Jamesburg Memorial Day Parade or visit the Shore once a year to sit on the beach for a couple of hours.

One of the major craft stores I frequent, as well as all the shopping channels on TV, will sell Christmas items in the summer, making "Christmas in July" a certainty. Lighted trees will be displayed in the center aisle, stockings hung with care down another aisle, and St. Nicholas smiling everywhere. Sales all over the place. We should have a day off besides Independence Day added mid-summer to celebrate.

Speaking of the Fourth, red, white, and blue bunting, flags, and pinwheels will be ready to buy in May, well before Memorial Day (double use there). Summer will just be gearing up for picnics and fireworks,

though, when butterflies and windchimes will be cast aside, placed in the bargain bin. Scarecrows, ghosts, and witches will haunt our shopping trips.

Unfortunately, Thanksgiving gets lost in the commercial mix, although grocery stores and restaurants make out like bandits with this one. We happily spend it with family and end up in a turkey fugue. There are no gifts, and decorations are sparse. Its main selling points are food, parades, and football. It also marks the beginning of the holiday season.

You know what scares ghosts and witches? Santa Claus! He chases them back into hiding while Rudolph and Frosty run wild for a few months. Orange and black fade to red and green.

The vicious circle brings us back to champagne toasts, crystal balls, and stores decked out with red hearts. I like holidays, though. Like the change of the seasons, they make the year go around.

Maybe we should celebrate all holidays, all the time. Hmm?

Just remember that the day after each holiday, all decorations, candies, and cards go on sale for 50-75% off. So, beat the rush for next year's shopping and buy now. Except for the candy. Buy now, eat now.

B&P

"I've never understood activity holidays since we seem to have far too much activity in our daily lives as it is. Find a culture where loafing is the order of the day and where they don't understand our need to be constantly doing things. Find somewhere you can have a hammock holiday." – Tom Hodgkinson (British writer, b. 1968)

"Life is all about balance, and there are certain times of the year – birthday, anniversary, holidays – that are meant to be enjoyed without guilt. That being said, Thanksgiving is a meal – it's not a Thanksgiving day, and it's not a Thanksgiving week." – Harley Pasternak (Canadian author, b. 1974)

Referendum

(Continued from page 1)

that the infrastructure may require repairs that have not been fully anticipated.

The projected cost of the

referendum is \$103 million. It is expected that property taxes will increase about \$215 per year based on the average home value of \$331,000 in the township.

The public is urged to attend this presentation or another before the election date in March.

The meeting is open to the public. League membership is not required to attend. Supporting our students in safer facilities should be a priority for all residents. Detailed information will also be available on the Board of Education website.

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.



Rossmoor News

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

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

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

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Another successful Warm Coats for the Needy drive

By Alyce Owens

Once again, the nice folks in Rossmoor showed that they care deeply not only about each other, but for those less fortunate than themselves as well. The Rossmoor Community Church thanks each and every person who helped to make this year's collection of Warm Coats and Jackets for

the Needy another great success.

This year's collection ran from Thanksgiving to Dec. 12 with two collection sites — inside the Clubhouse vestibule and on the Fitness Center patio. Fortunately, there was little or no inclement weather to impede residents from making

their donations. As in several past years, special thanks are due to Sal Gurriero and Greg Policastro, who faithfully made daily pickups from each collection site through the duration of the drive. Most people were very cooperative in putting the coats and jackets in plastic bags as had been requested, which is greatly appreciated.

Those bags were then stored in Sal and Greg's garage, packed into super-sized bags and loaded into their spiffy new pickup truck for delivery to Your Grandmother's Cupboard in Toms River, N.J., a caring organization that provides free food, clothing, and life's necessities to help the underserved keep warm and make it through the winter.

We're not sure whether that new pickup was purchased expressly to accommodate the delivery of this worthy collection, but it certainly came in handy. In previous years, our donations had filled their car to capacity and sometimes even more than one trip was required to get the collection to its destination. This year the nearly 40 super-sized bags — filled with all sizes, types and colors of jackets and coats — fit perfectly in that pickup.

In addition to Your Grandmother's Cupboard, some donations also were taken to St. Peter's Church in Freehold, and Habitat for Humanity for distribution to people in need of the warmth of our coats, and our love.

The Rossmoor Community Church Benevolence Committee thanks all residents who contributed a gently used coat or jacket to this cause. You'll never know where it went, but you can be sure the person who received it will be warmer and feel loved, knowing that someone cared enough to share it with them. May God bless them, and us all with a very happy, healthy 2023.

Rossmoor resident seated on Board of Education

By Linda Bozowski

Rossmoor residents and other seniors in Monroe are represented on the Board of Education following the election of Gail DiPane this past November.

DiPane, who moved to Rossmoor four years ago from North Brunswick, garnered the second-largest vote count in this recent contest.

During her campaign, DiPane focused on three priorities: (1) greater interaction between the Board of Education and the school district's Foundation, (2) expanded interaction with the community, including volunteerism and student assistance, and (3) exploration and eventual implementation of expanded pre-school and full-day kindergarten opportunities.

An 18-year member on the North Brunswick Board

of Education, DiPane served as vice president, president, and as chairperson of several committees during her tenure in that district.

Mother of two educators and a nurse, and grandmother of five youngsters, DiPane and her husband Joe were actively involved with such programs as cheerleading, Pop Warner football, and other activities that focused on young people. As a working mom, DiPane found time to serve on the Board of Education while she and Joe engaged in their other volunteer activities.

The Rossmoor News will offer more information about DiPane's career working with UMDNJ's Boggs Foundation, whose focus is on aiding developmentally disabled students and adults.

Permit procedures

(Continued from page 1)
contractor.

Rossmoor Permits

The following items require an owner to complete a Rossmoor Permit.

1. Cabinets and counter tops
2. Doors
3. Flooring
4. Electric (new installation)
5. Patio roofs and any patio alterations
6. Plumbing (new installation)
7. Windows
8. Air conditioner replacement
9. Hot water replacement
10. Landscaping changes (bushes and trees, not flowers)
11. Railings
12. Ramps
13. Sidewalk extensions, patio blocks, slate, etc.
14. Stair lifts

Permit Request Form

The Rossmoor Permit process involves completing a form that is available online at www.rcainj.com/maintenance-services/ or available in-person at the Maintenance Office at 245 Prospect Plains Road, or at the Administration offices in the Village Center at 128 Sussex Way. Each permit request follows the procedures outlined below.

1. Rossmoor permits are completed by the manor owner.

- a. According to the type of work to be completed the Permit may require drawings and /or specifications be attached to the permit request.
- b. All contractors must have appropriate insurance and name Rossmoor as additionally insured.
- 2. Permit review**
 - a. MAINTENANCE OFFICE.
 - i. Maintenance staff reviews the permit request and obtains approval from the Maintenance Foreperson before sending the form to the Administration office.
 - b. ADMINISTRATION OFFICE
 - ii. The RCAI Administrator and then the corresponding Mutual Director reviews the permit request and signs for approval or denial.
- 3. Approval/denial letter**
 - a. The Administration staff sends the owner an approval or denial letter along with the signed Rossmoor permit.
 - b. A copy is provided to the maintenance office to be recorded and filed by Manor number.

Although the entire Rossmoor Permit Process can take several working days before a resident receives a letter in the mail, it prevents costly mistakes for both the owner and the owners' association.

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Monroe – How much do you know? Part 2

By Linda Bozowski

A long-time Jeopardy devotee, I am intrigued by various trivia. The Monroe quiz in the January Rossmoor News represented a collection of trivia about our community, so let's take a look at the information that should have filled in the blanks. I must confess that I only knew the answers to two of the ten questions.

1. New Jersey has 564 municipalities.
2. The five municipality types are borough, city, town, township, and village.
3. Interestingly, population of an area does not determine what municipality type it belongs to.
4. Monroe is municipality type township. Monroe is one of the 241 townships in the state. Boroughs are the most prevalent type, with 253 boroughs throughout the state. Monroe was incorporated as a township on April 9, 1838, from por-

tions of South Amboy Township following a referendum held on that day. Land was taken from Monroe Township to become portions of East Brunswick, Cranbury, and Jamesburg between 1860 to 1887.

5. The Walsh Act of 1911, the 1923 Municipal Manager Law, the Optional Municipal Charter Law (now called the Faulkner Act), and Special Charter are forms of municipal government. Even though each municipality can declare itself to be one of the five types, it may then adopt one of the multiple forms, which determine the number of commissioners or council members, the frequency of elections, responsibilities assigned to each commissioner or council member. Municipalities may also adopt what are called non-standard forms, which requires that the state legisla-

ture approve a special charter unique to that municipality. Changes to government form types selected can be made through requests for establishment of a charter study commission. (Municipal government is not simple, as you may realize!) FYI, Monroe's government type is established according to the protocols of the Faulkner Act.

6. Our central local government consists of a township council.
7. Our central governing body is led by a mayor and five other elected members.
8. Members are elected for four-year terms. Not all council members are elected in each election. Three members representing the wards are elected and then two years later, three at-large members including the mayor are elected. This ensures greater balance and continuity in the governance of the community. In the event of death, serious illness or other reasons by which a council member or mayor may no longer serve, a special election may be held to complete the composition of the council.
9. Monroe is geographically divided into three wards. Each ward has one elected representative on the council, and the other three members of the council including the mayor are considered at-large members.
10. Monroe is ranked 57th in the state in population, according to data presented in Wikipedia.
11. Monroe is the largest municipality in Middlesex County.

