



Mayor Tamburro will introduce flat municipal tax rate for 2019

Monroe Township Mayor Gerald W. Tamburro has announced plans to introduce a municipal budget with zero increase in the municipal portion of the proposed 2019 tax bill. The annual municipal budget introduction will take place at the regularly-scheduled Township Council meeting on Monday, April 1.

“Working with our Chief Financial Officer and Business Administrator, we have developed a 2019 fiscal year budget proposal that includes no increases in municipal taxes,” said the Mayor.

“Through careful fiscal planning and management, we are helping to maintain Monroe’s position as the second lowest overall effective tax rate in Middlesex County.”

Mayor Tamburro credited thoughtful negotiations and

positive changes to the municipality’s employee healthcare benefits among the contributing factors for the flat budget. “We carefully negotiated a health-care package that would provide municipal employees with competitive coverage and services while remaining fair toward the taxpayers’ bottom line,” Mayor Tamburro said.

The proposed budget maintains the previous year’s tax rate of 47.6 cents per \$100 assessed value. Approval of the Monroe Township 2019 budget is slated for the Township Council meeting on May 6, following comment from the public.



Mayor Tamburro

School election appears to fail

By Linda Bozowski and Carol De Haan

Preliminary results are in and they do not look good for passage of the March 12 special school election. We still await the mail-in and provisional ballot totals from Middlesex County, but this is what we have so far.

Of the 37,119 registered voters in Monroe Township, 30%, or 11,241 persons actually went to the polls to

cast their votes.

Of the two questions on the ballot, voters seemed a bit more accepting of the need for a new middle school, with 5,098 yes votes to 6,093 no votes.

Adding to the high school was somewhat less acceptable, with 4,880 yes votes to 6,032 no votes.

The three wards in Monroe Township are broken down into 40 local voting districts.

In only six districts did voters approve both ballot questions. Those six districts tended to be located where non-age restricted families live in homes with school age youngsters. Voters in the senior communities generally rejected both ballot questions.

As soon as Middlesex County provides the mail-in and provisional ballot totals, we will report those figures to you.

Focus on: Groups and Clubs

Activities at Rossmoor: try them, you’ll like them

By Jean Houvener

Since the February 2016 issue of the Rossmoor News, I have written articles about the numerous clubs and groups at Rossmoor. That first article was about the Art Class led by Paul Pittari. Last month’s final article was about the Korean American

group led by Soonja Nam. The articles have run more or less alphabetically with the newest groups this past year. If you missed one, you can look on the rcainj.com website to find the back issues of Rossmoor News.

All the groups and clubs welcomed me to observe

and participate in their meetings so as to give me a sense of what they do. I have found people to be uniformly friendly, and I highly recommend to anyone who has hesitated to join a group or club to give it a try. What is most apparent is that Ross-

(Continued on page 2)

Notices from The Rossmoor News

We need your photos.

Rossmoor is a big place and our staff cannot be everywhere. So, if you have photos of your group, organization, a Rossmoor event, a beautiful scene, or anything of interest, please email it to Rossmoor News – news@rcainj.com. Thank you.

Fair warning

For this April issue, several articles were submitted

after the much-publicized deadline of the 7th of the previous month. This places an unfair burden on our editorial assistant and on our proofreaders. Ultimately, it compromises our scheduled date with the printer who must keep the presses running and will not wait for latecomers.

Be warned: if you cannot meet the deadline, you might not see your article in the next issue.

Help our country and others while you help yourself

By Diane England

On Thursday, May 2, please plan to attend a program at 1:30 p.m. in the Meeting House, that will be similar to others taking place throughout our nation in honor of The National Day of Prayer.

The Catholic Society, which is hosting the event with assistance from the Jewish Congregation and the Community Church — all part of the interfaith Council — has arranged a lovely service. Sister Marie Colette Martelli, SCC, will be the guest speaker. She is a familiar face to many because she has spoken at Interfaith Council services before. Needless to say, she has always been well received. In addition, you can expect to hear some lovely music from a subset of the Rossmoor Chorus.

The National Day of Prayer was first signed into law by President Harry S. Truman in 1952. In 1988, it was voted that it should always be the first Thursday in May. And

indeed, every president since Truman has signed a National Day of Prayer proclamation. This year we’re asked to pray for our own country as well as to “Love one another.”

Of course, some might

wonder why we should gather to pray for our country when God has, for the most part, been removed from our society. Interestingly enough, science has shown that prayer changes us for the

(Continued on page 8)

Getting to know our veterans:

Navy officer’s 30-year career focused on minesweeping

By Chris Donahue

While growing up, Ray Clarke Jr. never dreamed of visiting exotic ports of call or spending days aboard a military vessel searching for mines. His experience on the water was limited to a small boat on a lake in Maine and visits to the beach.

