



Nothing can keep us from helping others!

By Alyce Owens

I don't know about you, but during this year of more free time due to lack of things to do during Covid-19 shut-downs, I sometimes forget to do even the few things that I should be doing!! I offer this explanation as an excuse for this article being so very late, but nonetheless sincere and, I hope, worth reading.

For the past 11 years the Rossmoor Community Church has been collecting warm coats and clothing for the needy in the vestibule of the Meeting House. For at least eight of those years, the donations had been going to Your Grandmother's Cupboard, a caring non-profit charitable organization that collects and delivers clothing and other necessities at no cost to the truly needy, working poor, unemployed and homeless in New Jersey.

With the Meeting House closed most of 2020 due to COVID-19, the Church pre-

sumed that it would not be able to make this important collection, although the need was actually greater than usual due to the virus, massive layoffs, and unemployment throughout the state.

Good news came when we learned that Sal Gurriero –

also very much aware of the extreme need this winter through conversations with St. Peter's Church in Spotswood — stepped up with a suggestion for a solution that would benefit both the St. Peter's collection and Your

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WOW! Three thousand hits per month

By Carol De Haan

Those of us who work on the Rossmoor News — the online version — could not help but wonder if anyone out there has been paying attention.

Since last April, the coronavirus has done so much harm to our local businesses that many of them stopped advertising, meaning there was not enough revenue to print and mail the monthly newsletter to each household in this community. In addition, there were the resultant coronavirus-related layoffs,

leading to a shortage of experienced production personnel. Nevertheless, we persisted.

It just came to our attention that the Rossmoor News website has been getting 3,000 hits a month. Not every household in this community has a computer, therefore some people must be accessing the site more than once. You can read it at: rcainj.com

We thank you. We are more than pleased to know

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The snow looks like cotton on the tree.

By Eleanore Ralph



Sentiment of the Day

Preventing falls while in isolation

By Kaytie Olshefski, BSN, RN-BC

Throughout this pandemic we have made many changes to our daily way of living. As we have self-isolated one thing is for sure: we are at an increased risk of falling. The risk of falling for older adults increases with age and 75% of falls occur within the home. The Centers for Disease Control and Prevention (CDC) reports one out of four adults over the age of 65 will fall each year. This is a staggering number of falls and two-thirds of those who have experienced one fall will fall again within six months.

Studies have shown that women are at a greater risk of falling than men. Most falls do not result in serious injury, but psychologically a person may restrict 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 exercising regularly to prevent

falls and 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 happen. Below 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

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Read before you sign. Don't get stuck with long-term contracts

By Linda Bozowski

Some time ago, you may remember that I wrote a piece about at-home safety alert systems, and how they could help us deal with potential emergencies. I referred to the "I've fallen and can't get up" advertisement and then went through some of the functionality that the different systems offer. After my vacation in Princeton Medical Center and the Elms last spring, my loving adult children, who don't live nearby, suggested that I consider having such a system installed in my home as a

safeguard. I agreed with their advice and made calls to two different vendors (who shall remain nameless).

Fortunately, I have not needed to request assistance. I walk carefully, only use ladders when I feel very steady on my feet, have night lights throughout my home, have several extension phones and carry my cell phone in the pocket of my jeans or other garments. I've pushed the button accidentally a few times and have had rapid responses from the emergency call cen-

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Helping others

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Grandmother's Cupboard. With the cooperation of Rossmoor E&R, in early November the familiar Big Red Box was placed in the sheltered entrance just outside the Fitness Center to receive donations of coats, boots and other warm clothing.

It was already too late to include any notification of such a collection in the Rossmoor News so Channel 26 and a very broad email blast were utilized to invite such donations from Rossmoor residents. The response was amazing and in early December Sal and Greg Policastro loaded their car to deliver 15 huge plastic bags to Your Grandmother's Cupboard, and another 7 bags to St. Peter's. If your donations were among these, THANK YOU SO VERY MUCH.

It immediately became apparent that many people had learned about the collection after this delivery had been made, so a decision was made to extend the deadline for donations to December 15. Again, the box filled up day after day. Again, like the angels they are, Sal and Greg emptied the box daily and accumulated the donated items in their garage until a final delivery could be made.

On December 18, with the car again filled to capacity, Alyce Owens and Jane Bruno took the second load of donations to the tiny YGC facility in Toms River, operated mostly by volunteers. It's located in the rear of what looks like a forgotten strip mall in a space no larger than a one-car garage. There is a small trailer parked behind the building which acts as a 24-hour drop



Michael Lehman is now president of YGC after the passing of the founder last year.

-off for the convenience of those with items to donate. All the walls inside the facility are lined with shelves with neatly labeled bins into which clothing and other items are sorted.

It is hard to believe that this is the hub where hundreds and hundreds of struggling people, with no means of paying for it, go for help. Up to 2000 others every month receive food, clothing, shoes, toilet paper, diapers, and toiletries when the YGC van pulls up at their 20 distribution sites across the state. This is truly God's love at work.

And we think we've had it rough during this past year! If you'd like to help YGC continue to serve these folks so much less fortunate

than ourselves, any amount you are able to donate would be a blessing. If you mail a check to Your Grandmother's Cupboard, Roslyn Plaza, 1734 Hwy 37 West, Toms River, NJ 08755, be sure to mark it "From your friends at Rossmoor" . . . so they will know how much we care.



YGC trailer for 24 hour drop off.

Open RCAI Meetings in March

RCAI Board of Governors Meeting
Thursday, March 18 - 9:00 a.m.

The meeting will probably be held via Zoom

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

Our Website

Rossmoor now has an improved website: rcainj.com.

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



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

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

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

Editorial Office:
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Bits & Pieces

Sue Ortiz

Shopping in the golden age of department stores was an all-day outing. When I was young, there were lots of great local department stores. Back then, it was *all* about the toys for me! As I got older, my shopping interests changed to household items like mops, cookware, and storage containers, plus craft supplies. Always craft supplies. A day at a department store included lunch; most big stores had a restaurant, or, at least, a lunch counter.

I ordered grill cheese sandwiches and root beer floats at Woolworth's lunch counter. The latest issue of my favorite magazine was always in stock at Woolco's, which I considered to be Woolworth's little cousin. Also, I believed Newberry's was Woolworth's brother, because they carried similar merchandise. After my weekly allergy shot, we stopped at W.T. Grants in East Windsor for dinner. The luncheonette had fresh-brewed iced tea and Friday fish fries. The toy department wasn't bad, either.

An upscale division of Newberry's, Britt's Department Store in Freehold, was a favorite store during the 1960s through the early 1980s. I pulled off Santa's beard when my Mom took me to see him there one Christmas in the early 60s. I still have some jewelry I bought there in the late 70s.

Korvette's in North Brunswick had two floors and an escalator to take you downstairs to the toys (for me) and tools (for my Dad). That particular Korvette's eventually became Caldor's.

Two Guys was my favorite store before it closed in 1982. My Mom and Grandmother shopped there in the early 60s, with me in a stroller. My mother would buy me a twisted cruller donut from the bakery department to keep little me happy. And every time, I'd get sugar all over me! In 1969, I bought my first record album, with my own money, from the music department: The Archie's "Sugar, Sugar" for \$3.50. Later, I bought my first Minolta SLR 35mm camera from them.

Then came Bradlees, which carried the best selection of Rubbermaid containers, kitchen gadgets, Farberware cookware, clothes for all body types, and they basically had the best selection, and prices, of everything. My parents would go mid-week for the 10% senior discount. I wish Bradlees was still in business. I could be getting my discount now!

Jamesway closed its doors in 1995, and until last year, I still had some bottles of dried-up craft paint with Jamesway price stickers. I saved an old bumper sticker from them that says, "I Love the USA and Jamesway!"

Brunswick Square Mall was the hangout place in the 1970s. McCrory's variety store was where the movie theater is now. It was the dollar store of the time and sold discounted household items, clothes, and handbags. We bought my school clothes from Bamberger's (now Macy's). The only French I ever learned was from the servers at the York Steak House. I like my steaks very well done, so the servers yelled the order to the cooks, "One ribeye, *très bien*." And they called me Ma'am. I was only 17. How dare they!

While JCPenney was in Mid State Mall in East Brunswick they had a small, one-seater "Ferris wheel" ride against the wall of the shoe department. I asked to ride it every time! When it moved to Brunswick Square, the store had a decent in-house restaurant. The turkey dinner, with that canned yellow gravy, actually tasted good, once in a while. Their out-of-this-world, no-bake cheesecake consisted a light, airy mixture of cream cheese, sugar, and whipped cream, in a graham cracker crust, with a generous spoonful of blueberry pie filling on top. I wish I could find that recipe.

Rickel and Channel were the Lowe's and Home Depot of their time. My current wall-mounted mailbox was purchased from Rickel. The letter carriers love that it's big enough to hold a ton of stuff and still be closed to the elements. Down in my basement there are some cans of dried-up paint from Rickel. I must remember to toss them. I preferred shopping at Rickel over Channel (and now, it's Lowe's over Home Depot).