Enough Questions and Answers

Ten answers are enough for today. There is much more information that will be presented in future editions of the Rossmoor News, including how the council interacts with the county and state offices, what influence we, as a township, may have in determining infrastructure decisions, and how we work with our various township boards. We will also take a look at our county government and how Monroe's interests are supported at that level.

We have nineteen boards serving citizens of Monroe, and each has specific responsibilities. Some are more visible than others, like the Planning Board, whose work just helped finalize our newest five-year master plan. We have Zoning, whose members help determine what gets built and where. The Library, Cultural arts, Environmental Commission – the list goes on for many more. Each of these Boards, supported by our many employees, help keep our township a well-managed, people-oriented community. Monroe Township is a special place!

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Ninety-seven days in Vietnam's "Hanoi Hilton"

By Allan Kaufman

U.S. Air Force Captain and B-52 bomber pilot David Drummond was a prisoner of war in Hanoi from Dec. 22, 1972 through March 28, 1973.

David was the guest lecturer in front of 75 residents at a program sponsored by the Rossmoor Veterans Group on Jan. 10 in the Ballroom.

David started his journey as a pilot when he first received a flying lesson in high school. That was all he needed to get hooked on flying. Then came college at the New Jersey College of Engineering, where he joined the Air Force ROTC program. Some training took place during the time between semesters, mostly to see if he had the aptitude for becoming a pilot. The Air Force found a pilot and David found a dream. After intensive training and during his second tour of Vietnam, he became the officer in the right-hand seat of the B-52 bomber.

The B-52 was a huge plane with eight engines and was able to store close to 500 bombs. In 1972 President Nixon was angry that peace talks had stalled, blamed the North Vietnamese, and decided to begin large scale bombing in the north. Captain Drummond, with a crew of six, was flying near Hanoi when their plane was hit by a surface-to-air missile on the left side of the aircraft. A little while later another missile hit the right side. The commander gave the signal to eject and all six crew members made it out of

the plane.

After he landed, Captain Drummond evaded capture for about four hours. Picked up by a Vietnamese army patrol, he was eventually taken to the "Hanoi Hilton" prison camp where he spent 97 days in captivity. His wife, Jill, learned of his POW status when three soldiers came to the door at 3 a.m. with a telegram.

The food, as you would imagine, was horrible, as were the living conditions. He was hopeful that renewed bombing would stop and that peace talks could once again be started. Ninety-seven days after his capture, Drummond, along with all prisoners of war, were given a simple form indicating that they were being released.

Returning to the States, Drummond had about four months of leave before he separated from the Air Force. He found a job as a pilot with American Airlines, only to be fired during the



Drummond POW PJs

oil crisis. Hired back in 1976, he spent 29 years flying commercially from Newark to London. He found it ironic to fly to London three times per week because that is where he was born. He retired in 2005.

To help any combat veterans who show symptoms of PTSD, his wife, Jill Drummond, Ph.D., has written a book, "Allies in Healing," to



Dan McOlvin, Denny O'Malley, and David Drummond

assist both the vet and his or her family.

As the program moved to its conclusion, and I knew he was going back to visit Vietnam, I asked about his expectations.

"I really don't know. We," and he pointed to his friend and fellow veteran, Ray Kelton, "have no preconceived notions on what to expect. The south has been built up,

and I've been told you can't recognize it from 1972. The same prospect exists in the North where the Hanoi Hilton is no longer there, save for a very small museum. Most of today's people were probably not yet born during that time, so for me I do not anticipate anything negative." Captain Drummond will travel with 30 or

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Recycling update

All plastics that are marked with numbers one (1) through five (5) are fully recyclable, according to Larry Lapidus, spokesman for Waste Management, who spoke here last month.

Lapidus added a few requests:

1. Please, no plastic bags in the recycling bin. Turn them in at the supermarket.
2. Large plastics, like five-gallon containers, cannot be recycled. They belong in the household trash.
3. Plastic toys, also, cannot be recycled.
4. Please, rinse out the containers before you put them in the recycling bin. Rossmoor does not need squirrels rummaging through the bins in search of some edible tidbit.

Please do your best to comply. The world is awash in plastics that will not degrade for a thousand years. We need to reuse as much of this waste as possible to keep it out of our landfills and our oceans. Future generations will thank us for whatever good we do today.

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References Upon Request

School referendum update

By Linda Bozowski

Rossmoor News has tried to keep its readership up to date on happenings in our schools, with emphasis on the upcoming school expansion referendum planned for this spring. As of its meeting on Jan. 3, the Board of Education had not yet received approval of the expansion plan from the State Department of Education. It was announced that approval was expected, and that should there be no issues with the proposal submitted, the Board will then have project cost information to announce to the public.

The proposed expansion would add classrooms to the middle and high school buildings and offer a complete and complex renovation as well as a large addition to the Applegarth School, which services elementary school students.

The previously announced estimated costs for these projects were approximately \$105 million. The additional space is expected to accommodate about 1,100 students from among the population classified as “unhoused” by state standards.

At this time, the Board of Education voted that the referendum will take place on Tuesday, March 14. Several

public presentations are planned. The first will be on Monday, Feb. 27, at 1 p.m., at the Municipal Building, sponsored by The League of Women Voters. The public is urged to attend.

Superintendent Chari Chanley indicated the district will schedule meetings with various groups. Information will be available on the Board of Education website as well.

Some sky events for the current year

By Anne Rotholz

During the year 2022, which was once again dominated by Covid news, discoveries by The James Webb telescope were, to say the least, a happy distraction. We saw our first high definition pictures of outer space. We got stunning images of galaxies, constellations, nebulae, black holes, and much more.

While the sharpness of Webb has mesmerized us, we know that it cannot replace the joy we get from gazing at the heavens with our bare eyes. During the current year as the earth travels on its journey around the sun we will get many more opportunities to see and enjoy celestial shows.

Here are some upcoming sky events.

- Feb. 1, **Comet CO 22 E 3** (the only comet visible this year) that will be at its closest to earth. It will get brighter in early February and possibly may be seen by the naked eye.
- April 20, **Hybrid Solar eclipse**. This is a rare eclipse and only seven of them will occur this century. This eclipse changes its appearance as the moon’s shadow moves across the earth. Observers in Australia, Indonesia, and East Timor will see it while surrounding areas will see it as a partial eclipse.

- Aug.13, **Perseid Meteor** shower peak. One of the most popular and abundant showers of the year, it can produce up to 100 bright meteors per hour. This year the peak occurs two days before the new moon, a very favorable time. This meteor shower is primarily visible in the Northern Hemisphere.
 - Aug. 31, **the biggest Full Moon of 2023**. This Supermoon will come closer to earth than any other full moon this year. It will be the brightest and most prominent moon. It is also a Blue Moon since it is the second full moon in the month.
 - Oct.14, **Ring of Fire**. This solar eclipse will be seen all over North and South America. There will be a ring of fire, or annulus, of the brightest sunlight around the moon. A similar eclipse will take place in a year but it will be visible only in Chile and Argentina.
 - Dec. 14, **Geminids Meteor** shower peak. The Geminids are known as the year’s brightest and most reliable meteor shower, producing up to 150 multicolored meteors per hour. They are visible in both hemispheres.
- Happy sky-watching!

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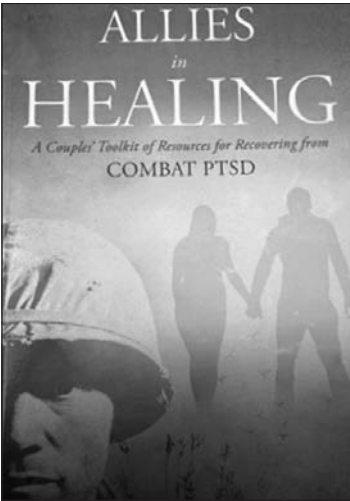
Ninety-seven days

(Continued from page 5)

more former POWs and their families. Perhaps they will have a different experience this time.

He concluded by showing us some of the “souvenirs” from his time in Hanoi, including a nice farewell package of soap, toothpaste, and cigarettes by which his captors probably sought to show what great guys they were. Captain Drummond received a long, standing ovation by this thankful audience of Rossmoor veterans and friends.

P.S. If you are a veteran who has not yet joined the Rossmoor Vets, you are missing a good thing. Their meetings are full of fun, lots of joking, and obvious solici-



Jill Drummond, Ph.D., David’s wife, wrote a book about PTSD after David returned home.

tude for one another. Call founders Dan McOlvin (732-423-4696) or Denny O’Malley (609-642-6918) and get in on the good times.

A hero finally recognized, 138 years overdue

By Carol De Haan

President Ulysses Grant, who died in 1885, will receive a posthumous promotion to the prestigious five-star rank of "General of the Armies of the United States," via the 2023 National Defense Authorization Act, passed by Congress last year. This is the highest rank in the U.S. Army, given to only three persons.

This title was created for General John J. Pershing — the man largely responsible for allied victory in World War I. In our 1976 bicentennial, Congress awarded the same five-star rank to President George Washington, who led colonial militias to victory over the British army and paved the way for the creation of The United States of America.

In the late 1800s, a medalion was created showing Washington as Founder, Lincoln as Martyr, and Grant as Savior. Why, then, did history go silent about Grant?

