



# Rossmoor INews



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## This just in: Board of Governors eases restrictions

By Linda Bozowski

At its meeting on Thursday, Feb. 17, the Rossmoor Board of Governors approved easing restrictions relative to the concern about spread of the COVID-19 virus. Up to the present time, access to the Clubhouse, Meeting House, Fitness Cen-

ter, and other public spaces has been restricted. Effective Feb. 18, however, facilities will be open to Rossmoor residents only. Clubs may decide what restrictions they wish to impose, e.g., masks, vaccinations, etc.

Please view updates via the Channel 26 TV site.

## The Henri Project

By Frank Waltzer

On Aug. 22, 2021, more than 100 homes in the Rossmoor Community were unexpectedly and rapidly flooded by Tropical Storm Henri. It was a very chaotic day, but just the beginning of a nightmare that for many of those affected continues to this day. The days that followed were filled with many questions and few answers about what the flooded homeowners were to do and what assistance would be available to them from the Homeowners Association, the Township of Monroe, the County of Middlesex, the State of New Jersey and the Federal Government and the Federal Emergency Management

Agency (FEMA). Promises were made by Governor Murphy that the victims of this terrible flood would not be forgotten.

Then, Tropical Storm Ida hit New Jersey the very next week. Focus shifted and Tropical Storm Henri and its victims in Rossmoor were quickly pushed to the background by the State of New Jersey and the Federal Government and the Federal Emergency Management Agency (FEMA).

This shift in focus had taken many forms, but among the most significant is the fact that while Ida was declared a Federal Disaster Emergency, Henri was not.

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## A place for all reasons

By Myra Danon

**Sing to the tune of "Mame."**

*\*What do you feel the moment you rise? Pa-in  
What makes you wince with tears in your eyes? Pa-in  
You feel those muscles throbbing, you rush to put that lotion on with haste  
No luck, you keep on sobbing and try another liniment or paste.  
You toss and turn all during the night. Pa-in  
You moan and groan 'cause you're feeling lame. Pa-in  
Whoever thought I'd need to find a specialist for every ill  
Those doctors fill you full of pills  
And have you pay those giant bills  
And send you home with all of that pain.*

Do some of these words sound familiar? Which of us hasn't felt pain or the need for medical advice? Fortunately, there is a place within our own community where we can go to find superb medical attention that offers

more than just convenience. It is a personal assurance of knowing we will get the best care. There is virtually no

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## Who helped us when disaster struck?

By Carol De Haan

Hurricane Henri dumped nine inches of rain on Rossmoor early on Sunday, Aug. 22, 2021. Flood waters damaged 110 homes, leaving some uninhabitable and others a bit less so. Eventually 425 tons of saturated household goods and construction debris were dumped at the curb and hauled off through the good graces of Mayor Steve Dalina and his Public Works Department.

Many flood victims learned the hard way that homeowner's insurance does not cover flood damage. Very few of us carried a special federal flood insurance policy because we did not believe we lived in a flood zone. Now, how to cope?



A lonely, snowy day at Rossmoor

## Working Together for Monroe Residents

By Mayor Steve Dalina

Since being appointed mayor on January 20, 2021, I have made it my mission to put politics aside and work together as a united team to address the needs and concerns of all Monroe residents.

I am humbled and honored by your confidence in my ability to lead this Township. I would like to thank the Township Council, all residents and, of course my family, for your unwavering support.

I have said since the be-

ginning that this is about all of us, and it truly is a team effort. Despite the challenges we've faced over the past year and the obstacles we continue to navigate; we have much to be thankful for. We have moved mountains in support of our residents in need on more than one occasion.

Working together, we formed the Vaccine Angels program where neighbors helped neighbors with the difficult task of scheduling the highly desired and so very needed COVID-19 vaccines.

Working together, we coordinated the Homebound Vaccination program to deliver COVID-19 vaccines to those Monroe residents confined to their homes. These programs led Monroe Township to have among the top vaccination rates in County and State.

Working together, we aligned with local pharmacies and the Middlesex



Mayor Steve Dalina

County Office of Health Services to expand testing during the recent Omicron surge.

Working together, we tackled every challenge Mother Nature threw at us, including some serious snowstorms and significant flooding this summer. Even in the most challenging of scenarios, our employees and our residents rallied in support of one another in true Monroe spirit.

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## Who helped

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He felt that our residents had been as severely impacted by the storm and deserved federal support as much as victims of the more widespread Hurricane Ida that followed shortly thereafter.

With no help on the horizon, Dalina set about doing locally what no one on the federal level would do: rebuild our damaged homes.

### Monroe Township's Housing Rehabilitation Program

Twenty-three applicants met income criteria to enter 10-year legal agreements with the Township under which the Township would restore their flood-damaged homes to current housing and safety code standards. A no-interest lien would be placed on each such home for the duration of the agreement. If the resident were to remain in the home for 10 years, the lien would then be removed. If, however, the home were to be sold during that period, pro-rated repayment to the Township would be expected.

This program is funded by a New Jersey state assessment on new construction.

As of January, more than half the residents in this program have had 90% of their home repairs completed. "We're working hard," said Dalina, "to get people back into their homes."

### The American Rescue Plan

An economic stimulus act, it was passed by Congress and signed into law by President Biden in 2021 to provide local governments with much needed resources. In Monroe, Mayor Dalina and the Municipal Council voted that some of these federal funds be used to reimburse flood-affected homeowners who needed (1) new or repaired heating units (furnaces, air handlers, baseboard units, thermostats); (2) mold remediation (replacing saturated

insulation and drywall); and (3) electrical panels, wiring, and outlets.

Forty-five Monroe residents applied for and received up to \$5,000 per household to cover these important elements. One recipient lives on Possum Hollow Road, all the rest are in Rossmoor.

### The Rossmoor Community Church

With several of their Council members' homes inundated by overflow from Hurricane Henri, our Community Church was quick to seek ways to help flood victims. The Church set up a Flood Relief Fund and paired with RCAI for clerical assistance. This team raised \$80,000, of which \$11,500 came directly from the Church itself, and the balance from sympathetic vendors and donors.

Donations were disbursed in phases to 65 applicants in October and December, 2021. "We received so many thank-you notes from grateful residents," says Marjorie Patten, Chair of the Flood Relief Fund and former Council Chair. "Their messages were so heartfelt. We were glad we could help."

### The Township Office of Emergency Management

A mere five days after the flood, the OEM hosted a large assistance fair in the Gallery of the Clubhouse to help affected residents. The community Food Pantry gave out 164 bags of non-perishable food items along with gift cards. Also available were soaps, toothpaste, terry towels, and large Red Cross buckets of household cleaning supplies, eagerly toted off for use by residents.

### The Monroe Township Library

Through their Relief Fund, the Library collected checks and cash donations in the amount of \$26,000, which they distributed in the form of gift cards to flood victims.

### The West Windsor Lions Club

They came to the Gallery with cases of food for flood victims. They brought breakfast foods, canned goods, packages of socks, soaps and toothpaste, juices, tea, nut butters, and jars of jelly, among other helpful items.

### St. Peter's Church, Spotswood

Through "Alice's Cup," Church volunteers, Sal and Greg from Mutual 12, on three occasions brought to the Clubhouse loads of costly foods such as canned tuna, canned chicken, cartons of milk, as well as many other welcome and useful food items to help flood victims.

### Melissa's Warehouse

E&R Manager Melissa Barnard accepted and stored in the Hawthorn Room about 150 donations of furniture for residents who had lost everything in the flood. All donations were top quality and many items came from other communities in Monroe. Melissa coordinated distribution as recipients' homes became ready for occupancy and the good guys from our Maintenance Department picked up and delivered everything. Each piece of furniture now graces its new home.

### As Mayor Dalina says...

"Monroe Township is a community that cares. There were at least 1,000 acts of kindness from residents who just wanted to help those in need. I couldn't be prouder of the way our community came together.

"I would like to extend my sincere appreciation to all who reached out a helping hand or made a monetary donation during a very difficult and trying time for so many."

## Bits & Pieces

By Sue Ortiz

As I write this, the March edition of Bits & Pieces, we are digging out of a snow storm. Ugh! Up to 12 inches, more or less depending on the area, of the fluff has fallen over the state. Snow is one of those things that is both beautiful and ugly, not at the same time, though. This sort of winter wonderland harkens back to the holidays that have just passed. So peaceful. So quiet. One of my neighbors even turned on his Christmas lights, just one more time, as the flakes were piling up.

Early the next day, the neighborhood kids played and made snow people. Dogs played hide and seek in the drifts. There were squirrel tracks in the snow. Little black and white juncos hopped back and forth, digging for morsels of birdseed that lay concealed under the snow. Woodpeckers attacked the suet squares hanging in the back yard. Crows and blue jays argued over the bird feeders.

Then it was time to dig out. As the cold wind blew, as it usually does after a major storm, beeping snow plows, and the hum of snow blowers broke the quietude. Shovels scratched the sidewalk. Ice scrapers did their thing on frosty car windows. Boots stomped; the caked-up snow left tracks on the carpet. Slush, mixed with salt and sand, makes a pretty ugly (see what I did there?) mess on the side of the road. Then it freezes and becomes a hazard. Oh, spring, where art thou?

As the vernal equinox approaches, I see in my mind's eye the heaps of snow already melted and hydrating the denizens of the underworld. The crocuses will soon toss off their frozen blankets and emerge from hibernation. Tulips will follow; their glorious colors waving "hello" to all passers-by. Robins, those harbingers of the spring thaw, will begin tilting their heads from side to side, listening for a wriggling earthworm to pluck from the warm soil for break-

fast.

Mother Nature says, "Wakey, wakey!" As the air warms, red and green buds emerge from lifeless tree branches. I'll be planning trips to the garden store. Should I go with succulents again or switch it back to multicolor begonias in my flower bed? The squirrels will shed their winter weight, build new dreys, and multiply, which means that I will have to order more peanuts from Sam's Club. Mockingbirds will sing at night and by day attack the neighborhood cats as they get too close to their fledglings. I'll be able to sit out on my back stoop and hand feed the squirrels and birds and watch the drama unfold. If the weather's good, I'll take a leisurely drive to the Shore and walk on the beach. Yes, early spring is my time of year.