I got a new Barbie doll at Great Eastern Discount Department Store on Route 1 in New Brunswick. It was discounted when I traded in an old one. I think they were trying to buy back all those 1959 originals! The store had a grocery department inside, and, after you checked out, a conveyor belt would send the bagged goods out to your car. The store eventually became a flea market, and now it's a movie theater.

There are so many other stores that aren't here anymore, but I've only touched on a few that were in my Central Jersey life. The more things change, the more they stay the same. We will always need to buy something.

B&P

"In department stores, so much kitchen equipment is bought indiscriminately by people who just come in for men's underwear." — Julia Child (American chef, 1912-2004)

"When you think about it, department stores are kind of like museums." — Andy Warhol (American artist, 1928-2007)



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

Q: What projects does RCAI plan to do this year?

A: The projects scheduled in the Reserve Study for 2021 include the replacement of the concrete, where necessary, around the common facilities; mill and repave the roads identified by our engineer and cart paths identified by our Golf Superintendent; and replace the heating and air conditioning system in the Village Center.

The 2021 Capital Expenditures budget includes improvements to tees and bunkers on the golf course; the purchase of a chemical analyzer for both pools; and a replacement server for the Maintenance Office.

Q: Do we have any idea how 2021 ended financially for RCAI?

A: In January, the auditors from Wilkin and Guttenplan under the direction of Annette Murray, CPA, started the audit process for the Mu-

tuals by reviewing all the financial records and minutes. After the Mutual audits are completed, the RCAI audit will begin. It will be a little different this year and the audits will all be conducted remotely and may take a little longer than normal.

The final audited figures for 2021 for the RCAI will be presented to the Board of Governors probably at their April meeting. Watch Channel 26 for up-to-date information for your Mutual and RCAI meetings. The audits for the Mutuals are typically presented at the annual meetings in April and May. Copies of the audits will be available in Administration in the Village Center upon request.

According to our records, we collected 162 membership fees in 2020 as compared to 176 in 2019. The RCAI Membership Fee is collected by each purchaser upon acquiring title to a unit. It is a non-refundable fee that supports the Reserve Fund.

Contracts

(Continued from page 1)
ter. In the event of a true emergency my children, who are on my contact list, would be called and medical assistance would be summoned if necessary. This is all good, so far.

In thinking about my monthly finances, and considering the fee I’m charged each month by my alert service company, I decided recently to take a look at some options of different alert systems. I did some on-line research, and made an inquiry phone call to a different vendor the other day. That company’s representative called me back the next day. He answered my questions, including the expected availability of having his company’s system installed. As part of the conversation, he asked me when my current agreement with my service provider would be expiring. Since I didn’t know for certain, I replied that I thought it would be early this spring, but that I would look up my scanned copy of my service agreement.

To my surprise (and dismay) I discovered that the agreement I had signed was for a

three-year term. There were no stipulations about voluntarily cancelling the contract, but my survivors could cancel the contract following my death at home if they provided proof of my demise (there was no mention of cancellation if my death occurred at some location other than home). However, if someone else lived in the household at the time of my expiration, the contract could not be cancelled. I was charged almost \$200 for installation of my equipment. I had to install the equipment myself because their representatives were not going to homes due to the COVID danger, but I’m guessing I will have to fight to get refunded those fees. The monthly charge that I’m locked into is almost twice as much as that being charged by other vendors, some of whom publish their fees on their websites.

The point of this piece is not to complain about my service provider but to advise you, my neighbors, to ask questions, do your homework, and carefully read the agreements before you sign your name. The system I have has limitations compared to other service providers and it’s quite a bit more costly. Nowhere in the advertising is there an indication about the contract duration or the fees. I don’t recall the sales rep telling me about the contract duration, but maybe she did. You, as a consumer, have to ask the questions. Talk with others whose guidance you trust, whether it’s a family member or close friend or even your attorney. If you wish to discuss my issues, please feel free to call me. I don’t plan on any vacations at the Elms this spring.

WOW!

(Continued from page 1)
that our efforts mean something to you.

Now all we have to do is wear a mask, wash our hands, keep social distances, and wait for life to get back to normal. Won’t that be wonderful?

The Snow Fund balance of \$100,000 remains the same as originally established many years ago.

All indications at the time this article was written, RCAI will end the year with a surplus when comparing the actual Income with the Expenses. The main contributing factor for the surplus is the Snow Control Cost Center. As you may recall, the winter (January – March) of 2020 was very mild and there was only one snow storm in December 2020.

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If you had to walk through the snow with bare feet . . .

By Honey Owens

Okay, what's with all the snow this winter? There are lots of gates and even snow fences here in Rossmoor — can anyone tell me why the snow still gets in? Hey, I don't mind that pretty, fluffy stuff that sticks to the end of my nose but doesn't even cover up the grass. I'm talking about those big white flakes that you can't see through when it's falling, then it lies on the ground forever! The humans think "it's so beautiful" but let me tell you, I've heard them say some pretty, naughty words about it when they think I'm not listening.

Let me introduce myself. Perhaps you remember me from a story I wrote almost two years ago about the wonderful day I had at the Blessing of the Animals at the Rossmoor Church. I hope we can do that again soon. My name is Honey and I'm an eight-year-old Maltipoo who is what some might call "size-challenged." At most, when I'm standing up really tall, I'm only about 12 inches high from the ground to the top of my head and weigh 10 pounds in my birthday suit — i.e. sans one of those silly outfits Mom makes me wear sometimes. (I do, however, admit to having quite a stunning collection of T-shirts, sweaters, and coats which I consider essential attire for any dog who has an active social life in Rossmoor.)

I have four short legs that are just barely long enough to reach the ground, and each one has a tiny one-inch-wide foot with four little toes. Now I ask you — do you think it's fair to subject this delicate little gift from God to a foot of snow and expect me to do



Honey cozy and warm at home

what comes naturally? When the snow is so soft that I sink into it (remember, my legs are only 5 inches long) I'm up to my ... well, you can imagine!

I hate to be indelicate but just imagine it this way: someone fills your bathroom with snow so deep that it overflows into the toilet bowl and onto the seat — and expects you to do what comes naturally! Now you know what I mean — it's a chill-

ing picture!

After the snow stops falling, those funny little things that Mom calls Bobcats

(Continued on page 6)



Honey and Selah Wilson

Elizebeth Friedman: codebreaker

By Jean Houvener

Born Aug. 26, 1892, on a farm near Huntington, Ind., Elizebeth Smith was a precocious child. Her father, John Smith was a farmer, a businessman, a politician and a Quaker. The youngest of nine surviving children, Elizebeth was deliberately named by her mother Sopha so that her name would never be shortened to Eliza. Determined to get a college education, she first attended the University of Wooster (now the College of Wooster) in Ohio. When her mother became ill, she switched to Hillsdale College in Michigan in order to be nearer home. She majored in English literature, but also studied Latin, Greek, and German, graduating in 1915.

Among her many interests were the plays of Shakespeare. While working at the Newberry Library in Chicago, she was introduced to George Fabyan, a wealthy businessman with an interest in proving that Francis Bacon had written the plays, not William Shakespeare. He was convinced that there were coded ciphers in the plays that would lead to the true author and hired Elizebeth to look into that. Fabyan was an unusual man, who had created Riverbank Labo-

ratories in Geneva, Ill., to investigate numerous theories that interested him, one of them being cryptology. Elizebeth was part of a team, including Elizabeth Wells Gallup and her sister Kate Wells, who supported Fabyan's theory, and a young man from Russia by way of Pittsburgh, William Friedman.

Cryptology was a new field to Elizebeth, but language and literature were not. She had an extraordinary ability to see patterns in words and ciphers. She quickly learned what she needed to know in this new field. Neither Elizebeth nor William felt that the works actually backed up Gallup's theories.

By this time, however, World War I was in full swing and Fabyan offered his cryptology unit to the U.S. government's war effort. At the time, it was the only cryptology lab in the country. The unit was critical in decrypting messages and in training others, including Agnes Meyer Driscoll, who worked for the Navy in cryptology for much of her long career. In 1921 both Friedmans left Riverbank and began work for the War Department in Washington, D.C.

The two often worked as a

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Bob's Almanac—March 2021
By Bob Huber

We've made it to March, when even the hardest fans of frost are growing weary of winter. Relief is on the way. The vernal equinox will occur on Saturday, March 20, when spring will arrive. The event was so important to ancient cultures that many of them marked the occasion by building special ceremonial structures such as Stonehenge. Mother Nature would soon reawaken and spring planting could begin.

In our modern scientific society, we no longer need to build monuments to tell us when spring begins. We have car commercials on TV to do that for us, but March is host to many other historic events. Here are just a few:

March 1, 1961. The Peace Core was established by President Kennedy, and it remains an active presence abroad.