Ulysses Grant was born in Ohio in 1822, the oldest of six children in a working-class family. His father, who named his first-born after the Greek hero who defeated the Trojans, got him an appointment to the U.S. Military Academy at West Point, where Ulysses was seen as an indifferent student with a penchant for reading novels, then considered frivolous. He did, however, possess remarkable skills: He had an innate ability in mathematics, and such a strong love for horses that he alone, was able gently to tame a huge, fractious stallion, his favorite war horse, the powerful "Cincinnati." But among the students, Grant's modest demeanor earned him the nickname "Useless."

Graduating in 1843, Grant served in the Mexican War and was twice cited for bravery. After the war, he was posted to Detroit, New York, and the Pacific Northwest. Along the way, he met and married the love of his life, Julia Dent, with whom he had four children. By 1854, he resigned his commission and returned to the Midwest where he built a house that he named "Hardscrabble," and tried his hand at farming. It was not a successful venture. He tried selling insurance. Also, not successful. Eventually, he had no option but to join the family business — the tanning and selling of leather goods, where he was now junior to his two younger brothers. These were difficult years.

When the Civil War began in 1861, the governor of Illinois recruited Grant and put him in charge of some undisciplined infantry volunteers. Through his obvious decency and devotion to duty, he earned the cooperation of the once rebellious regiment, a success that got him promoted to brigadier general.

He led his troops to cap-

ture Fort Henry and Fort Donelson in Tennessee, forced the surrender of the strategic Vicksburg, Miss., and defeated a much larger Confederate force at Chattanooga, Tenn. His military moves were fast and his techniques often unconventional. Grant's troops were successful in ways that ordinary military leaders considered impossible. Much of Grant's success can be attributed to the fierce loyalty he inspired in the rank-and-file soldiers under his command.

When some possibly jealous Union officers complained to the President about Grant's alcohol consumption, Lincoln famously suggested sending a case of Grant's favorite whiskey to the other generals. "He fights!" exclaimed Lincoln.

In April 1865, Grant's forces finally defeated the

Confederate Army of Northern Virginia. At Appomattox, Grant, in mud spattered clothing, accepted the surrender of the dapper, aristocratic Confederate General Robert E. Lee, each man showing courtesy to the other. Grant then ordered 25,000 rations for Lee's very hungry troops and he allowed Lee's soldiers to return to their homes, each with his own horse to begin spring farming in a mostly burnt-out countryside. This was unheard-of generosity. Historians write that Grant was then the most admired man in the country.

When President Lincoln was assassinated on April 14, 1865, the magnanimity so cherished by Lincoln and Grant was lost. Vice President Andrew Johnson sided with Confederates in repressive laws against former slaves. Johnson's administration lasted three years. In that time, Grant purchased acreage near St. Louis where he hoped to farm and raise thoroughbred horses.

Alas, it was not to be.

Grant was persuaded to run for President in 1868. He overwhelmingly defeated Johnson.

Grant's administration had highs and lows. He alienated party stalwarts by rejecting party politics — appointing to cabinet posts and other offices people whom he could trust, not necessarily those favored by the hierarchy. He remained loyal to people who had helped him, some of whom proved to be dubious allies. Grant's government eventually suffered from reports of incompetence and corruption.

On a positive note, Grant protected the civil and political rights of African Americans. He got the 15th Amendment passed, guaranteeing the right to vote regardless of race or previous servitude. He sent the military to protect against threats from newly formed terrorist groups such as the Ku Klux Klan

In his first year as Presi-



Ulysses Grant

dent, he oversaw construction of the transcontinental railroad from Sacramento, Calif. to Omaha, Neb. He reformed civil service. His policies helped Native Americans and he invited their leaders to meet with him in Washington. His foreign policy was successful, especially in restoring relations with England, which had taken a hit when that nation favored the South during the

(Continued on page 8)

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Veterans, We Need You!
By Joe Salzano
The Veterans Group extends an invitation to all residents who served in the United States Military to attend our meetings every second Tuesday of the month at 10 am in the Ballroom of the clubhouse, Information is available on channel 26.
Our group consists of World War II, Korean and Vietnam Veterans. Anyone who served is welcome whether or not you served during combat.
Among many Benefits, the group supports and offers free Veterans Honor Flights to Washington D.C.



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

Alaska
By Ken Thomas
 The Air Force stationed my son and his family in New Jersey, Virginia, Texas, and now Alaska. The initial states were family visitable, but Alaska more than doubled visitable. I'm claustrophobic, smoke, and fear a wand failure by jet magicians. However, my wife and I needed grandchildren identification renewal, two visits. We flew from Newark, N.J. to Anchorage. Alaska uses many "A" words: awesome, amazing, arctic, astonishing, alluring, astounding, and an unforgettable adventure. These words describe Alaskan sights and experiences each with words fail me comments. The state gladly shares this "Last Frontier" with unsuspecting tourists from other states, who believe in Disneyland vacations also. As we de-planed, we saw de-snow. My goobalini was not prepared for this.
 Driving to his house in a new Pontiac Firebird, I saw moose knees up close out my window. Firebirds are not as

tall as a moose, but they weigh about the same. The bear on his lawn could swallow a Teddy in a bite. The reindeer patch held "pet-ables" for our grandchildren. The caribou zoo had big herd numbers and an army of antlers.
 My son called us onto his patio to see the Northern Lights. Any compass points to this "wow" direction. A glacier is an opportunity to hike. Rumbling noises keep feet moving. My son insisted on 18 holes of golf at midnight. My a.m. strokes were as bad as my p.m. strokes and a fox robbed the golf watch from our cart. Grandma's wilderness sleigh ride for the family needed more blankets, ear muffs, gloves and long johns. Ten degrees in a windy vehicle is taxi turbulence.
 On Sunday, my son and I went to a sports bar to watch the Giants game. Breakfast and a beer were interesting bleacher refreshments for sportsmen. Did you know children in Alaska do not play outside often? They remain on someone's lap in front of the fireplace as more snow covers the sidewalk. During


Goodbye, Belle
By Allan Kaufman
 On Dec. 19 we lost a beloved member of our family. Our daughter's pooch, Belle, crossed the Rainbow Bridge after a brief illness. As a rescue, she was anywhere between 11 and 13 years old. About a year after Diane and I rescued Jackson, the Beagle in the picture, Lisa and her family picked up Belle from one of the local rescue organizations. Belle was a mixture of a Terrier and a

few other breeds. As she came from the south, Lisa named their new addition Southern Belle, shortened to Belle.
 We were living in East Brunswick at the time, and when Belle came to visit for the first time, a friendship began that lasted until Jackson passed away in 2021. The first time they saw each other they immediately ran into the back yard, run-


A hero
(Continued from page 7)
 Civil War. He helped Mexico drive out the French "emperor," paving the way for democracy and independence in that nation. He appointed a Jewish man to be governor of the Washington Territory.
 Grant did not run for a third term. He and Julia toured the world, well received wherever they went. Grant's two favorite countries were Japan and Switzerland.
 In 1884, he was swindled out of all his money in a Wall Street scam, and then given a diagnosis of throat cancer (after having smoked cigars all his adult life). Faced with both disasters, and having once written well received articles for Century Magazine, Grant, encouraged by his good friend, Mark Twain (Samuel Clemens), began to write his memoirs, hoping they would sell. In the year that he had left to live, Grant completed his two-volume memoir, writing in pencil on a pad of paper while sitting under blankets on his porch. Twain was a loyal companion through that last year. Grant was only 63 when he died.
 Grant was interred in New York's Riverside Park, pend-

ing construction of the huge memorial tomb we can see today on Manhattan's west side. The column of mourners at his funeral was seven miles long, starting at Trinity Church in lower Manhattan at 10 a.m. It was 5 p.m. before the last of them arrived. Twenty-four black stallions pulled the funeral car with Grant's body. Among the mourners were a nephew of Robert E. Lee, representatives of the government of Grant's beloved Mexico, Union generals, Confederate generals, and 37,000 members of the U.S. military, including ex-Confederate soldiers.
 Bells rang all over this country and even in Mexico during the long procession.
 Twain published Grant's Memoirs, which became hugely successful. Critics called the Memoirs "sensational," and "a classic." He presented Julia with royalties that would equal \$12 million in today's money. The dying Grant had provided for his family's future.
 Former Texas Congressman Beto O'Rourke named one of his sons Ulysses. It's a name that rings with honor, courage, and kindness because of the 18th President of the United States.

our summer visit, I was able to remove my long johns for three days.
 Grandma and grandpa took the grandchildren to the State Fair, a highlight of our Alaskan visit. This Twilight Zone experience included suspenders everywhere, cowboy hats, field parking, turkey legs, moose meat, pelt skin vests, hog rides and indiscriminate booth sales.
 For these trips to Alaska, I bought a simple panoramic camera. Regular cameras do not capture enough Alaska, an ocean of snow and miles of wooded acreage. Mountain and valley views would be a snap shot sin. Every pond is a lake. Every stream is a river. Paul Bunyan is useless in the forests. A trip from town to town is a vehicle hike of Appalachian Trail miles. Denali is a mountain for cloud study not climbing.
 The state of Texas has wide open spaces. In Alaska, spaces can be states. The next state we'll have to visit is Florida, my son's new home in the Air Force.