Even when he enrolled at Villanova University (Pa.), and was accepted into the Navy’s ROTC contract program, he was not sure why he did it. Peer pressure or following in a family member’s footsteps were not factors.

“It was a spur of the moment — never been a boater,” Clarke said.

However, Clarke eventually rose through the ranks from an ensign to serve as commanding officer of the USS Lorikeet MSCO (Minesweeper Coastal, Old) 49, and the USS Meadowlark MSC 197; commander of a division of four Mine Sweeper Oceans (MSO) aboard the flagship USS Direct MSO 430; and commanding officer of a mine warfare unit in Charleston, S.C.

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at the governors' meeting



Daniel Jolly, RCAI President, opened the March Board of Governors meeting at 9:00 a.m. with the Pledge of Allegiance.

The Board of Governors approved a resolution to adopt an interim amendment of the RCAI 401(k) Savings Plan in compliance with the recent IRS guidance to clarify extending the permissible

rollover period for Plan loan offsets and special disaster-related distribution and loan rules even if all the provisions covered under the Interim Amendment do not currently apply to the Plan.

Activities

(Continued from page 1)

moor is full of people who are interesting and willing to share their talents with other residents.

If you look at the E&R centerfold in the paper, you will see the times and locations of all the different clubs and groups. I did not include write-ups for the Republican Club, Democratic Club, Community Church, Catholic Society, and Jewish Congregation, whose purposes are self-evident, but which are also well covered by articles from the organizations themselves. I also did not cover the smaller groups of cards and games, which are listed with contact information, but which, based on information I have received and what I have

seen walking through the Clubhouse, have a wonderful time.

Whether you are looking for creative outlets, such as ceramics, knitting, painting, carving, acting, or intellectual pursuits, such as book discussion, current events discussion, singing, lectures, or social dining and visiting, or sports and games, somewhere there is a club or a group for you.

During the time of my writing, groups and clubs have departed and new groups and clubs have begun as needs and interests have shifted. The long-time Rental Library has ceased to exist, with more people using the relatively new Monroe Public Library. The Kiwanis Club of Rossmoor also ceased to exist, but their work, including espe-

cially the Food Pantry, continues and the individuals involved have continued their work in the broader community. The New Jersey Club and the Sisterhood have also ceased operation because someone else did not take on the work of certain key people when they needed to retire from the scene.

Change has been a constant in the activities of Rossmoor, as people have shifted their interests. New groups include the African Heritage group, the Latino-Hispanic American group, the Downsizers, the Korean American group, and the Recipe Exchange group. Crucial to maintaining a vibrant community here is the willingness of new people to step into opportunities, as for example with the formation of the new groups and the shifting of personnel at the Community Chorus, with Janet Wilson stepping up to direct.

All the clubs and groups started with individuals coming together and deciding they would like to do some activity together. Often, they have taken an idea to E&R for help in determining interest from others in the community and for help setting up the group. Depending on objectives, they have formed a group or a club, open to any resident. Ultimately there is potential for much community involvement here at Rossmoor, and in the end what our community becomes is up to each of us.

Bits & Pieces

Sue Ortiz

It's April – time to start thinking about the garden.

And the key word is “thinking.”

I am good at many things, but gardening is near the bottom of the list. I do not have a green thumb. I can't even keep bamboo alive. I belong to the Jamesburg Garden Club. It's interesting to learn about composting, weed control, fertilizing, landscaping, and other aspects of gardening, but, for me, it's all theory.

Oh, I love fresh flowers, tomatoes, peppers, and strawberries. I like the idea of having a garden, growing flowers, and harvesting tasty fruits and veggies. I could order those giant hibiscuses from the shopping channel, take home that frilly butterfly bush from the garden center, buy some ever-bearing strawberry plants to place in a hanging basket, or pick up a handful of assorted seed packages to sow in my backyard. I love to watch the bees buzz from flower to flower and the butterflies' proboscis sucking precious nectar from the colorful blossoms.

If I have any kind of garden, it must take care of itself, for the most part.

I'll stick some tomato plants and herbs in pots on my front porch. I'll plant some pretty impatiens or begonias in the flowerbed. I will water everything daily. I will fertilize. I will pull those nasty little weeds before they start to take over the freshly dug soil. I'll sit on my porch and watch things grow. Tomatoes will ripen. Herbs will spill over the edge of their terra cotta home. Everything looks lovely. As the summer sun heats up the neighborhood, I will spend more time indoors. I'll give the cracked soil some token water before the air conditioner beckons. The weeds will compete with the vines. (Seems weeds don't need constant watering.)

