



Rossmoor News



VOLUME 55 / No. 3

Monroe Township, New Jersey

March 2019



Korean-Americans celebrate the Lunar New Year with dinner and games. The name of the game above is "Youtt."

Focus on: Korean American group

By Jean Houvener

When Soonja Nam and her husband Sin-U moved to Rossmoor two years ago, they wondered how they would fit into the community and what activities to join. Both have been active in different groups, but they missed having a supportive Korean American group to meet with. As they met other residents from Korea, they

began to get together for meals and to socialize at different homes.

As it turned out, there are more Korean people at Rossmoor than they had expected. Eventually the group grew larger than could fit in anyone's home. Like other groups, they approached E&R about setting up a group and meeting at the Clubhouse.

Officially the group began this past August, and so it is the most recent of the groups or clubs at Rossmoor. They now have 28 members, and generally meet at 5 p.m. on the third Saturday of the month in the Gallery or the Maple Room. They meet on Saturdays in the evening because many members of the group are still working.

All the members came originally from different towns in Korea to the United States and all came from different towns in the United States to

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School vote on the agenda - March 12

By Linda Bozowski

The Monroe Township Board of Education is once again asking residents to participate in the school expansion decision on the upcoming ballot. Two different configurations are being offered: construction of an additional middle school to be used by sixth through eighth graders or a combination of a new middle school and a substantial addition to our existing high school. Each of

these options bears a large price tag, but the Board indicates that this construction will see us through continuously expanding student enrollments over the next several years.

The Board of Education has created a web page devoted to the referendum issues. The website is referendum@monroe.k12.nj.us. A link can also be easily found by searching for Monroe

(Continued on page 2)

If you have diabetes, this workshop is for you

By Mary Jane Brubaker

Take control of your diabetes by attending the free six-week workshop series on Tuesdays beginning March 26 from 1 to 3:30 p.m. in the Gallery at the Clubhouse.

The key to controlling your diabetes is through gaining a better understanding of the disease which, if left uncontrolled, can lead to debilitating health problems. Managing your blood glucose level or blood sugar, along with your blood pressure and cholesterol are essential to maintaining quality of life while living with this serious disease.

At this workshops series you will learn how to make

simple changes to your diet and how to incorporate safe and effective exercise into your daily life. You will also meet others who are dealing with the same issues and you can support each other as you learn the simple yet important steps you can take to control your diabetes.

This workshops series is being offered as a community service by the Rossmoor Community Church and is being sponsored by Quality Insights in partnership with the Centers for Medicare & Medicaid Services.

To register please call Jar-maine Williams at 732-955-8168.

Your electricity bill just went up

By Carol De Haan

It did?

Yes, the rate for one kilowatt hour went from \$0.07946 on your December, 2018 bill to \$0.08663 on your January, 2019 bill. This is an increase of \$0.00717 per kilowatt hour.

How much is this in dollars?

In more practical terms, this means that if you used, for example, 2,000 kilowatt hours at the December rate, your bill would have been \$158.92.

The same 2,000 kilowatt hours at the January rate will now cost you \$173.26.*

What is the reason for this?

As you know, in recent

years Monroe Township created its Community Energy Aggregation program, which has lowered electricity costs to homeowners. Our current contract with the low bidder, South Jersey Energy, permits that company to raise its rates under certain circumstances. This is what happened:

South Jersey Energy uses the government's high voltage transmission system to bring electricity to us. In May 2018, the Federal Energy Regulatory Commission issued an order that resulted in South Jersey Energy having to pay higher costs for using that federal transmission system. Under its contract with

(Continued on page 2)



Students in the "Pathways to Production: Storytelling in South Africa" program wave their joy and send a huge THANKS to Frank Nobile and to the Rossmoor Pickleball Players for sending them a gift of many new pairs of sneakers.

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School vote

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Township, NJ Board of Education. That presentation provides a great deal of information that may be helpful to our community's voters. This article will present, briefly, some of the highlights from that more comprehensive presentation. It is hoped that voters will review and consider the data in advance of the voting on March 12.

Option one

As noted above, the first option, construction of an additional middle school, will accommodate the 2021 projection of nearly 2,100 students. The current middle school building was designed for 1,100 students, but 1,710 students are being taught there, using the existing space and portable trailer-type buildings on the property. A 35-acre site owned by the Township would be used for construction of a new building. The cost for this option, middle school only, would be over \$75 million and is estimated to increase the school portion of property taxes by about \$49 per

\$100,000 assessed valuation. So the owner, in Rossmoor, of a home valued at \$150,000 would see an increase of about \$75 in the school component of the home's tax bill.

Option two

The second option being proposed includes construction of the new middle school and expansion of our existing high school, which is projected to see a student population in 2021 of 2,993 students. The current high school was built to accommodate 1,800 students but the current enrollment is already at 2,400 students. The proposed addition would add space for about 1,000 additional students and would include 30 classrooms and multiple ancillary student spaces including labs, gym space and a new cafeteria. This high school addition would ring in at about \$71 million. Combined with the middle school, the projected tax impact of this double offering would increase the school portion of our tax bills by about \$92 per \$100,000 assessed valuation. Again, using an average of

\$150,000 that cost amounts to an increase of about \$138 in the school portion of the tax bill. At the risk of sounding like a TV commercial, that tax increase translates to less than 50 cents per day.

What can happen if the referendum is voted down again

According to a publication released by the Board of Education last spring after the first referendum failed, if the referendum is not passed on this second voting opportunity, the N.J. Department of Education will step in. The State could nullify the failed referendums and order construction of facilities that would be paid for by our local taxpayers. These facilities may not necessarily be those currently planned in terms of classrooms and ancillary student spaces. To quote this document (Monroe Township School District Referendum News), dated March 1, 2018, "Decisions will be removed from the community by the State."

My personal point of view

As a former student of Monroe Township schools back in the day when there were only two schools (Monroe #1 near Jamesburg and Monroe #2 on Applegarth Road, which I attended through eighth grade in 1961) I can say that I had a solid and complete education and was well prepared to attend Hightstown High School with town-raised students from Cranbury, Hightstown, and Roosevelt. Those of us who grew up on farms or in small pseudo-neighborhoods held our own and competed academically, musically, and in sports. Our current Monroe Township students are still holding their own, and our district is rated highly in New Jersey.

We need to remember that all of us who have had children, grandchildren, nieces, nephews, or children of friends received or do receive public education and have benefitted by other taxpayers sharing the cost. The value of our school system and of our community's children is worthy of our support.

Bits & Pieces

Sue Ortiz

I should follow the advice of singer Bobby McFerrin – "Don't worry, be happy!" Because, I think I worry too much over some things that are not my direct concern, but that do concern me.

For example: Who is bringing the snacks to the next Sisters in Crime-Central Jersey writers' meeting? I will probably bring something, because I do get hungry. But someone should have passed around a snack list at the January meeting. Who will set up and clean up the kitchen, since no one stepped up to head hospitality? (I am *not* doing it!) Who's going to take over the VP position, since the current VP stepped down abruptly. (I am *not* doing it!) I worry about deadlines. Will I have enough content for the next newsletter? (Thinking of giving that up, but I worry about who will do it, if I don't.) Same for the website. I'd just like to be a member, for once, and concentrate on my writing. I worry when things (speakers, parties, field trips, etc.) aren't planned as they should be. (I am not the planner, so I shouldn't worry, should I? But I do.)

I worry that my "safe" neighbors will move and some undesirables will move into the apartment next door. Like the time members of a motorcycle gang moved in and chained their bikes to my fence. (Although, they turned out to be some of the nicer tenants.) Or the time the woman's jealous ex threw a fire bomb into her jalousie-windowed porch and set the apartment ablaze. I worried about my house. (That was a legitimate worry.) I have no control over who the absentee landlord selects as tenants. Will we get along? Will I be able to park my car in front of my house or have to fight for a parking spot because they have three vehicles? Will they play loud music or shine their backyard spotlight into my bedroom so I can't sleep? I have had some wacky, and also some wonderful, neighbors through the 50-plus years I've lived in my

house. (I could write a book.)

Will I have enough money to retire at an age where I can still enjoy life? Will my house need major repairs in the near future, and how will I pay for them? The house is in good shape, but I will need new windows, new siding, new vinyl flooring, a new fence, and eventually a new roof.

I worry about falling down stairs, about broken glass, and about dingbat drivers. (Fears, phobias, and foibles.) I worry about that smoky smell in the middle of the night. It's probably someone's wood stove, but you never know, so I sniff around the house anyway.

Some of my medications are produced overseas in a country known for having cancer-causing substances in certain recalled drugs, dog food, and other products. I worry about that. Why can't we just make everything in the good ol' US of A? I worry that I don't get enough exercise. That my "numbers" will be high. That the food I eat has too much sugar, salt, carbs, and preservatives. That my shampoo and shower gel contain sodium lauryl sulfate. (Yes, I am a label reader.)

I worry about the state of the world. Why can't we all just *get along*, for Pete's sake?

One would think I'm one big worry wort, but, no, I'm relatively happy. I have a warm home, good friends, loving family, my bills get paid, I am healthy, and I'm learning not to worry about the small stuff so much. Because...

"It is what it is."

B&P

"I never worry about action, but only inaction." – Winston Churchill (British statesman, 1874-1965)

"Don't worry about the world coming to an end today. It is already tomorrow in Australia." – Charles M. Schulz (American cartoonist, 1922-2000)

"Worry is the stomach's worst poison." – Alfred Nobel (Swedish scientist, 1833-1896)

Mailing Addresses

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

Please contact Resident Services manager, at 609-655-1000, to verify your address.

Open RCAI Meetings in March

Thursday, March 14, 9 a.m.
Standing Committee Meetings:
Maintenance Committee
Community Affairs Committee
Finance Committee

Thursday, March 21, 9 a.m.
Board of Governors Meeting

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

Please watch Channel 26 for any changes or cancellations



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Bob Huber
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Linda Bozowski
Walter Gryskiewicz

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Linda Monaco

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

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

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

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Visit the Rossmoor website at www.rcainj.com

Electricity bill

(Continued from page 1)

Monroe Township, South Jersey Energy is permitted to pass along the increased cost to the consumer. That is why your January electricity

bill is higher than it had been previously.

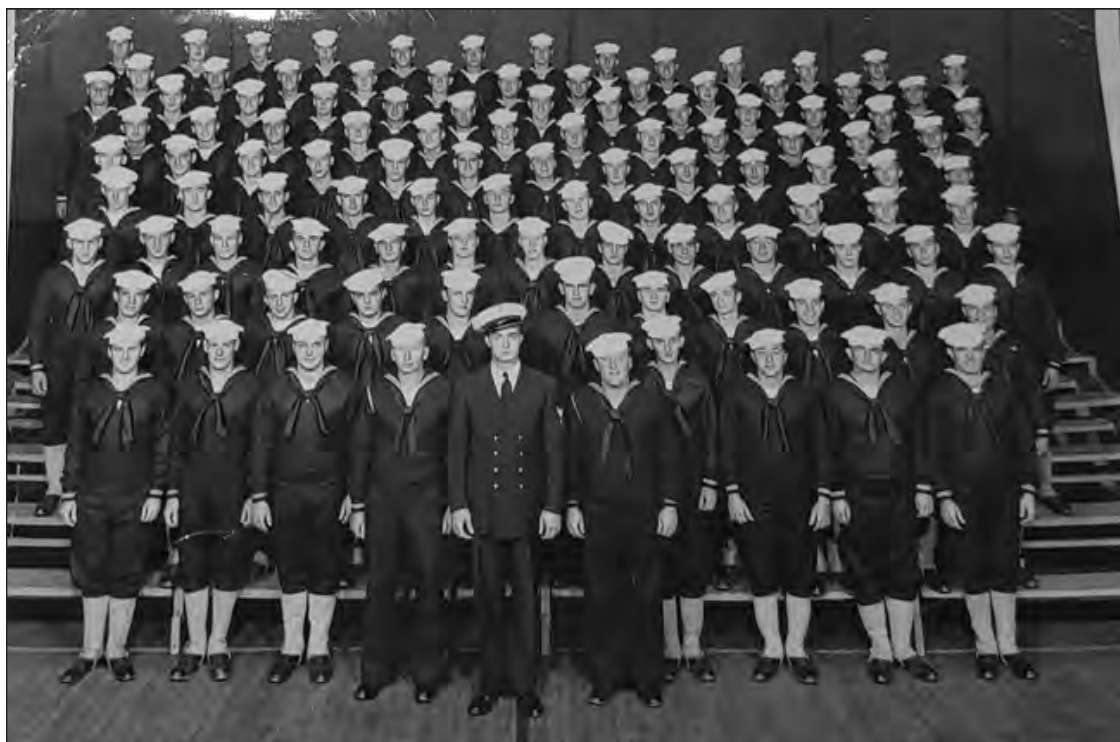
* The letter from South Jersey Energy says the increase will be to \$.08661. My January bill says it is \$.08663. My calculations are based on \$.08663.

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

Getting to know our veterans

By Chris Donahue

Each month, The Rossmoor News will feature the story of a resident who has served in the military.



Carlo J. Carunchio, third row, fourth from left, poses with his company at the U.S. Naval Training Center in Sampson, N.Y., Sept. 7, 1944.

By Chris Donahue

When Carlo James Carunchio enlisted in the Navy in 1943 he got what he wanted -- good food and a clean bed. He also did not have to dig trenches or take long hikes as soldiers did in other branches of the military.

What he did not expect was to see Japanese suicide planes flying so close to his

ship he could see the faces of the pilots, or have to seek shelter from the cold in a freezer while working at a naval base.

Carunchio, who turns 93 on July 6, was born and raised in Jersey City.

When the Japanese bombed Pearl Harbor Dec. 7, 1941, an older brother, Dominic, who was in the National Guard, was assigned to guard planes at then-Fort Dix. Another brother, Michael, was also in the Army.

Carunchio said he was inspired to enlist in the Navy by a friend who kept extolling its benefits, including the food, quarters and no digging or marching. The Pacific Ocean was also a warmer place to be than the Atlantic.

"I woke up one Saturday morning and told my friends I am going to enlist in the



Mr. Carunchio in uniform.

Navy. They said, 'You are crazy. Wait until you are drafted.'

"I said, 'You don't understand. I was so lonely for my brothers because we used to sleep four in a bed.'"