Belle, on left, with Jackson
 ning after each other, playfully fighting all the while. At times, they chased rabbits, rarely catching one. There was this one time, Diane found small, about the size of a middle finger, "creatures" on our couch and one in Belle's mouth. She had found a rabbit's nest and was bringing her new friends into our house. She never bit or killed any of them. Invariably, with all the running Belle and Jackson did, they would run themselves into exhaustion, then settling on the living room couch.
 The two of them would always jockey for position on our bed, regardless of where Diane was trying to sleep. Usually, Jackson found a spot along side of Diane and Belle by her legs. I, on the other hand, had most of the bed to myself.
 The first time Belle came over to spend some time with us, we called it her vacation, after Jackson passed away, she went looking around for her friend. At night she found



(Continued on page 9)

Belle

Sound Advice

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

Inventorying your possessions

Only one in four in 10 Americans have a home inventory, despite the fact that about one in 10 homes were impacted by natural disasters in 2021.

It's great to have insurance against damage and loss, but if you can't show proof of your possessions, it may result in a protracted settlement process with your insurance company.

Four Tips for Creating an Inventory

Creating an inventory may take a bit of upfront work, but it can pay future benefits in smoothing the claims settlement process with your insurer and increase the potential of receiving the maximum payment possible.

Tip #1—Make a Video of Your Possessions

A visual record of your possessions is the best proof of ownership. When videoing your home contents, make sure you are methodical and thorough in going through all your rooms and storage spaces. Speak while you are taping to describe each item, including any relevant information (e.g., this is a signed first edition of "Moby Dick").

Tip #2—Document the Value of Your Items

Scan or video receipts of the items in your home. Indicate the make and model where appropriate. If you have artwork or antiques, consider creating a record of any appraisal you may have received on your collectibles.

Tip #3—Secure Your Inventory

An inventory doesn't help much if you keep it in the house and your home burns to the ground. If your video is digital (highly recommended), consider storing the file in a "cloud" account, rather than on your computer, or on a USB stick stored in a safety deposit box.

Tip #4—Keep Your Inventory Updated

Failure to regularly update your inventory may mean leaving off expensive new purchases.

Get started by asking your insurance agent if he or she has an inventory checklist, which may help you remember to include items that you might otherwise overlook.

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

For more information, questions, or comments, we encourage you to visit our website at www.politziner.com or call us at (732) 296-9355.

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Belle

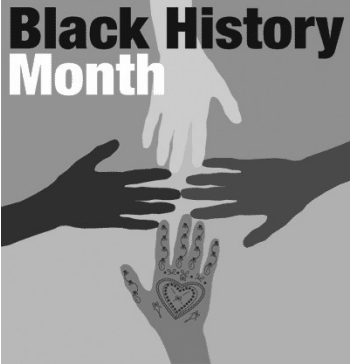
(Continued from page 8)

one of Jackson's toys and put it on our bed where she spent the night.

Belle lived a full life in Westfield, occasionally going to Wisconsin to visit her other grandma. In Westfield with Lisa, she was loved by Lisa's

husband, Jake and their children Joshua and Sophie. The sadness we all feel by the loss of our precious Belle cannot be measured. She is no longer in pain and is running free, chasing and playing with her best friend.

Goodbye, Belle.



Think about this

World population:
1800 – 1 billion people
1900 – 1.5 billion people
1975 – 4 billion people
2022 – 8 billion people
Source: Wikipedia

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

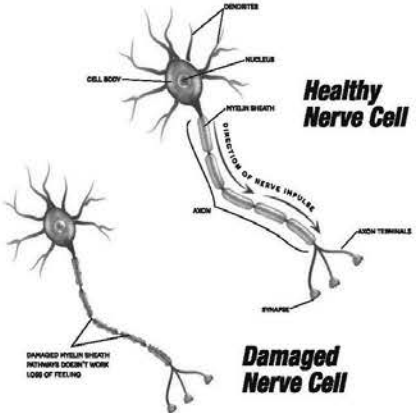
Peripheral Neuropathy is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

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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This month in pictures

The Rossmoor Chorus visited the homebound with carols this past Christmastime.



The Rossmoor Chorus is seen at a rehearsal, preparing for caroling.



The chorus visited the homebound with carols this past Christmastime.



Carolers joyfully serenading a woman at her home.



The chorus caroling in daylight.

At the Veteran’s Group meeting



At the Veteran's Group meeting were Viet Nam veterans, from left, Tommie Croake, Captain David Drummond, guest speaker and former POW Joe Salzano.
Photo Tommie Croake

A St. Valentine's Day history

By Anne Rotholz

This feast, now more commonly called Valentine's Day, is celebrated on Feb. 14. It began as a liturgical celebration to honor one or possibly as many as three early Christian martyrs named Valentinus.

Most of the information on these martyrs came from stories passed on from one generation to the next in the early days of the Christian Church. As one can expect, there were lots of discrepancies.

Catholic liturgists were aware of this when in 1969, hoping to cause less confusion they relegated the feast to celebration at the level of local churches. The Anglican Communion and The Lutheran Church still celebrate St Valentine's Day on Feb. 14.

Who was Valentinus? According to one tradition he was a priest who lived in Rome when Claudius I was emperor. At that time fierce wolves were known to wander in the woods around Rome. The Romans called on their god, Lupercus, to

save them from the wolves. To show their gratitude for his help they established a festival, Lupercalia, in his honor. The festival was celebrated on Feb. 15.

On the eve of Lupercalia, it was customary for girls to write their names on a piece of paper and place them in a jar. Young men then came by and drew a girl's name. This girl would be the young man's sweetheart for the next year.

The Emperor Claudius forbade young soldiers to take part in the custom, fearing that having a girlfriend or wife would be a distraction for them. Valentinus, a priest in Rome, defied the Emperor, encouraged the young lovers and even married some of them. He was arrested, imprisoned, and eventually put to death on Feb. 14, the eve of Lupercalia.

The anniversary of his death was chosen as a day to celebrate his life and to remind everyone that love is a precious gift.

Another legend tells us

that a second Valentinus, who was a bishop in Termini in central Italy around the same time, was martyred for his faith the same day. A third Valentinus, who preached in the Roman Province in North Africa, also became a martyr.

Though legends describe three martyrs with the name Valentinus, it is widely believed that the stories are about the same person.

In later centuries history gives us more concrete information on Valentine's Day. An early connection between Valentine's Day and romantic love is found in the poetry of Chaucer in the Middle Ages. He writes about it in the context of courtly love. This chivalrous love, expressed between members of the nobility was not necessarily between husband and wife.

The earliest surviving Valentine is in the form of a French poem written in 1415, by the Duke of Orleans while he was being held prisoner in the Tower of London. The poem expresses his love for his wife whom he addresses as "my very gentle Valentine."

The earliest English Valentine was a letter written in 1477 by Margery Brewes to her future husband British nobleman, John Paston. She calls him "My right well-beloved Valentine."

In 18th Century England it became a custom for lovers to express their love by giving greeting cards and flowers or candy. The cards were hand-made and usually had

a romantic verse and a romantic sketch.

In 1791 "The Young Man's Valentine Writer" was published in England. This book was a compilation of sentimental verses for young lovers who could not write their own. By the end of the 18th century printers were producing Valentine cards with verses and pictures.

In the early 19th century, decorative Valentines made with flowers, ribbons and paper lace were so popular in England that they had to be produced in factories. By mid-19th century pressed paper and paper lace were used in making Valentine cards. The cards were mass-produced and sent by mail, sometimes anonymously.

It was around this time that Valentine cards were introduced in America. Esther Hancock, who lived in Worcester, Mass., worked with her father in his stationery store. The story goes that

she received a Valentine card from a friend of her father who was living in England.

The card inspired her to start her own line of Valentine cards. She ordered paper lace and decorative flowers from England and began producing cards. In the ensuing years her business became extremely successful.

In recent years it has become customary to send Valentines to various family members. This called for the production of a whole new range of Valentine cards. Gifts of flowers, candy, jewelry, and restaurant meals have also become very popular. Millions of Valentine cards are mailed in this country each year while many more are sent electronically.

Valentine's Day has become so popular and so commercialized that it is sometimes called a Hallmark Holiday.

NFT

By Steven Gray

You may have heard or read about NFTs. What the heck are they? That all depends on what context that acronym is used in as it could be Network File Transfer, New Federal Theater or even National Football Team but, in this case, it stands for Non-Fungible Tokens.

What is a Non-Fungible Token? Basically, it is a unique digital identifier that, according to the Merriam-Webster Dictionary, "cannot be copied, substituted, or subdivided, that is recorded in a blockchain, and is used to certify authenticity and ownership..." What do we mean by that?

NFTs are basically cryptocurrency that transforms collectibles such as artwork, photographs, trading cards, etc. into one-of-a-kind assets that can be traded. Here's an example: Christie's auction house sold a collage of images by an artist named Beeple for \$69.3 million. Wow! This kind of payoff has been great for many artists, musicians, and others selling NFT digital images. Jack Dorsey's first tweet sold for \$2.9 million and a LeBron James video clip of a slam dunk for over \$200,000.

What makes something an NFT? Cryptocurrencies such as bitcoin are fungible, meaning it can be replaced with another identical one of the same value, whereas NFTs are unique and not mutually interchangeable, meaning no two NFTs are the same. NFTs can be bought or sold but the process is not that easy. You have to convert dollars into cryptocurrency (usually ethereum) for a fee, go to a site specializing in this, usually OpenSea, Mintable, Nifty Gateway and Rarible (don't

be upset if you never heard of these, neither did I before my research) and pay another fee then finally buy your NFT.