Time to turn the clocks forward on March 13. Hah, that is a chore for me, if you remember a previous column or two about my timepiece collection. I've decided to leave a few of the battery-powered ones set at 1:58. At least they will show the correct time twice a day. And in the fall, they will be right three times in one day! Besides, some of those button cell batteries are expensive and hard to find.

It's time to enjoy the added daylight hours. Wake up and throw off the winter blankets. Time to button up those spring jackets, step outside, and greet the new season of anticipation and growth with gusto.

Can't wait!

### B&P

"Spring is nature's way of saying, 'Let's party!'" – Robin Williams (American comedian, 1951-2014)

"Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come." – Robert H. Schuller (American clergyman, 1926-2015)

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



### News Board:

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Carol De Haan  
Myra Danon  
Bob Huber  
Jean Houvener  
Anne Rotholz  
Linda Bozowski  
Walter Gryskiewicz

### Editorial Assistants

Alex Monaco  
Linda Monaco

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

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

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

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## Open RCAI Meetings in March

### RCAI Board of Governors Meeting Thursday, March 17 - 9:00 a.m.

The meeting will probably be held via Zoom

Please watch Channel 26 on your TV or on  
[www.rcainj.com](http://www.rcainj.com)  
for more information







RCAI President Dan Jolly, third from left, presented Staff Awards to recipients. From left are Jason Sak, Jesus Maldonado and, far right, Sebrina Jinks.

A place

(Continued from page 1)

limit to the nursing care we get at the Health Care Center; whether we are there for checking blood pressure, to follow doctors' prescriptions, or anything else, in between or in addition.

Upon arrival, Nurse Karen Rispoli, a consummate professional, welcomes you, and it is a welcome. It's as if you were her friend or member of her family. Immediately, because of her kind-

ness and concern, you are comforted and relieved, and because of her intelligence and skill, you are confident in her counsel and/or her treatment and you begin healing.

The Health Care Center office is accessible to residents seven days a week, including holidays, from 7 a.m. to 7 p.m. Karen is there until 3 p.m., after which another nurse arrives and stays until 7 p.m. There were two occasions when I needed nursing assistance in the late afternoon and I had the good

fortune to meet another nurse, Harriet Wijayai. The welcome, the kindness and concern, and the skill were all there, and the feeling I had about the trust in the nursing staff was irreplaceable.

Pain is not always severe enough to need medical assistance; sometimes it is a feeling of malaise or just different from the day or week before. Sometimes people need help in deciding to see their physician or to wait it out until the condition changes to improvement or severity. Nurses are knowledgeable and experienced about triaging and can advise and assist patients in making important decisions about their health. Trust in their ability is very assuring.

In addition to providing flu clinics and health fairs, the Health Care Center arranges for education from visiting physicians, under the direction of Nurse Kaytie Olshefski, whose monthly articles in the Rossmoor News are informative and appreciated.

Henri Project

(Continued from page 1)

As such:

1. Federal assistance and relief in the form of monetary compensation and other programs provided to Ida flood victims would not be available to Henri victims even though the individual casualty losses were comparable if not worse in some cases.
2. It doesn't allow for Federal resources like the Army Corp of Engineers to review and propose strategic structural changes and improvements to help prevent future occurrences of the flood scenario from repeating.
3. Furthermore, a new revision to the tax code Topic 515 and in Publication 547, Casualties, Disasters, and Thefts (see footnote) indicates that a new entry space has been added to Form 4684 for taxpayers who are reporting a casualty or theft loss attributable to a federally declared disaster.

To address those obvious inequities and other problems and issues facing the victims of Tropical Storm Henri, I would like to propose the formation of a committee. This Henri Project Committee would, with the assistance of the Homeowners Association, and the Township Emergency Management Office, seek to acquire good data on exactly how many homes were affected, who occupies them and whether they owned or rented. The goal will be to

A. Document and identify the 100 plus homes that were

affected by the flood and produce a contact list.

B. Develop a coordinated plan for contacting our local, county, state and federal representatives for the inclusion of Henri damages in the Federal Disaster Designation assigned to Tropical Storm Ida.

C. Create a triage scale of the damage to the homes.

D. Assign a degree of severity of the hardships being experienced by the occupants of the homes.

E. Create a triage list of the most pressing situations and develop proposals for addressing them.

We have many elderly residents in this community who may not be as physically, mentally, or technologically capable of navigating through the murky water of bureaucracy necessary to get us all back to some semblance of normal.

If you are interested in joining this committee, I would welcome your help. Please contact me, Frank Waltzer, email fwaltzer@gmail.com

We have experienced tough times due to Tropical Storm Henri and it's time that we stop complaining about what should be done and work together to come up with a plan to focus on what needs to be done and who needs assistance most urgently.

Frank M. Waltzer, PMP  
Project Manager / Six Sigma Black Belt / Certified Scrum Master  
(609) 642- 8261 (H)  
(908) 208- 0840 (M)  
Email: FWaltzer@gmail.com

Mailing Addresses

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

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





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## Message from the Police Chief Michael J. Biennas - Preventing vehicle thefts

Following our community outreach on Jan. 20, many residents have expressed concerns over the car burglaries and thefts that have occurred recently. These crimes are not unique to our town but are happening throughout the entire State of New Jersey. The events taking place are crimes of opportunity, so implementing simple steps, from locking the car and taking the key inside, lowering the garage door, and locking doors to the house will help to prevent crime. The car thieves today do not forcibly break into and hot wire cars to steal them.

Every car that has been stolen in town was left unlocked with the key or the key fob in the car.

We have increased our patrols and will continue to do so. However, one of Monroe's greatest assets is our strong relationship with the community. Right now, we are asking to draw on that support and to work together to stop these crimes by doing the following:

- Remove anything of value from your car, including the garage door opener. Lock the car and take your keys. Keep doors locked.
- If you see something suspicious, please call the Monroe Police Department immediately. The non-emergency number is 732-

521-0222. As always, dial 911 if it is an emergency.

- Residents with security cameras can register with the police department at <https://monroetwppolice.org/forms-permits/voluntary-camera-registry-program/>. This helps the Monroe Township Police Department maintain a database of active cameras in the event that a crime occurs in the neighborhood.

The Monroe Township Po-

lice Department is working with our neighboring towns and with state law enforcement to bring these criminals to justice and to deter future crimes. Our detective bureau will hold a community safety information session, with details to be posted on our website, [monroetwppolice.org](https://monroetwppolice.org) and our social media outlets.

Please lock your cars to help us prevent these crimes.

## Working Together

(Continued from page 1)

And working together, we focused on affordability and delivered a Township Budget with a modest tax decrease.

There is no doubt that the ongoing global pandemic presented economic challenges for many residents. As Mayor, working together with Township Council, it was my priority to hold the line on municipal taxes while continuing essential services. Affordability will continue to be my top priority.

As we set our sights to the future, first and foremost, we will continue to balance safety with living the lives we all deserve and want. I am committed to moving us in that direction.

I am excited about completing the Master Plan this spring – a process that be-

gan just prior to the start of the pandemic and I will work with the Council on the 2022 Municipal budget with affordability in mind.

I will continue an enhanced dialogue between the municipal government and County officials, fire districts and the Board of Education, looking for ways we can help each other for the benefit of the taxpayer and provide top-notch services which all our Monroe residents desire.

I remain committed to keeping public safety as a top priority in 2022. And, as always, I thank our first responders, Police, Fire, EMS who work together to quickly respond to emergencies and protect us. You are our heroes. Thank you!

Working together, I see a great future for Monroe Township!



## DIRECT ACCESS COLONOSCOPY

### Discover the quick and convenient way to schedule a colonoscopy.

Penn Medicine Princeton Medical Center's Center for Digestive Health offers a Direct Access Colonoscopy Program to help speed the scheduling of routine colonoscopies. A colonoscopy screening after age 45 is recommended, even if you are healthy and have no symptoms or risk factors. By identifying and removing precancerous polyps, this exam can help to detect and prevent cancer. You can schedule a procedure without first having an office visit with a gastroenterologist if you meet these criteria:

- If you have no significant heart, lung, liver or kidney disease
- If you are not on blood-thinning medications other than routine aspirin use
- Must not have a history of stroke or blood clots
- Must not have active asthma
- If you have a family history of colon cancer, have not been screened, and are age 40 or older

### Schedule your colonoscopy today.

For more information or to find out if you are eligible for a Direct Access Colonoscopy, call **609.853.6390, option 2**. Most major insurance plans and Medicare cover routine screening colonoscopies. Please check with your insurance carrier for details.



# Curb your dog

## Monroe Township Ordinance Chapter 280 Animal Control

### Section F: Defecation on public or private property prohibited; exception.

(1) No person owning, harboring, keeping or in charge of any dog or cat shall cause, suffer or allow such a dog to soil, defile, or defecate on or commit any nuisance on any common thoroughfare, sidewalk, passageway, bypass, park, open space area, or any place where people congregate or walk or upon any public property whatsoever, or upon any private property without the permission of the owner of the property.

(2) Notwithstanding anything contained in Subsection F (1) to the contrary, the

restrictions as set forth above shall not apply to that portion of the street lying between the curb-lines which shall be used to curb such dog upon the following conditions:

(a) The person who curbs the dog shall immediately remove feces deposited by the dog by a sanitary method, such as in a sealed, nonabsorbent, leakproof container (i.e., plastic bag).

(b) The feces removed from the aforementioned designated area shall be disposed of in a sanitary manner by the person owning, harboring, keeping or in

charge of any dog curbed but shall not be placed in a public trash receptacle or storm drain.

(3) Any owner or person in custody of any dog or cat being walked upon any common thoroughfare, sidewalk, street, passageway, path or any place where people congregate must have in his/her possession a sealed, nonabsorbent, leakproof container as described in Subsection F (2)(a) above and appropriate materials or devices to remove feces deposited by the animal. The failure to possess such container and materials to clean up feces deposited by the animal shall constitute a violation of this chapter.