Because there was no ship ready, Carunchio worked at the Naval Training Center in Sampson, N.Y., where he completed boot camp.

Finally, Carunchio, whose main experience with the ocean was fishing from the shore, was assigned as a seaman to the newly-built U.S.S. New Hanover, a supply

(Continued on page 4)



Mr. Carunchio poses at his home on New Haven Way.

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Sound Advice

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

Pre-retirees to convert to IRAs more often

The tax burden of Americans was already among the lowest in the world, even before the tax cut that went into effect at the start of 2018.

But the cost of Social Security, Medicare and borrowing are likely to force the U.S. government to raise tax rates in the years ahead.

As a result, if you're nearing retirement or already retired, that makes this a good time to consider converting a traditional individual retirement account into a Roth IRA.

Here's a short lesson on a long-term tax bracket management strategy to increase tax efficiency in a retirement portfolio, and it sidesteps a new snag in the Tax Cut and Jobs Act that penalizes widows.

Analysis from the non-partisan Congressional Budget Office shows the interest on the U.S. debt will become unsustainable in the mid-2020s.

The \$21 trillion U.S. debt surges in the next few years and interest owed on the debt accelerates, along with the risk of default.

As 2023 nears, running trillion-dollar budget deficits annually becomes increasingly untenable policy, and tax rates are likely to rise.

With a traditional individual retirement account, taxes on gains reinvested are deferred. An IRA grows with no taxes owed. When you retire, withdrawals are taxed as income.

A Roth IRA is different. You pay income tax up front and Uncle Sam promises tax-free withdrawals when you're retired.

Inflation has been low for many years.

While it is not expected to rise sharply, the real cost of the federal debt would be reduced if inflation rises.

Many surviving spouses will face a tax penalty after losing a mate under tax brackets enacted by the Tax Cuts and Jobs Act. For example, a couple with \$170,000 of adjusted gross income is in the 24% top

bracket, but after one spouse dies the survivor would fall into the 32% bracket.

Retired married couples converting a traditional IRA to a Roth account can avert the widow penalty with proper planning. Since Roth accounts generate tax-free income, converting to a Roth places a surviving spouse in a lower tax bracket.

For example, a couple with \$170,000 of income would convert from a traditional IRA to a Roth IRA, lowering their income to less than \$157,500. If one spouse dies, the survivor would be in the 24% bracket applied to singles with up to \$157,500 of income.

Coming up with the cash to pay the one-time conversion tax is not for everyone. However, converting makes no sense unless you have cash on hand to pay the income tax on withdrawals from your traditional IRA. Withdrawing a larger amount to pay the taxes

usually is a bad idea.

Tax-sensitive investing tactics like this can reduce a tax bill by a material amount all throughout a surviving spouse's lifetime. But tax-managed investing is complicated.

We evaluate tax planning opportunities for clients.

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.poltziner.com or call us at (732) 296-9355. ©2018 Advisor Products Inc. All Rights Reserved.

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Our vets

(Continued from page 4)

driving limousines for funerals. In 1977, he started his own limousine business, which he operated until 1986. "I enjoyed it," he said. "I love to drive. I made 70 trips to Florida in 30 years. I drove to California twice, and to Texas. I still drive veterans to meetings."

Today, he dedicates his life to veterans. "Now, I want to give back. I love veterans. I belong to three different groups," he said.

"One thing I learned about living. It feels better to give than receive. It took me a lifetime to learn that because when I was growing up we had nothing.

"The older you get the more you want to do but you can only do so much."

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Quinoa – the answer to worldwide malnutrition?

By Carol De Haan

Quinoa (pronounced *keen-wa*) is a humble seed that was once available only high in the Andes, eventually in health food stores, and now you can buy it in most supermarkets. Its reputation for nutritional excellence brought it to us on an amazing journey from hundreds of years ago.

Botanically related to spinach and the ancient grain amaranth, quinoa gives us far greater nutrition than traditional grains like wheat, corn, rice, and oats. Quinoa is rich in important minerals, contains fiber and many B vitamins, and – miracle of miracles – it provides all 18 amino acids, meaning it has the protein value of meat or other animal products. Vegans rejoice.

Quinoa's history

Indications are that wild quinoa was used for livestock feed as far back as 7,000 years ago. The Incas domesticated varieties for human consumption almost 4,000 years ago. It became their "mother grain," a sacred crop whose seeds were sown only with golden instruments.

When the conquistadores subdued many of the indige-

nous people of South America, they also aimed to obliterate native culture. Perceiving its importance to the local people, the conquerors banned the cultivation of quinoa. A farmer found to be growing it was decapitated on the spot. Needless to say, quinoa farming fell away to zero and was mostly forgotten for hundreds of years.

In the modern world

In more recent times, local cultivation began when quinoa plants were found growing in the wild. When its astonishing nutritional value came to light, by the 1970s, some scientists and entrepreneurs in Colorado made serious efforts to cultivate and market this product. It is now being grown in several states, in parts of Europe, and of course in South America.

Quinoa prefers to grow in high altitudes, will tolerate poor soil, and is not a fussy crop to grow although it requires manual harvesting. It has been selected for experimentation by NASA for its Controlled Ecological Life Support System for long-duration human space flight.

In your kitchen

Quinoa boils up faster than rice and at the same ratio: one cup of quinoa to two cups of water or broth. Cooked quinoa seeds are smaller than cooked rice grains, and a bit crunchier. Its mild flavor makes it ideal for stir-fry recipes, casseroles, soups, and virtually any other tasty dish. You can boil a quantity of quinoa, portion it into several zip-lock bags, freeze them, and have it ready to add to whatever you are cooking for dinner.

In world population

In the year 1800, there were fewer than a billion people on this planet. By 1980, that number was up to 4.4 billion. Right now, we are 7.7 billion people, and the United Nations projects 10 billion of us by 2100. How will we feed all those people? Will we continue to fish out the oceans and slaughter animals ad infinitum?

Such a versatile and valuable protein crop as quinoa could solve this huge problem. Quinoa might well prove to be the Inca's gift to all of humanity.

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The Humor is on Me Now

By Gene Horan

When, a while back, a notable Rossmoor citizen, born and raised in the Emerald Isle, asked me to write a story about the Irish and Ireland, I hesitated, being what Irish immigrants call a "narrowback," one generation away from the old sod.

What with St. Patrick's Day approaching, when everybody is Irish, in the words of an old Irish song, I found that "The Humor is on Me Now" to write the story.

I digress: If you don't know that song, go on U-Tube and ask for the delightful version sung at the wedding party for Maureen O'Hara and John Wayne in "The Quiet Man." Then find an opportunity to watch the entire movie, filmed as it was in the beautiful countryside not far from the ancestral home where my father was born.



Michael Thomas Horan

An Irish-American family

My father, Michael Thomas Horan, came here when he was barely out of his teens. World War I was on and he joined the Navy. He was stationed at the Great Lakes Training Station near Chicago where one day he met my mother, thus assuring my future.

He was, of course, the first Irishman I ever knew and I loved him dearly because he would take me on his lap and rub my face against his whiskers, knowing it would make me laugh.

In one of my earliest memories, perhaps I was three or four, I was sitting at the dining room table with all the family for Sunday dinner.

I must have misbehaved because my father, with a twinkle in his eyes, sent me out to the linden tree in front of the house to get a switch.

Given the whiskers experience, I had no fear of what would happen to me. Nonetheless, I came back with the tiniest twig you could ever imagine, at which everybody, including me, burst into laughter, as we often did, given my father's sense of humor.

Portrait of an Irishman

Dad was an affable Irishman if ever there was one. He loved people and they reciprocated. One day he was taking me to the rodeo at Madison Square Garden (we lived on Staten Island) and I noticed how many people on the bus were saying hello to him.

As we got off at the ferry



On a jaunting car excursion around Killarney with my new friends.

terminal I said "Pop, you know a lot of people." He replied: "I know everybody on Staten Island." I said very confidently, "I'll bet you don't know that policeman walking up the bus ramp!"

The man walked straight to my father, gave him a vigorous handshake, and said; "Hey Mike, how are you doing?" A broad smile came across Dad's face.

When his time came, the extraordinary outpouring of affection for him from so many Staten Islanders recalled for me that day and the incident with the friendly cop.

He had his eccentricities. Whenever driving the car, he sang the same song: "There's a tear in your eye and I'm wondering why 'cause it never should be there at all," every note off key. It was many years before I realized that it was the opening line for "When Irish Eyes Are Smiling," words he never got to.

I haven't said much about my mother, given the subject of this essay. (Her parents were Irish but she was very much just American.) In addition to a strong faith (she prayed my four older brothers home safely from the battlefields of World War II), she brought to our home the great gift of music.

Irish parties

How can I describe the Irish parties in our home during my childhood? For me, all parties since have paled in comparison. It started with aunts, uncles and cousins arriving early in the day for a great feast. After dinner, all repaired to the living room for singing and dancing.

My mother at the piano, sometimes accompanied by an aunt on the Irish accordion, played American, Irish, Scottish and every other kind of song while we all sang lustily.

Then my father rolled up the rug for Irish dancing: jigs, reels, hornpipes and more. Our aunts would teach us children the "stack-of-barley," the floor would bounce, and the house would ring with music and laughter.

Then there was a second round of eating. Late evening brought a regretful end when my father would join his brothers and sisters in sing-

ing "When It's Moonlight in Mayo," recalling their birthplace with tears in their eyes.

So much for the Irish relatives I have known and loved; I have left little space for my visits to the ancestral homeland itself. My father had often told me and my brothers and sisters of life on the farm in Ireland, our relatives there, and the beauty of County Mayo. I knew he had kissed the Blarney Stone so I took it all with just a grain of salt.

Then one day, after reading an article in the New York Times suggesting a visit to Ireland to see what agricultural Europe was like "before it is too late," I decided to go see for myself.

Dublin

From the first day in Ireland I was hooked and knew I would return again and again. In fact, I would become a tour guide for other members of the family visiting for the first time.

In Dublin, a few mischievous Irishmen put me up to a kind of hoax on one of their friends. There were no va-

(Continued on page 8)



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The March Hare

By Bob Huber

As we prepare for spring (the vernal equinox will arrive on March 20), there is one event that we are likely to overlook: the peculiar antics of the *Lepus Europaeus*, better known as the European Brown Hare.

For untold centuries our English cousins have observed the acrobatic shenanigans of the hare as it responds to the call of romance. Beginning in March and continuing for several months, the animal will indulge in the most bizarre behavior, running in circles, jumping and boxing with other hares in an effort to attract a mate. No wonder the locals thought the beastie had lost its marbles.

By the mid-16th century these observations found their way into English literature with such comments as "mad as a March hare" and "harebrained."

Since our American hares appear to be more sedate in their courtship, the terms went relatively unnoticed here until the prominent 19th century

English author, poet and mathematician, Charles Lutwidge Dodgson, writing under the pen name of Lewis Carroll, wrote two delightful children's stories: "Through the Looking Glass" and "Alice's Adventures in Wonderland," in which the March Hare played a prominent role, along with the Mad Hatter and the Dormouse at an ongoing tea party. The stories became immensely popular in America, and the terms "mad as a March hare" and "harebrained" quickly found their way into the American lexicon.

The European Brown Hare shows little resemblance to the fuzzy bunnies we see hopping around Rossmoor. It is a much larger animal with long ears, more closely related to our American Western jackrabbit.

And as for that boxing routine, naturalists have now decided that it's not two males fighting over a female, but a female fighting off the unwanted attentions of an amorous male. So much for romance. If he's going to act so weird, we can't blame her.

The Humor

(Continued from page 7)

cant tables for lunch in the hotel dining room and the hostess approached several gentlemen and asked if I might join them. Indeed I could and I was soon enjoying the banter of three young and witty Dublin barristers (lawyers).

They wanted me to act like I had a lot of money to spend (well -- I was American!), visit a local real estate office and ask for Senator Fitzsimmons, the owner. They said he would surely give me a pass to visit the Dáil-Eireann, the Irish Parliament, and probably buy me dinner.

Unfortunately the Senator was not in his office that day and I never got to see him or the Dáil.

That was the first of many,

many delightful experiences with Irish warmth and humor that I would experience over the years.

It might be of interest for readers to know that it was just 100 years ago, on Jan. 21, 1919, at a meeting in Dublin's Mansion House, that members of Sinn Féin not in jail declared themselves the first Dáil, the rightful ruling legislature of the nation.

American-born Eamon De Valera, their leader, was in an English prison and unable to attend. On Feb. 3, 1919, he made a daring escape and was back in Dublin on Feb. 20. Today the 29th Dáil sits in Dublin.

Killarney

The next day I was off to see Killarney, legendary for its beauty. On the train excursion from Dublin, I found friendship for the day with a vacationing English couple, a lovely Australian woman, and an English soldier on leave. They all loved Ireland.

Alfie, the ruddy-faced soldier, always had a smile on his face: "I've never had such a good time in me life," he said. "I went into an Irish pub. They were singing rebel songs and I stood up and sang 'God Save the Queen.' They were a jovial bunch and what laughs we had!"

The Old Homestead

This was the highlight of my visit to Ireland as it would be for all future ones. I noticed a few TV antennas in the area, early signs of the coming modernity that The New York Times writer warned about, but not at my Uncle Pat and Aunt Mary's farm.

The old customs, like sitting before the turf fire for stories and conversation, the baking of Irish bread in a great iron pot over the open fire, and the greeting given

(Continued on page 9)

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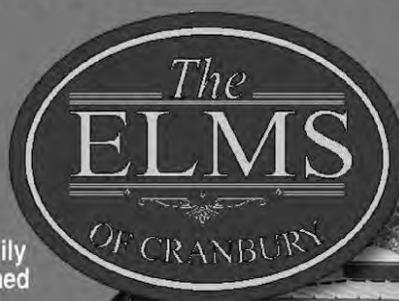
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Bob's Almanac

By Bob Huber

Welcome to the messy month of March, the time when winter and spring duke it out for supremacy. Eventually spring will win, but we are usually in for some weird weather in the interim.

In the ancient past, March was actually the first month of the year, but Julius Caesar tinkered with the calendar to change all that. It was called the Julian calendar. Then, in 1582, Pope Gregory decided to refine the calendar even more, and we wound up with the Gregorian calendar, which put March in third place. It's a reasonably accurate calendar, so most countries use it today, including the U.S.A.