I've come to the conclusion that I'm a lazy gardener. (Not

just from lack of drive, but it's hard for me to get down to the plants' level since I fell and tore my ACL.) For the past two years, I've planted succulents in the flowerbed instead of begonias. At least they don't need to be watered every day.

I do have some irises and other bulbs that seem to do well on their own, but even they are in danger. My so-called rock garden is overrun with weeds, although that's my lawn service workers' fault. After cutting my grass, they blow all the debris into the rock garden.

Oh, there is one plant I cannot kill, however hard I try. A neighbor gave me five shoots of the exotic plant, *passionflower*. It is a delicate two-toned pink beauty that has a strong, sickening sweet scent. I rooted those shoots in a bucket of water at least 15 years ago, and there is no stopping them. They grow up, down, and all around. They propagate through underground runners. There must be a network of those roots under my entire yard. For every sprout I pull out, it seems five more surface the following day! You want some? I'll pay you to take them all away.

So, yes, I am *thinking* about my garden again this year. And I *think* minimalism will win this year.

I've always dreamed of having enough money to have a beautifully landscaped yard and flower garden maintained by a master gardener. Do I hear any volunteers? (Crickets chirping...)

B&P

“What is a weed? A plant whose virtues have never been discovered.” – Ralph Waldo Emerson (American poet, 1803-1882)

“I haven't really got a green thumb, but I love gardens and their architecture.” – Hubert de Givenchy (French designer, 1927-2018)

Open RCAI Meetings in April

Thursday, April 11, 9 a.m.

Standing Committee Meetings
Maintenance Committee
Community Affairs Committee
Finance Committee

Thursday, April 18, 9 a.m.

Board of Governors Meeting

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

Please watch Channel 26 for any changes or cancellations

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



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

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

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

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2 Rossmoor Drive,
Monroe Twp., NJ 08831

E-mail:
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Arbor Day

Arbor Day will be celebrated on Friday, April 26, at 10 a.m.

Residents are invited to gather near Rossmoor's own Monroe Oak (located in back of the Administration Building) to celebrate our beautiful Rossmoor trees.

Refreshments to follow.



Getting to know our veterans

By Chris Donahue

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



Formal photo of Captain Ray Clarke, Jr.

(Continued from page 1)

Clarke was born in Jamaica, N.Y., and spent his early childhood in Hempstead, N.Y. Because his father was an executive with an insurance company, the family moved to Connecticut, back to Hempstead, to Rhode Island, and back to Hempstead. In 1947, his family moved again and he grew up in Nutley, N.J.

Clarke graduated from St. Benedict's Prep, Newark, in 1953, then began studying at Villanova. "I was so immature. I didn't know anything. I found out what leadership was all about. From freshman to senior year, it changed me a lot," Clarke said.

Clarke graduated with a Bachelor of Science degree in economics, pre-law major, and an ensign's commission in the Naval Reserve with a two-year active duty obligation.

He first served on a ship based in Key West, Fla. "It was a rough transition from carefree college guy to first lieutenant, responsible for 22 men, all exterior maintenance, and deck and anchoring gear on a 1,500-ton destroyer escort (DE)," he said.

The ship left port each morning with at least one other DE, a fleet diesel-powered submarine and sometimes a helicopter.

"The sub would submerge," Clarke said, "and we'd spend the rest of the day in search patterns using the latest sonar equipment to find that sub and conduct simulated attacks on it, using inert hedgehogs (an ahead-fired weapon with a range of about 250 yards) with green



Ray Clarke Jr. poses in his home next to a wheel presented to him for serving as Commanding Officer of the Naval Reserve Navy Base in Philadelphia.

Chris Donahue photo

dye taped to the nose of the projectile and compare the dye marker to an air bubble we'd asked the sub by Gertrude (underwater telephone) to release when we'd fired the hedgehog.

"About 4 p.m., the sub would surface and all raced back to port and the Fort Taylor officers club for pitchers of beer (\$1.75) and grilled T-bone steaks (also \$1.75). There, we would have friendly arguments with our fellow submarine and helicopter operators as to the relative effectiveness of ship vs. sub, helo vs. sub, sub vs. ship and sub vs. helo."

Early in his career, Clarke's ship went on a two-month deployment to Europe to participate in a NATO exercise. Ports of call were Portland, England, and Rouen, France. He also completed the eight-week legal officer school of military justice in Newport, R.I., and added ship's legal officer to his list of collateral duties.

In 1958, Clarke's ship was one of three destroyer escorts designated to recover the nose cones of the early Jupiter and Jupiter C space shots from Cape Canaveral, Fla., to off the coast of Puerto Rico.