March 3, 1887. Alexander Graham Bell was born. Graham was the creator of many practical inventions, but it was his invention of the telephone that opened a whole new world of voice communications which continues to blossom today.

March 4, 1681. England granted a huge parcel of land in the new world. The territory later became known as Pennsylvania.

March 6, 1475. Renaissance painter Michelangelo was born. The world continues to marvel at his paintings, especially the frescoes in the Sistine Chapel.

March 11, 1880. The American Salvation Army was formed.

March 12, 1888. A great blizzard struck the northeastern United States. It lasted for 36 hours. Forty inches of snow fell in the New York City and 400 people died.

March 14, 1879. Albert Einstein was born in Germany. The genius physicist, recognized as the father of modern physics, came to the United States in 1932 to escape the burgeoning Nazi regime. He eventually settled in Princeton, N. J.

March 18, 1837. Grover Cleveland was born in Caldwell, N. J. He was the only American president to serve two non-consecutive terms in office.

March 21, 1684. Johann Sebastian Bach was born in Germany. The brilliant organist and composer wrote literally thousands of compositions, many of which have stood the test of time and are regularly performed today. The old master is even credited with providing the harmonic structures upon which modern jazz is constructed.

In addition to Saint Patrick's Day on March 17, and baseball spring training, there are other current events scheduled in March that might be worthy of your attention, or maybe not.

This is Adopt a Rescued

Guinea Pig month. If you would like to cozy up to one of these cuddly little creatures, now is the time to do it.

If you want to relive your childhood, there are days devoted to Donald Duck and Doctor Seuss.

The swallows return to San Juan Capistrano on March 19, but don't bet the farm on it. I was once in Capistrano on March 19, and I didn't see a single swallow.

Monday, March 26, is Make Up Your Own Holiday

day, which makes more sense than many of the other ridiculous observations scheduled for this month. Plan your own celebration and have a ball.

Don't forget daylight saving time begins on Sunday, March 14. Time to spring forward and set your clocks one hour ahead before you go to bed on Saturday night. You can make up the lost hour of sleep in the fall when eastern standard time returns.

Rossmoor News seeks photographs

We need pictures.

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

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

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Bare feet

(Continued from page 4)

come out and clear the sidewalks. It certainly makes it easier to walk, but they create walls of snow higher than my head on both sides of the sidewalk, so it feels like I'm walking through a cavern. If the Bobcats leave a little snow it freezes and gets really slippery underfoot ... so, then some other guys walk around and throw salt crystals all over the sidewalk. Sure, it melts the ice, but it leaves frigid water and chunks of salt that get in between my bare little toes. Sometimes I can't stand it, so I just stop walking and hold up my little paw because it hurts so much. Then Mom will pick me up, carry me home, and wash the salt off my feet and from between my toes. She wraps me in a warm towel and rubs me till I'm warm and dry – ahh, I just love that part.

When the snow is hard enough for me to walk on, I love to doggie-ski on it. I put the side of my face and shoulder on the slippery

snow and push myself along with my back legs. It's lots of fun and my Mom always laughs ... so I do it again! I love to make her laugh.

You might wonder why Mom doesn't put those little boots on me. Well, she's tried but I hate those booties so much that I wiggle and squirm until Mom gives up ... and it's out in the snow with bare feet again. I've always said that if God thought boots were a good idea for dogs, He would have given us rubber feet.

Sometimes we both wish that Mom had been more persistent about training me to use the wee-wee pads when I was a baby so that we wouldn't have to brave the elements in bad weather.

Codebreaker

(Continued from page 4)

team, but Elizebeth had her own unique contributions. While William remained at the War Department with the new Signals Intelligence Service, Elizebeth had her own team working on decoding messages during prohibition. She was able to break many codes, including some in Mandarin Chinese, a language she did not know, solely on the basis of their patterns. With the enactment of Prohibition with the Volstead Act in 1919 followed by the 18th Amendment, somewhat predictably criminals stepped into the breach to provide the much-desired alcohol.

As Prohibition continued through the 1920s into the 1930s, criminals became increasingly organized and sophisticated. The codes became more sophisticated and the work more difficult to decode them. Eventually Elizebeth's unit was merged into the U.S. Coast Guard, where she directed and taught others how to decrypt the smugglers' messages. In three years she decoded 12,000 messages. Among

I remember those puppy days when, after she stuck them to the bathroom floor with the little adhesive patches in each corner, I would immediately tug them loose and carry them around the house thinking they were a great new toy. Now that I'm older, I realize they probably were a good idea, but I think it's too late to break my fastidious habit of taking care of business outside.

Anyway, it's March now and we made it through another winter without my toes getting frostbitten. I'm watching for the daffodils to start peeking through the snow, and spring to come. I love spring when I get to visit with all my friends again. Do you want to come for a walk with us?

the criminals indicted thanks to her work was Al Capone.

During World War II, her unit was transferred to the Navy, where she particularly worked to uncover a network of spies in South America. She and her team decrypted numerous systems used by the Germans, including three different Enigma machines. Johannes Siegfried Becker was the SS agent in charge of the Nazi operation known as Operation Bolivar.

While J. Edgar Hoover and his FBI were in charge of the operation, Hoover's premature capture of different spies before the entire network was known resulted in the Germans realizing their codes had been broken. When they switched to new codes, Elizebeth's team started all over again to trace out the network. When the network was finally destroyed, Hoover took all the credit for the operation with no mention of the part played by Elizebeth Friedman or her team.

In the post war years, Elizebeth worked as a consultant, including setting up security systems for the International Monetary Fund.

After retirement the Friedmans again had time to work on their analysis of Shakespeare's Folio, publishing "The Cryptologist Looks at Shakespeare," and "The Shakespearean Ciphers Examined," refuting any role of Francis Bacon in the plays. They even embedded in the latter a cipher which decrypts to "I did not write the plays. F. Bacon."

Having signed a Navy oath of silence, Elizebeth made no mention to anyone of her work on behalf of the war effort, and was given no credit at the time. Her husband's cryptology work was acknowledged after the war and especially in his recognition as the godfather of the National Security Agency. Only with the release of classified documents in 2008 was the extent of the country's indebtedness to Elizebeth revealed to the nation.

William Friedman died in 1969. When Elizebeth died Oct. 31, 1980, in Plainfield, N.J., age 88, her ashes were scattered over her husband's grave at Arlington National Cemetery.

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Climbing Croagh Patrick



By Anne Rotholz

Memories of growing up in Ireland always seem to become more vivid as St. Patrick's Day approaches.

As a child I was fascinated by the sight of a small but beautiful mountain range that stood across the valley from our house. On a cloudy day one might not see it at all since it was under a bank of mist but on a clear day it was indeed a beautiful sight.

The mountain range had a little secret. Behind it was a conic peak that could be seen only on a clear day. My mother explained to me that the peak was the top of Ireland's holy mountain, Croagh Patrick, known locally and fondly as "The Reek." She told me that every year on the last Sunday of July thousands of people went on a pilgrimage to the top of this mountain.

While I resolved then and there that one day, I would climb the holy mountain, I realized that in order to join the pilgrims I would have to wait until I was much older.

Croagh Patrick rises to a height of 2,500 feet above the sea and dominates the Atlantic from the shores of Clew Bay in County Mayo. The Celts believed that it was the dwelling place of the pagan god Crom and made it the site of their harvest festival. Tradition has it that St. Patrick went to the top of the mountain in A.D. 441, and prayed and fasted there for 40 days and nights before continuing with his missionary work in Ireland.

In recent years a gold seam was found in the mountain. Local authorities discouraged prospective gold-diggers and refused permission to mine, telling them that "The gold is fine where it is."

In later years as a teenager, with a hefty homemade walking stick in hand I set out with my brother and some friends to climb The Reek. I remember thinking to myself that it wasn't going to be such a big deal. In the distance the mountain looked harmless enough. We drove for about an hour to reach our destination, the foot of the mountain.

By late afternoon we were

heather-covered foothill took us to the base of the mountain. Then the climb began in earnest.

A steep, narrow gravel-strewn path up the mountain was made more treacherous by the number of people sharing it. Two hours into the climb as night fell, we reached the last 200 feet. Then came the real challenge. From that point, we had to climb over a bed of fist-sized rocks so progress was even more difficult. We made it!

In a small chapel at the summit Mass was celebrated repeatedly during the night. Some enterprising people had set up a tea service and they were kept very busy throughout the night. I still remember the cup of tea on the mountain top as one of the best I ever had.



Later I had a most exhilarating experience. As dawn broke, I looked to the Atlantic side of the mountain to see a panorama of exquisite beauty—Clew Bay dotted with its 365 Islands. In the early hours of morning, we began our descent fully

realizing that it would be almost as difficult as the climb up.

In recent years, for safety reasons, the pilgrimage is made in daylight hours only. I consider myself fortunate to have had an opportunity to make it at night.