If you were born this month, you are in good company. You share the month with such notables as Alexander Graham Bell (3/5/1847), Michelangelo (3/6/1475) and Albert Einstein (3/14/1879).

Four American presidents were born this month: Andrew Jackson #7 (3/15/1767), James Madison #4 (3/16/1751), Grover Cleveland #22 (3/18/1937) and John Tyler #10 (3/29/1790).

March may be dreary, but there's plenty to look forward to: daylight savings time arrives on March 10. Remember to set your clocks ahead one hour. There's St. Patrick's Day on March 17, and spring will arrive on March 20. If that isn't enough to brighten your day, the March calendar is filled with all sorts of events to keep you occupied. It would take this entire page to list them all, but here's a small sample.

March is: Adopt a Rescued Guinea Pig Month, National Nutrition Month, National Women's History Month, and Optimism Month.

There are days and weeks devoted to cheerleading, Girl Scouts, pet sitters, procrastination, owls, termites, folk tales, spinach, turkey vultures, fanny packs, peanuts, and Donald Duck. The list goes on and on, and, certainly do not forget Be Happy Day on March 3.

So look on the bright side. God is in his heaven, and baseball spring training is well underway. It's good to be alive!

Casimir Pulaski - father of the American cavalry

By Jean Houvener

The first Monday in March is celebrated in many places, including Chicago and the State of Illinois as Casimir Pulaski Day. It is not certain whether Casimir Pulaski was born on March 4 or March 6 of 1745. He was born into a noble family, the second son of Jozef Pulaski and Marianna Zelinski, in Warsaw, Poland.

While he was well educated as a boy, he began his military career in 1762 as a page to Carl Christian Joseph, Duke of Courland and third son of King Augustus III of Poland. This was a time of increasing influence in military action by Russia. In 1767 Pulaski and his father were actively involved in the Bar Confederation, an association of Polish noblemen who were trying to reduce Russian control over their land, the Polish-Lithuanian Commonwealth. They viewed then King Stanislaw II Augustus Poniatowski, who had succeeded Augustus III through machinations of Russia, as a Russian puppet.

The young Casimir fought in a number of battles against the Russian military, many successful and others resulting in losses. By 1769, he was given the rank of colonel of the cavalry. He was viewed as a capable commander, but he tended to follow his own decisions rather than orders from his superiors; sometimes this was successful, but other times he alienated his superiors and suffered a defeat. By 1772, he was viewed with caution by the Bar Confederation. He was sentenced to death by the Poniatowski courts in 1773.

He fled first to Turkey to fight on the side of the Ottoman Turks during the Russo-Turkish War, and then to Paris, where he tried to join the French army. In 1777 he met Ben Franklin and the Marquis de Lafayette who recruited him to join the American War of Independence.

Having impressed Gen. George Washington, who recommended to Congress that he be appointed to the army as an officer, his first action was at the Battle of Brandywine, Sept. 11, 1777. At this battle, as the colonial army began to break and retreat, Washington ordered Pulaski to round up as many of the troops as he could to protect the retreat. He did this and probably saved Washington from capture or death.

He spent the winter of 1777-78 focused on forming a proper cavalry, primarily based in Trenton. Until that time, most cavalry had been used for reconnaissance. Gen. Anthony Wayne requested his assistance at Burlington, N.J., where Wayne's forces were foraging. When Pulaski's 50 men arrived, the British Lt. Col. Thomas Stirling thought he was facing a much larger force, and retreated back to Pennsylvania.

Pulaski went to Yorktown, Va., where he convinced Gen. Horatio Gates to let him form a new unit of dragoons, light infantry, and lancers. Gates also requested Congress appoint him Brigadier General and Commander of the Horse. The new unit was known as Pulaski's Cavalry Legion, and was headquartered in Baltimore. Often using his own money, Pulaski complained that the Congress was slow to authorize and pay for troops and equipment, a complaint Washington also made. The unit saw action at Little Egg Harbor, where it suffered many casualties, and in the Sullivan Expedition against the Iroquois. He was dissatisfied with these assignments and requested to be sent to the South. He arrived in Charleston, S.C., when Gen. Benjamin Lincoln was leading the bulk of his forces toward Savannah, Ga., in order to retake it from the British. British forces attacked Charleston, but subsequently retreated, partly in response to actions taken there by Pulaski and others. By this time the British had decided to concentrate on holding the more profitable South against the rebels and leaving the recalcitrant rebel merchants of the North alone.

Lincoln launched a siege against Savannah, which

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The Humor

(Continued from page 8)

by friends on entering the house, "God save all here," gave life to the Ireland of my imagination.

One warm and particularly beautiful day I walked up the high hill on the side of the house to bathe in a brook at the top, just as my father had done as a boy.

I could see farms miles across, some with thatched roofs; blue skies; the greenest-of-green fields; and low-hanging white cumulus clouds.

I experienced a sense of profound peace and a feeling that I was, in spirit, at home with all those good people who came before me.

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Humorists are artists

By Bob Huber

You might want to note on your calendar that March is Humorists are Artists Month, the month in which we acknowledge the distinction between comedians and humorists.

A comedian performs jokes with the intent of soliciting an immediate response, hopefully laughter; whereas, a humorist holds up a mirror so that we see things from a different perspective, often revealing the absurdities in life.

America is home to two outstanding icons of humor: Mark Twain (Samuel L. Clemens) and Will Rogers, the cowboy philosopher. Neither one had much formal education, but their understanding of the world around them was phenomenal.

Mark Twain (1835–1910) lived on the brink of poverty early in his life, so he began working at a young age, taking on many different jobs to keep food on the table, eventually becoming a journalist and lecturer. Here are just a few of his observations:

When you find that you are on the side of the majority, it's time to reform.

Be careful about reading health books. You may die of a misprint.

Go to Heaven for the climate, Hell for the company.

Honesty is the best policy, when there's money in it.

All you need in life is ignorance and confidence; then success is assured.

I am not one of those who in expressing opinions confine themselves to fact.

Will Rogers (1879 – 1935) came into national prominence through vaudeville as a rope trick artist. He once noted that sometimes the silence on stage could be deafening, so he began talking about anything that came to his mind while performing his act. Soon, people were coming to hear his commentary more than to watch him twirl ropes. Further exposure as a motion picture actor and a popular figure on the lecture circuit branded Will as America's favorite homespun philosopher.

Tragically, Will Rogers was killed in an airplane accident in 1935, but his commentary remains evergreen:

Do the best you can and don't take life too serious.

People's minds are changed through observation and not through argument.

Make crime pay. Become

a lawyer.

Be thankful we're not getting all the government we're paying for.

Even if you're on the right track, you'll get run over if you just sit there.

Good judgment comes from experience, and a lot of that comes from bad judgment.

I don't make jokes. I just watch the government and report the facts.

Everything is funny as long as it happens to somebody else.

No doubt, some of today's stand-up comics consider themselves humorists and perhaps some of them are, but so much contemporary humor has a sharp edge designed for shock value rather than perspective on the human condition. It would do well for those who hope to raise humor to an art form to study the work of the American masters: Mark Twain and Will Rogers.

Why does my new computer not have a DVD drive?

By Steve Gray

To answer that question let's look at some of the storage media of the past.

Remember the 5¼ floppy drives? The original ones held 360k and the high-density ones held 1.0-2MB. The 3½ high-density floppies held a massive 1.44MB. Imagine trying to work with those today.

CDs were a major step forward holding 650 MB – larger than most hard drives at the time. Now, having been superseded by

DVDs capable of 4.7 gigabytes and Blue-ray of 200 gigabytes, you only see CDs for music because they are large enough to hold an album and are cheap.

As we can see, the smaller media slowly disappears.

Today we have hard drives in multiple terabytes so even Blue-ray of 200 gigabytes may be insufficient, especially as the younger set (the pre-Rossmoor set) prefers to stream content rather than buy a bunch of discs. The rise of smaller and thinner computers is putting an end to CD and DVD drives because they take up too much room, increase the overall size and thickness of the laptop or tablet, and increase the cost. Even desktops may not have built in DVD drives or may have the light cheap ones made for laptops, assuming these drives will get little use.

You can also buy a large flash drive (16 gigabytes or more) for less than the cost of an external DVD drive and have the added bonus of a very small, very portable drive that can be used over and over again. In the past few years sales of movies on DVDs has declined greatly in part due to services like Netflix and Hulu but also because you can buy movies in digital format from stores like iTunes and Amazon. After all, we have these multi-terabyte drives that we must fill up with something.

Another very large factor in becoming DVD-driveless is that Microsoft is dropping free support for DVD playback. Consumers will either have to hope the manufacturer will include cheap

(Continued on page 12)

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It's Barbie's Birthday on the 9th

By Linda Bozowski

Who would have thought that one of America's most favorite and iconic toys would be celebrating her 60th birthday on March 9? The Barbie doll has been sold by Mattel over a billion times since her "birth" in 1959 and, despite a modest reduction in sales, is still going strong throughout the world. Barbie's creator/mother Ruth Handler, wife of Mattel co-founder Elliot, urged her husband and his firm to develop this product since she saw how much their daughter, Barbara, enjoyed playing with paper dolls. Barbara often portrayed her paper doll friends as adults, so Mrs. Handler felt that she might enjoy a three-dimensional replica.

Barbie was a knock-off, with some modifications, of the German doll, Bild Lilli. Bild Lilli was first sold in Germany in 1955 to adults, because her appearance was considered somewhat provocative. Children soon began playing with the doll as well, because they could dress her up in separate outfits. The Mattel version, named Barbie after the Handler's daughter, made her debut at the International Toy Fair on March 9, 1959 in a black and white striped swimsuit. Originally available as a blond or brunette, she was marketed as a fashion model. In her debut year, about 350,000 Barbie figures

were sold.

There was disagreement between parents and the manufacturer about the appropriateness of Barbie's figure. Many critics claimed that her extremely thin figure would encourage children and young women to under-eat in order to achieve that same somewhat emaciated look. Others felt that her willowy 5'9" (in doll measurement scale) height and her calculated weight of 110 pounds was acceptable, although in later iterations Barbie's waist measurement expanded from 18" to a more reasonable size. Nevertheless, Barbie remained an equivalent size 4, certainly a smaller size than most real people. There was also criticism of the generous size of her bustline and her hair, skin tones, and facial features.

In 1967 Mattel introduced a "Colored Francie" figure as the first African American doll. However, her facial features were molded from the same devices as the original Caucasian Barbies. The new doll was unsuccessful in the marketplace, since it did not represent the appearance of African Americans. Alterations of facial features, hair color and texture, and new names made the doll more acceptable. The body shape was slightly different, but the proportions permitted clothing

worn by this offering to be shareable among all Barbies. By 2016 Mattel had expanded the Barbie line to include multiple skin tones, eye colors, and hairstyles.

One of Mattel's objectives was to present Barbie and its versions as self-sufficient and capable women. Barbie was presented as an airline stewardess, a pilot, an engineer, a dentist, rap musician, presidential candidate, and other roles.

Barbie did not live in isolation. She had an extended family that included a sister, cousins, and assorted friends. The best known of her friends was her long time on-and-off again boyfriend Ken. It appears that Barbie might also have enjoyed a limited relationship with G.I. Joe, but that story has not been well publicized by Star magazine. Barbie never married, although certainly she would have made a lovely bridal presentation. Since she was so independent, she owned a house, multiple cars, and a boat. She also enjoyed her pets. Among them were cats, dogs, a panda, a lion cub, and a zebra.

Despite her controversy over the years, Barbie is still a favorite collectible with over 100,000 avid followers. If she decides to move into our neighborhood, please treat her nicely. She doesn't take her star status to heart. And don't forget her birthday

Virginia Kondakjian a resident of Rossmoor has joined ERA CENTRAL LEVINSON!



Miss Kondakjian has been a real estate agent for 30 years and is a member of the NJ Realtor Distinguished Sales Club. Virginia takes pride in her ability to establish a rapport with her clients and translate their needs and wants into a sale or purchase. She brings a multitude of experience to the marketplace. She enjoys cooking and swimming. She grew up in Newark, graduated from Prospect Hill Country Day, Westminster Choir College, Academy of Music, Austria, and Kean College where she earned a teaching certificate.

Cell: 732-239-6914



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

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

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

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



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— Peter DeFazio, D.M.D.

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

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A local Irish poet

By Anne Rotholz

As we were growing up in Ireland, our mother would frequently treat us by reciting a poem from her large and varied collection. I never asked how she came to know all these poems. I just assumed that she learned them from her mother.

I was well aware of the fact that she was an avid reader. There was not a lot of reading material in rural Ireland at that time but I knew that she would read anything she could get her hands on. She had a special affinity for our local poet, William Butler Yeats.

Yeats grew up in County Sligo about 30 miles from my hometown in Mayo. He had been born in Dublin on June 13, 1865 of Protestant parents. His father was a famous Dublin artist. His mother came from a wealthy Sligo merchant family named Butler. After William was born, the family moved back to Sligo.

Yeats became obsessed with the beauty and simplicity of rural Ireland and with its folklore and mythology. Much of his early poetry came from this period.

He would have seen Inishfree, a small island in the middle of Lough Gill on a daily basis. Years later when he was in London, he wrote one of his most beautiful and well-known poems, "The Lake Isle of Inishfree."

He understood the feelings of the ordinary people of Ireland. He was sensitive to their history as we can see from his famine poem, "A Ballad of Father Gilligan." "The Stolen Child" shows his understanding of a people who had not yet fully come to grips with pre-Christian Celtic mythology.

Yeats studied in Dublin and in London. At age 15, he began to write poetry. At age 24, he had his first book of poems published. He wrote hundreds of poems as well as plays and other literary pieces.

In the late 1890s in Dublin, he spearheaded The Irish Literary Movement. Also known as the Celtic Twilight, this was a revival of Irish cul-



Where the wandering water
gushes
From the hills above Glencar
In pools among the rushes
That scarce could bathe a
star
We seek for slumbering trout
And whispering in their ears
Give them unquiet dreams:
Leaning softly out
From ferns that drop their
tears
Over the young stream

The Stolen Child
W.B. Yeats

ture, Celtic traditions, and Irish language and literature.

He began writing plays around this time and became closely associated with the famous Irish playwrights including Lady Gregory and Edward Martyn. Together with them he founded the Irish Theatrical Society, which later became The Abbey Theater.