You bought one and now you want to sell it. Upload your NFT to any of the marketplaces previously mentioned and follow the instructions, including specifics such as a description and suggested pricing. Kind of like eBay or Craig's list without the physical object. Want to make your own NFT? All you need is a digital wallet, ethereum and a connection to an NFT marketplace where you can upload and convert the content into an NFT, after paying all the fees, of course.

What is odd about NFTs is that anyone can look at an NFT, unlike a work of art that is in a museum thus limiting the audience, with no charge but only one person can own the NFT. It is somewhat like going to a museum to look at the Mona Lisa and hanging a copy in your house. Is the original worth a lot – of course. Is the copy worth anything – probably not.

Can you make money buying and selling NFTs? Sure. Can you lose money? Most definitely. Like anything else, an NFT can be bought low and sold high but the opposite is also true. If you are thinking about getting into the NFT market as an investment, I can only suggest another name, "No Future There."

For those who might remember, I have been tracking \$25 in cryptocurrency since January, 2022. As of the date of this article (late December, 2022), the \$25 is now worth a grand total of (drum roll, please) \$5.73. That is a \$19.85 loss. NFTs, for all the hype, can drop in value just as fast.




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National Women Physicians Day

By Allan Kaufman

On Feb. 3, National Women Physicians Day, we honor the female doctors who have paved the way for other female physicians. The story begins on this day in 1849 when Dr. Elizabeth Blackwell, became the first female to receive a medical degree from New York's Geneva Medical College.

After being turned down for a number of positions, her sister, Dr. Emily Blackwell, joined her in 1856 and, together with Dr. Marie Zakrzewska, they opened the New York Infirmary for Women and Children at 64 Bleecker Street in 1857.

As her health declined in the 1870s, Elizabeth gave up her practice.

While she was a pioneer

in being a female practitioner, there were others who came along and contributed to society and the role of a woman in medicine.

Rebecca Lee Crumpler, in the 1800s became the first African-American woman to become a medical doctor in the United States. Mary Edwards Walker, also in the 1800s, served during the Civil War. Walker served as the first female U.S. Army surgeon. She would earn the Medal of Honor, the only woman to receive the honor.

In 2022, approximately 37 percent of U.S. physicians are female, with Washington, D.C., having the highest share of female physicians in the country, according to a June report

**Dr. Elizabeth Blackwell**

from Statista. Women are orthopedic surgeons, anesthesiologists, and they work as other specialists to keep us healthy. They are passionate with their work and make us a better nation as they provide us with the quality of care we need, especially as we get older.

Feb. 18 is World Pangolin Day**Philippine pangolins, mother and baby**

By Jean Houvener

Feb. 18 is World Pangolin Day. These unusual animals belong to a small group of mammals with four species in Asia and two species, each with two subspecies, in sub-Saharan Africa. They have no teeth, but a very long tongue – up to 16 inches long – with which they scoop out ants and termites from their nests. The smallest weigh a mere 3.5 pounds, while the largest weigh up to 73 pounds.

Living as we do on a giant ant hill, that could be quite a useful animal to have here in Rossmoor. As it happens, our climate would be too cold for them. They prefer tropical forests and wetlands and savannah, where their favorite food lives. An adult can eat as many as 70 million insects in one year.

Pangolins have a set of scales, unique among mammals, which are made of keratin, the same substance as our fingernails and hair. Like our fingernails and hair, the scales of pangolins continue to grow as the front edges get worn down as they dig their way through the dirt in search of

ants, termites, and other insects, or creating burrows. They have long stomachs with keratinous spines, often also with stones (somewhat like the gizzard of birds) with which they grind up their food.

Unfortunately for the pangolins, these scales are considered a source of medicine, particularly in traditional Chinese medicine. The meat of pangolins is also considered to be a delicacy in China and Vietnam particularly. The result is that the poor pangolins have been illegally hunted and traded, and sold in the wet markets of Asia, and are in danger of extinction. Prices for pangolins can range up to \$600 per kilogram, making this a very lucrative market. They have also lost much of their habitat as humans expand their agriculture into pangolin territory.

They look like little armored tanks. Their main defense, however, is to roll up into a tight ball, protecting their soft furry belly, with the scales all around the outside. Apparently if you get your hand somehow caught between the scales, they do a motion almost like scissoring

between their scales that can cause a nasty cut. Other than that, they are pretty defenseless against their main predator – us. Thousands of the poor creatures are poached every year in spite of efforts by various conservation groups to stop the poaching.

All eight species are protected under international law, with ratings from vulnerable to critically endangered. Nevertheless some 185,000 pangolins are estimated to have perished in the illegal trafficking in 2019. In 2020 the Chinese government outlawed using their scales in traditional Chinese medicine, a move which can only help the species survive.

The name pangolin comes from the Malay word for roller, *penggulung*, an obvious reference to their defense mechanism. The four Asian pangolins are the Chinese (Critically Endangered), Sunda (Critically Endangered), Palawan (Critically Endangered), and Indian (Endangered) pangolins. The four African pangolins are the White-bellied (Endangered), Black-bellied (Vulnerable), Giant (Endangered), and Ground pangolins (Vulnerable).

Their front feet have powerful claws for digging out termite nests or creating burrows for themselves. While their vision is relatively poor, they have an excellent sense of smell for locating their prey. Mostly they forage at night, sleeping during the day, either in spacious burrows they create or in some species in trees. Their prodigious abilities to find and eat insects make them an important piece of the ecosystem for pest control. Because of their special diet, they do not make good pets. They are solitary animals and need a wide territorial range for their food needs.

One can only hope that their protected status will result in much less trafficking and a chance for the populations to rebound.

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This Is Tough - Part 12

By Thomas J. McMahon (aka J. T. Brian)

I accept the challenge! A friend of mine approached me just the other day suggesting that I am not only lazy but also remarkably adept avoiding the final editing required in order to move on to the final step in publishing the greatest American novel ever. In history. In world history.

I candidly and honestly replied to him, "OH, YEAH?"

He was frankly taken aback by the brutality of this retort and disappeared into the shadows, not to be seen the rest of the day. "And good riddance!" I exclaimed to no one in particular except Sandy the dog who was walking beside me. In fact,

she was straining at the harness looking to get away as well. How's that for loyalty.

At around the same time, the esteemed leader of the Rossmoor Book Club came out with the 2023 book listing. This club meets once a month after devouring a picked book and discusses the many facets of the tome selected. I had noted that the word "Open" was placed alongside the final month of the year, December. Are you figuring out by now where this one is going?

Setting the stage for the greatest dare in American literary history, while coupling the heretofore lazy approach utilized since I moved to Rossmoor some 30+ months ago, I am now chal-

lenging myself to actually have a published volume ready to be read and criticized no later than December, 2023. I am debating whether or not to use this pledge as groundwork to set a series of psychiatric exams into motion looking at my true mental state.

Beside all of that, and with quite a hefty schedule of other things going on throughout 2023, I am now letting you all know that I will have a published novel set no later than November and place the selection in front of the Rossmoor Book Club for their unique take on it. Okay, I'll let you all take a breath. Done? Okay-dokey, then.

I look forward to sharing

this write-up with the co-author of "Hamilton Avenue" (the name of the book by the way – just in case you missed the first 11 parts that began in March of 2022 – you know who you are), and he will go from being upset with me to being furious. I may even take a long-awaited ride out to Lynbrook, N.Y., (where Dave lives) to see just how angry he gets. Sounds like fun. I know, I may take Sandy the Dog with me as well. I know for a fact that people will NOT beat up other people in front of their pets.

I have just gotten off the phone with a fellow Rossmoor resident who has read part of the greatest American novel never published. She was taken aback by the promise I make in this article. She didn't permit me to hear her laugh, but I can guess after the click of the phone at call's end that is what came out of her mouth first. Perhaps Sandy the Dog can take a walk over to see her. I won't interrupt her as she metes out a suitable penance for the snickering betrayal of trust.

The Sunday basket - controlling paper clutter

By Babs Burford-O'Reilly

People deal with clutter in their lives. The one thing to remember is it cannot all go away at once. Each area must be dealt with individually and over time. For this month I would like to give some tips on paper clutter – those piles that grow higher every day.

The Sunday basket is an easy way to control mail and other paper that gets in the way. Many people let their

mail pile up from day to day. Some have an overflowing desk or counter; others have their whole dining room table taken over.

My solution is to have a basket or a box where your mail goes every day. The next step is to pick a day of the week, hence the name "Sunday Basket," and without fail on that day you make a nice cup of tea or coffee or even a glass of wine and go through the entire basket.

Anything that needs attention, take care of that day. The basket should be emptied once a week and like magic your unruly piles are gone. You will feel a real sense of accomplishment and feel so organized. If you want to go a step farther, invest in a small file cabinet or metal box to keep any important papers. If everything is filed in one spot things are so much easier to find. Hope you find these tips helpful.



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Women's Health



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New Neighbors



By Christina Smith, Resident Services Manager

Alex Kolker and Inna Kamlet, 435A Newport Way, formerly of Hoboken, N.J.

Kathleen Matus-Grapstul, 390B Orrington Lane, formerly of Bayonne, N.J.

Richard Shingledecker and Carolyn Dahl, 655A Yale Way, formerly of Bayville, N.J.

Alida Granata 327A Nantucket Lane, formerly of Monroe Twp., N.J.

Michael and Eileen Mulli-

gan, 178A Prescott Lane, formerly of Edison, N.J.

Eugene and Josephine Gonzalez, 554B Tilton Way, formerly of Monroe Twp., N.J.