After 18 months, ensign Clarke was promoted to



Captain Ray Clarke, Jr. at work

Lieutenant junior grade and became a department head in charge of the gunnery department. He also married his college sweetheart and "rock," Beverly Bowden, "the love of my life and a marriage that produced six great sons and lasted over 58 years until the Lord called her home on Dec. 14, 2017."

Clarke was released from active duty June 3, 1959.

One of the pivotal moments of his life was working for 20 years with O'Connell & Salisbury, a well-established insurance agency in New Brunswick.

"Mr. Salisbury was a great

(Continued on page 4)



Ray Clarke Jr.'s first command was the USS Lorikeet MSCO 49. – Photo courtesy of Ray Clarke Jr.

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Our Veterans

(Continued from page 3)

boss and a great man,” Clarke said. “He was a lot like my own father. He reminded all of us that we lived in the greatest country the world had ever known and that we had a responsibility to not only pay taxes but to serve our community and our country as well as our family. When I broached him about my desire to stay active in the Naval Reserve, he couldn’t have been more supportive.”

In October 1961, Clarke was a full lieutenant and anti-submarine officer on the destroyer escort Thaddeus Parker (DE369), a naval reserve ship out of Port Newark. “Our job was to take ex-active duty sailors, keep them proficient in their rating, eligible for promotion and knit them into an effective crew of a fighting ship of the line,” he said. “In the fall of 1961, rumors spread about a ship’s recall to active duty. Sure enough, in September, we were all called back to active duty for one year. In November, we were underway to Guantanamo Bay (GTMO), Cuba, for two weeks of hard-nosed refresher training.”

After the training, the ship patrolled the windward passage off the coast of Cuba. Its mission was to stop merchant traffic heading to and from Cuba, an evolution later to be named “The Cuban Missile Crisis.”

In October 1962, Clarke was released from active duty for the second time and found physically fit for duty. A navy friend had suggested he look into the wooden-hulled minesweeper Naval reserve program rather than the steel hulled destroyers in that it might be more forgiving on his bad foot.

“I knew nothing about mine warfare, but figured it was worth a shot since even mowing the lawn at home made my foot flare up,” Clarke said. “I called Lt. Commander Tom Lombard, the Commanding Officer of the ship USS Fulmar MSCO 47 based in Perth Amboy. He invited me aboard the following weekend for what I thought would be an interview. Instead, upon my arrival and

exchange of pleasantries, he pulled out a chart of New York harbor, pointed to a navigational aid near the Statue of Liberty and said, ‘Get the ship underway and anchor us in this area.’”

“I did and that began a love affair with me and minesweepers that lasted for the last 25 years of my naval career.”

As minesweeping officer, he had to train a crew to perform the “essence of minesweeping” — launch a 1,200-foot-long 15-inch diameter tail off the stern of a moving and sometimes rolling and pitching hull and launch it in such a manner that the initial 300-foot curves around 180 degrees so that the electrodes at the end are opposite the electrodes on the 900-foot tail you launch next. Then, a noisemaker is launched. After that, all but the watch secures, the equipment is activated and the ship is ready to enter the minefield at about three knots.

“You may be in that minefield for days,” said Clarke, who served aboard the Fulmar from 1962 till 1966 as mine warfare officer, operations officer and then executive officer.

In 1966, he was promoted to lieutenant commander and assigned as commanding officer of the USS Lorikeet MSCO 49 based in Jersey City. In 1968, he was reassigned as commander of the Meadowlark. Weekend drills were held off the coast of New Jersey and two-week training was conducted off the coast of Charleston, S.C.

In 1971, he was promoted to full commander and was selected as the commander of the division of four MSOs. He served in that role until 1975.

In 1979, he was promoted to captain and served as commanding officer of the reserve unit at the Philadelphia Naval Base.

In September 1982, Clarke was sent to Bahrain, an Island in the Persian Gulf. It was during the Iran-Iraq war and both countries were threatening to mine the Straits of Hormuz,



Ray Clarke Jr.'s second command was the USS Meadowlark MSC 197. – Photo courtesy of Ray Clarke Jr.

the 23-mile wide choke point connecting the Persian Gulf to the Red Sea. Clarke spent 19 days with Admiral Hy Gurney, the commander of the Middle East Frontier (now called Central Command) aboard his flagship, where he conducted research with the contractors who served the Persian Gulf. Each morning, he briefed the Admiral.

“My conclusion was it was a no-threat threat. With an average depth of 880 feet, an incoming current of 3 knots and an outgoing current of 7 knots, the only country that had the mines to effectively block the Straits of Hormuz was the U.S.” Clarke noted.