Yeats was considered one of the greatest poets of the 20th century and a major literary figure in the world of his

day. In 1923, he received The Nobel Prize for Literature.

The poet was involved in the founding of The Irish Free State and he served as a senator for two terms.

Yeats died in France on Jan. 28, 1939. He was buried in France but later, as he had requested, his remains were taken back to his beloved Sligo. He is buried in the churchyard in Drumcliff, which lies just miles away from Inishfree.

Five ways drinking wine benefits your health

By Erin Medlicott

We've all heard that a glass of wine here and there is good for you, but how exactly does it contribute to getting healthy? New studies appear to be constantly backing up the health benefits of wine. From living longer to attacking cancer cells, a little wine each day goes a long way when it comes to health benefits.

Types of red wine are cabernet sauvignon, merlot, pinot noir, malbec, syrah, zinfandel, barbera. Examples of white wine are chardonnay, chablis, sauvignon blanc, semillon, moscato, pinot grigio, riesling.

If you are wondering how much wine you should drink, doctors recommend one glass per day. The average amount in a glass of wine is considered to be five ounces, for either white or red wine. Most wine drinkers agree white wines should be served chilled; red wines should be served at room temperature.

Here are some of the ways drinking wine will improve your health:

1. Drinking wine reduces the risk of heart disease.

According to WebMD, a study by researchers at Harvard Medical School tested the effects of red wine, to see if it affected the health of human blood vessels. What they found in their patients, after three weeks of drinking a glass of red wine a day, was that blood flow in their blood vessels had improved. Red wine also improved blood pressure. And in the lab, tests showed that red wine can help prevent blood clots.

How does this work? Red wine acts as a natural blood thinner, breaking up any

blood clots that could lead to a stroke. Red wine, in particular, contains phenols called resveratrol that have wide-reaching heart healthy properties.

2. Drinking wine lowers cholesterol.

Red wine beats white wine in the war on cholesterol, because its antioxidants are beneficial in lowering the LDL, or the "bad" cholesterol, while simultaneously increasing HDL, or the "good" cholesterol. Drinking red wine may raise levels of good HDL by as much as 15%, research from Harvard Medical Center shows.

The Harvard study of age 55+ women with high cholesterol found that 5 ounces per day of red wine, for a testing period of six weeks, reduced LDL ("bad") cholesterol concentrations by 8% and increased HDL ("good") cholesterol concentrations by 17 percent.

3. Drinking wine reduces the risk of cancer.

In the battle against cancer, wine is on our side. The risk of contracting devastating diseases like colon cancer, prostate cancer and breast cancer can be reduced by drinking a glass of wine. How? The antioxidants contained in both red and white wines combat free radicals, which are molecules in our bodies that allow cancer to thrive.

Another Harvard Medical School study showed men age 62 and older, who drank an average of four to seven glasses of wine per week, were only half as likely to be diagnosed with prostate cancer as those who did not drink wine. In addition, the study said red wine, much

(Continued on page 13)

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Rossmoor Clubhouse News

March 2019

CALL-IN ON TUESDAY, MARCH 12 AT 12:15PM

FLASHBACK FRIDAY

Dance Party with Let's Be Frank

Friday, March 29
7PM * Ballroom \$15pp

Guaranteed to take you back to your youth, LBF plays rock, pop and dance from the fifties through today. You don't want to miss them!

Payment MUST be received by Monday, March 18th.
BRING YOUR OWN REFRESHMENTS. ICE PROVIDED.

WELCOME

Clubhouse
Open daily, 8am - 10pm

E&R Office
Open Monday-Friday, 8:30am - 5pm
E&R Office Closed daily from
12 noon-1pm
609-655-3232

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

ON SALE - NOW & UPCOMING

EVENTS

"LUCK O' THE IRISH" LUNCHEON w/ Anthony Tabish
Monday, March 18 at 12:30pm, Ballroom—\$18
Corned beef & cabbage, potatoes, Irish soda bread and more!
ON SALE NOW

AARP SAFE DRIVING CLASS
Monday, April 29 at 8:30am, Gallery
Members—\$15, Non-members—\$20. Checks payable to AARP.

AN EVENING WITH BOB DENSON
Wednesday, April 24 at 7:00pm, Ballroom—\$7
Guitar and vocal performance. BYO refreshments and snacks.
ON SALE APRIL 2

BEATLES TRIBUTE SHOW by Maggie Worsdale
Thursday, September 12th at 7:00pm, Ballroom—\$10
ON SALE APRIL 23

EXCURSIONS

RESORTS ATLANTIC CITY
Tuesday, March 26, \$25pp
Departs Poolside at 9am. Sign-ups receive \$25 slot credit
ON SALE NOW

"KISS ME KATE"
Wednesday, April 10 at 2PM, \$136pp
Includes bus, gratuity & Orchestra ticket. Lunch on own.
ON SALE NOW

"THE CHER SHOW" - SOLD OUT
Wednesday, April 17 at 2PM, \$119pp

RIVER LADY LUNCH CRUISE & SMITHVILLE VILLAGE
Thursday, August 22, \$90pp
ON SALE MARCH 5—Meal selection required at sign-up

"OVER THE RIVER" AT HUNTERDON HILLS
Tuesday, June 4, \$103
Includes bus, gratuity, sit down lunch and show.
ON SALE APRIL 4

"TO KILL A MOCKINGBIRD" - SOLD OUT
Wednesday, June 12, \$155pp - 1PM Show

ON SALE THURSDAY, MARCH 7

ALVIN AILEY DANCE COMPANY

at the NJ Performing Arts Center

Saturday, May 11
\$110 pp - 8PM Show

Includes bus, gratuity & Tier 1 show ticket
Bus departs pool side at 4:30pm. Dinner on own.

The Ailey Company marks six decades of achievement and celebrating the human spirit.

T'ai Tai Chih

Instructed by Siobhan Hutchinson

Mondays from 11:15am-12:15pm, Hawthorn Room
7 Week Series—Classes begin March 18

Series Cost: \$56 paid in full at first class
Drop-in Rate: \$10/class.
Payment made directly to instructor.

CULTURAL

AFRICAN HERITAGE GROUP
Saturday, March 2, 3:00pm, Gallery

AVIATION GROUP
2nd Wednesday, 1:30pm, Ballroom
"The Last B-24"

BOOK DISCUSSION GROUP
3rd Thursday, 3:00pm, Dogwood
"White Rose, Black Forest" by E. Dempsey

CURRENT EVENTS ROUNDTABLE
Mondays, 10:30am, Maple

GERMAN AMERICANS
Last Thursday, 1:30pm, Cedar

KOREAN AMERICANS
Saturday, March 23, 4:00pm, Gallery

LATINO/HISPANIC-AMERICANS
Sunday, March 24, 4:00pm, Gallery (Party)

POLISH AMERICAN
Friday, March 1, 1:00pm, Maple

NEW! PROGRESSIVE GROUP
Thursday, March 21, 6:00pm, Cedar
Celebration of Festival Potluck

RECIPE GROUP
2nd Wednesday, 6:30pm, Maple

VETERANS GROUP
Tuesday, March 12, 10:00am, Gallery*



THE ARTS

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

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

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

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

RUG HOOKING GROUP
Thursdays, 9am—1pm, Gallery
Bring your lunch and have some fun!

OPEN WOOD CARVING WORKSHOP
Fridays, 9am—12pm, Woodshop
Monitor present. Supplies on your own.

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



CARDS & GAMES

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

BRIDGE
Contact Clubhouse

CANASTA & MAHJONG
Contact Clubhouse

MAY I
Contact Sophie Prata.

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

MEN'S POKER
Contact Alan Lasky.

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

PINOCHLE
Please call E & R if interested.

POKER
Contact E&R

POOL ROOM
The Pool Room is open 7 days, 8am-10pm
(Closed for cleaning Wed. 8am—11am.)

GET MOVING!

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

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

FITNESS CENTER ORIENTATION
Tuesday, April 16th at 10:00am

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

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

T'AI CHI by Siobhan Hutchinson
Begins March 18th at 11:15am, Hawthorn
7 Wk series. \$56pp or \$10/class drop-in.

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

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

ZUMBA
Mondays & Wednesdays, 5:45pm
Payable to instructor. Wear closed-toe shoes.
Classes are moved to Ballroom and Gallery, during Hawthorn Room repairs.

DID YOU KNOW?

Rossmoor has a shopping bus that can take you to your favorite food stores, local pharmacies and more.

We also offer occasional special excursions to shopping malls and specialty stores. This bus runs Monday through Friday.

Want to learn more?
Call E&R at (609) 655-3232

Want to reserve your seat?
Call Bus Reservations at (609) 655-4401



SPORTS FUN!

BOCCE
New Players Welcome!

CROQUET
New Players Welcome. Call Betty Anne Clayton.

HIKERS
New Hikers welcome! All hikes depart from Clubhouse at 9:30am, unless otherwise noted.

PICKLEBALL
New Players Welcome.

SHUFFLEBOARD
New Players Welcome.

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

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



MOVIE CORNER

"FOREVER MY GIRL"



Rated PG / 1hr, 44m / No Charge

Sunday, March 10
1:30pm Ballroom

Tuesday, March 26
1:30pm & 7pm Ballroom

TUESDAY MYSTERY MOVIES
March 5 at 1:30pm and 7pm
March 19 at 1:30pm and 7pm

Movies Subject to Change

SAVE THE DATE FOR UPCOMING ATTRACTIONS...

WINE & DESIGN - WINE GLASSES

Thursday, May 30th at 6:30PM

SUMMER POOL PARTIES

July 12th and 26th, August 9th and 30th. Entertainment TBA

MOVIE IN THE PARKING LOT

Tuesday, August 27th

F41

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

LIBRARY ON LOCATION

"BIBLIOBURRO"

Wednesday, March 20 at 1PM, Ballroom

A Columbian school teacher spends his weekends bringing books via two hard-working donkey to the children of Magdalena Province's poor and violence-ridden interior.

A Film by Luis Bohorquez & Carlos Zipagauta [2011, 52 min.]

"REPORTERO"

Wednesday, March 27 at 1PM, Ballroom

Veteran reporter Bernardo Ruiz and his colleagues at an embattled weekly newspaper challenged the drug cartels and corrupt local officials during an unprecedented wave of violence against journalists in Mexico.

A Film by Bernardo Ruiz [2013, 60 min]

No Charge

Program is in collaboration w/ Monroe Twp. Library & PBS

Staying warm on Soup
Day with the
Rug Hookers!



DJ Jeff kept the crowd dancing all night long at our ROSS-CARS party! He's returning this summer for one of our Friday night pool parties. You don't want to miss it!

Residents packed
into our Ballroom to
watch the New
England Patriots and
Los Angeles Rams play
for NFL's Superbowl
LIII title.



MARCH 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>Ticket Sales</div> <div></div> <div>Get Your Tickets Now!</div> <div>Today!</div>	<div>Events or trips marked * require tickets or prior registration</div>				1	2
3	4	5 <div><div>Get Your Tickets Now!</div><div>1:30pm Mystery Movie-GL</div><div>7:00pm Mystery Movie-GL</div><div>7:00pm Great Decisions-CD*</div></div>	6	7 <div><div>Get Your Tickets Now!</div><div>9:00am Agenda Committee-VC</div></div>	8	9
10 <div>1:30pm "Forever My Girl" Movie -BR</div> <div></div>	11 <div><div>Golf Outing</div><div>1:00pm Healthcare Lecture—MP</div></div>	12 <div><div>Get Your Tickets Now!</div><div>7:00am-8:00pm Special School Elections - BR</div><div>7:00pm Great Decisions-CD*</div></div>	13 <div>10:00am Fireside Chat - RR</div> <div>1:00pm Aviation "The Last B-24" - BR</div> <div>6:30pm Recipe Exchange - M</div>	14 <div>9:00am Committee Meetings-VC</div>	15	16
17 <div>2:00pm Players "Open Mic" - GL</div> <div></div>	18 <div>12:30pm Luck O' the Irish Luncheon- BR*</div>	19 <div>1:30pm Mystery Movie-BR</div> <div>7:00pm Mystery Movie-BR</div> <div>7:00pm Great Decisions-CD*</div>	20 <div>1:00pm Library on Location-BR</div> <div></div>	21 <div>9:00am Board of Governors-VC</div> <div>6:30pm Bingo—BR</div> <div></div>	22	23
24	25 <div><div>Golf Outing</div><div>9:00am Resorts Casino*</div><div>7:00pm Players Meeting-GL</div></div>	26 <div>1:30pm "Forever My Girl" Movie -BR</div> <div>7:00 pm "Forever My Girl" Movie -BR</div> <div>7:00pm Great Decisions-CD*</div>	27 <div>10:00am Fireside Chat - RR</div> <div>1:00pm Library on Location-GL</div>	28	29 <div>7:00pm Flashback Friday Dance Party - BR*</div>	30
31						



INDEPENDENT CLUBS				MEETING HOUSE SERVICES		ROOM KEY	
Chorus	Wed	4 pm	MH	Catholic Society Mass	2nd Thurs 7 pm	BR Ballroom	H Hawthorn
Church Discussion	Tues	1:30 pm	MHP	Jewish Congregation Sabbath	2nd & 4th Fri 7:15 pm	C Court	MP Maple
Computer Club	3rd Mon	10 am	GL	Community Church & Communion	1st Sun 11 am	CD Cedar	MH Meeting House
Dance Club	Last Sat	7 pm	BR	Community Church Worship	2nd & 4th Sun 11 am	CH Clubhouse	MHP Meeting House Parlor
Emerald Society	4th Wed	2 pm	BR	Community Church & Fellowship	3rd Sun 11 am	CFT Craft	TR Terrace
Indian-American	Sun	9:30 am	GL			DW Dogwood	RR Red Room
Italian-American	3rd Wed	7:30 pm	BR			GL Gallery	VC Village Center
Players	Last Mon	7 pm	GL			GR Game	
Torah Study	Sat	10 am	CD				
Women's Guild	3rd Thurs	1:30 pm	BR				

Sam has what?

By Dierdre Thomson

I walk into my daughter's house. There he is, stretched out on the hallway floor so I have to carefully step over or around him. He is black with beautiful shiny fur. His eyes are closed; he doesn't move, even when I talk to him. As soon as I bend down and rub an ear, he immediately reacts and stands as quickly as he can. He starts to get up but his feet slip on the bare floor. Finally, after several false starts, he stands and leans against me, with his tail wagging so fast it could easily be termed a lethal weapon.