(4) The requirements of this section shall not apply to the owner of any dog when said dog is utilized as a guide for any person or owner who is legally blind.

## Medal of Honor

By Allan Kaufman

March 25 marks the National Medal of Honor Day, a day to recognize heroism and sacrifice of the brave Americans awarded our nation's highest award for valor in combat.

The Medal of Honor has achieved prominence in American History as few other awards have. It's a symbol for the very values its recipients displayed in the moment that mattered, an honor bestowed upon only the most honorable. It started as a simple idea from Iowa Senator James W. Grimes, a bill authorizing the production and distribution of "medals of honor" to be presented to enlisted seamen and marines who "distinguish themselves by gallantry in action" during the American Civil War. Senator Grimes proposed this award on Dec. 9, 1861, and President Lincoln signed the bill into law some two weeks later.

The current criteria were established in 1963 during the Vietnam War. The Medal is authorized to any military service member who "distinguishes himself conspicuously by gallantry and intrepidity at the risk of his life above and beyond the call of duty"

- While engaged in an action against an enemy of the United States;
- While engaged in military operations involving conflict with an opposing foreign force; or
- While serving with friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party."

There are three versions of the MOH. Steeped with symbolism, the medal has become a historic symbol for our nation's bravest. The Navy version was created in 1861, the

Army in 1862 and the Air Force in 1956. There have been 3,530 medals awarded to 3,511 recipients. Nineteen service members have been awarded the MOH twice, 14 of them for two separate events. There are currently 66 living recipients.

The first MOH recipient was Army Private Jacob Parrott, recognized in 1863 for his part in a raid on Confederate railroad facilities and bridges far across enemy lines in Georgia.



Pvt. Jacob Parrott

There has been only one female recipient. Dr. Mary Edwards Walker, originally trained as a nurse before becoming the Army's first female surgeon. An abolitionist and one who supported feminist causes, she volunteered with the Union Army at the outbreak of the Civil War. Captured by the Confederate Army in the summer of 1864, she was later released as part of a prisoner exchange. President Andrew Johnson presented her with the Medal of Honor in 1865. In its infinite wisdom, the Army, in 1917 revoked the awards of non-combatants. Nevertheless, Dr. Walker continued to wear the award until her death two years later. An

(Continued on page 6)



## DR. OLGA ROZIN, Family Dentistry

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## A second early colonial founder

By Jean Houvener

Last month I wrote about Thomas Hooker, a founder of Connecticut who broadened the view of who could vote. During this same period, another man founded another New England colony and brought further ideas that would find their way into the U.S. Constitution.

Roger Williams was another such founder of a colony. He was an affable man, born in 1603 in London. As a teenager he was apprenticed to Sir Edward Coke, who oversaw his education, including at Pembroke College Cambridge. Williams served

as a secretary to Coke, recording Coke's thoughts as he clashed with James I, who was determined to push for his rights as divinely appointed king.

In spite of imprisonment in 1621 for his views, Coke proposed many rights we would recognize today, including writ

(Continued on page 7)

## Medal of Honor

(Continued from page 5)

Army Board restored her MOH in 1977.



Dr. Mary Edwards Walker

President Theodore Roosevelt is the only U.S. President to have received the Medal of Honor, which was awarded posthumously by President Bill Clinton in 2001. Roosevelt's son, Theodore Jr., who served in both World Wars, also received the Medal of Honor. He was the only General to storm the beaches of Normandy on D-Day with the first wave of American troops.



President Theodore Roosevelt

All recommendations go through a strong vetting process. At least two eyewitness accounts to the actions of the nominee are needed. Reports and any other compelling information must be gathered and pushed up through the chain of command until the recommendation reaches the desk of the president. Federal statute states that the recommendation must be submitted within three years of the valorous act and the Medal must be presented within five years.

There have been millions within our military services who have served honorably and with distinction. The Medal of Honor, however, is a special tribute to the 3,511 recipients who have received it. Their gallantry represented the best this country had to offer. Their sacrifice is recognized every day and especially on March 25, the National Medal of Honor Day.

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

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## (Continued from page 6)

Others from his congregation in Salem followed him there and together they founded Providence Plantations, which ultimately became the State of Rhode Island and Providence Plan-



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Rhode Island became a haven for people of all religions, persecuted for their beliefs. The concept of separation of church and state which we take for granted now was not a foregone conclusion, and not what the original colonists had in mind when they immigrated to the Americas. When it became a state, freedom of religion was a part of its constitution, and after the American War for Independence and the writing of the U.S. Constitution, it became a pillar of United States government. This is thanks to Roger Williams and his obstinate, affable, constant pursuit of individual freedom to approach God without coercion by the state.

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### A Framework for Investing for Life

Modern Portfolio Theory, or MPT, is a framework for investing. It provides part of the intellectual underpinning of our firm's approach to managing investments. So, it is important to explain it periodically.

Just as construction of a framework for a home is strategically designed by connecting one piece of wood with another, MPT provides a system for constructing a portfolio based on measurable dimensions of investments — history and quantitative characteristics.

Owning different kinds of investments is less risky than owning only one type of asset, and MPT is a system for diversifying across a wide range of assets based on their statistical characteristics.

Classifying investments based on their distinct characteristics — such as the aggregate value of a company's shares outstanding, profit growth, and share-price variance — imposes a quantitative discipline for selecting combinations of investments based on historical data. Investments revolve around a world that is always changing, however, and not enough statistical history of different kinds of investment exist to make investment predictions about the future with certainty. MPT is a way of managing that uncertainty.

Just as every stud and joist in a home has its own mathematical dimensions, investment have their own unique shape and characteristics. MPT organizes statistics that measure the characteristics of different kinds of investments used to construct a portfolio. It's a way of building a portfolio so that the return you expect over the long run is maximized for a given level of risk.

Just as a home can be built to your personal needs and preferences, so, too can a portfolio be custom-built to suit your personal risk tolerance specifications. To be clear, cookie cutter portfolios are not what we do. Each portfolio can be tailored to an investor's preferences.

Economist Harry Markowitz introduced MPT in a 1952 essay. He was awarded a Nobel Memorial Prize in Economic Sciences in 1990. Thus, it took from 1952 to 1990 — 38 years — for Markowitz to be recognized by the Nobel committee. This provides insight into the how long it takes for knowledge to be accepted.

Over the last 70 years, the power of Modern Portfolio Theory has grown to be understood. It is now the framework for investing embraced by most institutional

investors worldwide and it is now a foundational element in teaching finance at the world's best colleges and universities.

MPT is a starting point for constructing a quantitatively driven portfolio based on fundamental economics. Just as the laws of physics are relied upon for building a home, fundamental factors of economics are relied upon in constructing a portfolio using MPT.

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

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### Our new eye in the sky

By Anne Rotholz

#### The Hubble Telescope

A few years ago, I wrote an article for this paper on our giant space telescope, Hubble, which was launched into orbit on April 24, 1990. It was the result of a joint effort by NASA and the European Space Agency. Using solar energy, Hubble has been in orbit 340 miles above the earth for more than 30 years and has sent us a wealth of information in the process. Scientists hope that it will continue to do so for another 10 years. It was repaired several times but no future repairs are planned.

Edwin Hubble, for whom the telescope was named, was a Rhodes Scholar who studied Law at Oxford for three years. He then decided that he would go back to his first love, astronomy. He earned a doctorate in that subject from Chicago's Yerkes Observatory and did research in astronomy at Cambridge. He was then invited to join the staff at the Carnegie Mount Wilson Observatory near Pasadena, where he worked until his death in 1953.

Until the time of Hubble, astronomers believed that the universe was made up of one galaxy, The Milky Way, in which our solar system is located. They assumed that everything else in the universe was stationary. Distant galaxies were thought to be gas clouds in the Milky Way. Hubble proved that this was not so.

While observing a nebula, or hazy patch in Milky Way, Hubble noticed that certain stars seemed so far away that they could not be in the galaxy. He used a method of indirect measurement of star distances, developed by Henrietta Leavitt, to prove it. (Henrietta, nominated for a Nobel Prize for her work as a brilliant astronomer, had been employed as a "Harvard Computer." This was the designation for women who worked at the Harvard College Observatory. They studied photographic plates to compute and catalogue data. They were not allowed to go on the telescopes because they

were women.)

While measuring the distance between galaxies, Hubble made another discovery. He found that the farther apart the galaxies were from one another, the faster they were moving away. The universe was expanding!

#### The James Webb Telescope.

Our new eye in the sky, the James Webb Space Telescope, was launched, following a 15-year delay, from Europe's Spaceport in Kourou, French Guiana. This mind-blowing mission is the result of a joint effort by NASA, the European Space Agency, and the Canadian Space Agency.

It is named for James Edwin Webb, who was the administrator of NASA during the Apollo program of 1961-1968, a very competitive time in the history of space exploration.

The largest telescope ever built, Webb is 100 times more powerful than Hubble. (If Hubble were operating from earth, it could see a night light on the moon!). While Hubble was about the size of a large truck, Webb is three stories high and has a base the size of a tennis court. Its mirror is more than six times larger than the Hubble mirror. It also has a huge 16-layer sunshield to protect it from the heat of the sun. Because of its size, the sunshield had to be folded and the mirror was made of 16 hexagonal parts so that they could fit in the rocket. Just imagine opening all that up in space.

Webb's instruments will use infrared light that allows us to look deeper into space, seeing all the way back to the light of the first stars 200 million light years ago. Looking outward from Mars scientists and astronomers will be able to capture images of the first galaxies ever formed and get a new look at objects in our solar system.

Infrared cameras will allow scientists to look inside dust clouds where new stars and planets are formed and to

(Continued on page 9)



# This is tough

By Tom McMahon

I will get right to the point. For the next several issues, and quite possibly for issues to come decades from now, I will take you on a journey through the myriad and confusing world of the writer. You will be following along as a wannabe writer, along with his wannabe co-author, attempt success by actually publishing a 124,000-word wannabe book.