Clarke did not need a reminder of how lethal mines can be, but one occurred after that tour. The crew of an ocean-going tugboat, which was composed of men from various countries and that Clarke got to know and rely on for information, were all killed when their vessel hit a floating untethered WWII mine.

In 1985, he got his final Navy job as commanding officer of the mine warfare unit in Charleston.

On June 3, 1987, after 30 years, Clarke retired from the Navy.

In 1998, he sold his insurance agency to his son, Larry, who runs it today. He and his wife sold their home in East Brunswick and moved to Port St. Lucie Fla., where they lived for 21 years before moving to Rossmoor.

When asked what qualities make a good captain, Clarke said he wants to be respected, not liked.

“Knowledge is the key, but it helps to be a bit of a schmoozer,” he said. “You try to get the best out of what that guy has to offer and if he just isn’t capable of what you need, then you get rid of him and get somebody who can do it. That is the way I handled it and it worked well for me. I didn’t have to get rid of many people, but there were some officers, some enlisted men who didn’t have it, and you didn’t want to get them killed. It was best that they do something else.”

As for what he enjoyed most about being on the water, Clarke said, “When you go to sea you have no alternative but to leave all your shore-based lifestyle ashore. Everything revolves around the four-hour shift.

“When you get in your bunk and the ship is rolling, you get the best night’s sleep you have ever had in your life.”

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

Q: How are rules, regulations and policies made and enforced by the Mutuals and RCAI?

A: As you are aware, the community consists of three cooperative and 15 condominium associations that we call Mutuals and a master association we refer to as RCAI (Rossmoor Community Association, Inc.). Each of the cooperative associations has similar Proprietary Leases and Bylaws; the condominium associations have similar Master Deeds and Bylaws. RCAI has its own bylaws. In 2002, the RCAI board hired J. David Ramsey, Esq. to update all the governing documents for the Mutuals and RCAI. This process took many years and was finally completed in 2010. A majority of the Owners/Stockholders in each Mutual voted to accept the restated and amended documents and the RCAI Board of Governors adopted the amended bylaws. Each Association’s governing documents grant its board the authority to draft rules, regulations and policies at an open board meeting for approval by a majority of the board. Rules, regulations and policies are not voted on by the Owners/Stockholders.

In 2009, the RCAI Board of Governors adopted Rules and Regulations pertaining to the common facilities. They have been amended a couple of times and are due to be revised again.

The Mutual associations have also adopted very similar Rules and Regulations pertaining to the Mutuals. They, too, have been amended a couple of times over the years. If you need a copy of either or both sets of rules, please contact Administration and we will make them available to you.

Rules and regulations need to be reasonable, enforceable, and not in conflict with the governing documents (master deed, bylaws, and/or proprietary lease). Typically, if there is a violation, a friendly telephone call is made to the violator first, followed by a letter giving the resident a reasonable amount of time to correct the violation. If the violation is not corrected there are steps to be followed and the violator is entitled to a hearing with the Judicial Committee and/or mediation before a daily fine may be imposed. If there is a violation, 99% of the time it is due to the lack of knowledge about a specific rule, and most residents correct the violation and abide by the rules once

they are informed of the problem.

RCAI policies such as the Pool Rules, Snow Removal Procedures, and use of the common facilities, etc., are drafted and adopted by the RCAI Board of Governors. Once a rule, regulation, or policy is adopted, it is the job of the staff to implement policies adopted by the Board of Governors and follow through on them. When a staff member is asked about a certain policy, he or she can only quote and follow the policy. We all know things are not always precise; there are gray areas that may not have been discussed or addressed by the board. If a resident does not accept a rule and would like it altered or amended, that person would need to pursue it

with the board. Only the RCAI Board of Governors may consider an alternative or change to a rule or policy that pertains to RCAI, and only the Mutual boards can make changes to the Mutual rules or policies.

Additional rules, regulations and policies are made to address new or different situations. If you really think about it, the rules, regulations and policies are works in progress: ever changing and evolving as laws and circumstances change.

Q: How is a judicial hearing different from mediation?

A: As mentioned above, when there is a violation that is not corrected, the violator is entitled to a judicial hearing and/or mediation. RCAI has established

a Judicial Committee and many of the Mutuals have delegated that function to RCAI for the rare occasion when a violation continues. The Committee is composed of a chair and four members. The chair and two other members who are disinterested and neutral on the matter at hand would be in attendance at the hearing.

A judicial hearing is intended to establish whether or not the violator is innocent or guilty of a violation. The hearing is designed to allow the facts and the supporting rule or regulation regarding the violation to be presented by the Mutual board or the General Manager to the Committee in the presence of the violator. Witnesses are also asked to testify regarding the violation. The Committee and the violator are given an opportunity to cross examine the presenter and each witness.