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First Day of Passover — March 28

Why is Irish dancing so different?

By Carol De Haan

Unlike dancers in most of the world, Irish dancers hold their bodies stiff, upright, with arms held tightly against their sides and never moving. The action is all in the feet: swift, fancy moves, rhythmic tapping, with occasional kicks and high jumps but always in a tightly controlled manner. Why so regimented, so different from free-style dancing all over the world?

It goes back many hundreds of years.

In Celtic times

Under Brehon Law, a widow or other woman who had no man to till the soil or herd the cattle for her was designated the brewer of beer for the local community. It was a manageable way for her to support herself and her children.

As the villagers stopped by to pick up a pint, you can imagine a few of them having “one for the road.” Eventually, some of them stayed to enjoy one another’s com-

pany. Over the years, the widow’s house morphed into a “public house,” in other words, a pub, a place for neighborly socializing.

When you’re feeling mellow


You sing!

Ireland has been called “the Land of Song.” What is more natural, when feeling mellow and enjoying one’s neighbors, than raising one’s voice in song? To this day, Ireland is famous for its singing pubs.

In a cottage from yesteryear, villagers might also make music using spoons, a tin whistle, perhaps a fiddle, and a bodran (one-sided Irish drum). There would be plenty of toe-tapping and, eventually, someone would stand up and dance for sheer merriment.

Preserving your shoes

A few hundred years ago, if you were a cottager who owned a pair of leather shoes, to keep them from wearing out, you’d hammer



metal tacks into the heels and pressure points on the sole. Thus you’d make a clickety-clack sound walking on a paving stone, a slate or brick sidewalk, and certainly on a wooden floor. That tapping sound could add to the rhythm of the music.

Only one problem: thatched cottages had dirt floors. No chance of good tapping on a soft surface.

“AHA!” thought one of our clever Celtic ancestors, as he lifted the wooden door from its hinges and laid it on the cottage floor. “Now we can tap to keep time with the music.”

And that is how dancing went on in the thatched cottages of the Irish countryside for hundreds of years, in a tightly confined space with emphasis entirely on complicated foot steps.

In the modern era

In 1994, civil war in Rwanda led to 800,000 people being killed in the Hutu-Tutsi conflict. Survivors lived in fear and desperation. That August, “Riverdance for Rwanda” was launched in Dublin to raise money for Irish relief agencies in that devastated African nation. It was hugely successful and it brought into prominence American-Irish dancers Michael Flatley and Jean Butler.

Flatley turned out to be a gifted choreographer. Riverdance was performed in London and in many other cities around the world, always to great acclaim. There followed performances titled “Lord of the Dance,” and “Feet of Flame.”

You can enjoy Irish dancing to this day. Just go into YouTube to see the best of it. See if your heart doesn’t beat a little faster to the wonderful rhythms and tapping that began in Ireland’s thatched cottages.



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The golf stud

By Ken Thomas

It was a beautiful fall Monday and my fingers were itching to play golf, so I called for a tee time. Smiling, my knowing boss told me to hit them straight and long. Hopefully, I'd be able to hook up with a twosome or three-some. The course Pro took my green fees and called the starter to have the twosome on the first tee wait for me. He smiled and wished me luck. "Change into golf shoes." "Pocket balls and tees." "Grab the clubs." One of these days, I might hit some practice balls, but not today.

The starter Jack, a neighbor, introduced me to the two young men on the tee. Smiling, he warned them not to make bets with me, which made me smile also. I had to be at least thirty-five years older than my playing partners. Youth against age on a golf course is not a good bet, especially with those two young men. Both were about six feet, three inches tall, lanky and the whistle of their drivers with every practice swing was

scary. If I swung that hard, my chiropractor would get a telephone call. Their drives from the "pro" tees cut the dogleg and landed about 100 yards from the green, fairway center. Immediately, I moved up to the "senior tees."

In the first nine holes, each young man had pars or birdies with only a few bogies. I was stunned. How many times can you say "nice shot?" Praise the Lord, my game wasn't bad that day. Yet, it was hit the ball, wait for the old man. Then, hit the ball, wait for the old man. At the end of the front nine, they were both shooting around par. My putter saved me from embarrassment with a 42.

It's easy to hate scratch golfers, who out-drive me by huge chunks of yardage and constantly hit greens in regulation. Yet, these young men were polite and friendly. Around the thirteenth hole, we were talking about our families and they mentioned that their fathers were the two course Pros. The bells rang and the light came on. I had been "set up" by my

neighbor and the Pro. No wonder they were smiling.

The two young men didn't play as well on the back nine, but I did. A lucky birdie on the par three helped. The final scores were 76, 77, and 85.

Talking with them in the parking lot, I described the aging process in golf by decade with unprintable curses; "age 50 curse," "age 60 curse, curse," ending in "age 70 with an XXX rating!" They laughed and the 76-golfer said, "Don't worry. You're still a stud." The 77-golfer agreed. Those two golfers made my day.

Smiling, I told the starter and course Pro I shot 78.

Less or Fewer, Singular or Plural – Grammar lives on!

By Linda Bozowski

Grammar is a very personal topic for me, since I was educated by taskmistresses Mrs. Girth, Mrs. Konrad, and Mrs. Crocker at Monroe School # 2, now known as Applegarth School. We drilled almost every day, going up and down the rows (so we could always figure out which question we would be expected to answer), but we learned spelling and times tables and state capitals. And we learned grammar and parts of speech (but not how to diagram sentences). So my thoughts on the topic of grammar are what I'm hoping will help you remember those days when you were in school, wherever that was, and maybe help you smile.

Whether it's (not its) reading the newspaper or a magazine or listening to an advertisement or newscaster on television, my mind is always attuned to what is being said or has been written. As my daughter could tell you, one of the language misuses that I find most irritating is (not are) the less vs. fewer conundrum. For example, I have fewer single dollars in my wallet than you do, but you have less change in your purse than I (not me). Actually, that statement may be incorrect, but that point is of no consequence.

I circle misuses in written materials, not that the writer knows I've discovered an error, but at least I can let off a little steam. I wonder why writers who write for their livelihoods do not use grammatic or some other brand of software. Aren't proofreaders supposed to identify and even correct

such errors? The proofreaders here at the Rossmoor News surely do! I have gone so far as to send e-mails to CNN if I have heard an egregious misuse of language, like systematic instead of systemic. (No joke, you can check my old e-mails!)

So here is an incomplete list of some of the most common misuses of our language, which is, I'm told, more complex than many other languages.

Of course, we have the its / it's issue. Possessive versus contraction for it is.

• How about their / there / they're Possessive,

(Continued on page 11)

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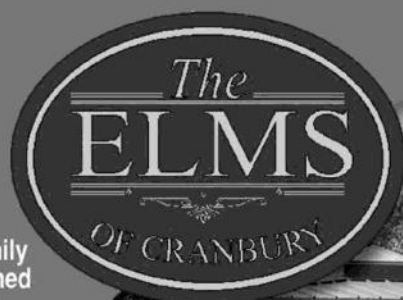
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This month in pictures

By Joe Conti and Walter Gryskiewicz



A Winter Wonderland at Rossmoor

By Eleanore Ralph



We almost lost the street sign!

By Eleanore Ralph



A cold bench to rest on!

By Eleanore Ralph



Several residents didn't let the cold weather stop them from playing pickleball at Tompkins Park.
Photo by Adrienne Bronfman



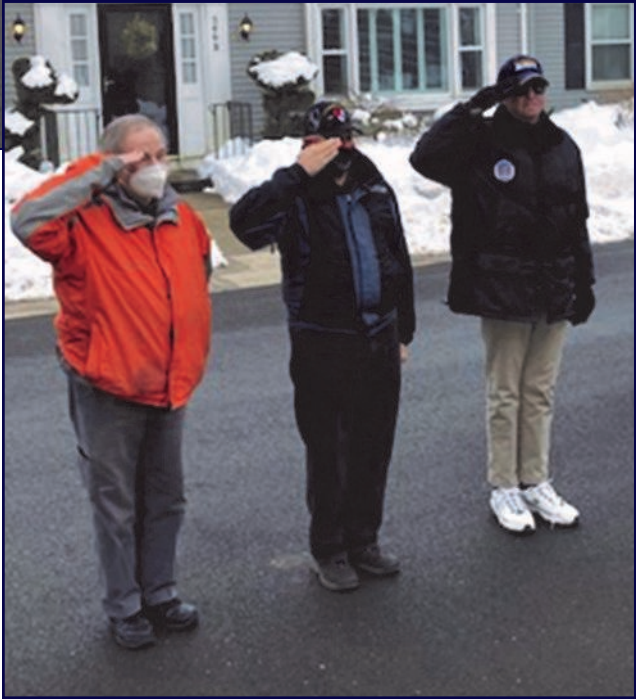
Celebrating Joe Schifaudo's 98th Birthday

Clockwise from left:
Joe Schifaudo is seen greeting the caravan visiting on his 98th birthday.