I personally can't stand the suspense. Get the popcorn! So, as all great writers in the past have displayed, I will go public with the effort. How did a great writer get so great? EASY ANSWER: He or she went public! I present to you all of the ensuing muck and mire.

Dave (my co-author) and I will only know true success when a Library of Congress Catalog Number finds its way onto future inside cover jackets of this burgeoning American classic. In this column I will utilize both big and little words to express everything. You should have fun with this one.

We now have people in Rossmoor who are helping us by reading excerpts so that we can finalize yet another draft prior to presentation. To be honest, the calen-

dar utilized to mark time prior to publishing is already yellow, not having aged gracefully.

I am now going public to report on this publishing effort. So, I can use big and little words as well as displaying reporting skill. Of course, making sense will always be a challenge, but three out of four ain't bad. (Sorry, Meat Loaf, no royalties for you.)

Every month I will give a blow-by-blow yet redacted description of just what happens when a book gets published. Or DOESN'T! That second outcome would be dreadful, but I keep reminding myself I am an adult and can handle rejection. No, really. I can. Sort of ...

This time I don't plan on getting the novel rejected. That was so LAST CENTURY! It's a new century, and all those literary minds who turned their backs on us years ago are either retired, in new businesses, or dead.


Imagine being on the front lines when all this goes down. Imagine having a front-row seat as my co-author and I wend our way through the world of the published word. Imagine the heartbreak as the authors bicker whether or not we should continue or just plain quit. Imagine your reaction after reading through the diary's ups and downs, and the novel is NOT PICKED UP as a made-for-TV drama.

If I am not run out of Rossmoor, we hopefully will announce "NIKE." Which, of course, means "victory." I pledge that maturity will be utilized in this diary if we are successful. I will not write the concluding article in Greek. After all, "NIKE" is the only Greek word of which I am sure.

All this will happen monthly and be exposed within the pages of this newsletter. That is, if I'm not too wordy. I have a problem with that one. Just ask my editor.

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## Our new eye

(Continued from page 8)

examine their atmosphere to see if it would support life. Of special interest are the exoplanets, because most of them orbit stars

Webb is at a stable point L2 (Gravitational forces and orbital motion of a body balance each other at this point) as it orbits the sun almost 100 million miles from earth. It always stays the same distance from the earth as they both orbit the sun.

We will have to wait about six months before we begin to get information from Webb.

There is no doubt that the Age of Webb will transform our idea of the universe. What an exciting time to be alive!

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

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# Saint Patrick's Day

By Ken Thomas

Americans celebrate many days, weeks, months and years. We recognize uncountable occasions to raise a brew. I won't celebrate "Gecko Day" or "Mr. Potato Head" month, but Saint Patrick's Day is on my calendar.

I am not Irish, but I adopted a son who is part Irish. He wasn't born in Ireland and he's never been to Ireland, but he's as Irish as any immigrant from that country stepping off the boat today. He'll threaten anyone with his Shillelagh who questions his heritage. Where did all this Irish come from? How does even a small amount of

Irish DNA make someone an Irishman and an Irishman forever?

Whenever I hear a tenor like John McCormack sing "When Irish eyes are smiling," I hear Irish angels singing even though the song's composer (Ernest Ball) and lyricists (Olcott and Graff) were born in the USA. Leprechauns are also part of Saint Patrick's Day. These mischievous little Irishmen protect a pot of gold at the end of a rainbow. A four-leaf Clover is another Irish symbol also called a shamrock. Find one and you're lucky. Green is an Irish color: Ireland is green, Shamrocks are green, leprechauns are green, my T-shirt is green and on Saint Patrick's Day everyone is green. The Irish have their own color?

The bagpipes at my son's wedding should have been a warning to our family, mainly Scottish and Welsh, of an Irish invasion. Bagpipes were only the beginning. All my grandchildren have Irish (Gaelic) names like; Laoise, Aibhlinn, Cailiosa, Brigitte, Cian, Cuchulainn and Saoirse. They have no choice, but declare themselves Irish to explain their unpronounceable and unspellable names. Aren't they lucky?

Wasn't Saint Patrick's Day one of the first ethnic holidays celebrated in America?

Doesn't everyone raise a glass to celebrate this Emerald Island's existence? My son celebrates Saint Patrick's Day wholeheartedly. He will also imbibe wholeheartedly. In fact, I wound up in New York City after the parade, because my 17-year-old son imbibed wholeheartedly in front of a policeman, thankfully Irish. The policeman decided to scare rather than punish for the misdemeanor, so my son's day in court was only a fine.

Today, I believe I am part Irish also because corn beef and cabbage is one of my favorite meals, an Irish lullaby puts me to sleep, and my offspring believe I will find the pot of gold at the end of every rainbow. I will remain Irish, since these ten grandchildren do not believe I'm a Welshman. My adopted daughter believes I'm Italian, because I always order spaghetti and meatballs. She knows I have a pizza fetish also.

Since my family believes I can be a Pope's person or a Patrick's person, my celebrations have increased. In March, I can say "Happy Saint Patrick's Day" or "Pass the pasta." Irishmen are everywhere. Watch their parade in New York City for a count, but anticipate pieces of the Blarney Stone. How did a day become a life style?



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## Going to the movies? Be sure to get some Raisinets

By Linda Bozowski

Want to make your own chocolate covered raisins? It's pretty easy. But if you don't want to take a chance on your treats being so great, buy a box of Raisinets at the grocery store or, better yet, at the movie theater. Raisinets were invented back in 1927 and were introduced to many happy consumers by the Blumenthal Brothers Chocolate Company, based in Philadelphia.

The Blumenthals cannot claim credit for inventing hard-textured chocolate candy. That concept was introduced in 1847. They can claim credit for being the first candy company to produce chocolate-covered raisins. The company had developed chocolate-covered peanuts in 1925, so decided to follow on its own successful path with the introduction of raisins as the interior ingredient in a new candy.

Raisinets are reported to be the third-largest selling candy in United States history. The brand was eventually purchased by the Nestle Company in 1984, but has not lost its appeal to movie goers or hungry snack-seekers.

If you are interested in giving production of your own variety a try, you may use milk or dark chocolate, which must be melted. The raisins are then dropped into a mixture of melted

chocolate and coconut oil or melted vegetable shortening, tossed to get coated, and then placed on a parchment-lined pan to harden. The pan of coated raisins needs to be refrigerated, and then the candies can be broken apart.

As I was explaining this process to my daughter, she raised an interesting question. "Is there a way the candies can be prevented from being flat on the bottom?" The answer, of course, is "No," since the raisins are hardening on a flat pan. My reply question might be, "If you're eating chocolate-covered raisins, do you care if they're flat on the bottom?" The answer again is "No!"

For a more detailed and accurate recipe for do-it-yourself raisin treats, please visit The Nibble website.

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 the Monroe Township League of  
 Women Voters*

A member of the public spoke recently at a Monroe Township Board of Education meeting in early January. He spent a portion of his allotted time congratulating the newly elected members of the Board and also congratulated the newly elected officers. Since a great deal of time has been spent in recent months debating the ever-changing proposals for school construction, repairs, renovations, and where to house students while these activities are being pursued, he also had some comments to make about those issues.

More to the point, this gentleman commented that he is pleased to see that the current Board of Education is composed of "parents, not retirees," because, according to the speaker, parents, unlike seniors, have a more vested interest in our schools. He further stated that he is glad that the Board does not consist of people who are there as a hobby or who are not retirees.

I have watched the video of the speaker's comments several times and have been offended by some of his comments. Monroe Township's Board of Education has been populated by a diverse collection of volunteer members over its lifetime. Farmers, businesspeople, homemakers, retirees, past and current (at the time) teachers, - people of many backgrounds, educational histories, and multiple skills. People who served with the interests of students as their focus, people who volunteered, who spent many hours at meetings, on committees, speaking with community members - these folks dedicated their time and energy to helping enhance our education system.

As a former active PTA member and leader in the South Brunswick Township and Middlesex County PTA and as a former candidate for the Board of Education here in Monroe Township, I take great offense at this gentleman's remarks. Since 60% of our tax bill is allocated to the education budget here in Monroe, every one of us who lives in this Township has the right to participate actively in Township planning and decision making, whether as a member of one of the many Township Committees or as an active participant at Board of Education meetings.

We will be offered another school construction referendum sometime in the next few months, if the Board can come to a conclusion as to how it wishes to proceed. We, as seniors, have supported the past two failed referendums - those who voted "Nay" were primarily parents who may not have

understood all of the ramifications of not moving forward with construction in an ever more crowded school facility situation. Yet, here we are, three years later, and the classroom overcrowding has continued to worsen. We, the seniors, need to be-

come more involved in the discussion. We have nothing to prove to the aforementioned speaker, but we can demonstrate that we are proud to be participants in our community. And that we care about the education of Monroe's students.

## The Trombonist

*By Ken Thomas*

Trombone and trumpet musicians have a special brass bonding. Their spit valves form a brotherhood. We share places in a band. My daughter brought home another high school flyer advertising the Spring Concert. She was a singer and I played the trumpet, so our family attended this exceptional concert annually. The concert band performed popular songs from the '60s and '70s. The jazz band was extraordinary and the audience clapped their hands to the beat.

After the concert, my daughter introduced me to the lead trombonist from both bands. Every time I'm introduced to a trombonist, my music rises to the top of the to-do list. Some mutual attraction between this musician and my singer was obvious. I hoped the trombonist's to-do list did not include my daughter. His musical skill was impressive and I learned Juilliard was his college choice. The bone man and the horn man would meet again.

My daughter described a show the trombonist was putting together as an example of his music for Juilliard acceptance. The show would be performed at retirement facilities, convalescent homes and local hospitals. The Juilliard applicant called me. He needed a substitute trumpet player for the school jazz band in his show. I hesitantly agreed and went to a rehearsal with this extraordinary band. They played songs selected by the trombonist, now conductor. I was hooked. The band's music was old enough and my music was just young enough for compatibility.