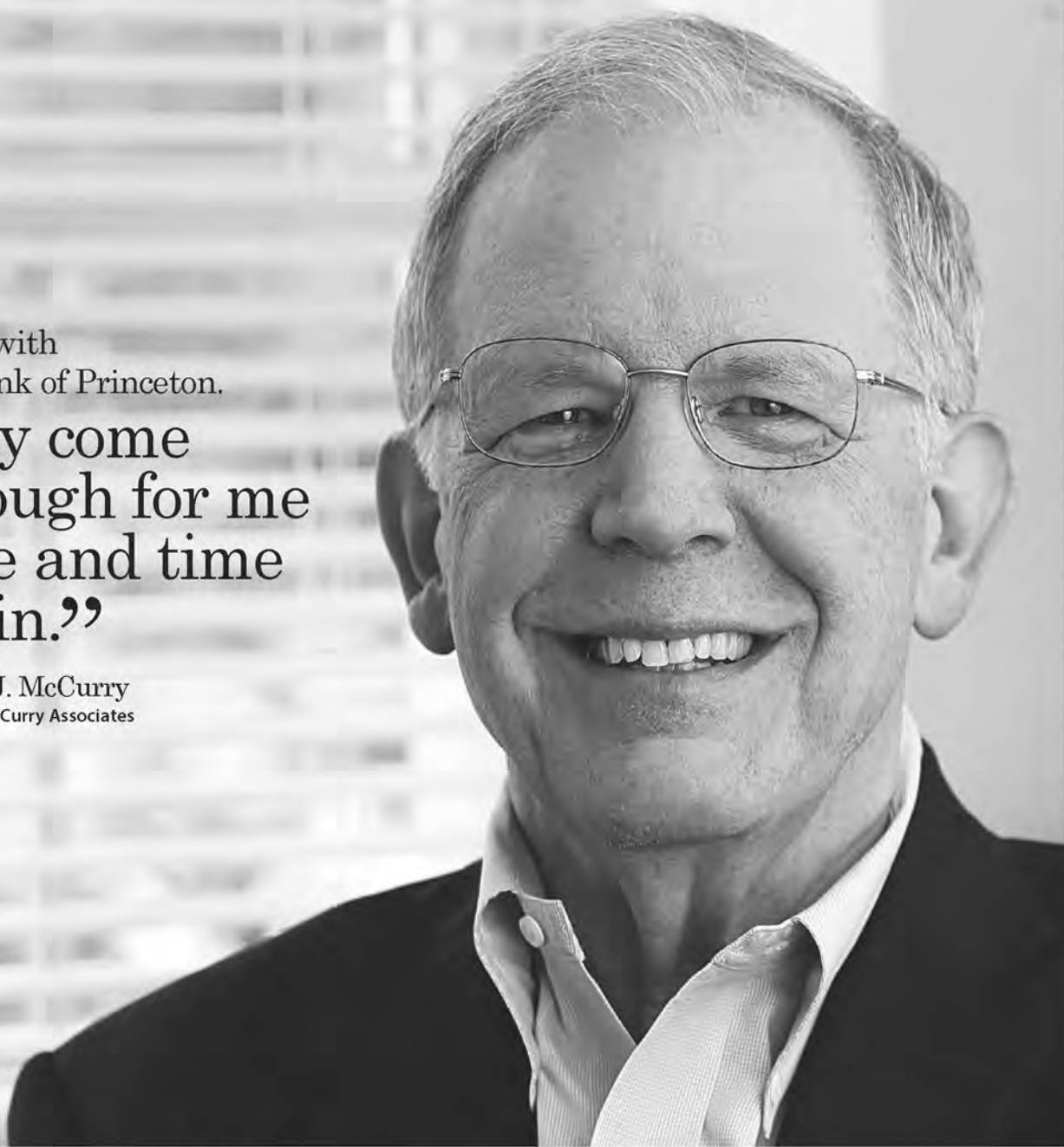
At the conclusion of the hearing, the Judicial Committee will conduct delibera-

tions in closed session and a decision is made by a majority of the hearing panel. The decision must be in writing, issued within 45 days of the hearing, and sets forth the findings of the facts, conclusions concerning guilt or innocence of the violator and sanctions, if any, to be imposed.

On the other hand, mediation is designed to explore whether or not a violation or dispute may be resolved by the parties involved by looking at the facts, and everyone accepting a reasonable resolution to the problem. It is important for participants to have an open mind and be willing to give and take in order to reach a realistic conclusion. They must be levelheaded, sensible, and willing to negotiate. Even in a violation, it might be in the best interest of the Mutual and the violator, for example, to allow additional time to correct the violation or possibly investigate a logical alternative to the problem.