His name is Sam and he has lived with my daughter's family for 15 years. Sam is a wonderful, loyal black Lab. He does have selective hearing which has increased over the years, but he is still a loving pet. All he asks for is a little attention now and then, and when he receives it, he acts like he is in heaven. Sam has been having health problems over the past few years. He seems to be primarily molting. The vacuum cleaner is busy cleaning up tufts of fur every day. When Sam sneezes, he loses his balance and constantly slams his head on the floor. He has growths around the shoulder and mid-back areas, but he area by his hind legs is so narrow now, it almost looks skeletal.

Many times when I visit, I look carefully because Sam does not seem to be breathing. I have to touch him to be

sure he is still alive. We know that eventually Sam will no longer be with us, but still it was a shock when my daughter told me recently what the vet had shared with her and my son-in-law. Sam has the dog version of ALS, amyotrophic lateral sclerosis. The dog disease name is degenerative myelopathy (DM). The same mutation responsible for dogs having DM is also what causes ALS in humans.

Learning that Sam had DM

Musings and Memories

By Betty Emmons

By Betty Emmons

Old Age - Hooray or Bah!

What a challenge it is to get old. Mentally I feel young, so right there you know I have a problem. I still dream dreams as if I were 50 years younger. Dreams that will never be. But they make me happy. To replace them with age-restricted thoughts would be a real mistake.

People, in general now look at me as a forecast of what is to come. Young people treat me with care and respect, which is nice but annoying because I want to run up the stairs like they do, but know I can't. I miss flirting and being flirted with. I still like to look though and I understand why it is a thing of the past for most of us. Wrinkles will never replace muscular men or cute and pretty girls, but if you dwell

on these things you will surely end up an old fool missing the beauty of age, wrinkles and all. Each day is a gift, and if we are thankful, the wisdom of the past will allow us the joys that now await us. Why waste time remembering all that used to be, like the good old days that were probably not quite as wonderful as we remember them. It is time to pay attention to all that is at hand. If you are in a rocking chair, rock harder and if you are still ambulatory, do an old soft shoe when no one is looking. Make your own agenda. Enjoy people, smell flowers, and especially enjoy the young folks because when you were their age, you were probably too busy getting the most out of being (young) and now you can enjoy watching them grow. Let them help you and you will find the exuberance of youth and the complacency of age blend and make your heart sing. Being old can be what we make of it.

seemed to hit me hard. I knew he would not live too much longer, but it seemed as though I was reacting rather strongly. Then it hit me. I lost a cousin a few years ago to ALS. He had the type of ALS that moved fairly quickly. He was trapped in his body, unable to move or speak. In fact, he had to be kept raised in a sitting position for quite some time after being fed so that the food would, through gravity, work its way down to where it could be digested. Unfortunately, one day an aide low-

ered his bed so that he was on his back; then the aide left without raising the bed back to a sitting position. My cousin aspirated and was drowning on the ingested food. As a result, he died without anyone being there with him – totally helpless.

The vet says Sam may have up to a year or even 18 months. I doubt it, but one thing I do know, Sam will not be alone. He will continue to love and trust his family to take care of him, and all he will continue to ask for is a little attention and an ear rub.

Drinking wine

(Continued from page 12)

more than white wine, was "particularly protective against advanced or aggressive cancers."

4. Drinking wine helps to increase bone density.

When we are over the age of 60, our bones get more brittle. Most of us know this can be helped by taking calcium supplements. But did you know that red wine has high levels of silicon, which is great for keeping your bone density healthy? And that reduces the chance of osteoporosis.

According to a study recently published by the European Journal of Clinical Nutrition, red wine contributes to stronger bone health in older men, not just women. The researchers found links between improved bone mineral density (BMD) and red wine consumption in men aged 50 to 80.

Bone mineral density refers to the concentration of minerals, like calcium, in bones and is a measure of bone strength. As BMD goes down, the risk for developing osteoporosis goes up. According to the Surgeon General's last major study on bone health, 44 million Americans over the age of 50 currently suffer from osteoporosis and half

of all Americans over 50 will have weak bones by the year 2025.

5. Drinking wine reduces the risk of type 2 diabetes.

A new study published in the Annals of Internal Medicine shows a two-year long study of adults age 50+ with diabetes improved their health by drinking a "moderate amount" of wine. To test the influence of wine on people with diabetes, researchers recruited 225 people who already had elevated blood sugar who agreed to follow a Mediterranean style diet for two years. But here is the interesting part. Everyone in the study was eating the same mix of foods, but when it came to what to drink, some began drinking one glass of red wine per day, some began drinking one glass of white wine per day and others drank mineral water.

What happened when the study ended and the results were published? The researchers said, "having a glass of wine with dinner can improve the cardiovascular health of people with Type 2 diabetes." They also found that compared to those participants who drank mineral water with their dinner, all the wine drinkers, both white and red wine drinkers, benefitted from lower blood sugar.

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Happy St. Patrick's Day!!!

Who else is secretly concerned about her financial future?

By Diane England

Supposedly, 61 percent of women would rather talk about their own death than about money. When you consider, though, that about 42 percent of women fear they'll run out of money by age 80, and the woman who just turned 55 can expect to live to 85.7 years of age, a 65-year-old to 86.7, a 75-year-old to 88.6, and the 85-year-old to 92.3, wouldn't you say such a conversation seems necessary? Fortunately, you'll have such an opportunity on March 21 at 1:30 p.m. in the Ballroom when the Women's Guild welcomes Larry Cagliostro and Fred Peters of the Cagliostro/Peters Group as our speakers. This financial advising team with Merrill Lynch will present "Women and Investing."

The statistic in this article's first sentence actually comes from a report that Merrill

Lynch conducted in 2017 along with the business, Age Wave. Another interesting thing they learned at that time? The typical retirement today costs between \$738,000 to \$828,000; however, only nine percent of women have even \$300,000 in savings. When you consider this, as well as the fact that the average annual social security payment is \$17,000, and many people today do not have pensions to rely upon as perhaps their parents did, many baby boomer women in particular (those born between 1946 and 1964) should indeed have money fears.

That all said, even if you are living your retirement years alone without financial concerns, you might nonetheless have questions about how to best spend your funds in retirement. After all, your relationship with money is likely linked to your personal values. And frankly, aren't fulfilling some yet unmet goals as well as helping family or other loved ones at the top of your priorities list? If so, Larry and Fred should be able to answer questions you have in this area—if they didn't already discuss them in their presentation, that is.

So, are you wondering who Larry and Fred are? They're the individuals to whom the Community Church entrusted their assets in 2017. Fred Peters also worked closely this past year with the finance committee, and he will continue to do so in 2019. We have found him to be extremely helpful as we change course from thinking and acting as the large church we once were to the small church we've become.

But let's get back to you. If you have concerns about your financial future, you're certainly not alone. Perhaps some of your worries, however, will be alleviated by hearing this talk. After all, you can expect to learn some steps you can take to improve the outlook of your financial future.

Of course, no matter what, there will be time for refreshments and fellowship afterwards. So please, put this date on your calendar now. You might discover talking about money is actually a good thing, don't you imagine?

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CULINARY CORNER

By Sidna Mitchell

Try this creamy soup on a cool day

By Sidna B. Mitchell

While in Venice, Fla., Ken and I often drive about 45 minutes south to Gasparilla Island (Boca Grande). Recently we took two of our male croquet friends; Carl Kruse from Rossmoor was one.

My plan was to play a game of six-wicket croquet, head over to the farmers market for lunch at one of the

food trucks and buy some fresh vegetables and then go back for more croquet. The guys didn't like the food truck idea but they did purchase some fruit.

I couldn't resist the roasted nuts and healthy vegetables like cauliflower, leeks and snow peas. Although I bought the white cauliflower, I was tempted to get the yellow and purple cauliflower but there was not enough room in the refrigerator.

We went back to the croquet court and nearby little cafe overlooking the gulf and the golf course. The featured soup was leek and potato that was so delicious. I'm used to making vichyssoise (cold leek and potato soup) for warm summer days but decided to attempt a hot soup for a chilly Florida day—59 degrees and sunny.

Here's my recipe for an easy and hearty winter soup.

Leek and Potato Soup

Culinary corner

2 cups diced potatoes
2 cups sliced leeks, only white part
half and half

4 tablespoons of butter, melted
4 cups of chicken broth
salt and pepper to taste

Peel the potatoes and cut them into small pieces. Cook them in enough boiling, salted water to cover until tender.

Meantime, wash the leeks thoroughly, being sure to remove all grit. Split and thinly slice them before sautéing in melted butter.

When the leeks are limp, add four cups of chicken broth and simmer gently until the leeks are thoroughly tender.

Drain the potatoes and put them and the leek mixture in a blender. Quickly pulse to break down any large chunks of potatoes and leeks but do not puree.

Season with salt and pepper to taste.

Add enough half and half for a creamier soup. Return mixture to pot to thoroughly heat the soup before serving.

NOTE: If you can't find or don't have leeks, just substitute a mild onion, which is what I sometimes do. While this is a wonderful soup for cool days, in the summer it can become vichyssoise if you puree it until smooth, refrigerate until ready to serve and garnish with chopped chives.

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

Korean American group

(Continued from page 1)

Rossmoor. They have had many different occupations, doctor, architect, pastor, and teacher, among others. Other than husbands and wives, they did not know each other prior to moving here, but have become a strong supportive group to celebrate together their Korean heritage, language, and food.

The January meeting began early with the arrivals of members, some bringing food and others bringing supplies for the refreshments and activities. Soonja, who owned a flower shop and who has taught flower arranging, brought beautiful small flower arrangements that she had made to decorate the tables. There were also sheets with puzzles (some in Korean), games, and songs (also in Korean).

As the members gathered, the puzzles and games kept everyone busy and conversations flowed around the table. Like the Chinese and the Japanese, Koreans celebrate the Lunar New Year,

which was Feb. 5 in 2019, so one theme of the gathering was the New Year. It also had elements for Valentine's Day.

When everyone had arrived, the group sang their group song and one of the members said a prayer for the group. Then it was time for the dinner. The main meal was brought by Sin-U from a caterer in Edison, Sooratsang (King's Dinner), and it was a feast fit for a king.

While conversations quieted during the enjoyment of the meal, conversation continued throughout and picked up as everyone moved on to dessert. The meeting ended with a rousing game of Youtt (pictured).

The group has formed to enjoy each other's company and celebrate their Korean culture. They enjoy the chance to relax, eat, socialize, have fun, and speak in their native language. With that in mind, if you are interested in this group, please contact Soonja Nam through E&R.

Letter to the Editor

Red hot transformer

I called JCP&L to say the transformer on my lawn, just 15 feet from the house, has been leaking oil for months. Recently the leakage increased. On Tuesday, Jan. 29, two trucks with cranes on top pulled up and replaced that transformer.

Their spokesman said it was "just plain old." He thanked me for calling in the problem because, as he said, "it might have been ready to blow up." Situated only 10 feet from the carport, that explosion would have been a momentous neighborhood event.

Next day another truck arrived and two men dug up the oil-saturated soil; replaced it with clean soil. I was impressed.

Therefore, if you have a transformer near your home, look at it from time to time. For anything unusual, call JCP&L at 1-888-544-4877. You will undoubtedly find that they appreciate your call.

Carol De Haan

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Clubs and Organizations

Chorus elects officers, seeks new accompanist

By Alyce Owens

For 10 years, the members of The Chorus have been fortunate to have Eileen Parker as their president. It was with heavy hearts that they learned back in December that Eileen and husband Al, also a member of the Chorus, would be moving to Monroe Village. The Parkers, known and loved by so many in Rossmoor, are now happily settled in their new home, and, needless to say, both have joined the Monroe Village chorus. They will,

however, stay in close touch with the happenings of the Rossmoor Chorus because their daughter, Janet Wilson, is now the director of the Chorus.

The following people have been named as Chorus officers for the 2019 season: Alyce Owens, president; Peggy Mankey, vice president; Jim Wilson, treasurer; Meryll Hansen, secretary; Joyce Cassidy, librarian; and Paula Saucier, assistant librarian.

For the past four years, the

group has been accompanied by the talented, Kevin Gunia, a piano/composition major at Mason Gross School of the Arts, Rutgers University. With Kevin graduating in June, the Chorus will be looking for a new accompanist. If you, or someone you know, might be interested in filling that position, please contact Alyce Owens at 609-860-0866.

The Chorus rehearses every Wednesday (except during July and August) at 4 p.m. in the Meeting House; they sing at the Community Church on the third Sunday of every month at 11 a.m. Recently the Chorus has become a musical ambassador outside the Rossmoor community by singing at Merwick Care & Rehabilitation Center in Plainsboro, The Elms in Cranbury and Monroe Village where they were delighted to see Al and Eileen, as well as another former Chorus member, Theo Sweeney, in the audience.

The chorus of 30 is always looking for new members who love to sing. The ability to read music is helpful, but not essential, since Director Janet often gives workshops in her home to assist “non-readers” in learning the music. If you are interested, why not come and just sit in on a 4 p.m. rehearsal any Wednesday at the Meeting House.

Dance Club to welcome DJ Erich

By Judy Perkus

On Saturday, March 30 at 7 p.m., the Dance Club will wear green as they and their friends welcome DJ Erich. Singles, as well as couples, are always welcome. The Clubhouse Ballroom will be decorated for Saint Patrick’s Day. Desserts (sugar-free available), snacks, coffee, tea, and soda will be served.

Send your \$8 per paid-up

member/\$10 per non-member check made out to the Rossmoor Dance Club to Armen DeVivo at 409B Roxbury Lane by March 21.

If you haven’t yet renewed your membership, please send your 2019 Dance Club dues of \$15 per couple, \$7.50 per person to Armen. New members are always welcome.

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

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Armen DeVivo at 449B Roxbury Lane. 609-655-2175
or leave in an envelope in the Dance Club folder
in the E & R Office

Emerald Society’s winter/spring activities

By Joan Avery


The February meeting of the Emerald Society had the popular Duo Oops entertaining the members. President Dan Jolly also arranged for a visit from a representative from the Fire Department, who gave a presentation on safety at the March meeting. Gary Morton will entertain the members in April.