At the first rehearsal, I was stunned by the talent on stage. Our trombonist soloed a pop song and a classical piece. His new girlfriend (thankfully violinist) played a classical piece

that would have made Bach brag. I waited for the trombone/violin duet. Has anyone ever heard a trombone/violin duet?

The show wasn't completely set. Our producer, director, conductor, trombonist was searching for something to round out the show besides music, something entertaining. No one had a suggestion.

When the trombone/violin duet was over, the band even applauded. These two young soloists had chosen a duet that musically combined and blended their instruments, pure magic. The violinist had also applied to Juilliard. If accepted, Juilliard would be getting two remarkable musicians. Still, my young trombonist was frustrated. His showman instinct pointed toward a pause in the music for something different.

As I sat around the campfire, six kids did a skit. Everyone laughed. Bingo! Had I found the entertainment pause for the show, a skit? When our director heard my suggestion, his creative instincts kicked in. Some band members, the girlfriend, himself, and I put our heads together. The skit became a comedy routine; laughter entertains.

Our first performance at a retirement facility was "one of the best this year," commented their program director. Guess what part of the show was a hit? Encore! We repeated the new show in a local hospital auditorium. A Juilliard representative was in the audience. She applauded with the patients and I thought both of our applicants would be accepted.

The missing trumpet player from the band returned, so I retired again. The show must go on and three more performances followed. Trombonists often make my life interesting.

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## Spiders abound – Friends or enemies?

By Linda Bozowski

(Since I am not a fan of spiders, I will try my best to keep my prejudice in check. However, in the interest of those who acknowledge the benefits that all of us get from the spiders on our planet, I will relay the positives about these creatures.)

It is thought that spiders have existed for about 300 million years, long before most other creatures that have inhabited our planet. In North America alone, it is reported that more than 3,000 species of spiders exist, and most of them are harmless. Although the environment in Antarctica does not support spiders, there are about 45,000 species throughout the world.

Despite the large numbers of species, and by extension, the large numbers of spiders that exist, most spiders are harmless. In fact, spiders provide many benefits to humans and other creatures. Among their benefits to us is that they help reduce the populations of grasshoppers, aphids, roaches, flies, mosquitos, clothes moths, and other household pests.

Most spiders live outdoors, but some prefer less unpredictable environments. Spiders are generally reclusive and prefer sheltered or undisturbed areas such as basements, attics or in closets. Spiders are not aggressive, and because they generally have poor eyesight, are often frightened away when they sense other creatures nearby. Spiders need sources of food, e.g., other insects including other spiders, and water.

Spiders are welcomed by many farmers, because they eat insects that may be destructive to crops. This leads to fewer diseases being spread to humans and other animals, especially those diseases spread by mosquitoes. Spiders also have value to the scientific community. Their venom is used in medical research, and has been shown to serve as an effective painkiller. There is continuing research into uses of spider venom in treating strokes and muscular dystrophy. In addition, the most obvious use of spider venom is as an antivenom in instances of harmful spider bites from that small number of antagonists.

Among the most commonly known harmful spiders are black widows and brown recluse varieties. Tarantulas, which can grow to extreme sizes, are also dangerous, as are wolf spiders. Those are, thankfully, rarely seen. However, caution must be exercised if one of these varieties is nearby. Venom from these varieties is very dangerous.

Interestingly, spiders use webs to attract and snare their prey, or may track them down. The victims become trapped in the sticky web substance and are now ready to be consumed. However, since spiders cannot

swallow their foods, they inject the victim with digestive juices and then suck out the liquified remains.

Spiders also have differing ways of attracting mates. Among some species, a dance is performed, or a web design may be made indicating desire to mate. In some instances, the male spider may become the prey of the female, and her meal of her mate may occur before or after mating has taken place. Male spiders often deposit their sperm on portions of their webs, draw the sperm back into their bodies, and then mate with an agreeable female through genital exchange. The

now-impregnated female will lay the eggs in an egg sack and will protect it until the baby spiders are ready to hatch. In some species, the mother spider dies after creating the egg sack, but in others, she might actually tend to the young until their first molting period.

Spiders are highly complex creatures that benefit us in many ways. In some cultures, spiders are used as food for humans and animals, since they are protein material. In our country, they are often regarded with annoyance or fear. Maybe we should get to know more about these mysterious beings.

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## Mister Chairman

By Ken Thomas

Mister Chairman is a tongue-in-cheek salute to leaders everywhere. They deserve our appreciation and their Advil should be cost free. Every citizen should thank their volunteers also or cities may disappear. "Mister" is misleading, because the number of female leaders and volunteers have reached equality.

Mr. Chairman! Our bus broke on the New Jersey Turnpike. What shall we do?

Mr. Chairman! We've argued all night. It's your decision.

Mr. Chairman! You misspelled three words in your letter. Do you understand punctuation?

Mr. Chairman! You spent \$2.50 for supplies. Where's the receipt?

Mr. Chairman! The guest speaker you invited to speak at our meeting said "aahm" 97 times. "You know" was a close second.

Mr. Chairman! Your directions were terrible. Here's a compass. The arrow points to North.

Mr. Chairman! There is no "Let's try this" in the Rules of Parliamentary Procedure.

Mr. Chairman! The committee meetings never start on time and go on forever. Can you limit your stories of the good ole days?

Mr. Chairman! The 75 boxes of chocolate candy do not fit in your garage.

Mr. Chairman! Call a meeting before the next meeting to discuss the issues from the last meeting.

Mr. Chairman! The committee members haven't decided and we can't just flip a coin again.

Mr. Chairman! Twenty-one members signed up for the trip, but only two volunteered to drive. We're depending on you.

Mr. Chairman! There are seven members outside your room waiting to protest the increase in dues.

Mr. Chairman! We ran out of roast beef at dinner once again.

Mr. Chairman! Can we meet at your house tomorrow? Don't forget the snacks!

Mr. Chairman! I know it's your anniversary, but this is an important meeting.

Mr. Chairman! We're \$950 short in the budget. Do you know any rich people?

Mr. Chairman! The shirts arrived, but the only sizes were small and medium.

Mr. Chairman, "The sign's up" will not keep our membership quiet.

Mr. Chairman! The 12-page charter renewal is due tomorrow, but the secretary needs it today. You can't copy last year's as you did before. By the way, have you finished the annual report yet?

Mr. Chairman! The mayor just called and asked our organization to help out on the town conservation project this Saturday. I told him to call you.

Mr. Chairman! Your mem-

bership speech was splendid, but you should have worn a blue tie.

Mr. Chairman! Your personal recommendation for Miss Lola has been denied. Her physical statistics were too proportional for the Ladies Auxiliary.

Mr. Chairman! Our ethnic membership diversity is a problem. It's your responsibility.

Mr. Chairman! Your wife told us the truth.

Mr. Chairman! It's not your

fault, but we have to blame someone.

Mr. Chairman! Your election is still a mystery. We do not have a mail-in vote option.

Mr. Chairman! Your new ideas will cost more than the committee allotted.

Mr. Chairman! The police made a mistake, so how did they get your name?

Mr. Chairman! The election is next week. You don't have enough votes to get re-elected.

## In Memoriam

### Barry Clayton

Barry Stults Clayton passed away peacefully with his family by his side on Saturday, Nov. 27, 2021, at the age of 83.

Born in Mercer Hospital in Trenton, Barry grew up in Union Valley, Monroe Township. He was a long-time resident of Cranbury, where he flourished as both a family man and community member.

Barry was blessed with love and comfort throughout his life. His greatest love was his late wife, Marjorie. With her, he fulfilled his most valued roles in life, that of husband and father. She also helped him realize his dream of owning a hardware store, and together they ran Cranbury Paint & Hardware for many years.

Barry's love for his family, and for the church, gave him comfort both at home and in the First Presbyterian Church of Cranbury and the Rossmoor Community Church communities.

His love of clocks led to homes filled with the comforting sounds of soft chimes and ticking pendulums in the background. A love of old cars led to an appreciation for fast cars and a longtime joy of NAS-CAR.

Always quick with a grin, Barry's warm nature and sense of humor drew people to him and kept everyone around him smiling. Often the first to pitch in to help out a friend or neighbor, his love of tools and trinkets allowed him the gift of just the right gadget to help out on any occasion.

Barry was blessed again with love and comfort at the end of his life, spending his last eight years with his darling Betty Anne. Together they shared their love of life, laughter, and the Lord until the end.

Barry is survived by his beloved wife, Betty Anne; his daughter, Christine (Matthew); his son, Peter (Melissa); his sister-in-law, Joan; his nephews, Jeff, Gary, Chris, and Russell; and his nieces, Leigh, Wendy, Sandra, Melissa,

Tracy, Tori, and Jenny. He is predeceased by his first wife, Marjorie; his parents, Wilton Earl Clayton, Sr., and Gladys Stults Clayton; his brother, Wilton E. Clayton, Jr.; and his sister, Carol Aaronson.

In lieu of flowers, donations may be made to Rossmoor Community Church, 1 Village Mall, Monroe Township, N.J., 08831.

### Gloria L. Glinane

April 12, 1925-January 27, 2022

Dearest mother and grandmother, hole-in-one golfer Gloria L. Glinane (nee Veronelli) died on Thursday, Jan. 27, at her residence in Monroe Township. Gloria was born in Fair Lawn, N.J., on Easter Sunday, April 12, 1925; she resided in West Milford, N.J., for 35 years before moving to Rossmoor in 1990.

Gloria attended Benedictine Academy and was employed at U.S. Rubber for many years before devoting her life to being a wife and mother. She was an avid golfer playing at Upper Montclair Country Club and at Rossmoor Golf Club and was a member of the elusive hole-in-one club.

While living in West Milford, she was active at St. Joseph's Parish in Echo Lake where she was a member of the Rosary and Altar Society and a den mother for Cub Scouts. She was also active while her sons attended Pope John XXIII High School helping with Bingo and organizing tricky tray fund raisers.