Badarat Zaklama, 669A Yale Way, formerly of East Brunswick, N.J.

Guiseppe Macri, 205B Madison Lane, formerly of Freehold, N.J.

Nicholaos Kavadias 195A Mayflower Way, formerly of Morganville, N.J.

Monica Pratt, 456A Roxbury Lane, formerly of Willingboro, N.J.

Doreen Taylor, 651C Yale Way, formerly of Marshfield, Mo.

Joan Buzick, 380A Old Nassau Road, formerly of New Rochelle, N.Y.

To the Editor

Outside my back door grew a flowering crabapple tree that made thousands of flowers every spring and shade in summer. I was away in early 2021. Once at home, I was shocked to find this beautiful tree had been chopped down, leaving a three-inch high stump. (That potential hazard is still there.)

Then I noticed that another flowering crabapple tree had been chopped down along Newport at the entrance to the Norwich carport, also with a stump left sticking out of the grass.

A third stump was recently spotted behind a house on Orrington, a house whose owner had often been absent.

This past spring, my adjoining neighbor received an offer to chop down the flowering crabapple tree on her front lawn, "because it's dying." When she asked for proof, she was shown some small wrinkle that is typical of a mature tree. She said the tree could be removed AFTER it dies, not before, and now we enjoy her pink blossoms in the spring.

These four trees in Mutu-als 8 and 4C grew within a few hundred feet of each other. I would appreciate hearing from anyone else in Rossmoor who might also have suffered the destruction of a flowering crabapple tree in recent years. If there's a pattern of killing our springtime glory, shouldn't we (the so-called "stockholders") seek to know what's going on? My email is caroldnj@yahoo.com

Carol De Haan
Mutual 8

CULINARY CORNER

By Sidna Mitchell

Try sweet and spicy pecans

If you're like Ken and me, you may still have candy and other sugar-filled treats left over from the holidays and are facing the chance of receiving even more sweets for Valentine's Day. Well, I have a recipe for you to somewhat cut that sweet taste.

We're still munching on the goodies that my cousins mailed for Christmas. From my LSU cousin, I was sent chocolate covered pecans and cinnamon-covered pecans. Since I hadn't even received a Christmas card from him in several years, I called to question not only getting a card but also the pecan gifts. After some hemming and hawing, he admitted that he felt guilty about the LSU Tigers romping over the Ole Miss Rebels in football last fall. I'll accept that.

My Texas cousin might have also felt guilty about

rubbing in not only the LSU defeat but also the Arkansas Razorbacks beating the Ole Miss football team. Since she usually sends a package of Texas goodies sometime during the year, I'm not so sure about her reasons. However, in 2022, her gifts -- cheese straws, Texas trash and caramel popcorn -- arrived just in time for Christmas and were perfect to share with our holiday dinner guests

Of course, I now feel obligated to return their kindness. I'll either try to find local goodies in warm, sunny Florida or wait until we return to the chilly North to buy Jersey-made products. In the meantime, I'll make those sweet and spicy pecans again for guests and maybe send some to my cousins.

Here's the easy recipe for a tasty treat.

Sweet and Spicy Pecans

1/4 cup sugar
1 cup warm water
1 cup pecan halves

Culinary Corner

2 tablespoons sugar
1 tablespoon chili powder
1/8 teaspoon cayenne

Stir together 1/4 cup sugar and warm water until sugar dissolves.

Add pecans; stir to cover and soak 10 minutes. Drain, place in a medium bowl and discard liquid. Preheat oven to 350 degrees.

Combine two tablespoons sugar, chili powder and cayenne.

Pour over pecans and stir to coat all nuts.

Place pecans in a single layer on a lightly greased baking sheet.

Bake at 350 degrees for 10 minutes or until golden brown, stirring once.

Remove from oven and let cool before loosening the pecans with a spatula and placing in an airtight container.

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February at the Monroe Township Public Library

Please note the Library's hours are Monday through Thursday: 9:30 a.m. until 9 p.m., Friday 9:30 a.m. to 5 p.m., Saturday and Sunday 10 a.m. to 5 p.m.

Caregiver Support Group
Wednesday, February 8 at 11:00 a.m.
A Caregiver Support

Group meets at the Library monthly on the second Wednesday of the month. Kat Verdi, Certified Alzheimer's and Dementia Care Trainer, of The Gardens at Monroe leads the group. Her mission is to educate, empower and encourage caregivers. All are welcome. This program is held in person. Registration is not required. Sponsored by The Gardens at Monroe.

Genealogy Club
Wednesday, February 8 at 2:00 p.m.
Beginner and experienced genealogists welcome to discuss research, share findings and resources. This program is held in person. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Virtual Author Talk: Lana Harper
Thursday, February 9 at 7:00 p.m.
Join us for a magical evening with New York Times bestselling author Lana Harper as she discusses the

(Continued on page 19)



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Clubs and Organizations

Rossmoor Chorus delivers “Carols to Go” to our homebound

By Alyce Owens

We’re all familiar with the popularity of home delivery of dinner, prescriptions, gifts, even groceries, but the Rossmoor Chorus took this

recent trend to a whole new level when they brought “Carols to Go” to many of the folks in Rossmoor who are homebound or don’t often get out and about.

On Dec.12 and 13 a festive group of Chorus members attired in warm coats, hats and gloves shared the music of the holidays with some good old-fashioned Christmas caroling at more than a dozen front doors.

A few of the happy recipients came out warmly dressed to sit or stand in their doorways with canes or walkers, with family members or aides, to enjoy the happy surprise. Some, confined to wheelchairs or even hospital beds, enjoyed the music through their front door or bedroom windows. Nearby neighbors opened doors and windows to enjoy the holiday serenade as well.

With joyful hearts, the Chorus members carpoled around our community, stopping at designated addresses to share the warmth of their holiday music. From “Joy to the World” to “We Wish You a Merry Christmas,” the Chorus raised their voices in love with familiar Christmas carols and encouraged their private audiences to join in singing with them. Despite the cold temperatures their presence always brought jingling bells, flickering candles, warm smiles, and the true meaning of the season – love, peace, and God’s blessing to all.

It was a beautiful and moving experience for all.



Doris and Bill Herron enjoy Christmas carols sung by the chorus.



George Wilson joins in singing carols with the chorus.

Wear red to the Dance Club’s Valentine’s Dance Party

By Judy Perkus

The Rossmoor Dance Club will be back in the Ballroom with DJ Erich. Wear red to the Dance Club’s Valentine Dance Party on Saturday, Feb. 25. We will dance in the Ballroom from 7 to 10 p.m. 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 (\$10 per PAID-UP MEMBER, \$12 per guest) to President Armen DeVivo at 449B Roxbury Lane by Feb. 15. We respectfully request that only fully vaccinated people attend.

Send your Annual 2023 Dance Club dues of \$20 per couple, \$10 per person to Armen, if you’ve not already done so.

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

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Please send this form with your check for \$10 per member/ \$12 per non-member and 2023 membership dues made out to the Rossmoor Dance Club to Armen DeVivo at 449B Roxbury Lane. 609-655-2175.



Former Dance Club President Anne Azzinaro, current President Armen DeVivo, DJ Erich and one of his balloon creations seen at a previous event.



Carlos and Debbie Pina listen from their second floor.

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Emerald Society hosts National Heart Health Month expert

By Erin Medlicott

Our monthly members meeting will take place on Wednesday, Feb. 1, at 2 p.m. in the Ballroom. Refreshments will be served and we will have two 50/50 ticket draws for cash wins.

February is best known for Valentine's Day, but it is also National Heart Health Month. There are so many healthy heart tips that are new, we've hired an expert to share the latest news about building healthier lives.

Our guest speaker on Feb. 1 will be Starr Techner, Health & Wellness Manager at Parker Life in Monroe Township. Many Rossmoor residents will know Starr as the instructor of the Healthy Bones weekly class.

For Emerald Society members, there will be no charge for this event. Visitors are welcome to attend for \$2.

The Emerald Society meets on the first Wednesday of the month. Join us. We look forward to seeing you.



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celebrate BLACK history MONTH

Korean-American Group

By Youngae Lee

What we did, what we will do:

On Dec. 17, we had our annual potluck party at a member's house with about 22 members present.

The variety of different Korean food: *Bulgogi, Japchae, Jeon, Mook, Kimchi...* made us so happy and stimulated our appetite a lot. We all talked about and recalled memories from this year.

One of our members, who owns a dry-cleaning business in New York, donated about 25 dry-cleaned winter coats for last month's community coat drive. We were so grateful to be able provide warm winter coats to those in need. There were many wonderful things, but also sad things that happened last year.

We lost two members who passed away suddenly. We helped to take care of the widows as much as we could. We had about seven monthly meetings with different guest lecturers. All the useful information provided by our member surveys allowed us to hold productive meetings.

For this upcoming new year, we plan to have a living trust attorney attend so we can learn more from a professional and best plan out our futures.

The group will also host a Rutgers Institute for Health professor to learn more about health care policy and aging research to benefit our well-being.

As 2023 evolves, we will continue to cater to our members' needs and provide

more knowledge for the near future. With the increase in the local Korean population, our group is growing rapidly and we are so excited to get to know newcomers.

President Youngae Lee will plan more events and provide more information to the local community.

The overall goal of the Korean-American Group is to expose and introduce the community to Korean food and culture, while providing a social and educational environment.