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From the Mayor

By Gerald W. Tamburro, Mayor of Monroe Township

Celebrating 30 years of excellence at the Monroe Township Library

The Monroe Township library began with humble roots on a card table in the lower level of the municipal building on Oct. 17, 1988. Library Director, Irene Goldberg took charge of stocking and staffing the library which officially opened to the public on April 1, 1989. In those early days, Irene ran the library with the help of Councilman Irwin Nalitt, his wife Helen, and Leah Wagner, currently the library's deputy director.

Through hard work, determination and unwavering passion on the part of many administrators and staff, the library has grown into a premier facility, not only in Monroe but throughout the County and State. Thirty years later, the library serves nearly 1,500 patrons daily, provides a variety of classes and services for all ages and offers a circulating collection of materials in more than 13 languages.

On Jan. 15, the Library Board of Trustees elected its executive board officers. As if written in one of the library's hundreds of history

books, Lois Nalitt Kane was unanimously chosen and will carry on her father's legacy as Library Board president. Dr. Lillian Augustine was elected vice president; Prena Shah, secretary, and Robert Isaacs, treasurer. I would like to congratulate all Board executives and thank them for their dedication to the library.

Also, in January, Irene planted a time capsule containing items that illustrate the library's transformation through the years. This ceremony kicked off a year of commemorative events that include a 1989 themed movie review in January, a 1989 trivia day in February and a birthday celebration scheduled for April 1.

It couldn't be more appropriate for Irene to place the time capsule in the ground since she has been a dynamic leader for the library since its inception. That is why it is with heavy heart that I share the news of Irene's impending retirement.

Irene's ideas, insights and innovations are woven into the fabric of our beloved library and will benefit visitors

for many, many years to come. We are truly grateful to Irene for all that she has done in service to the Monroe Township Library and the municipality as a whole. We wish Irene all the best in her retirement and hope she enjoys spending time with her grandchildren.

I also would like to recognize Deputy Director Leah Wagner who helped launch the fledgling library and is credited with arranging the first children's area. Leah has accepted roles of increasing responsibility at the Monroe Township library and currently serves as president of the New Jersey Library Association. Thank you, Leah, for all of your hard work and dedication over the past three decades.

Please mark your calendar and join us for the library's upcoming 30th anniversary events. Congratulations to everyone involved in making the Monroe Township Library a true success story. I am proud of our 30-year history and look forward to what the future will bring.

Monroe Township Fire District #3 election results

By Fire Commissioner Joe Haff

These results from the Feb. 16 fire election are compiled from the four voting locations:

Fire Budget	Yes	No
Rossmoor	54	6
Regency	49	9
Greenbrier	17	3
Firehouse	5	6
Absentee	211	180
Totals	336	204

Voters approved the budget for fiscal 2019. They also approved plans to finance the purchase of a much-needed, new fire truck to replace the aging truck now being used.

Jim Fisher, from Regency, the incumbent running for Fire Commissioner, was re-elected with 370 yes votes.

The large number of absentee/mail-in votes this year came about because the Middlesex County Election Board made a mass mailing to everyone who voted by mail in last fall's election. All those who used mail-in ballots last fall received another mail-in ballot for this February 2019 election. Middlesex County sent out over 2200 mail-in ballots in District #3 alone.

Usually, the fire election gets only about 2% of Rossmoor residents to the polls. That has not been all bad, because the voters who do participate are usually sufficiently well-informed as to what it costs to run an efficient fire department, and they have passed the budget.

This year, we saw 184 no votes, indicating to me that these people decided it was too much money to run a fire department. Little did they understand the consequences of a defeated budget. Seventy percent of the budget covers salaries, pension allocations, and health insurance benefits for our personnel. Fifteen percent goes toward bond payments and capital improvements. The balance covers everyday expenses such as fuel, payments to the Monroe water department, and general operating expenses.

Seven or eight years ago, the budget was defeated. We had to go to the Monroe Council, which ended up slashing a considerable amount from needed funds. There was little we could do. We eliminated a cleaning force and a lawn service and added that work to what the firemen were obliged to do. We put a freeze on salaries; the commissioners took a 20% cut in their salaries. Funds usually allocated for future acquisitions were eliminated. After all that, it still looked as if we would have to cut some firemen

(Continued on page 7)



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Jim McIntire, of Mutual 12, is surrounded by his family last month as he was presented a handmade patriotic quilt from the organization Quilts of Valor. Jim received the Quilt of Valor in honor of his service as a Marine during the Korean War.