While residing in Rossmoor, Gloria continued to be active, serving several terms as a director and helping at the health center during the flu-shot program.

Gloria is preceded in death by her loving husband, Robert M. Glinane (2001) and her sister, Ruth.

Gloria is survived by her sons, Liam Glinane of Newfoundland, N.J.; Stephen Glinane and his wife Lisa of Pocono Lake, Pa.; her grandson Richie Glinane of Pocono Lake, Pa. and many nieces, nephews and cousins.



CULINARY CORNER

By Sidna Mitchell

Playing games and talking food

While Ken and I do play six-wicket and golf croquet when we're in Florida, those aren't the only games we play. There's a game similar to Monopoly called Sarasota-Opoly complete with the local streets and attractions in that nearby city. Our friend Jackie Jones, who is in the USCA (U.S. Croquet Association) Hall of Fame, loves Sarasota-Opoly. And, of course, she would — she always wins!

One night, other croquet friends, Nancy Hart and Gene Raymond, joined us for dinner and a friendly game afterwards. No matter how hard we tried to keep Jackie from piling up "money" and houses on her property, she always managed to pull ahead. Among our laughter and failed strategy, we talked about food and writings.

A few days later Nancy stopped me on the croquet court to hand me a thick book of cooking columns



dating back to the 1970s. The columns, called "The Kitchen Kupboard" were featured in the Myrtle Beach, S.C., Sun News. The writer had used some of Nancy's photos in her column and so she was given a copy of the book.

One of the columns highlighted recipes from Nancy's father, Bob Reese of Hershey, Pa. If that name and town sound somewhat familiar, that's because Nancy's family, the Reeses, sold their candy company to Hershey.

One of the recipes appeared simple enough for me. I was right, and these tarts are delicious any time of day.

Pecan Tarts Pastry Cups

- ¼ lb. butter
- 3 oz. cream cheese
- 1 cup flour

Mix as pastry, divide in balls and press into small muffin tins.

Heat all ingredients until sugar is dissolved.

Fill pastry cups.

Bake at 350 degrees for 20 minutes.

NOTE: I first melted the butter, sugar, salt and vanilla over a low heat before adding the beaten egg and pecans. This recipe made about 14 pecan tarts with some filling left over that I made into pralines.

P.S.: Remember when cream cheese came in three-ounce and eight-ounce packages? Now you have to cut the cheese based on the marks on the aluminum foil.

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

Culinary Corner

Filling

- 1 beaten egg
- 1 cup brown sugar
- 2 teaspoons melted butter
- ½ teaspoons salt
- 1 teaspoons vanilla
- ½ cup broken pecans



New Neighbors

By Christina Smith, Resident Services Manager

Carolyn Sgromo, 709A Yarborough Way, formerly of Staten Island, N.Y.

Joanne Kowaleski, 251B Mystic Lane, formerly of Monroe Twp., N.J.

Judith Hickey, 139B Plymouth Lane, formerly of Milltown, N.J.

Princeton and Constance Holt, 271N Old Nassau Road, formerly of Plainfield, N.J.

David and Marjorie Decker, 134A Old Nassau Road, formerly of Monroe Twp., N.J.

Christine Sullivan, 49A Old Nassau Road, formerly of Brooklyn, N.Y.

Ann Szipszky, 408A Oxford Lane, formerly of Edison, N.J.

John Miller, 324C Old Nassau Road, formerly of Princeton, N.J.

Ibrahim Mansour and

Eman William, 275-O Milford Lane, formerly of East Brunswick, N.J.

Diane Hein, 18B Rossmoor Drive, formerly of North Brunswick, N.J.

Sandra Piet, 431-O Redding Lane, formerly of Wil-lingboro, N.J.

Letter to the Editor Seeking assistance

I am hoping to hire a companion/helper/neighbor for a couple of hours one or two days per week, or a maximum of six hours per week. Pay is negotiable.

No medical training, driving, cooking, or personal help is required. Because I suffer from limited mobility, I need help to bring in packages that have been delivered to my home, folding laundry, minor picking up, collecting wastebasket trash, going for a walk, changing the sheets on my king-size bed.

I have a small, energetic, friendly dog. Any interested person is welcome to call me at (cell) 732-718-9769.

Chris Rose  
Yarborough Way

Clubs and Organizations

March Computer History

By Steven Gray

This month, March, let's take a peek into computer history in this month, after all, why not?

For those who want to know more there is a site called computerhistory.org which is very helpful for living in the past. Going all the way back to 1890, Vannevar Bush was born. Yes, that was pre-computers as we know them but he was a pioneer in hyper-text, you know, the ability to click on something and go somewhere else.

Way back in 1939 Harvard and IBM agreed to build the Mark 1 "Giant Brain." It was a very ambitious project weighing over 5 tons, not exactly portable. Jumping ahead to 1955, an early operating system was demonstrated using a vacuum tube computer that was originally designed as a flight simulator. It was called an operating system as it controlled system resources while following a program.

Also, in 1955, Bell Labs announced the first fully transistorized computer, called TRI-DAC, that replaced vacuum tubes and needed a lot less energy to operate. In 1959 Texas Instruments demonstrated the Integrated Circuit. TI did make computers but ultimately sold its product line to Acer.

Oddly very little happened in the '60s in the month of March computer-wise.

Fast-forwarding to 1972, the Michelangelo Virus hit, causing a massive scare. In 1975 the Homebrew Computer Club held its first meeting discussing the Altair, the computer that could be built from a kit. This was the real beginning of the popularity of the PC.

In 1976, Bill Gates (remember him?) gave the opening address at the First Annual World Altair Computer Convention. He helped develop the form of BASIC sold with the Altair.

Skipping ahead to 1993, Intel began shipping its first Pentium CPU. This was a far cry from the original CPUs, as well as being smaller, faster and much more powerful (skipping all the prior numbers like the 4004, 8016, 286, 386, 486, AMD processors because none of them happened in March). Another jump forward to 2006 when Jack Dorsey sent his first Tweet, spawning the horror we now know as Twitter. I did skip quite a few March computer happenings since we are not going to be tested on this.

As I usually do, I want to mention a few scams that have popped up (and that you may be tested on). You know about the "grandparent scam" wherein you receive a phone call supposedly from a relative who needs money immediately. We now have the reverse where the younger set is called and told they are holding a grandparent hostage (with crying in the background)

and to send money. Don't be surprised to receive a call asking if you are OK.

The following comes courtesy of the Minnesota Attorney General Keith Ellison: "The "Card Services" scam is again bombarding our telephones. The caller promises to lower credit card interest. Hang-up immediately, do not answer any questions. A similar scam is "Debt Assistance." Don't fall for that as it will only increase your debt.

I am sure most of the calls we receive are from "spoofed" phone numbers." These numbers are untraceable and may be phony or may belong to someone with no knowledge of what happened. You can report a spoofed number to the FCC at www.FCC.gov.

One other major scam (of many) is the "Medical Alert"

that offers free alert systems. These systems are not free and the information you disclose can be used for ID theft or just to drain your bank accounts. One of my favorites is still the car warranty scam. I receive numerous calls stating that this is my last chance to get a warranty. Funny how the calls never end. I did tell the last caller that I did not have a car and could they cover my bicycle instead. Guess not.

Do be careful when you answer the telephone (better yet, do not answer any unknown number) and never give any personal information over the telephone unless you initiated the call to someone you know — like your doctor. To paraphrase, "the money you save will be your own."

This is not an April fool's joke –take 3



Happy 93rd Birthday Anne Azzinaro

By Judy Perkus

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

Wear green on Saturday, March 26, at 7 p.m. for the Rossmoor Dance Club's March dance. The Clubhouse Ballroom will be decorated for Saint Patrick's Day and DJ Eric will

provide the music and maybe some balloons. He was the DJ at our last dance in February 2020, where he made balloon hearts and a birthday crown for Anne Azzinaro.

Singles, as well as couples, are always welcome. Desserts [sugar-free available], snacks, coffee, tea, and soda will be served.

Send your \$8 per paid-up

(Continued on page 16)

ROSSMOOR DANCE CLUB  
March 26 Dance

RESERVATION DEADLINE: March 17

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Membership Dues: \$ \_\_\_\_\_

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Please send your check made out to the Rossmoor Dance Club to Armen DeVivo at 449B Roxbury Lane. 609-655-2175



# Religious Organizations

## Community Church installs officers for 2022

By Alyce Owens

On Jan. 16, the Rossmoor Community Church installed new officers and church leaders for 2022. Usually this is done during a regular "live" worship service on a Sunday morning in January with the entire congregation present. But this year, as was also the case last year, the actual installation ceremony was done via Zoom, with each person to assume the new roles sitting in front of their computer screens at home.

The Affirmation of Ministry of Lay Leaders was led by Pastor Robin Bacon Hoffman from her home via a Zoom conference and each of the candidates below responded affirmatively to the covenant for such service.

### New RCC Officers and Church Council installed for 2022:

Council Chair, Gloria Dawley (outgoing - Marjorie Patten)  
Treasurer/Finance Chair, Steven Ottinger (incumbent)  
Assistant Treasurer, Dolores Wardrop (incumbent)  
Financial Secretary, Susan

Sasso (outgoing - Dolores Wardrop)

Secretary, Open (outgoing - Mary Dieker)

Benevolence Chair, Jeannette Biehl (outgoing - Jean Cooke)

Deacon's Comm. Chair, Tom Hanlein (incumbent)

Membership Chair, Betty Anne Clayton (incumbent)

Pastoral Care Chair, Alyce Owens (incumbent)

Personnel Chair, Gloria Dawley (outgoing - Marjorie Patten)

Property & House Chair, Tom Schank (incumbent)

Worship Chair, Anne Rudolph (outgoing - Paula Phillips)

### New Deacon's Committee Chairs for 2022:

Altar Preparation, Jeff Hoffman (incumbent)

Communion Preparation, Meryll Hansen (incumbent)

Flowers, Linda DeSapio (incumbent)

Hospitality, Suzette Sulsona (outgoing - Marilyn Cohen)

Prayer Chain, Marie Bills/Alyce Owens (incumbent)

Interfaith Council Representative, Marie Bills/Sal Gurri-

ero (outgoing - Diane England)

Through the wonder of electronic technology, Pastor Robin then incorporated that Zoom session into the worship service she prepared for viewing via YouTube on Jan. 16 (or any time thereafter). Each Sunday during the time when the Meeting House and all Rossmoor public buildings have been closed due to the Covid pandemic, Pastor Robin has prepared a new, enlightening worship service with uplifting prayers, engaging sermons and beautiful piano/organ music by our own Kevin Gunia and Moriah Kam. This was done not only for Community Church members, but all Rossmoor residents, friends and family far and wide who wished to watch and enjoy the services on YouTube. Pastor Robin has blessed us all with her ability and willingness to do this, and we are eternally grateful.