Photo by Peggy Strecker

The head of the caravan
Photo by Tommie Croake

Fellow Veterans Club members salute Joe on his birthday.
Photo by Tommie Croake



The Lane Duck Amendment

By Allan Kaufman

The Congress of the Confederation has set March 4, 1789 as the date for the beginning of operations of the federal government. However, George Washington was inaugurated on April 30, 1789 because Congress was unable to count the electoral ballots as early as anticipated.

Beginning with John Adams and through the end of Franklin Roosevelt's first term, each president was inaugurated on March 4, and occasionally on March 5. With elections in November, there was a long lame duck period for outgoing presidents and members of Congress.

The lame duck period was

needed as the technological landscape of the 18th and 19th centuries moved in slow motion when compared to the fast-moving emerging 20th century and surely 21st century political world. Often, presidents-elect in the late 1700s and early 1800s needed the months until the inauguration to get their lives in order and prepare their families for a new life. These men, elected to the most powerful job in the country, had to travel to the nation's capital by horse and buggy.

But this lame duck period was not without cause for concern. Outgoing presidents were trying to leave their mark on history and savored every hour in office. The first example of an out-

going president taking advantage of the four-month lame duck period was our second, President John Adams.

In the waning days of his administration, Adams made his famous midnight appointments in an attempt to fill as many judgeships as possible. Sound familiar? Additionally, before Lincoln was inaugurated in 1861, President Buchanan presided over a country on the brink of civil war. South Carolina seceded from the union on December 20, 1860, and several more would follow before Lincoln took office.

Another example was Roosevelt's first election when he had to wait until March to tackle the early years of the great depression. He could not implement his ideas on how to tackle the failing eco-

nomie policies of President Hoover until March 4, 1933. FDR had to sit on his New Deal.

A joint resolution from Congress proposing the 20th Amendment to the Constitution was set forth on March 2, 1932. With the approval of two thirds of both houses of Congress and three quarters of the state legislatures the 20th Amendment, the so-called Lane Duck Amendment, was ratified on January 3, 1933.

The amendment changes the date of the Presidential inauguration from March to January 20. It also outlined the course of action if there is a change in the president-elect, and when presidential and congressional terms begin (January 3) and end. Franklin Roosevelt, on January 20, 1937, was sworn into office for his second term as president. The inauguration of Roosevelt and Vice President John Nance Garner was the first to occur after the passage of the 20th Amendment.

As technology and transportation became more accessible, the lapsed time between election day and the inauguration became less necessary and that is why we celebrate Lane Duck Amendment -The Old Inauguration Day, every March 4.

I can be reached at allan.kaufman0125@gmail.com. Your comments are always welcome.

Grammar

(Continued from page 9)

- location, contraction of they are;
- Then we have affect / effect Action verb meaning to cause or consequence of an action;
- Subject pronouns, example "she has darker hair than I" (unstated - have);
- Object pronouns, "Mom gave two cookies each to Joe and me" - not I;
- Agreement of subject and predicate, for example "none of those cars is orange" "is" singular, agrees with the singular subject "none" compared to "all of those cars are blue." All is plural, so we have to use the plural verb "are."

In these days of home schooling, there are not likely to be rows of students and teachers doing drills of French or Spanish vocabulary. With all the challenges that families are facing to provide for their families, working at home or at places that may be hazardous to their health, keeping up with cooking and laundry, and comforting children or other family members who may be lonely or anxious, teaching proper grammar usage might not make the "to do" list.

Let's hope that using our language well does not go by the wayside with cursive writing. To repeat an expression that's been used a lot lately, words matter.



FDR Inauguration January 20, 1937

(politico.com)



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SPRING FORWARD


Don't forget to turn your clocks ahead on **March 14!**

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

The loss of a friend is never easy

By Allan Kaufman
 In this case, the loss of our friend is the restaurant, Via45 in Red Bank.



Lauren Phillips and Claudette Herring

The first time I enjoyed the culinary expertise of chefs, proprietors and life partners, Claudette and Lauren, I was invited to a birthday dinner by our friends, Chef Richard Reiss and his wife Deborah Herzog. It was Richard's 60th birthday. I think that was ten years ago. There were three other couples, whom I had never met, joining us.

Via45 was an eclectic Italian restaurant and the décor fit the style of the restaurant. We were given the large rectangular shaped table toward the back of the restaurant. In order for everyone to get to know each other better Deborah announced, "It would be great if every woman would sit next to someone they don't sleep with." My reply was, "I need to find a spot at the next table!" With that, the laughter ensued and would be part of the routine for the night.

Chef Richard, who passed away in 2016, was very involved with Elijah's Promise

and was the point person for the largely successful Chef's Night program in New Brunswick. Claudette and Lauren were part of the program and that's how the connection was made with Richard.

Richard had pre-ordered appetizers for the table and the wine began to flow. Between the appetizers and our entrees, much wine was consumed. We all brought various wines to dinner and I think we finished them all. Desserts and port followed and at the end, because we did switch seats, my wife, Diane and I got to know everyone.

It was a magnificent dinner. Via45 was a farm to table restaurant, so everything was made from scratch. Each day's menu was written on a sheet of paper with a few late editions to the menu told to us by our server. I knew we would become a regular.

Ever since that night Diane and I made it a point to return to the restaurant on a regular basis. We brought friends and our family on many occasions. I always stopped by the kitchen before I sat down to say hello and usually brought a bottle of wine to the chefs just to thank them for the meal we were about to eat. I learned that from Chef Richard. There's not a day that goes by that I don't think of him. We also hooked up with one of the servers, Diane, and unless she was not working, she always waited our table. During the last five years I tried dishes I would never try at any other restaurant. Every meal was a master-

piece, with flavors that were truly memorable. Lauren's brownies and her pound cake for dessert were better than great. We became like a family.

In July 2019 Diane and I were very fortunate to be invited to Via45's 10th anniversary celebration. We came, we ate and talked to the other people who were fortunate to get the prized invitation. No one could have foretold what was about to happen a year later.

The last time I brought in a group for dinner was in January 2020 when we celebrated two birthdays, mine and my daughter Lana's. My daughters, their husbands, Diane and I, the eight of us, had another great dinner.

Then the pandemic hit. Initially they had to close the restaurant for all but take-out. That was not working. Even when New Jersey started offering outdoor dining, Claudette and Lauren tried to make a run of it. Diane and I had dinner twice within two weeks in late August and early September. Then the inevitable came. The next Sunday, the doors for Via45 closed for good.

I hope that after we get back to normal, Claudette and Lauren find their next venture so we can join them for more outstanding food and company. In this case, the loss of a friend is the building that housed Via45, and thankfully not our friendship with Claudette and Lauren.

I can be reached at allan.kaufman0125@gmail.com. Your comments are always welcome.



The group at the double birthday party

Photos Allan Kaufman

The Mad March Hare

By Bob Huber
 As we prepare for spring (the vernal equinox will occur on Saturday, 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 engage 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 "hare brained." Since our American hares appear to be more sedate in their courtship, the terms went relatively unnoticed

here until the preeminent 19th century English author, poet and mathematician, Charles Lutwidge Dodgson, writing under the pen name of Lewis Carroll, wrote two delightful children 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 Door Mouse at an on-going tea party. The stories became immensely popular in America, and the terms "hare brained" and "mad as a March hare"

(Continued on page 13)

Sound Advice

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

An Important investment idea to remember in 2021

Just before the beginning of every year, 10 top Wall Street investment strategists are asked by *Barron's*, the century-old financial magazine, to predict which industry sectors will outperform and underperform the Standard & Poor's 500 stock index for the year ahead.

Fritz Meyer, an independent economist, whose content is licensed by this firm, has tracked the results of

Wall Street's predictions in *Barron's* every year since 2007, based on *Barron's* survey of Wall Street's top strategists. In Dec. 2019, nine of the 10 strategists said financials would outperform. Sounds like a sure thing. Nope! Financial stocks lost 4% in 2020. That's a major miss, considering the S&P 500 - which is comprised of the 10 industry sectors, shot up by 16.3% in 2020.

Similarly, stocks benefiting from increased discretionary spending by consumers were picked to outperform the S&P 500 by three strategists, while four predicted they would underperform. Although consumer discretionary was panned by more strategists than those who favored it, it was the second-best performing sector of 2020, with a spectacular 32.1% gain.

Technology stocks, a perpetual favorite with Wall Street, were a good pick for 2020, as was health care. However, another favored sector, energy, lost a stinging 37.3% in 2020.

Based on the data compiled annually since 2007 by Fritz Meyer (an independent economist widely praised by independent financial professionals for many years), Wall Street's best minds are

shown to be chronically inconsistent in predicting which industry stock sectors will be the best or worst performing during a particular calendar year.