Monthly meetings will continue and all are welcome. If you are interested, please contact Youngae Lee at 201-230-0805 or yalee1980@gmail.com.

We hope you had a happy New Year and we look forward to seeing you in 2023.



The Korean-American Group had an annual party a member's house with 20 participants attending. Guests enjoyed many delicious Korean foods.



WE CARE – Democrats really do

By Michael Markel, president

For the third year in a row, members of Rossmoor's Democratic Club raised funds to help local families that might be in need at Christmastime.

Out went about 150 letters to members last fall.

In came \$2,145 in donations.

Annette Augeri, of Mutual 11, chaired the committee that raised the funds. She spoke to the school nurse and to Mayor Dalina's assistant to locate two families with children that were facing hard times. Altogether, eight kids were involved.

The younger children received gifts wrapped in holiday paper and ribbons, because tearing a package apart is half the fun. The older children mostly received gift cards, because they knew best what they might need or want.

The WE CARE project is a project of the Rossmoor Dems. Other groups in the township, such as the Fire and Police Departments also raise money to help families facing hard times. We live in a great town with plenty of kind hearted neighbors.

Italian American Club

By Tony Cardello

Happy Valentine's Day

Reminder, don't forget the candy and flowers for your loved ones.

A trip to Wind Creek Casino is planned for Monday, March 20, the first day of spring.

Details to follow.

Also, in the works during spring will be a trip to the Laurita Winery.

The next membership meeting will be on Wednesday, Feb. 15, at 7 p.m. in the Ballroom.

Bingo will be played on Thursday, Feb. 23, at 6:30 p.m. in the Ballroom.



Rossmoor Computer Club members enjoyed some funny videos following their holiday luncheon.
Photo by Steven Gray

Religious Organizations

Catholic Society news

By Lucille Conti

We wish each and every one of you a very happy and healthy New Year.

The Catholic Society plans to present the film “No Greater Love” on Tuesday, Feb. 14, at 1:30 p.m., in the Gallery. We were inspired by St. Valentine. This film brings home the power of love and how God’s plan happens in His time. Please join us for refreshments.

The Emerald Society will once again plan our March Holy Mass. It will be celebrated on Thursday, March 16, at 1:30 p.m., in the Meeting House. The Celebrant will be announced.

Our next Council Meeting will be held on Tuesday, March 14 at 1:30 p.m., in the Gallery. We will continue to recite the Holy Rosary every Friday at 10 a.m. the Cedar Room. The Prayer Shawl Ministry will gather on Thursdays, Feb. 9 and 23, from 1:30 until 3:00 p.m., in the Craft Room. The Chaplet of Divine Mercy will be recited on Tuesday, Feb. 21, at 3 p.m. in the narthex.

Until then, pray for peace, stay healthy and enjoy God’s blessings.

Jewish Congregation Holiday party



Members of the Congregation at the Hannukah Party.



Cindy Sigl, Congregation president, lights the candles.

Jewish Congregation

2 Rossmoor Drive
Monroe Township, N.J. 08831

Shabbat Services
Friday, Feb.10 and Feb. 24 at 7:15 p.m. in the Meeting House.

Torah Studies
Saturday, Feb.11 and Feb. 25 at 10 a.m. in the Dogwood Room.

Upcoming events (More information to follow):
Purim Party
Wednesday, March 16 at 1 p.m. in the Ballroom

Passover Seder
Thursday, April 6 at 5:30 p.m. in the Ballroom



The Players

By Sue Archambault

The Players’ monthly meeting will take place on Monday, Feb. 27, in the Gallery at 7 p.m.

We will show a DVD of the original musical comedy we performed in 2018. Our own Bob Huber had written the book for “Crooks and Nannies.” Bob used the concept first originated by our own Bill Strecker. The musical numbers were composed by both Bob Huber and Bill Strecker. It has been several years since we watched this production. All are welcome to attend.



If you are considering joining The Players, please come and see what we’re all about. Involvement in singing, acting, dancing, or playing instruments is not at all necessary to join.

We are a group committed to having a fun time, including enjoying the talents of others. Also, behind the scenes participants are truly a necessity to us.

Mutual News

Mutual 4C distinguished resident Helen Cushman

By Sheila McCue

The discovery of gold is usually an occasion for rejoicing, for the explorer is about to experience new wealth and with it, amazing opportunities. Such is the blessing of living in Rossmoor, because as we encounter the variety and depth of experiences our neighbors bring to our community, we discover the “gold” hidden beneath the surface, amid the ordinary.

On the corner of Old Nassau Rd. and Sharon Way, across from the Tennis courts, stands the most distinctive home in Rossmoor, 321A Sharon Way. The resident of this singular abode is as individual and singular as the home where she resides.

Meet Helen Baker Cushman, retired consultant, historian, archivist, and centenarian. Mutual 4C is proud to claim this illustrious pioneer as one of our own.

Helen Baker was born in Perth Amboy, N.J., but she was on the move before her

first birthday. With a father who was an international businessman working for Westinghouse, Helen saw a lot of the world before she reached college age. She lived in Japan for the first five years of her life and then, sailing on the Ile de France, she made her way to France and then moved to London. Returning to the U.S., Helen graduated from Barnard College and, degree in hand, she began to forge a career as a trusted historian and archivist.

Women in that era were not expected to work outside the home, Helen observed. If you did, you didn’t talk about it, she says. She acknowledges that she probably hit the glass ceiling long before it had a name. Gradually, she felt more accepted as a woman in the business world.

Acknowledging the biases of the business world at the time, Helen founded H.M. Baker Associates in 1958. Her work focused on recording the history of a company — providing the documentation that would be needed once the employees who carried those memories might no longer be available to provide that information. She also completed a record keeping course and discussed the importance of maintaining good records for the continuation of good business practices and to maintain crucial information lest it be lost. Helen’s record keeping expertise provided businesses with the guidelines to know what to keep and what to toss.



Lynn and Morty Wall celebrate 63rd anniversary

By Allan Kaufman

Congregants Lyn and Morty Wall celebrated their 63rd wedding anniversary at the Dec. 16 Jewish Congregation service. They sponsored the Oneg Shabat after services that evening.

Helen is a strong proponent of history. She provided me with a collection of quotes on the subject including “Those who cannot remember the past are condemned to repeat the mistakes of the past.” (George Santayana)

On a more personal note, Helen met her husband, Robert A. Cushman, when he was serving in the U.S. Navy, stationed in Bayonne. Robert’s mother, Mabel Cushman, asked him to visit her college roommate, Lucille Baker, (Helen’s mother) in Staten Island.

(Continued on page 18)

HEALTH CARE CENTER NEWS

By Marge Drozd, MSN, RN, ACNS-BC, FNP-BC, CSN-NJ

Become a healthier version of you: living better can reduce the risk of stroke

Many people start the new year with resolutions to eat healthier and exercise more, but you can make simple healthy lifestyle changes at any time to help reduce the risk of stroke – the fifth cause of death and a leading cause of adult disability in the U.S. On average, someone in the U.S. suffers a stroke every 40 seconds, and nearly 795,000 people suffer a new or recurrent stroke each year. To help you reduce the risk for stroke, the experts recommend exercising, eating nutritious meals, getting a good night's sleep, and quitting smoking.

High blood pressure and heart disease

High blood pressure, also known as hypertension, is a leading cause of heart disease and the biggest risk factor for stroke because it damages the lining of the arteries, making them more susceptible to plaque buildup. The buildup narrows the arteries leading to the heart and brain. According to the Centers for Disease Control and Prevention (CDC), nearly half of all adults in the U.S. have high blood pressure but only a quarter of these adults have their con-

dition under control.

"Physical activity for 30 minutes a day, five days a week, can help lower your blood pressure and reduce your risk of stroke," said Maria Bartman, BSN, RN, CEN, stroke coordinator at Saint Peter's and chair of Saint Peter's Stroke Committee. "If 30 minutes seems too intimidating a goal, start by doing what's manageable based on your physical ability, or schedule and build your way up."

Proper nutrition can also reduce high blood pressure and the risk of stroke.

"For a healthier lifestyle, consume a diet that includes fish, lean protein, low-fat dairy, and is high in fiber by including fruits, vegetables, beans, nuts and whole grains," said Laura Vetter, RDN, CDCES, outpatient nutritionist at Saint Peter's. "By reading labels and making healthy choices at the grocery store, you will incorporate nutritious foods into your diet."

Lack of sleep

Not getting enough sleep each night can increase the risk of stroke. The CDC reports that hypertension, stroke, coronary heart dis-

ease and irregular heartbeats have been found to be more common among those with sleep disorders than those without sleep abnormalities. Having trouble sleeping? The Center for Sleep and Breathing Disorders at Saint Peter's University Hospital offers testing, diagnosis, and treatment for sleep disorders, such as sleep apnea.

Tobacco use

Smoking tobacco increases the risk of stroke, making quitting one of the most effective ways to improve health and quality of life. Saint Peter's tobacco cessation specialists are here to help people make a life-changing and life-saving decision. Ready to break the habit? Call Saint Peter's tobacco cessation line at 732-339-7848.

Diabetes

Adults with diabetes are twice as likely to have heart disease or a stroke compared to others.

People with diabetes may avoid or delay the development of heart and blood vessel disease by managing their risk factors. Your health care team can do periodic testing to assess whether you have developed any of the risk factors associated with cardiovascular disease and stroke. The Thyroid and Diabetes Center at Saint Peter's is composed of a multidisciplinary team led by dedicated endocrinologists with

expertise in diabetes, who offer individualized treatment plans for each patient with diabetes, including diabetes self-management education* and nutrition recommendations from the Center's certified diabetes educators.