Dan also arranged a trip to Doolan’s on March 11 for the Irish Fest, which includes a dinner and a show with Mike Byrne entertaining. March is a busy month and the March 14 Catholic Society Mass is always hosted by the Emerald Society. Please plan to attend.

This year those who wanted to go to the Sights and Sounds Christmas Show with dinner at Good and Plenty in Lancaster, Pa., on Dec.10 signed up at the February meeting. The cost is \$115 for the bus, dinner and the show and must be paid for at the March meeting. Very festive! Dan is looking into going to the Huntington Hills Theater in June.

Dan announced that the Emerald Society donated \$150 to the American Cancer Society and \$150 to the Smile Train.

See you at the March 27 meeting.



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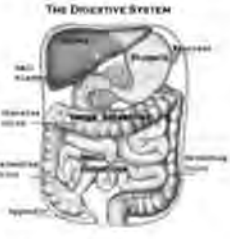
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Computer Club

By Steve Gray

To Skype or not to Skype – that is the question. Come to our next Computer Club meeting on March 18 at 10 a.m. and hear our own George Wilson's take on how to Skype, why to Skype and hints on how to Skype best. For those who do not know, Skype was first released in 2003, acquired by Ebay in 2003, 65% then acquired by the Canadian Board of Investments in 2009 and bought out by Microsoft in May 2011.

Skype allows users to communicate over the Internet by voice, using a microphone, by video using a webcam, and by instant messaging. Skype-to-Skype calls to other users are free of charge, while calls to landline telephones and

mobile phones (over traditional telephone networks) are charged via a debit-based user account system called Skype Credit. Some network administrators have banned Skype on corporate, government, home, and education networks, citing such reasons as inappropriate usage of resources, excessive bandwidth usage and security

concerns. Of course, I doubt that most of us are overly concerned about resource or bandwidth usage, so come to the meeting and learn how to properly make use of a free program that can enhance our telephone calls.

Please note that this session was rescheduled from January due to unforeseen circumstances. See you at the meeting.

Looking for a few good people

The Computer Club needs a few people willing to commit two hours per week to act as a monitor in our lab. No experience necessary because we do give you training, if needed.

Are you willing to meet new people and help your neighbors? Are you able to share your skills and learn new ones? Do you want to be part of the best computer club in all the senior villages?

All it takes is a little commitment. Come to our next general meeting on March 18 at 9:30 a.m. and talk to us.

Indian American Club presents meditation classes

By Govinda Rajan

The Indian American Club is pleased to offer classes in meditation to the residents of Rossmoor. The first set of sessions was offered in January and presented by resident Ritu Chopra. The February and March classes are being taught by the local members of the Heartfulness Institute. (See www.heartfulness.org website for more information on them).

Registration for the upcoming classes will be each Sunday in March in the Gallery at 10:15 a.m.; class begins at 10:30 and lasts until 11:30. To sign up and for questions, email rossmoorindian@gmail.com or leave your information in the Indian American Club folder at the E&R office.

The February and March sessions will help partici-

pants experience simple but effective meditation techniques that can reduce stress, calm your mind, and improve your quality of life. The sessions in January taught meditation for stress and relaxation, for healing, and for awareness and mindfulness.

Ritu Chopra has practiced meditation for many years and enjoys teaching others the techniques of meditation, particularly using sound with crystal bowls. She also is

founder and president of Everest Consulting, LLC, has written books "Art of Life" and "Mastering Life." She has many other areas of interest, including awareness and prevention of domestic violence.

The Heartfulness Institute offers its instructors free of charge to teach people how to meditate in order to get in touch with their own center for peace and balance, and to share that with others in community.

Italian American Club

By Tony Cardello

March will bring three social events to the club. Our annual Carnevale festival will take place on March 5 from 6 to 10 p.m. at a cost of \$30 per person. It will be catered by City Streets, and entertainment will be provided by Singer and DJ Frank Renz.

The second and third events will take place on the same day. For those interested, we will be going to

Doolans in Spring Lake on March 20 for their annual St. Joseph Festival. We will be going by car because this will not be a club social. The cost will be \$52.50 per person payable at the door by cash or check.

Our next regular membership meeting will be March 20 at 7 p.m. in the Ballroom.

Bingo will be played on Thursday evening, March 14 at 6:30 p.m. in the Ballroom.

Republican Club opens 2019

By John N. Craven

The Republican Club opened 2019 with a membership meeting on Feb. 12 in the Gallery. President Ron Haas welcomed the returning members and updated the group on local activities that had taken place during the off-season.

The 2019 Club officers are Ron Haas, president; Sandy Salmieri, treasurer; and John Craven, secretary.

The schedule of Club events for 2019 will be announced in the next edition of The Rossmoor News, including meeting dates, activities and a list of potential speakers.

The Club will endeavor to invite local, state and federal candidates, or their representatives running for office to speak at future meetings, to attempt to create a dialogue between our community and the people who represent us at various levels. You are cordially invited to become a member

(Continued on page 18)

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Players Pastimes

By Sue Archambault

In lieu of the usual monthly meeting, The Players' ever-popular Open Mic program will take place on Sunday, March 17. The program will run from 2 to 4 p.m. in the Gallery. Joe Conti will be our emcee extraordinaire, as always. All are welcome to attend this very entertaining



afternoon. Refreshments will be served.

The Players will present "Just Music," our first musical program, on Thursday, April 25 and Friday, April 26. Both performances will be performed at 7 p.m. in the Meeting House. Further information about ticket purchases will be in next month's Rossmoor News. Auditions for "Just Music" will take place on Monday, April 1, from 2 to 4 p.m. and Tuesday, April 2, from 7 to 9 p.m. Both audition dates will occur in the Meeting House. Please be prepared with either a CD accompaniment or sheet music for your number if you want a piano accompaniment.

Republican Club opens 2019

(Continued from page 17)

of the Republican Club to discuss issues, share your views and make a positive contribution to the political process. Join us at the next meeting on June 9.

Rossmoor Community Church

By Linda Klink

- March 3 Communion Service at 11 a.m.
- March 6 Ash Wednesday Service at 12:30 p.m.
- March 10 Church Service at 11 a.m.
- March 11 Deacons Meeting at 10 a.m.
- March 12 Finance Committee Meeting at 10 a.m.
- March 13 Worship Committee Meeting at 9:30 a.m.
- March 14 Women's Guild Board Meeting at 10 a.m.
- March 17 Church Service at 11 a.m.
- March 18 Council Meeting at 10 a.m.
- March 21 Women's Guild Meeting at 1:30 p.m.
Larry Cagliostro & Fred Peters
Women and Investing
- March 26 Library Committee Meeting at 1:30 p.m.
- March 31 Church Service at 11 a.m.

All meetings and services are in the Meeting House with the exception of the Women's Guild Meeting on March 21, which is in the Ballroom.

We are an ecumenical church where all are welcome to join and worship.

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Religious Organizations

Leading a more abundant life is theme of compelling film

By Gene Horan

"I have come that they may have life, and have it more abundantly." John 10:10

Writer-producer David O'Neill will be on hand to present and discuss his work, "Human Fulfillment," a reflection on what he and his associates learned from 15 years of door-to-door evangelization on Staten Island and Brooklyn.

They discovered that there is a contemporary cultural crisis of knowledge and value in the religious and spiritual lives of emerging adults and that the crisis isolates humans from each other and from God.

Influenced by leading theologians and scholars, they concluded that moral relativism is at the very core of the crisis. Formidable arguments were presented in defense of the human goods of marriage, family, and life, which can be under attack in the courts and legislative halls.

The film is an introduction to a proposed six-part program for evangelization: Hu-

man Fulfillment, Culture, The Human Predicament, The Path to a Humanly Fulfilling Life, Personal Vocation, Contemporary Issues of Human Goods, and Moral Norms (norms seen as guides to a humanly-fulfilling life and not

this is substantial and should be broadly distributed."

Though O'Neill has a Catholic perspective on the issues discussed in his film, their relevance is of interest to a far wider audience than his co-religionists. Come and see what you think.

The free showing, part of the Catholic Society "Films that Lift the Spirit" series, will be on Friday, March 29, at 1:30 p.m. in the Ballroom. Light refreshments will be available. All are most welcome.

Please note that the program will be held in the Ballroom, not the usual Gallery location.

"I found this film extremely impressive."

Russell Shaw
Noted author and journalist
Co-author of
"Fulfillment in Christ"
with theologian
Germain Grisez

as "rules.")

If the reader thinks that this film is a dry, dull expose, he/she will be quickly disabused of that notion. The graphics are extremely well done, sometimes even mind-boggling.

Rev. John Chandler, long involved in Catholic campus ministry, commented, "The video is excellent...most of the material presented to college students is pabulum;

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from a Catholic Perspective

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Mass in honor of St. Patrick to be celebrated

By Gene Horan

The annual Mass honoring St. Patrick is being hosted by the Emerald Society and will commemorate deceased members. It is set for Thursday, March 14, at 7 p.m. Father Lance McGrath will be the celebrant.

As in past years, the Mass will be followed by Irish refreshments and hospitality.

In keeping with a popular Lenten tradition, starting on Friday, March 8, and continuing on each of the Fridays during Lent, including Good Friday, the Rosary will be recited at 10 a.m. in the Dogwood Room of the Clubhouse. All are welcome to attend.

Other Catholic Society activities for March include

- The Catholic Society Council meeting at 1:30 p.m. on Tuesday, March 12, in the Meeting House Parlor.
- The Prayer Shawl ministry at 1:30 p.m. on Thursday, March 14, and Thursday, March 28, in the Clubhouse Craft Room.
- The Chaplet of Divine Mercy on Tuesday, March 19, at 3 p.m. in the Clubhouse Dogwood Room.
- St. James the Less Church is sponsoring a pilgrimage to historic Philadelphia to visit the Cathedral and Shrine of St. John Neumann, and other historic shrines, on Tuesday, April 2, at \$40 per person. Call 732-521-0100. Lunch on your own at Reading Terminal Market.

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Jewish Congregation's March events

By Adrienne Brotman

During the month of March, the holiday of Purim is celebrated by reading the Megillah, also known as The Book of Esther. Around the year 357 B.C., in Persia, which is now Iran, a wicked man named Haman wanted to annihilate the Jewish population. Little did he know the Queen was a Jew. When the King Ahasuerus learned what Haman wanted to do to his wife and her people, he hung Haman and all his sons. Along with hearing the Megillah, many celebrated Purim by having a carnival, especially for the younger

generation, or they have a Purim party, which the Jewish Congregation will have on Sunday, March 24. It is also customary to dress up in costume, give gifts, and give to charity.

The Purim party will be in the Ballroom at 1 p.m. Pizza, salad, and Hamantaschen will be served. You can even make your own ice cream sundae. We encourage everyone to come dressed in costume.

Sabbath Services will be on Friday, March 8 and March 22, in the Meeting House at 7:15 p.m. On March 8, the Torah Reader will be Norman Perkus

and the Lay Reader will be Jeffrey Albom. The Oneg will be sponsored by the Tuils. On March 22, the Torah Reader will be Jeffrey Albom and the Lay Reader will be Janet Goodstein. The Oneg will be sponsored by the congregation.

The congregation is planning two game days, one on May 23, and a second one in August. Details will be forthcoming. No doubt it will be lots of fun. All Rossmoorites are welcome to join the good time.

New members are always welcome. Contact Karen Seiden for information.

SPORTS



9-Hole Golf new season

By Mary Shine

Spring is almost here – and so is golf season. Yea! Hope all members will be returning and that we can also add new members this year.

Our first executive board meeting will be held on Tuesday, March 6, in the Cedar Room at 11 a.m. On Tuesday, April 2, we will hold our first membership meeting of the year in the Cedar Room at 11 a.m. President Joyce Cassidy requests that all members attend this very important meeting.

Our first day of play will be Tuesday, April 9. Our opening day luncheon will be held in the Cedar Room immediately following play. If you are unable to play but would like to attend the luncheon, a sign-up sheet will be in the pro-shop.

Please mark your calendars for our second Annual "Meet & Greet" party to be held on Thursday, May 16, in the Cedar Room at 3 p.m. All members are invited and encouraged to attend. All new female residents will receive invitations to this social event.

Our membership fee will remain \$60 for the season. A membership renewal form is enclosed in this issue. Please use this and return it with your check to Mary Shine or to the golf pro-shop by March 16. Full membership in the Golf Club is not necessary, although encour-

Ladies 18-Hole golf league will start season in April

By Arlene McBride

Golf is a great sport. Ladies leagues are a fun way to play golf in a competitive format. Along with this article is a membership form for joining/renewing your membership in our Ladies 18-hole league.

Think about it and brush up on your swing with some lessons by our golf pro staff.

Hope to see you all out on the course soon. Spring is almost here.

ROSSMOOR WOMEN'S 9-HOLE GOLF ASSOCIATION 2019 MEMBERSHIP RENEWAL

Enclosed is my check in the amount of \$60 to renew my membership for the 2019 golf season.

Name: _____

Address: _____

Phone: _____

Email Address: _____

Do you have a golf cart? Yes ___ No ___

Make checks payable to Women's 9-Hole Golf Association. Send to Mary Shine, 706A Old Nassau Road or drop in the 9-holer slot of the box in the pro shop.

aged. Details of membership in the golf club can be obtained by contacting Ted or Ray at the golf pro-shop. For more information on joining the 9-Hole Women's Golf

Association, please contact Membership Chair Mary Shine (609-655-4518) maryshine1@verizon.net or President Joyce Cassidy (609-619-3618) joyce3206@aol.com.



By Ted Servis,
Rossmoor Golf Professional

What's going on at the Golf Course? Spring is right around the corner, and that means it is time to start planning for the 2019 golf season.

The Pro Shop will start receiving new merchandise

in April. We still have plenty of golf equipment in stock now if you need to buy a gift for someone or just want something for yourself.

The Pro Shop hours for the month of March are Monday 11 a.m. to 4:30 p.m., Tuesday through Sunday 8 a.m.

(Continued on page 20)

Golf Course Highlights

Ladies' 18-Hole Golf League 2019 Membership Form.

Please return the membership form
by April 1, 2019 or earlier.

Membership fee: ___ \$75.00

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

Name: _____

Address: _____

Phone: _____

GHIN #: _____

Email Address: _____

Please make checks payable to:

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

Recycle information from Waste Management

No caps on glass bottles/containers in the recycle bin.