If you've missed any of these wonderful services, it's easy for you to access and view them by searching on YouTube for Rossmoor Community Church, then selecting the date of your choice.

Hopefully, by the time this article appears in the March 2022 issue, our public buildings will have reopened so that in-person worship can once again resume in our beautiful Meeting House where Community Church services are regularly held on Sunday mornings at 11 a.m.

**No matter who you are, or where you are on life's journey, you are always welcome.**

## Jewish Congregation

2 Rossmoor Drive,  
Monroe Township, N.J. 08831

### March services

Friday, March 11 – 5 p.m. (Zoom)

Wednesday, March 16 – Purim Party

10 a.m. - bakers; noon - members

If the Clubhouse is open, then the Purim party will take place.

Friday, March 25 – 5 p.m. (Zoom)

For Friday night services,



if the Meeting House is open, then services will be held, in person, at 7:15 p.m. Please keep track of all the Congregation's events on Channel 26.

We respectfully request that only those who are fully vaccinated, with at least two shots, attend in-person services. Any questions please contact Cindy Sigl, president, at 908-962-2754.

## Purim

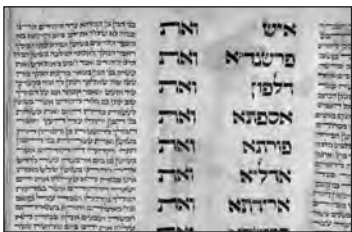
By Allan Kaufman

Purim, also called the Festival of Lots, is a holiday which commemorates the saving of the Jewish people from Haman, the Jew-hating prime minister of the Persian Empire, around the 4th century BCE.

The Persian Empire extended over 127 lands, and all the Jews were its subjects. When King Ahasuerus had his wife, Queen Vashti, executed for failing to follow his orders, he arranged a beauty pageant to find a new queen. A Jewish girl, Esther, who kept her nationality a secret, caught the King's eyes and became the new queen.

Haman was making it his business to have all Jews bow to him. One who did not was Mordechai, the leader of the Jews and Esther's cousin. Haman was incensed, and he convinced the king to issue a decree ordering the extermination of all the Jews. Haman would kill the Jews having thrown "lots," a lottery, to determine the date he would carry out his plans.

Mordechai galvanized all the



18th century Megillah (smu.edu)

Jews, convincing them to repent, fast and pray to G-d. Meanwhile, Esther asked the King and Haman to join her for a feast. It was during that feast that Esther revealed to the King her Jewish identity. The King had a decision to make. Take his wife's side or Haman's. He took his wife's and Haman was hanged. Mordechai was appointed prime minister and a new decree was issued granting the Jews the right to defend themselves against their enemies.

There are four Purim observances. The first is the reading of the *Megillah* (the book of Esther, which recounts the story of the Purim miracle). Those attending the services are given a noisemaker. Whenever Haman's name is mentioned, the noisemakers are sounded. The second ob-

servance is one of charity by giving money gifts to at least two poor people. Third is the sending of gifts of two kinds of food to at least one person. And lastly, and this is very popular, is to attend a Purim feast, which often includes wine or other intoxicating beverages. One of the items included in the feast is *hamantaschen*, a traditional Purim food, a three-cornered pastry bursting with poppy seeds or another sweet filling.



Hamantaschen

The Jewish holiday of Purim is celebrated every year on the 14th day of the Hebrew month of Adar. In 2022 Purim begins on the night of March 16 and continues through Thursday, March 17.

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

# Clubs and Organizations

## Senator Linda Greenstein visits Democratic Club

By Michael Markel, club president

Although the evening of Feb. 15 was bitterly cold, about 35 intrepid members of the Democratic Club came out to attend their monthly meeting for the pleasure of meeting a longtime friend, State Senator Linda Greenstein.

The Senator brought us up-to-date on pending bills that pertain to senior communities, such as possible protection from COVID lawsuits, the ability for seniors to defer property tax liability, assistance from municipal liens, and cybersecurity.

According to Senator Greenstein, about 8% of global carbon emissions come from concrete, which was news to many of us. Since we pour about 30 billion tons of concrete a year, a bill to encourage purchase of decarbonized concrete is very important to our environment.

Senator Greenstein took questions from the member-

ship about electric car charging stations, biodegradable plastic bags, redistricting, and the school funding formula, which she said is being looked at in terms of fairness.

Club members applauded the Senator and thanked her for joining us for the evening.

Announcements: Club Secretary Lisa Evans is retiring and Sue Rauth will take her place; Barbara Markel will be the new treasurer.

Our terrific Christmas dinner party has nearly paid for itself, with only \$28 from the Club treasury.

Club Vice President Sharon Morgan said the book club will meet again on March 23. We will discuss "The Triumph and Tragedy of LBJ" by Califano.

We ended with coffee and cake, while many of us signed election petitions for Middlesex County candidates.

It was another worthwhile evening.

## Italian American Club

By Tony Cardello

The first two months of the year have not been kind to us as we had to cancel our planned social events due to the closing of the Clubhouse.

In the event it is open in March, our first Membership Meeting will take place on March 16 at 7 p.m., and Bingo will be played on March 25 at 6:30 p.m.

We need a member to take charge of our Bingo nights. If anyone will step up and volunteer to do so, please contact President Joe Conti.

Looking forward to meeting one another in March.

We wish all our Irish members a very happy St. Patrick's Day.



Birthday celebrant Anne, Armen and DJ Eric

## Dance Club take 3

(Continued from page 15)

member/\$10 per non-member check made out to the Rossmoor Dance Club to Armen DeVivo at 409B Roxbury Lane by March 17.

If you haven't yet renewed your membership,

please send your 2022 Dance Club dues of \$15 per couple, \$7.50 per person to Armen.

New members are always welcome.

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



## HEALTH CARE CENTER NEWS

### Flurona

By Kaytie Olshefski, BSN, RN-BC

What is "flurona"? The words "flu" and "coronavirus" were combined to create the word "flurona." It means someone has the flu and coronavirus at the same time. This past December, Israel identified an unvaccinated person having these two viruses. Since then flurona has been identified in United States, European countries, Asia, and South America. Last year's flu activity was unusually low as people followed the safety precautions of staying at home, wearing masks, frequent hand washing, socially distancing. In addition, international travel was low, and schools were closed, reducing the circulation of the flu.

Flurona is not a new phenomenon. There was a case of someone having the flu and COVID-19 at the same time in February, 2021. Medically, if someone has two or more illness at the same time, it is known as a co-infection. In 2020 there was a co-infection of COVID-19 and rhinovirus, also known as the common cold.

These two illnesses do not create a new disease or different symptoms. The symptoms of the flu and COVID-19 are very similar. Both are respiratory illnesses and spread through the air. These droplets are spread by breathing, coughing, sneezing, talking, singing and touching a surface contaminated with these droplets. Symptoms include fever, difficulty breathing, muscle aches, pain, cough, fatigue, sore throat, and runny nose. Because of the similarities, the only way to determine which virus a person may have is to be tested for COVID-19 and influenza.

The flu and COVID-19 are serious illnesses and could lead to death depending on the person's immune system and underlying health conditions. Hospitalized patients with flurona are treated based on their symptoms and risk factors. Treatment for the flu may include Tamiflu®, an antiviral medication that decreases the amount of time a person is ill. Treatment for COVID-19 may include using oxygen and receptor blocker antibodies.

The combination of these two viruses has the potential to lead to serious outcomes. The best defense to protect oneself from flurona is to get vaccinated against the flu and COVID-19. If you have not received your flu shot yet, call the Health Care Center at 609-655-2220 to schedule an appointment and we will give you a flu vaccine. To be fully vaccinated against COVID-19, you should receive two doses of the Pfizer or Mod-

erna COVID-19 vaccine. If you received the J&J COVID-19 vaccine, you need to get an additional dose of the Pfizer or Moderna COVID-19 vaccine to be considered fully vaccinated. Booster shots of the Pfizer and Moderna vaccines are available five months after completing the primary two-dose series. The 2021 flu vaccine is not a match against this year's influenza. That is because the H3N2 strain has mutated and the antibodies the body produces against the flu is not effective against this mutated strain. The vaccine will not prevent someone from coming down with the flu but will help to protect against serious illness and death. The Centers for Disease Control and Prevention (CDC) recommends getting a flu shot if you have not received one yet.

Researchers have concluded that the Omicron variant of COVID-19 is highly transmissible and spreads rapidly from one person to another. Ongoing studies are showing people who are fully vaccinated and having had their booster shot do not get as ill as someone who is not vaccinated and who may be hospitalized. Due to the high transmissibility of this virus, studies have been done on different masks showing how someone infected with COVID-19 can spread the virus to someone who is not infected:

- If neither person is wearing a mask, it would take 15 minutes to become infected.
- If both people are wearing a cloth mask, it would take the non-infected person 27 minutes to become infected.
- If they are both wearing a

surgical mask, the non-infected person would be infected in 1 hour.

- If both were wearing a KN-95 / N-95 mask, it would take 25 hours for the infected person to pass it to the non-infected person.