Time = brain

Time is of the essence when it comes to stroke. Early stroke detection and treatment are key to improving survival, minimizing disability, and reducing recovery times.

BALANCE-Does the person have a sudden loss of balance?

EYES-Are they experiencing blurred or double vision

in one or both eyes?

FACE-Ask them to smile- does one side of their face droop?

ARMS-Ask them to raise both arms — does one arm drift downward?

SPEECH-Ask them to repeat a simple phrase — is the speech slurred or strange?

TIME-If you see ANY of these signs, call 911.

If you have any symptoms of a stroke, or notice a loved one experiencing symptoms, call 911.

This article has been modified from Saint Peter's Healthcare System's January 2023 Community Calendar.

Mutual 4C

(Continued from page 17)

Robert invited Helen to go dancing and she remembers that they went dancing often, at locations such as the Commodore or Biltmore Hotels which had resident orchestras.

Helen and Robert married in 1945 and raised their two children, Lucinda and Robert in Westfield, N.J.

Today, Lucinda Cushman Tufts is a retired teacher and Rev. Robert R. Cushman is retired, former pastor of the Princeton Alliance Church in Plainsboro.

Helen is a prolific author whose works include "ARMA – New Jersey, The Founding Years," "Butterick and the Story of Sewing," "Mountainside Chapel: Yesterday, Today, and Tomorrow," among many others.

In 1999, at the suggestion

of friends, Helen and her husband moved to Rossmoor. Robert enjoyed golf and Helen continues to be mentally and emotionally engaged, pursuing her interests in history and genealogy as well as serving as bookkeeper for her son's business. Her home is adorned with a variety of family photos featuring her children, their spouses, her six grandchildren and seven great-grandchildren.

Her family gathers regularly at Helen's home to celebrate and share holidays and family events.

Helen, who has written for the Staten Island Advance, considers the Rossmoor News a valuable instrument for putting things on the record. She described it as a "great newspaper" saying, "I don't know what we would do without it."

Tripledemic

(Continued from page 1)

tissue and disposing of it immediately in the garbage.

The best prevention for all three illnesses is to avoid others who are sick. If you are sick, please stay away from others until you are improving and symptom-free. If you have any symptoms, you really should not gather with others. If you must attend a function, please wear a mask and segregate yourself from

others, especially during activities such as eating when you can't be masked. Also, if you are traveling, please wear a mask to protect those around you.

Take extra precautions by not going to places or gatherings with lots of people present where the risk of infection would be increased. You can also take a rapid COVID test right before you go to a gathering. They are available free from the government

right now at covidtest.gov. Rapid tests are another layer of security against getting anyone else infected.

For the most updated information visit the Centers for Disease Control and Prevention website at cdc.gov.

We continue to administer the Moderna COVID-19 bivalent vaccines monthly in your community. To schedule an appointment for a COVID-19 vaccine online, visit <https://www.saintpetershcs.com/covid-clinic> and make your appointment through Zocdoc. You can also schedule an appointment by calling our COVID-19 Hotline at 732-339-7909 from Monday to Friday between 8 a.m. and 4:30 p.m.

Welcome to the new Nurse Manager

Please give a warm welcome to Elizabeth Caruso, MSN, RN, COHN-S. Liz is the new nurse manager for Community Health Services at Saint Peter's University Hospital, encompassing the Monroe Community Nursing Health Centers.

Liz has been a nurse for almost 20 years. She is a master's prepared nurse with a focus in nursing education. She is also certified in Occupational Health Nursing with her COHN-S. She has a varied background of nursing experience in critical care, population health, and occupational health.

Liz can be contacted by phone at 609-655-2220 or by email at ecaruso@saintpetersuh.com.

Happy and healthy New Year to all.

At the Governors' meeting

(Continued from page 2)

portable and is being moved to a new location each week.

Mutual 11 Director Boyer asked if furniture would be placed in the new Bocce Ball pavilion, Mr. Curry assured her furniture will be in place for next season.

Mutual 7 Director Bloom asked about secondary electric supplier mailings coming to his home. He was advised that it was an advertisement. Mr. Jolly stated the township is researching secondary electric supplier programs for the entire township.

Mutual 17 Director Saccone asked about the possibility of moving U.S. Mail collection box locations. Mr. Jolly explained the USPS states the locations are in the proper locations and cannot be moved.

Resident Comments:

A resident requested a portable exercise mat for the fitness center be available, E&R manager Ms. Barnard said one would be ordered. There was no further business for the

Board to discuss, a motion to adjourn at 9:55 a.m. was made, seconded and approved. Several residents then asked to speak, and the meeting was reopened.


A suggestion was made that Mutual Associations install solar panels on the rooftops of each building.

A resident asked for a few RCAI BOG monthly meetings be held in the evening for those who work. Mr. Jolly said it will be discussed by the BOG.

A resident asked why the 2023 pool season will not allow children or guests to visit. Mr. Jolly explained the decision to open in 2023 without lifeguards meant we cannot allow guests or children for liability reasons. He explained that the decision to open without guards was made back in October by the entire BOG. An owner felt all residents should have had a say. Much discussion followed.

The meeting was adjourned at 10:15 a.m.

BLACK HISTORY MONTH



Schools for the Colored





Virtual program

Friday, February 10 at 2:00 p.m.

Award-winning photographer and Distinguished Professor of Art & American Studies at Stockton University, Wendel White will discuss historical images representing the African American experience in education.

Please register online: www.monroetwplibrary.org or call: 732-521-5000

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Monroe Township Public Library

(Continued from page 14)

enchanted third installment of her immensely popular The Witches of Thistle Grove series, "Back in a Spell". This is a virtual program. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/authorstalks or by phone at (732) 521-5000.

"Schools for the Colored" Historical Photographs

February 10 at 2: p.m.

Join us for a lecture on Zoom with Wendel White, an award-winning photographer and distinguished professor of Art and American Studies at Stockton University. This program is part of a series of library events in honor of Black History Month. This is a virtual program. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000. Please provide a valid email address to receive a Zoom link to the event.

Scrabble Club

Tuesday, February 14 at 3:00 p.m.

Come in and join us for some casual, non-competitive, rounds of the timeless board game, Scrabble. We will try to place attendees around the same skill level (beginner, intermediate, expert) or based on average score. Feel free to bring your own board, or use one provided by the library. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Page Turners

Thursday, February 16 at 11:00 a.m.

Looking for something to read or add to your reading list? Library staff will present and recommend a variety of titles pertaining to a different topic, both new and old titles. The theme for this session is Author Talk Programs. This is a hybrid program. Join us via Zoom or in person. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Virtual York and the American Dream

Friday, February 17 at 2:00 p.m.

This is a live performance by professional actor Marvin Jefferson. Mr. Jefferson portrays York, the enslaved person of William Clark of the famous Lewis and Clark Expedition. York served as an "unofficial" member of the Corps of Discovery and was instrumental in the expedition's eventual success. Come and hear his story. This program is held in person. Registration is required. Register at the Reference Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Climate Change in New Jersey

Saturday, February 18 at 11:00 a.m.

Citizens' Climate Lobby will present the impact of climate change in New Jersey, federal legislation to address climate change and opportunities for people to learn more and get involved. Sponsored by the Monroe Township Environmental Commission. This is a hybrid program. Join us via Zoom or in person. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Coffee and a Book

Tuesday, February 21 at 11:00 a.m.

Read and discuss "The Sweetness of Water: A Novel" by Nathan Harris, a profound debut about the unlikely bond between two freedmen who are brothers and the Georgia farmer whose alliance will alter their lives, and his, forever. Join us via Zoom or in person. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

CLASSIFIED AD COUPON

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

MAIL TO:

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

RATES FOR ONE PUBLICATION

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

Multiple: 10 words in two publications = \$14 x 2 = \$28.
10 words in three publications = \$14 x 3 = \$42.

Check those that apply:

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

☒ **Check here for all seven**

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." No charge for the heading.
- One check or money order must accompany insert, PAYABLE TO PRINCETON EDITORIAL SERVICES

Classified Advertising

Home Improvement & Services

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.

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

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

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

Tax Preparation

GREGORY TAX SERVICE—Reasonable, friendly service. 35 years experience, IRS AFSP. Concordia resident, Jim Gregory. (732) 236-4498.

Miscellaneous/Services

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.

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

Help Wanted

COLLEGE STUDENT to do light computer work \$20/hour. Call (973) 564-8047.

Help & Health Services

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

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

PROFESSIONAL CARE-GIVER is looking for live-in/live-out job in Monroe. Low prices. Call Lisa (732) 715-0711.

DO YOU NEED A CARE-GIVER? I have more than 10 years of experience. Please call (856) 394-0430.

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

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TOM'S TRANSPORTATION—Door 2 Door service. Call (609) 917-5600.

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Pick Up After Your Dog.



Email your news to:
news@rcainj.com

Contact Waste Management
609-587-1500
ID# 61565342007
for pick up of household items
NO electronics
NO upholstered furniture
NO mattresses

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 Transportation609-443-0511

Middlesex County

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

St. Peter's University Hospital

On Time Transportation1-800-858-8463

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

Recycle information from Waste Management



- No caps on glass bottles/containers in the recycle bin.
- No lids on plastic bottles.
- All numbered plastics are acceptable in the recycle 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.

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