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

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HEALTH CARE CENTER NEWS

Falls

By Kaytie Olshefski, BSN, RN-BC

Falls happen and are certainly not planned. But the risk of falling for older adults increases with age and 75% of falls occur within the home. Studies have shown that women are at a greater risk than men are. Two-thirds of those who have experienced a fall will fall again within six months. Most falls do not result in serious injury, but psychologically people might restrict their activities because of the fear of falling again. Hip fractures that result from a fall may have a severe impact on a person's independence and way of living. It cannot be stressed enough the importance of exercising regularly to prevent falls and to improve one's balance.

So, how can we decrease our chance of falling or even preventing falls from occurring? We need to empower ourselves and be aware of how falls can happen. Here are some suggestions to lower your odds of falling by keeping your home environment safe:

- Watch where you are stepping.
- Use good lighting to avoid tripping over objects. Use nightlights in your bedroom, hall, and bathroom.
- Don't use scatter rugs.
- Secure carpet edges with nonskid tape or tack them down.
- Don't keep any electrical cords on the floor or run them underneath a rug.
- Have grab bars in the bathroom by the toilet and in the shower/bathtub that are strong enough to hold your weight.
- Add nonskid mats or appliques to the bottom of the bathtub.
- When coming out of the shower, keep all your towels and clothing within

- reach.
- Make sure the handrail is sturdy and use it when going up and down stairs.
- Keep the stairs well lit and free from clutter.
- In the kitchen, keep all the items you usually use within easy reach.
- If you must use a stepstool, the stepstool should have a handrail and the step should be wide enough for your foot.
- Avoid using floor polish or wax on the kitchen floor. If you spill anything on the floor, wipe it up immediately, so that you do not slip on the wet shiny floor.
- Wear proper fitting supportive shoes with low heels or rubber soles. Avoid wearing loose fitting slippers, especially scuffs that slip off your feet.
- Avoid walking around in your socks or stockings, as you will certainly slide on smooth floor surfaces.
- Keep common pathways in the house free from clutter.
- Be especially careful if chairs have casters on them. The chair may roll back as you go to sit down or get up from the chair.
- Don't rush to answer the phone or answer the door. Falls are more likely to occur when you are in a rush and not being careful.

- Here are tips if walking outside in wintery weather.
- If there is a wet patch ahead, be cautious, as it may be black ice.
 - If you cannot go around the area, tap your foot on the spot to determine if it is ice or if it is just wet.
 - When walking, keep your hands out of your pockets and allow them to swing as you walk to help keep you balanced.
 - When walking on ice, keep your center of gravity over your front leg. Walk like a penguin.

- Wear boots with rough or textured soles for traction.
- When you come back into the house and take off your boots, wipe up the melted ice/snow off the floor immediately. Tile or linoleum will be slippery if you walk on that wet spot and cause you to fall.
- When you do not exercise, it leads to poor muscle tone that leads to decreased strength, loss of flexibility, and poor balance, which in turn may cause you to fall. Exercising regularly increases muscle and bone strength and improves balance and flexibility. There are exercises to improve balance, increase flexibility, and make you stronger. Tai Chi and yoga are very good for balance. Chair exercises are another way to exercise. Let's not forget, walking is a great exercise.
- Besides being savvy and knowing how to protect yourself from falls, you need to be smart and wise about taking good care of yourself. You are the most important person in preventing falls from occurring.
- Have regular checkups with your ophthalmologist. Cataracts, glaucoma, and other age-related eye diseases may decrease your vision and cause you to fall.
- Have annual physical exams with your primary physician.
- Dizziness is a very common side effect from medication. Inform your physician about any side effects you may be experiencing.
- If your walking is unsteady, an assistive device such as a cane or walker will help to steady your gait and reduce your chance of falling.
- Limit your alcohol intake as it may interact with your medications.

Our next seminar in Saint Peter's lecture series will be by Dr. Dinesh Singal from Cardio Metabolic Institute and Director of the Cardiac Catheterization Lab at Saint Peter's University Hospital. He will be speaking on "How to Prevent and Reduce Heart Disease" on Monday, March 11, at 1 p.m. in the Maple Room of the Clubhouse.

Golf Course Highlights

(Continued from page 19) to 4:30 p.m., all hours subject to the weather. If there is anything we can help you with or any questions we can answer please give us a call at 609-655-3182. Thank you and I wish everyone a healthy and happy 2019 golf season.

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

Your Garden

By Mel Moss

Starting from seed

Around March is the time to begin thinking of what annuals to plant this spring. Most people will go to their favorite local garden center around mid-May and get their plants. But some people, mostly vegetable growers, start at least some of their plants from seed at their homes. In most cases, this is because they can't find their favorite tomato variety at any garden center in their area. Seed catalogues will carry a much wider selection of seed varieties and buying seed is the only way to get the desired variety.

We are not allowed to grow any vegetable plants here in Rossmoor, but starting some of the decorative annuals could be fun. In seed catalogues you will find varieties that you will not find in garden centers. I have a seed catalogue that has, for example, over 200 different petunia varieties, 80 varieties of marigolds, and over 150 varieties of zinnias. No garden center can offer a selection like that. If in a seed catalogue, you find a variety that you have never seen in any garden, why not start the seeds at home?

To start seeds at home you will need several items. If you don't have them, you can find them at most local garden centers. There are specially designed plastic seed-starting trays with individual cells to put the seeds in. Some people like to use Jiffystrip pots, made of peat moss pressed into a pot shape. Their advantage is when you plant your seedlings in the ground, the root system suffers no damage. The roots grow right through the pot into the surrounding soil.

To plant the seed, fill the pots with the growing mix and place two or three seeds in each cell. Then put just

enough growing mix over the seed so they are barely covered, water and put the seed tray in a warm (70-75 degree) location. If you are sowing more than one variety, keep them in separate trays because they might not germinate at the same time.

Sun is not needed for germination but keep the pots in a warm location and moist. To help preserve the moisture, put the trays into a plastic garbage bag or into Zip-lock storage bags. In four or five days, start checking for germination. As soon as it happens, get them out of the plastic cover and into a sunny window.

At this point, a lot of sun will be needed. If all day sun is not possible, you might need a grow light. Once again, keep the temperature between 65 and 75 degrees.

Do not fertilize for at least the first month because the soil mix will provide all that is needed. As the weather warms and the temperatures outdoors rise a bit, open the window a bit to start the hardening process. Be sure to close the windows at night. By the mid to latter part of April, if the seedlings have developed at least two sets of leaves, you can start to move them outdoors if the weather is mild and there is no breeze. Bring them in well before dark. In fact, at first they should be out for maybe an hour or two. Then gradually increase the time outdoors.

Water the plants only when they need it. Too much water is as bad as not watering at all. The soil should not be constantly soggy. Watering should always be done in the morning so the leaves will dry off before evening. Do not permanently keep the plants outside until at least the middle of May. Even with global warming, there is still a chance of frost into and possibly beyond the middle of May.

A Message from High Tech Landscapes, Inc.

By Jeff Voss

- Winter pruning is wrapping up and will be finished by end of month. Please tune to Channel 26 daily for more information.
- Please call the East Gate phone and leave a message with any questions or concerns, 609-655-5134.
- Spring clean-ups have started. The first operation will be cleaning up gumballs. Edging of the beds and

cleaning will also start later this month into April.

- The first fertilizer application will begin in March once spring clean-ups are complete. This application will consist of a granular fertilizer with crabgrass preventer using an herbicide that provides season long crabgrass control.
- Please note everything is weather depending.

Rossmoor Resident Telephone Directory

CHANGES & DELETIONS ONLY

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

Information as it now appears:

NAME: _____

ADDRESS: _____

PHONE: _____

Changes for the 2019-20 edition:

NAME: _____

ADDRESS: _____

1 PHONE OR 1 CELL: _____

****All Changes must be received by July 12, 2019****

If your name, address and/or telephone/cell number is in the 2018 edition correctly, it is not necessary for you to complete this form.

Email your news to:
news@rcainj.com

A call to battle ... for everyone



By Mike Daley

In the event of a fire, there is NO TIME for mistakes and errors.

EVERY SECOND COUNTS.

You and your family must stay prepared when fire strikes. Today's fires burn almost 10 times faster than the fires experienced years ago, and create almost three times the energy with modern high-energy fuel loads within homes today. In 2018, our state reported 62 fatal fires. No community is immune to these facts. An occupant's best chance for survival is early warning and rapid escape, which is why we strongly advocate installation of modern and working smoke detectors:

- Smoke detectors give early warning to the presence of a fire, allowing additional escape time. Three of every five home fire deaths occur in homes without working smoke detectors.
- The fatality rate for people in home fires was more than twice as high in homes without working smoke detectors.
- Dead batteries have been the cause for more than 25% of all non-working smoke detectors.
- Smoke detectors have an average life of approximately ten years. Combination CO/smoke detectors have an average life of only seven years. If your detectors are beyond this time span, **they need to be replaced.**
- Smoke detectors are required within ten feet of all sleeping areas and on every level of the home. Additionally, CO detectors

are required in the same locations.

- Larger homes will require more smoke detectors.
- Smoke detectors are interconnected within newer construction, allowing all detectors to activate when one goes off.
- Detectors should be tested once a month, and changed when they are outdated.
- Detectors should be mounted on the ceiling for best performance.
- The best detector is the one that is mounted correctly and is in working order.

You can survive a fire in your home; detectors that are working and current increase a resident's survival potential significantly. Help us help you. Be sure that all detectors are working and operational within your home. For more information

on smoke detector facts, contact us at www.MTFD3.com or check out the following web sites for more information:

www.fire.gov
www.NFPA.org
www.burninstitute.org
www.sparky.org
www.befiresmart.com

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League of Women Voters urges all to vote on upcoming school referendum

By Glorious Moore

On March 12, Monroe Township residents will again be asked to cast their vote on a referendum in which the school district seeks authorization to raise funds via the sale of bonds to finance building a new middle school. In addition, the new referendum will include a second option: also expanding the current high school. The referendum's two questions or options will be: (1) build a new middle school at a cost of \$75.6 million dollars; or (2) build a new middle school and expand the high school at a projected cost of

\$146.1 million.

The proposal to build is driven by the fact that currently enrollment in both school buildings exceeds their functional capacity. According to data provided by the District, the current middle school is constructed to serve 1100 students. Current middle school enrollment, however, is 1710. To date, the "overage" has been handled by repurposing existing space and utilizing 10 leased trailers. It is expected that by 2021 enrollment will exceed 2000 leading to the need to

(Continued on page 23)

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MAINTENANCE DEPARTMENT

By Dave Salter

Yellow Stake and Yellow Ribbon Procedure

Many residents enjoy gardening and take pride in maintaining their own three-foot bedding areas. If you are one of them, you need to mark the bed so the landscaping company (High Tech) gets the word. This is done with yellow stakes at the corners of the bed where they are visible from either direction. Additional stakes are needed every six feet or so in between. The stakes mean nothing is to be touched. Some people only want to take care of a special bush or two themselves. If you don't want a bush pruned by the landscaper, please tie a yellow ribbon or two on it where it is very visible. Yellow stakes and ribbons (and more detailed instructions on their use) are available at no charge in Maintenance and E&R.

A/C Servicing

Spring will be arriving soon. On April 1 we will start taking requests for air conditioner servicing. As soon as weather permits, we will service on a first come first serve basis. Our rate will remain the same this year. Prices are:

**Condo (except Mutual 4)
\$40.00 plus tax**

Co-op (Including Mutual 4) \$45.00 plus tax

Servicing includes inspection of system, checking Freon levels and filter replacement (parts, blue mesh filter and Freon are not included in price). Note: This price is per unit, if you have two units the price is doubled

Exterminating

If you are experiencing a problem with insects inside or outside of your manor please call the Maintenance Department. The exterminating company comes in every Tuesday. Please keep a sample so it can be identified for correct treatment.

Dryer Vents

Some dryer vents in Rossmoor are vented into the attic please call our office for an estimate to vent it to the outside.

Alteration Requests

If you are doing alterations to your manor inside or out, you need to pick up a work request permit from the Maintenance Department. Please bring the contractor's insurance certificate with you. Contractors working in Mutual 1, 2 and 3 must have the proper insurance. A list of insurance requirements may be picked up in the Maintenance Department.

The Verona Quartet

**The Monroe Township Cultural Arts Commission
and the Princeton Symphony Orchestra present
a Chamber Music series**

**In collaboration with the
Monroe Township Public Library
The Verona Quartet**

Monday March 18, 1 pm. Monroe Township Library, 4 Municipal Plaza, Monroe Township
Registration is not required. Free Admission.

The performance starts at 1 p.m. and lasts approximately 1 hour.

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

In Collaboration with the Monroe Public Library

CHAMBER MUSIC SERIES MONDAYS

APRIL 8th, 2019 • 1:00 PM

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Monroe Township Public Library

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www.monroetwplibrary.org

GEN X 1989 Film and Discussion

Sunday, March 3 at 1 p.m. Join us for a new Sunday program where we shine a spotlight on 1989, our anniversary year. Join us for a film about the Soviet-Afghan War, with a discussion and light refreshments to follow. The film is a drama based on a Texas congressman Charlie Wilson's covert dealings in Afghanistan, where his efforts to assist rebels in their war with the Soviets have some unforeseen and long-reaching effects. Tom Hanks, Julia Roberts, and Philip Seymour Hoffman star. Rated R, 1h 42m Registration is not required.

Coupon Club

Monday, March 4 at 1:30 p.m. Clip, swap and trade coupons. Discuss deals, share frugal tips and shopping experiences. Bring a pair of scissors and your stash of non-expired coupons. Registration is not required.

The Great Courses: America's Founding Fathers

Tuesdays, March 5, 12, and 19 at 1 p.m. Professor Allen Guelzo, Gettysburg College, in partnership with the Smithsonian, presents the men who shaped the U.S. Constitution, in this DVD lecture series. Each lecture uses one of the Founder's principles and words, as a basis to create a picture of the Americans who contributed in forming the world's oldest continuously operating instrument of government.

March 5: John Jay's Treaty & John Adams's Liberty

March 12: Hector Saint John de Crevecoeur's Americans & Timothy Dwight's Religion

March 19: James McHenry's Army & Thomas Jefferson's Frustration

Each session consists of two 30-minute DVD, followed by a brief discussion and light refreshments. Registration is not required.