An important investment idea to remember in 2021 is this: Strategic investing is not preoccupied with predicting what happens tomorrow or in the next 12 months.

Wall Street pundit's predictions make great magazine covers but have nothing to do with investing strategically over the long run.

Norman J. Politziner, CFP, a resident of Encore, is an Investment Adviser Representa-

tive of Kingsview Asset Management.

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

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Celebrating our innovation educators in Monroe Township Schools

Dr. Dori Alvich, Superintendent of Schools

This year has certainly been like no other. Educators have had to find new ways to teach lessons to students remotely. Monroe Township schools have found innovative ways to continue to provide opportunities for our students. Every teacher and student use Schoology (HS) and Google Classroom (K-8) as a Learning Management System. Teachers are utilizing conference tools, either Zoom, Google Meet or Schoology Conferences, for daily instruction. Many teachers use other applications for educational purposes. Two common applications are Kahoot, for learning games and trivia quizzes, and Pear Deck, which allows teachers to infuse interactive assessment questions directly into digital lessons and presentations.

Here are a few examples:

Mark Pearce, business teacher at Monroe Township High School incorporates an online simulation to complement his virtual instruction in the sports and entertainment marketing class. Since taking over the course in 2019, his students have had the special opportunity to apply their learning and put it into action by participating in an exciting and realistic semester-long simulation. Students are tasked with making business decisions to improve the profitability of a professional sports and entertainment

stadium. This year, the simulation helped students to not only apply and enhance their learning, but also resulted in an increased sense of camaradery among students that is sometimes more difficult to

(Continued on page 14)

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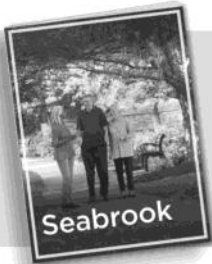


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Hare

(Continued from page 12)

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 jack rabbit.

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.



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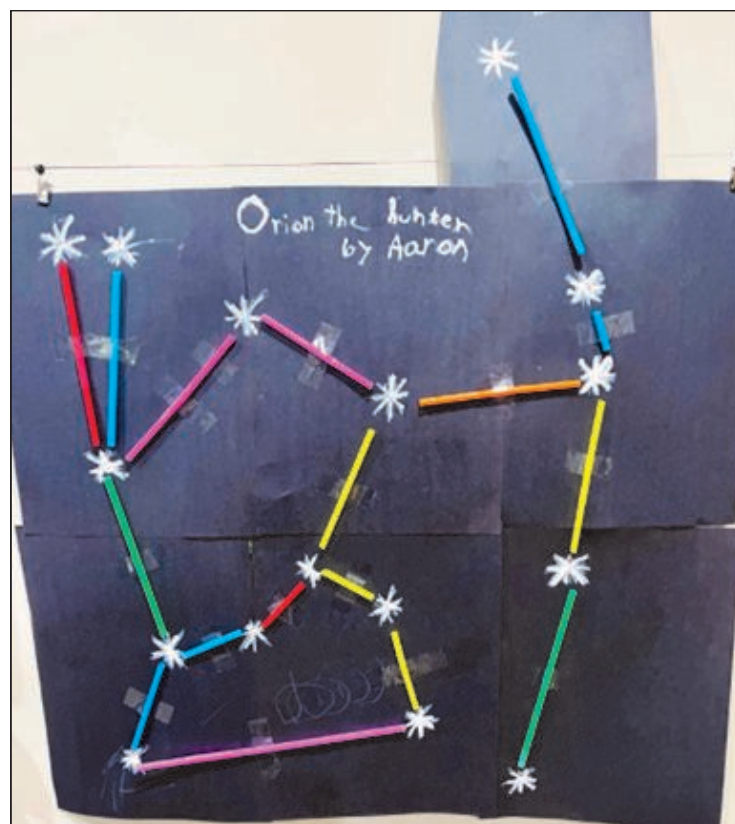
Educators

(Continued from page 13)
 achieve in a remote instructional setting.

Jessica Strincoski and Allison Murphy, second grade teachers at Mill Lake School wanted to continue with the rigor and expectations of in-person learning and have implemented many fun and interactive learning techniques during remote instruction. The use of Google Classroom, other Google apps for education, and Zoom have put a new spin on the learning model. Teachers can provide students with immediate real time feedback enabling them to make corrections while it is still fresh in their minds. Google classroom assists in the transition to 21st century learning in a way that is student-friendly and develops a comfortability with technology for all students. Even though they have not spent much time together in person, students are still able to interact with each other on a social level and develop connections with one another.

Principal Erinn Mahoney and Assistant Principal Maggie Fidura at Barclay Brook School have found new ways to share the STEAMaker Lab virtually with students. STEAMaker Lab is a space where students can explore and create. This year students cannot utilize the STEAMaker Lab, but we wanted to afford them the opportunity to continue to enjoy the fun, creativity, and excitement of our STEAMaker Lab at home. Each Barclay Brook student received a STEAM bag containing consumable materials from our STEAMaker Lab including Popsicle sticks, rubber bands, paper clips, a spoon, and many other materials. Students also received a Bingo Board of activities and were challenged to only use the materials within the bag along with tape, glue, and scissors to design and build the items on the Bingo Board. During the span of the challenge, we received hundreds of pictures from students, and each one was more creative than the next.

Our choral and instrumental music teachers have had



Ms. Poland Constellation Projects at Applegarth School

to find innovative ways for students to practice and demonstrate their musical abilities. All groups have been holding virtual concerts giving students that chance to perform for their teachers, peers, and families. Here are few links to the concerts: Fall Virtual MTHS Coffee House <https://www.youtube.com/watch?v=XM09fwUKuH8&feature=youtu.be> MTHS Chorus Virtual Winter Concert <https://www.youtube.com/watch?v=tPI04CjCaPM&list=PLJzXNndkF7aVSGx4MgAKf3XTHZyZ4IE5>

The High School has created a virtual preschool under the direction of Ms. Jodi Silberstein and Ms. Christine Scaletti. The program allows our high school students who participate in our Working with Children class to continue developing their skills through the use of Zoom conference technology. The high school students work with the preschool children on numerous instructional activities and educational games.

Mr. Dave Virelles has gone "old school" with his practices with MTHS Art students. He has transformed his kitchen into an art studio and has become the Bob Ross of MTHS. He has been instructing landscape painting for Studio Art courses over the past four weeks. He started off with some simple sketches and thumbnail paintings to gather baseline abilities for students. The class then painted all together using conferences, in what was called "technique week."

Jennifer Hyer, one of our elementary art teachers had students create virtual art shows. Here are the links to some of the students' work. <https://www.artsonia.com/museum/gallery.asp?school=146115> <https://www.artsonia.com/museum/gallery.asp?school=115423>

Ms. Beth Welsh has created a collaborative folder in Schoology for all of her World History sections to

share and exchange ideas. It's called "Extra Extra." The folder consists of subfolders each containing subjects of interest within social studies. Students are invited to submit links to the teacher, via email, of interesting topics for approval. If the submission is chosen, it is published in the folder for all classes to peruse. Student viewers can do everything from taking a virtual tour of the Palace of Versailles to finding out how UNICEF is working to keep children safe in developing nations.

Elementary teachers are finding creative ways for students to share work. Ms. Poland's students at Applegarth School completed a Constellations STEM project out of household items and shared their photos with the class.

Ms. Ciccarella's class at Woodland School will be visiting with authors for World Read Aloud Day.

Ms. DiBenedetto and Ms. Valville have found a fun website to review for tests and quizzes. Using "Wheel of Names" keeps students engaged because they never know where the wheel will land.

Mr. Schultz, Physical Education teacher, has coordinated a Physical Education Virtual Challenge for this school year. Students who participated received a Woodland School stepper to track their daily mileage. Woodland School students have completed their first two challenges to Six Flags Great Adventure (15.3 miles) and Liberty Science Center (35.4 miles). We had approximately 125 participants join this activity challenge. Our next location is to the Adventure Aquarium in Camden, NJ (56.2 miles).

The Hour of Code, an introduction to computer science, is a worldwide movement that takes place in December. Led and organized by Oak Tree School's Media Specialist Mr. Gleason with the assistance of Ms. Kirner, Mrs. Dowe and Mrs. Kerstetter, Oak Tree held a Vir-

(Continued on page 15)

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The ensemble

By Ken Thomas

My wife and I went to a Show Tunes concert at a church in a small town near us. Concert signs promised "music for the young at heart" and the gray hairs in the audience met those requirements.

The church minister and his wife sang the songs (duets or solos) accompanied by a small band. This couple were ordained Presbyterians with unbelievable voices, professional entertainers previously. Surprisingly, the concert was outstanding, especially the band.

After the concert, the band's trombone player and I talked during their meet and greet time. My love of music, but short of lip speech did not make a difference. She invited me to audition for the second trumpet seat in her brass ensemble; tuba, two trombones, two trumpets and percussion. This interesting mix of instruments made me curious, so I took my trumpet out of moth balls.