The KN-95/N-95 masks are a higher quality mask and are designed to filter out 95% of airborne particles. These masks are not as comfortable as the other masks and people tend not to want to wear them, but these masks provide better protection against the Omicron variant. These masks are made to keep air from getting in and out from around the mask. If you are wearing glasses or sunglasses and the glasses fog up when you have a mask on, it means it is not a secure fit to your face. Tighten the noseband or ear loops to form a better seal. The bottom line is whatever mask you wear, it must fit snugly and correctly.

How long should one continue to wear a KN-95 mask? If it is worn for short trips, then consider discarding the mask after 40 hours of use. If the mask becomes damp, visibly soiled (including makeup inside of the mask), or becomes bent, and/or creased, the effectiveness of the mask may be decreased. Do not wash KN-95 masks to clean them as you will wash out the filtering of the mask.

The best defense to protect oneself from flurona is to be vaccinated against the flu and COVID-19. Continue to follow the CDC guidelines of wearing a mask correctly, washing your hands frequently, social distancing, and keep the room well ventilated.

### IMPORTANT NOTICE

Motorists must obey the rules of the road while driving within the community including, but not limited to, observing the posted speed limits, No U-Turn, Yield, and One Way signs; stopping for pedestrians; making a full stop at all stop signs; and exercising extreme caution when entering RCAI streets from lanes or other areas without stop signs.



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# Made with Love

FAMILY FEATURES

Planning a delicious, romantic date night doesn't have to take you any further than your own kitchen. You don't have to be an accomplished chef to set the table for romance, but you can take inspiration from simple, quality Italian dishes to celebrate the link between food and love.

As these recipes show, a romantic meal can be ready in minutes or, like a great love story, simmered to perfection. To plan the ultimate date night at home, start by choosing one of these dreamy main dishes made with mouthwatering sauces.

Flavorful sauces make a great Italian meal, but the sauce doesn't need to be made from scratch (at least, not completely). For example, Bertolli d'Italia sauces are made in Italy for authentically delicious flavor. They are crafted with tomatoes vine-ripened under the Italian sun, finely aged Italian cheeses, fresh cream and Mediterranean olive oil. The result is a sauce that's perfect for your date-night meal.

Once you select your main course, prepare a simple salad of greens with a drizzle of Italian vinaigrette or Caesar dressing. Pop a loaf of bakery-fresh Italian or focaccia bread into the oven to warm through and serve with butter or olive oil for dipping. If you're so inclined, cap off the meal with a classic Italian dessert from your local bakery, like tiramisu, cannoli or a creamy panna cotta topped with fresh fruit.

Find more romantic dishes perfect for sharing at Bertolli.com.

## Italian Sausage Spinach and Tomato Rigatoni

Prep time: 10 minutes  
Cook time: 20 minutes

- Water
- 1/2 box rigatoni pasta
- 1 tablespoon olive oil
- 1/2 cup onions, chopped
- 4 cloves garlic, minced
- 1/2 cup mushrooms, sliced
- 16 ounces sweet Italian sausage
- 1 jar Bertolli d'Italia Marinara Sauce
- 2 cups fresh baby spinach
- salt, to taste
- pepper, to taste
- Parmesan cheese, for garnish

Bring large stockpot of water to boil. Boil rigatoni pasta until al dente. Drain and set aside.

In saute pan over medium heat, add olive oil. Add onions, garlic and mushrooms. Saute until vegetables start to brown. Add Italian sausage and cook until done, breaking into small pieces. Add sauce and bring to low boil.

Add baby spinach. Cook until spinach is mostly wilted. Season with salt and pepper, to taste.

Add drained pasta to pan with sausage and sauce. Toss and divide between plates. Garnish with Parmesan cheese.



Italian Sausage Spinach and Tomato Rigatoni



Red Wine Braised Beef Short Rib Ragu

## Red Wine Braised Beef Short Rib Ragu

Prep time: 25 minutes  
Cook time: 3 hours

- 2 tablespoons olive oil
- 4 pounds bone-in beef short ribs
- salt, to taste
- ground black pepper, to taste
- 1 stalk celery, chopped
- 1 large carrot, peeled and finely diced
- 1 small onion, chopped
- 8 cloves garlic, finely chopped
- 4 tablespoons tomato paste
- 1 cup red wine
- 4 sprigs fresh rosemary
- 2 sprigs fresh sage leaves, chopped
- 8 sprigs fresh thyme
- 2 bay leaves
- 1 jar Bertolli d'Italia Marinara Sauce
- 2 cups beef bone broth
- water
- 24 ounces pappardelle pasta or preferred pasta
- freshly grated Parmesan cheese, for garnish

Heat oven to 350 F.

In 5-quart Dutch oven, heat olive oil over medium heat. Season short ribs with salt and ground black pepper, to taste. Place one layer of short ribs in pot. Set remaining ribs aside.

Cook ribs 3-4 minutes per side until browned. Transfer to plate and set aside. Repeat with remaining short ribs.

Add celery, carrots and onion to pot used to brown ribs. Stir and cook until vegetables are browned, about 15 minutes.

Add garlic and stir 1-2 minutes. Add tomato paste. Cook 2-3 minutes.

Carefully pour red wine into pot.

Stir and scrape any browned bits from bottom of pot. Cook 3-4 minutes until wine is almost completely absorbed into vegetables.

Add rosemary, sage, thyme and bay leaves to pot. Add sauce, bone broth and browned ribs. Cover pot and place in oven 2 1/2-3 hours, or until ribs are fall-apart tender.

Remove pot from oven. Transfer ribs to plate or cutting board. Remove and discard herb stems and bay leaves. Remove bones from ribs then shred meat into bite-sized pieces using two forks or tongs. Return shredded ribs to pot with ragu. Stir to combine. Set aside.

Bring large stockpot of water to boil. Boil pappardelle pasta until al dente. Add drained pasta to pot with beef ragu and toss until combined.

Garnish with freshly grated Parmesan cheese.

## Creamy Italian Garlic Chicken Pasta

Prep time: 10 minutes  
Cook time: 20 minutes

- 2 tablespoons olive oil
- 2 large chicken breasts
- 1 teaspoon Italian seasoning
- salt, to taste
- pepper, to taste
- 4 cloves garlic, minced
- 1/4 cup onions, chopped
- 1/4 cup sun-dried tomatoes, cut into strips
- 2 tablespoons capers, drained
- 6 fresh basil leaves, sliced
- 1 jar Bertolli d'Italia Creamy Rosa Sauce
- 1/2 cup heavy cream

- water
- 1/2 box Casarecce or preferred pasta
- parsley, for garnish
- Parmesan cheese, for garnish

In saute pan over medium heat, add olive oil. Season chicken with Italian seasoning and salt and pepper to taste. Sear chicken breasts on both sides until browned. Remove from pan and set aside.

Add garlic and onions to hot pan. Cook until starting to brown. Add sun-dried tomatoes, capers and basil; stir. Add sauce and heavy cream; cook until mixture starts boiling.

Bring large stockpot of water to boil. Boil Casarecce pasta until al dente. Divide pasta between two plates. Place one chicken breast over pasta on each plate and top with additional sauce, parsley and Parmesan cheese.



Creamy Italian Garlic Chicken Pasta



# Lots on the League of Women Voters' agenda

By Linda Bozowski

The Monroe Township League of Women Voters has planned a wide array of programs for the start of this new year, and would like everyone to add these events to their calendars.

The March General Meeting is scheduled for March 28 at 7 p.m. in the Township Library. The program will address the issue of school budget development: how the budgets are formulated, who participates in the process, how the budgets get through the approval process, and how they are implemented.

April 25 will cover the topic of women in public office. The League is inviting several speakers who currently hold public office locally and in the county. We will have opportunities to ask questions and hear their answers as to why they chose to provide public service. The Public Library will offer meeting space, and the meeting is scheduled for 7 p.m.

May 23, 7 p.m., Monroe Library, the topic will be of interest to many: Human Trafficking, what it means, who are the victims, how we can be more aware of dangerous situations, especially for our children.

## Technology and Other Issues

The League is working on establishing its own ZOOM account. Information will be announced when this technology has been implemented. For current ZOOM info, visitors are asked to visit the LWVMTNJ website.

We are also considering investing in Constant Contact as a more efficient way of reaching out to our local membership. We will need email addresses in order to make this communication link a reality.

On a personal note, we would like to acknowledge important days in all of our members' lives. Please send your birthday (month and date, no year) to Judy Perkus so we can all share your special day.

Finally, we will have elections soon for our LWVMTNJ branch. More information will be forthcoming from the nominating committee.

**WARNING:** Have you received a call from Social Security or the IRS stating that your number is being used illegally? Hang up immediately. Do not talk to the creep making the call because it is phony and another way to scam you out of your ID information.

# CLASSIFIED Ad COUPON

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- ☐ The Clearbrook Courier
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☐ Check here for all seven publications

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- Other plastic items as well as plastic bags, plastic wrap, shipping film, and Styrofoam go in the household trash bin. Please, no plastic bags in the recycling bin. You can use a plastic bag to dump your recyclables, but take the plastic bag away with you. (Recycle it at the supermarket.)
- Shredded paper cannot be recycled by Waste Management with their current equipment so put it in the household trash bin.
- Aerosol cans must be empty *and* punctured before being put into the recycle bin.

## TRANSPORTATION TIDBITS

### Important phone numbers:

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

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

Middlesex County

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

St. Peter's University Hospital

On Time Transportation ..... 1-800-858-8463

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

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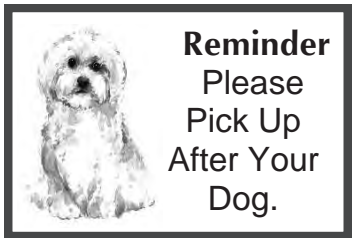
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**COMPUTERS CUSTOM BUILT & REPAIRED** - RJF Sales Company LLC.\* Time to clean your computer and get educated on protecting yourself from scams. Desktop and laptop repair in your home. I am fully vaccinated; I use a mask. Virus removal and protection.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

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**NONMEDICAL CARE-GIVER**—Call Lillian. I am a Monroe Resident with many references. (908) 208-2215.

**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.

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