Book Café

Wednesday, March 6: Session 1 at 11am for existing group members. Session 2 at 1pm for new members. Discuss books that you have

read. Light refreshments will be served. Register at the Welcome Desk.

Genealogy Club

Wednesday, March 6 at 1:30 p.m. Beginner and experienced genealogists are welcome. Registration is not required.

Socrates Café

Wednesday, March 6 at 7 p.m. Socrates Café are gatherings around the world where people from different backgrounds get together and exchange thoughtful ideas and experiences while embracing the central theme of Socratizing; the idea that we learn more when we ask questions along with others. Join us and pose questions, listen to others, raise challenges and consider other alternatives. Monroe resident **Noreen Gumnick** moderates. Register at the Welcome Desk.

Current Events Discussion Group

Saturday, March 9 at 10:30 a.m. Enjoy a discussion about global and domestic affairs. Light refreshments provided. Register at the Welcome Desk.

Strange Things: A Cryptozoology Conference

Saturday, March 9 at 1 p.m. Cryptozoology is the science of cryptids: creatures not discovered by science and unconfirmed from the wider community. With a roster ranging from Sasquatch to zombies, skeptics consider it a pseudoscience due to the general lack of evidence for any of these creatures. Cryptozoology highlights the divide between the scientific and pseudoscientific methods. Beyond looking at it as a science, cryptozoology also preserves folklore, history, and oral traditions. As a result, cryptozoology not only reveals perceptions of the past, but also reveals much about the present. At this conference, our speakers will examine various cryptids from a number of perspectives ranging from popular fiction, cinema, and traditional academic articles. Rutgers professor and folklorist **Angus Gillespie** moderates. Registration not required.

Artist's Reception

Wednesday, March 13

(Continued on page 23)

ROSSMOOR COMMUNITY ASSOCIATION, INC. SNOW POLICY AND PROCEDURE



POLICY

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

PROCEDURE

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

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

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

1. Pre-salting streets and carport lanes to prevent snow from bonding to the surface.
2. Plowing all main and secondary streets (see list of streets under "Priorities") continuously after an accumulation of 2" or more or as required by RCAI management.

3. **Once the storm ends**, separate crews and separate equipment will begin plowing lanes and carports; plowing perimeter and main sidewalks; plowing driveways and finally shoveling of the main, front entrance walks and stoops leading to the main entrance doors of the manors. Secondary walks and/or stoops on the sides or backs of manors will not be shoveled or treated with ice melt.

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

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

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

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

COMMUNICATION Fire/Police/First Aid Emergencies 911

Upon notification of a pending fire, police or first aid emergency requiring emergency personnel, the snow re-

moval staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access prior to or simultaneous with emergency personnel arrival.

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

Snow Removal Operations Concerns
Maintenance Office 655-2121
Monday-Friday 8:30 a.m. – 12:00 noon and 1:00 p.m. – 5:00 p.m.
North Gate 655-1868
After hours/evenings/weekends

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

Residents are responsible to leave accurate and pertinent information.

Snow Removal Operations Updates/Cancellations/Bus Service Channel 26

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

RESIDENTS' RESPONSIBILITY

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

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

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

The following 26 main and secondary streets are cleared continuously after an accumulation of two or more inches or as required by RCAI management:

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

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

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

Revised by the RCAI Board of Governors, September 2016

TRANSPORTATION TIDBITS

Important phone numbers:

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

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

Middlesex County

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

St. Peter's University Hospital

On Time Transportation 1-800-858-8463

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

Classified Advertising

Transportation

AMERICAN CAB & LIMOUSINE – We'll take you anywhere. Reservations available. Credit cards accepted. (609) 529-6943.

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

LIMO GUY, INC. – Our 17th year. We go to all airports. Late model Lincoln Towncars. Holds four passengers in total comfort and style. SUV's now available with approximately \$40 additional charge. \$75 to Newark, \$150 Philadelphia, \$170 JFK airports. We go almost anywhere 24/7. Call (732) 452-9222.

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

CALL DOREEN – I'm back! My new number is (609) 284-4308. Thank you.

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

Home Improvement & Services

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

F & G HOME AND GARDEN – Closet and garage organization. Maximize your space, find what you want, park your car or make room for more stuff. Also, spring is just around the corner. Starting to book cleanups, stone walls and edgings, planting, mulch. Call (609) 235-9717.

LEN'S REMODELING AND CONTRACTING SERVICES (formerly Len's Handyman Services). Doing repairs and renovations in Monroe since 2003. Full-service home renovation company. Our beautiful kitchen and bath showroom in Englishtown displays everything you need under one roof. All interior renovations – kitchens, bathrooms, flooring, painting, plumbing, electric and handyman services. Free estimates. (732) 851-7555.

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.

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.

Miscellaneous/ Services

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

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

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

BRIDGE LESSONS – If you have never played before or are rusty, beginner classes and intermediate (for more experienced) will begin in February. Play the most popular card game in the world taught by a professional instructor. Groups or individual, in your clubhouse or mine. Please call (609) 655-3211.

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

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

Tax/CPA Services

CONCERNED / PUZZLED by the new tax laws? I can explain. Taxes prepared in the comfort of your home. Rebecca Bergknoff, CPA (732) 718-4359.

MICHAEL STILLER-MBA – 41 years of experience. Serving senior communities. In-home appointments. (732) 718-9050.

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

Wanted to Buy

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

For Rent

CARPORT FOR RENT – Location is Oxford Lane, Mutual 4C. Details call Jim at (609) 409-0495.

Real Estate For Sale

GEM OF A RANCH HOUSE. Beautiful surroundings, large enclosed patio, picture window view of golf course, bright and sunny all day, five-minute walk to all amenities. Furnished or unfurnished. By owner (609) 409-2571.

CO-OP FOR SALE- 114 Old Nassau Road, Monroe Township, NJ 08831. Call Rossmoor Sales office.

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.

EXPERIENCED, CERTIFIED CAREGIVER – Companion, meal prep, laundry, driving. References available. Victoria (609) 902-1136.

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

CAREGIVER – Rossmoor resident. Errands, rides, more Reasonable, reliable. Retired MSW. (609) 642-8514.

CARING ELDER CARE – We will help you with personal care, household tasks and outdoor errands. Free consultation. Reasonable rates. Elizabeth (646) 413-0813.

FOR ALL YOUR CBD NEEDS. Monroe. Local. Call Joel (845) 553-3757.

House Cleaning

INNA'S CLEANING SERVICE – 21 years of experience. Good work. Call (609) 456-8006.

Did you know?

You can drop off cans of unused paint every third Saturday of the month, between 8 and 11:30 a.m. Just take the cans of leftover paint to the Monroe Township Recycling Center at 76 Gravel Hill-Spotswood Road, where the staff is most helpful. If the paint has completely dried in the can, you can toss it in the household trash bin. (NOT in the recycling bin.)

LWV

(Continued from page 21)
lease more trailers. The high school, built to house 1800, now has an enrollment of 2400. It is expected that the high school may also need to begin to lease trailers for classroom space in the near future. In the next 5 to 10 years, high school enrollment is projected to reach 3000. In a December 2018 letter to parents, Acting Superintendent Robert Goodall warned, "The current overcrowding is creating an environment of unproductive class sizes in core academic courses."

We encourage you to educate yourself about the proposed projects. Financial data, site plans, and architectural plans are available on the school districts referendum website <http://referendum.monroe.k12.nj.us>.

The anticipated tax impact on Township property owners for building only the new middle school is \$48.81 per \$100,000 of assessed value; and \$92.76 per \$100,000 of assessed value if the new middle school is built and the high school expanded. Consult the referendum website

to calculate the tax impact on your property.
The 2018 referendum to fund building the middle school at a projected cost of \$68 million was rejected by voters in 2018. Clearly, however, the problem of overcrowding in Monroe's schools remains. Higher building costs and rising interest rates are driving up the costs of potential solutions. The anticipated costs of building a new middle school is now seven million dollars higher than projected in 2018, a costly delay.
Voter turnout for the 2018 referendum was very low. We must question whether the results truly reflected the will of the majority of township residents. Voting is both a right and a responsibility of citizenship. On Election Day, Tuesday, March 12, exercise your right to let your voice be heard. Vote.
The Monroe Township League of Women Voters will hold its next general meeting on March 25 at 1:30 at the Monroe Township Municipal Courtroom. Joseph Slomian from the Monroe Township Public Works Department will speak about recycling. We invite you to join us.

Public Library

(Continued from page 22)
from 10 a.m. to 12 p.m. Reception for gallery artist **Dr. Indrani Choudhury** will take place in the Café.
Short Story Discussion Group
Wednesday, March 13 at 11 a.m. **Leah Wagner** moderates a discussion about "A Family" by Jamel Brinkley in *Best American Short Stories* and "Counterblast" by

Marjorie Celona in *O. Henry Prize Stories*. Register at the Welcome Desk.

International Film

Sponsored by The Friends of the Library. Thursday, March 14 at 2 p.m. A 2001 British drama starring Michael Caine and Helen Mirren will be shown. A group of old friends reminisce about their lives over the years after the death of one of their crew. R, 1h 49m

There will be no charge for International Films in 2019 as a 30th Anniversary bonus thanks to the generosity of the Friends of the Library. Registration is not required.

Tech Express

Friday, March 15 from 12 to 1 p.m. Drop-in with your electronic device to get personalized help from a Librarian. Bring your charged and registered device and necessary passwords. Registration is not required. First come, first served.

Friday Afternoon Movies

Friday, March 15 and 29 at 2 p.m. Friday, March 15: In the midst of a marital crisis, a High Court judge must decide if she should order a life-saving blood transfusion for a teen with cancer despite his family's refusal to accept medical treatment for religious reasons. R, 1h 46m

Friday, March 29: Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse — Nick's disapproving mother. PG-13, 2h 1m. Movies are free. Registration is not required.

Classified Information

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

Mail to:
Princeton Editorial Services
P.O. Box 70
Millstone Twp., NJ 08510

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- Check or money order must accompany insert, made payable to Princeton Editorial Services
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Types of symtoms that can be re-
lieved include:

- Back/Neck Pain
- Leg Pain/Numbness
- Chronic Low Back Pain
- Sciatica
- Stenosis
- Neuropathy
- Failed Back Surgery
- Herniated/Degenerated Discs



Get Back the Active lifestyle
you Have Always Enjoyed!

SAY GOODBYE TO BACK AND LEG PAIN...
WITHOUT SURGERY!

NEW Non-surgical, FDA approved treatment for
Back Pain now available locally

30 Million Americans suffer from back pain every
day, affecting everything that you do, from
work to play...and ultimately your quality of life.

With 7 out of 10 people experiencing low back
pain at some point in their lives and low back
pain being one of the most common reasons for
patient visits to primary care physicians as well
as hospitalization, there is no doubt that low
back pain exists in epidemic proportions today.

BACK PAIN: CAUSES AND COPING

There are many causes of back pain. Some people
develop it over time, others are injured in
sports, work or auto accidents. A good deal of
sufferers also complain of pain and numbness in
their legs, usually the result of spinal conditions
such as sciatica, stenosis and herniated discs.

Regardless of the cause, people cope with pain
differently. Many people try to wait back pain
out only to find that it keeps getting worse.
They buy new mattresses, try different stretching
exercises, learn new techniques for sitting
and standing, etc., yet their condition doesn't
improve. Some make repeated trips back and
forth between their medical doctor, chiropractors
and/or physical therapists. Others opt for
surgery, and while it is true that surgery may be
the answer for certain types of back injuries, it
is highly invasive and not without serious risks.

Therefore, when considering your treatment options,
ask yourself...if there is a solution to back
pain that doesn't require surgery, all under one
roof, is it worth exploring?

A NEW HOPE FOR LASTING PAIN RELIEF

We at AllCure Medicine are here to tell you that
the answer is YES! Our integrated treatment
program offers effective non-surgical relief for
back pain. In fact, we have helped thousands of
back pain sufferers just like you get rid of their
back pain and return to a higher quality of life
since 2002.

After years of study, training and trials, we have
developed a mode of care incorporating a combination
of advanced FDA-cleared treatments with
breakthrough technology that aids in the
restoration, stabilization, and relief of your specific
condition. The options are non-surgical, provided
under one roof and covered by most insurances,
including Medicare. Healing effects can be felt on
the first few visits.

SPINAL DECOMPRESSION:
FDA-APPROVED, NON-SURGICAL
RELIEF FOR BACK PAIN

Spinal decompression therapy can be used to
treat disc bulges and herniations, disc degeneration,
sciatica, spinal stenosis, arthritis, facet syndrome,
and chronic pain in the low back. This type of
treatment employs a motorized traction machine
that gently stretches the spine, relieving pressure
that builds up on the discs and nerves. By creating
negative pressure within the disc, referred to as
negative intradiscal pressure, a vacuum is formed,
drawing the bulging and herniated disc material
back into the disc space, relieving pressure. Over
time, this may cause bulging or herniated disks to
retract, taking pressure off the nerves and other
structures in your spine, which helps promote
movement of water, oxygen, and nutrient-rich
fluids into the discs so they can heal. This process
of non-surgical decompression allows the body to
heal itself naturally.

VAX-D SPINAL DECOMPRESSION

There are many types of decompression machines
available today. At AllCure Medicine you will find
the latest medical technology, including Vax-D
Non-Surgical Spinal Decompression. Vax-D's
state-of-the-art decompression tables have been
successfully operating for over 25 years throughout
the world and is one of the FDA-cleared technologies
available at AllCure Medicine. More than 3,000
patients a day receive this treatment in the U.S.
alone. Numerous clinical studies are available for
review at www.vax-d.com.

In addition to Vax-D, we employ a variety of other
wellness modalities as part of our integrated back
pain treatment program:

- **Acupuncture** - Through clinical trials, acupuncture
has been proven effective in treating various medical
conditions, including back and neck pain, and has
been expanded into conventional medicine practices
throughout the world.
- **Physical Therapy** - A traditional treatment
methodology aimed at the treatment and curing of
certain ailments common to patients suffering with
chronic or severe pain. Its primary aim is to bring
back the patient to his/her normal self, free of any
pain or suffering.



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Get the non-surgical, FDA-cleared treatment
for scicatica, stenosis, and herniated discs.

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