Arriving early, she led me downstairs to the basement of her home for rehearsal. First, I met the tuba player as he struggled into the room carrying his instrument. He had gray hair, pale white skin and probably weighed less than the horn. Next, a gray-haired percussionist slowly rolled his wheelchair into a space behind the drums. We only waited a minute or two before the other trombonist arrived. He was bald with a white beard.

Then, the ensemble conductor came through the door with a young trumpet player, the first to audition. The young man looked like a teenager compared to the

other musicians in the room and was at least thirty years my junior. The conductor was the lead trumpet and probably grayer than anyone in the room. The ensemble set up and distributed music for the rehearsal. Gray was the color of the day except for my concert trombonist, but only her hair dresser would know for sure.

The ensemble played their first song. I could have exclaimed Jeepers Creepers or Holy Cow. I could have applauded until my palms lost their life lines. Their music was amazing, a more compelling and different sound than I could remember by any group of instrumentalists in an ensemble. Stunned, I listened to the next two songs as they continued to warm up. These were talented and professional musicians.

The "teenager" was outstanding. How could he sight read each piece with such perfection? Obviously, this young man was a professional's professional musician. I knew who would win this audition before removing my trumpet from the case.

The ensemble began to rehearse Easter music for a performance the next month. The orchestrations for the music were extraordinary. Words failed me.

Later, I sat down next to the lead trumpet and immediately apologized for the notes he would hear from me. He smiled and said, "Let's have some fun." We did. He ad-libbed parts of some songs, his notes a glorious addition to the Easter music. Everyone in the ensemble was smiling, enjoying each other.

By the way, the lead trum-

pet was ninety years old. He conducted and orchestrated the music for The Antique Brass ensemble.



New Neighbors

By Christina Smith, Resident Services Manager

Karen Kahn and Paul Peloquin, 241A Mayflower Way, formerly of N. Brunswick, N.J.

Daphne and Rose Wright, 503-0 Stockton Lane, formerly of Staten Island, N.Y.

Hugh Douglas, 95-0 Gloucester Way, formerly of Sayreville, N.J.

Suzanne Sullivan, 15P Old Nassau Road, formerly of Sussex, N.J.

Ivano Pagano, 33A Old Nassau Road, formerly of Staten Island, N.Y.

Jane Seitz, 122A Lowell Lane, formerly of Clifton, N.J.

Dorothy Bengtson, 175B Providence Way, formerly of Edenton, N.C.

Larry and Joan Corn, 741A Nautilus Court, formerly of Delray Beach, Fla.

Mary Lou Martinkovic, 152C Providence Way, Auburndale, Fla.

Phyllis Last, 243B Mayflower Way, formerly of Staten Island, N.Y.

Diane Stasi, 121C Lowell Lane, formerly of Cape May, N.J.

Donald Tyrrell, 342N Naragansett Lane, formerly of Rahway, N.J.

JoAnn Cuccinello, 468A New Haven Way, formerly of Keansburg, N.J.

Dolores Jeffcoat, 420N Newport Way, formerly of Winterville, N.C.

Educators

(Continued from page 14)

tual Hour of Code Night. Third grade students and their parents worked side by side at home coding through a Star Wars challenge. It was an incredible evening in which participants could

learn the basics in a fun interactive way.

The third-grade students at Oak Tree are learning all about living and nonliving things, and plants and animal life cycles. Longwood Gardens is a beautiful botanical garden in Pennsylvania which has over 1,000 acres

of beautiful plant displays for people to enjoy. Longwood Gardens is offering virtual field trips live from their experts about many various science topics. The third graders in Miss Kirner's class had a fun experience learning about plant life cycles from an expert at Longwood Gardens.

Middle School students did a fabulous job on their Ancient Egypt projects. Every year, we look forward to seeing all of the projects on display in the PAC. This year, students displayed their projects virtually.

Students in Mrs. Chawla's class recently learned about the relationship between forces and motion, interaction of different forces, gravity, inertia, and transformation of energy from potential to kinetic by building a working model of a roller coaster. Students created their own roller coasters at home and shared them with their class virtually.

And our club advisors are finding ways to offer our students experiences including a virtual play at the middle school.



Middle School students completed their Ancient Egypt projects

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CULINARY CORNER

By Sidna Mitchell

Seen lots of celebrities in my life

I've been fortunate to meet a lot of interesting people in my 80 years. For example, Ken and I have been playing six-wicket and golf croquet at the Gasparilla Mallet Club on Boca Grande, Fla., during the winter. For golf croquet, one day Ken's partner was Susan Wood, who we were told was a world-famous photographer.

Of course, I had to look her up on the Internet. Sure enough, Susan Wood had photographs published in Look, Vogue, Sports Illustrated, Life, People, and New York Magazine. Among her subjects were Eve Arnold, Diane von Furstenberg, Gloria Steinem, Jane Fonda, Jayne Mansfield, Andy Warhol, Martha Stewart, Betsey Johnson, Arthur Ashe, Ralph Lauren, and John Lennon and Yoko Ono.

On another Sunday we were playing with Pia Lindstrom, daughter of actress Ingrid Bergman. A charming woman, Pia was an actress and producer in her own right as well as being a reporter and news anchor for television stations in San Francisco and New York City.

Recently the morning newspaper noted that Tom Brokaw was retiring from NBC at the age of 81. I re-

called back in 2009 at Ole Miss, serving on a panel of reporters who covered civil rights. One of the other participants was Tom Brokaw, who insisted that I sit next to him at dinner. When oysters were offered as an appetizer, Brokaw suggested the vinaigrette instead of the cocktail sauce. I've been hooked ever since.

Last month I purchased a bunch of radishes. The green leaves were so clean and fresh-looking, I decided to make radish top soup. I've used this recipe as a substi-

tute for the sorrel soup that I had been served at Stillman Rockefeller's home in Greenwich, Conn. As editor of employee publications, I interviewed Stillman when he retired as chairman of Citibank; we became friends and remained so until he died at the age of 102. (As captain of the crew that won the 1924 Olympics in Paris, Stillman was featured on one of the first covers of Time magazine.) Here's the recipe for an easy, but elegant, soup, using radish tops if you can't find fresh sorrel.

Radish Top Soup

Culinary Corner

1 bunch radish leaves
1/4 stick butter
1 tablespoon flour
1 cup chicken broth

1/4 cup heavy cream
1 egg yolk
salt and pepper to taste

Wash leaves thoroughly.

Melt butter in a saucepan, add radish leaves and stir for about three minutes or until all leaves are coated with butter.

Sprinkle flour on the leaves and slowly add chicken broth.

Simmer for about 10 minutes.

Cool; then puree in a blender.

In a bowl, mix cream and egg yolk; add to soup.

Salt and pepper to taste.

Return to the saucepan and heat.

Serves two.

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

Clubs and Organizations

Dance Club will wear green in March?

By Judy Perkus

Last year the Dance Club was going to wear green for their March Dance party. This year, the Dance Club would love to celebrate Saint Patrick's Day and decorate the Ballroom with four leaf clovers and leprechauns. Unfortunately, our world is still shut down. We hope that we will be wearing green while dancing in March 2022.



Please wear masks, social distance, and get your vaccines as soon as you can, so we can get back in the world and dance together. Dance Club President Armen DeVivo and all club members wish you well and hope to see you soon.

Come Join Us

By Norman Perkus

On March 18 at 3 p.m., the Rossmoor Book Discussion Group will discuss "The Woman in the Window" by A. J. Finn. Contact Norman Perkus for the complete reading list for the year and

for the access code for the Zoom meeting.

The Writers Group continues to meet over Zoom. The next meeting is on Thursday, March 25, at 10 a.m. Contact Norman for more information.

All Rossmoorites are welcome.

Religious Organizations

If they had a Jewish mother

By Adrienne Brotman

If these famous individuals had a Jewish Mother, it is very possible their mothers might have said...

Mona Lisa: "After all the money we spent on braces, the least you could have done is smile for your portrait!"

Christopher Columbus: "I don't care what you discovered, you didn't call or write the only mother you have!"

Michelangelo: "A ceiling you paint? Why, the walls are not good enough for you? You know how hard it is to get that schmutz off the ceiling?"

Napoleon: "You're not hiding your report card! Show me! Take your hand out of your jacket now and show me!"

George Washington: "Next time I catch you throwing money into the Potomac you

can kiss your allowance good-bye!"

Next month read what Abraham Lincoln's, Albert Einstein's, Moses's, Bill Gates's and Bill Clinton's Jewish Mothers might have said!

This month many of us will celebrate Passover, the festival of the unleavened bread. Many of us will not consume leavened and fermented grain products for the eight days of Passover. We will participate in Seders on the first two nights, a dinner in which the Haggadah is read telling of the Exodus from Egypt, and a meal is eaten, usually including gefilte fish, chicken soup with matzah balls, and of course matzah, the unleavened bread. The first Seder begins at sundown on March 27 and Pass-

(Continued on page 17)

HEALTH CARE CENTER NEWS

(Continued from page 1)

- bedroom, hall, and bathroom.
- Don't use scatter rugs.
- Secure carpet edges with nonskid tape or tack them down.
- Do not keep any electrical cords on the floor or run them underneath a rug.
- Install grab bars strong enough to hold your weight in the bathroom near the toilet and in the shower or bathtub.
- 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 the stairs.
- Keep the stairwell lit and free from clutter.
- In the kitchen, keep all the items you usually use within easy reach.
- If you must use a stepstool, it should have a handrail and the step should be wide enough for your whole 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 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.
- 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.

Below are tips if you are 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 the melted ice or snow off the floor immediately; tile or linoleum will be slippery if you walk on that wet spot and cause you to fall.

A lack of exercise leads to poor muscle tone, which in turn leads to decreased strength, loss of flexibility, and poor balance, ultimately increasing your chances of falling. 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.

If you have fallen, stay calm, do not move, and assess yourself by asking yourself the following questions to determine if you hurt your hands, feet, arms, or legs. Is there any pain when moving? Do you feel dizzy? Do you have enough strength to get up by yourself?

If you feel you can get up by yourself, do not move fast, go slow. If there are no injuries, below is how to get yourself up:

- Slowly roll onto your side by turning your head in the direction you want to roll; then move your shoulders, arm, and hips and move your leg over to the side you are turning toward.
- Push your upper body up and lift your head up; pause a few moments to steady yourself.
- Now get yourself onto your knees and hands so you are in a crawling position.
- Crawl to a sturdy chair or sturdy piece of furniture.
- Place your hands on the seat of the chair and slide your strongest leg forward to a 90-degree angle toward the seat of the chair by putting that foot flat on the ground; your other leg

stays bent on the floor as you were crawling.

- From this kneeling position, slowly push yourself up rising slowly and turning your body to sit on the chair.
- Sit there for a few minutes and catch your breath before you try to get up.

If you are injured after falling, stay calm and determine where you hurt. If you are wearing a medical alert button, press the button. If you have your cell phone with you, dial 911 for help. If you do not have either of these devices, yell for help. If yelling does not attract attention, grab something if you can and start banging it on the floor or on something that will make noise.

You are the most important person in preventing falls from occurring. Regular health checkups can help prevent falls. Below are examples of how you can pro-

actively prevent falls by taking care of your health:

- Schedule regular checkups with your ophthalmologist; cataracts, glaucoma, and other age-related eye diseases may decrease your vision and cause you to fall.
- Schedule an annual physical exam with your primary physician.
- Talk with your doctor and have a fall-risk evaluation performed.
- 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.

A Message from High Tech Landscapes, Inc.

- 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 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 beds and cleaning will also start

later this month, in 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 a herbicide that provides season long crabgrass control.
- Please note everything is weather permitting.

Jewish mother

(Continued from page 16)

over concludes on Sunday, April 4.

Zoom Sabbath Service will be held on Friday, March 12, at 4:30 p.m. Zoom Torah Study will be Saturday, March 13, at 10 a.m. A Zoom Seder, with Cantor Mary Feinsinger leading, will be conducted on Sunday, March 28, at 5 p.m. For information on participating in these Zoom services, please contact Judy Perkus. Please check Channel 26 for updates and further information.

If you would like more information about the Jewish Congregation, please contact Allan Kaufman, vice president of membership at allan.kaufman0125@gmail.com or call 732 690-2145.

Jewish War Veterans Post 609

By Charles Koppelman

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

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

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

Also requested are DVDs suitable for veterans at those locations.

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



**MONROE TWP.
FIRE DISTRICT #3
AT YOUR SERVICE,
ANYTIME.
www.mtfd3.com
609-409-2980**



Please wear a mask and stay physically distant in public

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

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

ATTENTION RESIDENTS

Due to circumstances beyond anyone's control the **2020 – 2021 Rossmoor Directory** will not be published this year. It is advised that you retain your current directory.

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

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

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

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

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

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

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

access.

**Snow Removal Operations
Concerns**

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

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

Residents are responsible to leave accurate and pertinent information.

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

Channel 26

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

RESIDENTS' RESPONSIBILITY

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

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

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

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

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

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

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

PRIORITIES

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

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

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

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

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

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

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

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

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

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

Monroe seeks volunteers to assist seniors without technology resources to navigate COVID-19 vaccine system

In the absence of an effective state telephone hotline, Monroe Township Mayor Stephen Dalina and the Township Council are seeking volunteers, who along with many Township Employees, will be matched with a specific senior or other individuals – without access to technology or family support to help navigate the state's COVID-19 Appointment Vaccine System.

While we all recognize the

vaccine shortage is very real, we must work to ensure our most vulnerable residents have an equal chance in the State's complicated vaccination process.

We do recognize that it may take a volunteer weeks or months to help just one resident in need find an appointment – but that support, communication and effort is invaluable and we need to expand it.

"Monroe residents have

always risen to the occasion to help those in need in our community. Now is the time to help if you can," said Mayor Stephen Dalina.

The Township is asking that any residents who wish to volunteer to help a senior email volunteer@monroetwp.com with their name, address, and phone number.

As more volunteers are signed-up, information will be provided on how seniors can request assistance.

Mayor and council call for volunteers to fill openings on township boards and commissions

In an effort to get more community members involved in Monroe Township government, newly appointed Mayor Dalina, in cooperation with Township Council, is encouraging residents to apply for current and future openings on Township boards, commissions and advisory councils.

"The Township Council and I would like to see more residents sharing ideas, implementing programs and planning for the future of our great community. What better way to get involved than to join one of our various boards and commissions," said Mayor Stephen Dalina. "Our residents have a wide variety of valuable skills and experiences that would greatly benefit us all. We are thankful to those who give of their time in service to these important groups."

The Township of Monroe is accepting volunteer applications for appointments to various boards and commissions, including: Ameri-

cans with Disabilities Act Committee, Affordable Housing Board, Commission on Aging, Cultural Arts Commission, Environmental Commission, Historic Preservation Commission, Human Relations Commission, Library Board of Trustees, Open Space & Farmland Preservation Commission, Planning Board, Recreation Advisory Board, Shade Tree Commission, Sustainable Jersey - Green Team Advisory Committee, Zoning Board of Adjustment.

Residents may visit <https://monroetwp.com/index.php/boards-commissions> and

select from a list of boards and commissions to review full descriptions of each group. They then can send the downloadable form located at the bottom of the boards and commissions page of the Township website for their area of interest. Submissions may be sent to the Municipal Clerk by mail at the Administrative Offices, by email at preid@monroetwp.com or by fax to 732-521-3190.

All submissions will be retained for a maximum period of one year from the date of filing.

Contact Waste Management

609-587-1500

ID# 61565342007

for pick up of household items

NO electronics

NO upholstered furniture

No mattresses

TRANSPORTATION TIDBITS

Important phone numbers:

Rossmoor Bus.....609-655-4401

Hours 10:00 -11:00 a.m. and 2:30 p.m.- 4:00 p.m.

Monroe Township Transportation609-443-0511

Middlesex County

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

St. Peter's University Hospital

On Time Transportation1-800-858-8463

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

Recycle information from Waste Management

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

Classified Advertising

Home Improvement & Services

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

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

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

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

Tax & Accounting Services

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

Miscellaneous/Services

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

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

Please note

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

Help & Health Services

CERTIFIED PROFESSIONAL CAREGIVER is looking for a job. Driver's license. Experienced with references. Helen (732) 610-2811 or (732) 610-6830.

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

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

Wanted to Buy

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

Transportation

ARNIE'S DRIVING SERVICE. 609-751-1612. Local - Airports - New York. Covid Safety in Place, Sanitized, etc.

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

RATES

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

Choose any below

- ☐ Clearbrook ☐ Rossmoor ☐ Encore
☐ Concordia ☐ GW Voice
☐ Regency ☐ Renaissance

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

How To Seek Appointments and Find COVID Vaccination Locations

Register on the NJ State Website at <https://covidvaccine.nj.gov>. Once registered, you will receive an email that CONFIRMS your registration. Once eligible based on the state guidelines, you will receive a SCHEDULING email inviting you to schedule an appointment through the NJ Vaccination Scheduling System.

The State also provides a lists of 200+ vaccine sites by county where appointments may be made directly:<https://covid19.nj.gov/pages/covid-19-vaccine-locations-for-eligible-recipients>

For assistance:

Contact the MIDDLESEX COUNTY CALL CENTER at 732-745-3100. Middlesex County vaccination site information is available at <http://www.middlesexcountynj.gov/covid19>.

Contact the NJ STATE HOTLINE at 855-568-0545. They are currently not able to book appointments.

We're only the fifth hospital in the world
to achieve Nursing's highest honor

6

consecutive times!



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