Quilt of Honor presented to Jim McIntire

By Teri McIntire

Jim McIntire, of Mutual 12, is surrounded by his family, as he was presented a handmade patriotic quilt from the organization Quilts of Valor last month. Jim received the Quilt of Valor in honor of his service as a marine during the Korean War.

A national organization, the mission of the Quilts of Valor Foundation is to cover service members and veter-

ans touched by war with comforting and healing Quilts of Valor. They are awarded as a way to say "thank you for your service, sacrifice, and valor" in serving our nation. Each quilt presented to a veteran is handmade by longarm quilting volunteers.

For more information about Quilts of Valor; or, to request a quilt be made for a veteran, please visit www.qovf.org

Fire District #3

(Continued from page 6)

from the force. This meant three men on a call, not the necessary four. Fortunately, we came up with additional savings to retain the present staff.

It has taken us up to this year to be able to make any capital improvements. This year we finally managed to purchase a new firetruck (\$1,100,000.) to replace the more than 20-year old firetruck now in use. We will also construct a new firehouse (\$4,400,000.) to replace the obsolete one we now use. We are doing all this with a fire tax increase of less than one cent per hundred dollars of evaluation. We made this possible by waiting for our past bond issue to be paid off before we apply for a new bond.

I hope this will clear up any misconceptions as to why the fire budget is what it is.

We run the district with as much fiscal responsibility as possible. What we need for a more economically effective fire service in Monroe is either consolidation, or redistricting.

Consolidation of our three districts has been impossible because of opposition from the other two districts.

Redistricting should be the solution. District #3 (Rossmoor, Regency, Greenbriar, and firehouse) is located across the center of Monroe Township, where not much construction is being done. This means not much in the way of increased tax rates are being added to our budget. In District #1, (to our north) property owners pay half of what we pay because they have only two paid firemen. In District #2, (to our south) property owners pay about 60% of what we pay. Redistricting could solve this inequity.

Mailing Addresses

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

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A musical gift from the Chorus

By Carol De Haan

On the evening of Feb. 15, following a free open invitation offered to our whole community, several hundred residents were treated to a memorable piano recital in the Meeting House. We were guests of the Rossmoor Chorus and we enjoyed about two hours of wonderful piano music provided by handsome young Kevin Gunia, the Chorus's retiring accompanist.

Gunia played a wide assortment of works from 11 composers, some of them modern, some classic, some American and some from other cultures.

He began with American composer Meredith Monk (1981), went on to Scarlatti's "Folia" (1723), and then six

songs from "Southland" by Harry T. Burleigh (1910) with African-American themes.

Two songs from George Gershwin were familiar to many of us.

Of particular note were three pieces by Mozart, the first written when he was merely seven or eight years old. The other two compositions illustrated his development as an artist.

Gunia played a musical portrait by Busoni (1916); then "Spoon River" by Grainger which derived from a melody played by old-time fiddlers.

When it came to American avant-garde composer, Milton Babbitt's "Semi-Simple Variations," a bit of explanation was needed. Gunia played, then took to the microphone to explain what it was all about. He played it a second time, so we understood this unusual piece.

Gunia played his own "Children's Portrait Album," derived from his experiences with little kids when he was a camp counselor at a summer arts program.

The modern Japanese composer, Mayumi Kato gave Gunia permission to play two of her piano compo-

sitions. He ended his recital with one of Franz Liszt's beautiful Hungarian Rhapsodies and the standing ovation went on for a long while.

It was a rewarding evening for all of us.

Gunia is about to graduate from Rutgers' Mason Gross School of the Arts in New Brunswick. His performance at Rossmoor was a prelude to his senior recital at Rutgers in March. As if his studies were not enough to keep him occupied, Gunia has served as accompanist to our Chorus since 2015, while playing the organ for our Community Church and serving as guest organist for a church in Princeton. He has been a finalist and has won awards in student competitions, and worked with student performing groups.

Gunia's piano teacher, Karina Bruk, assured a few of us that Gunia will not go looking for a mundane "job" after graduation. She is pretty sure he will continue his piano studies, probably in Europe.

We can say nothing but Godspeed to this gracious, many talented young man. The world will surely hear more from him in the years to come.

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(Continued from page 1)

better. For example, our bodies exhibit a relaxation response to prayer. It could also be said that prayer keeps many people from getting stuck in the fight, flight, or freeze mode.

Prayer doesn't just result in short-term changes. Magnetic resonance imaging (MRI) has shown that physiological changes occur in the brains of those who pray regularly. In fact, such individuals tend to have a thicker cerebral cortex, associated with lesser degrees of depression and anxiety.

Sadly, recent studies sug-

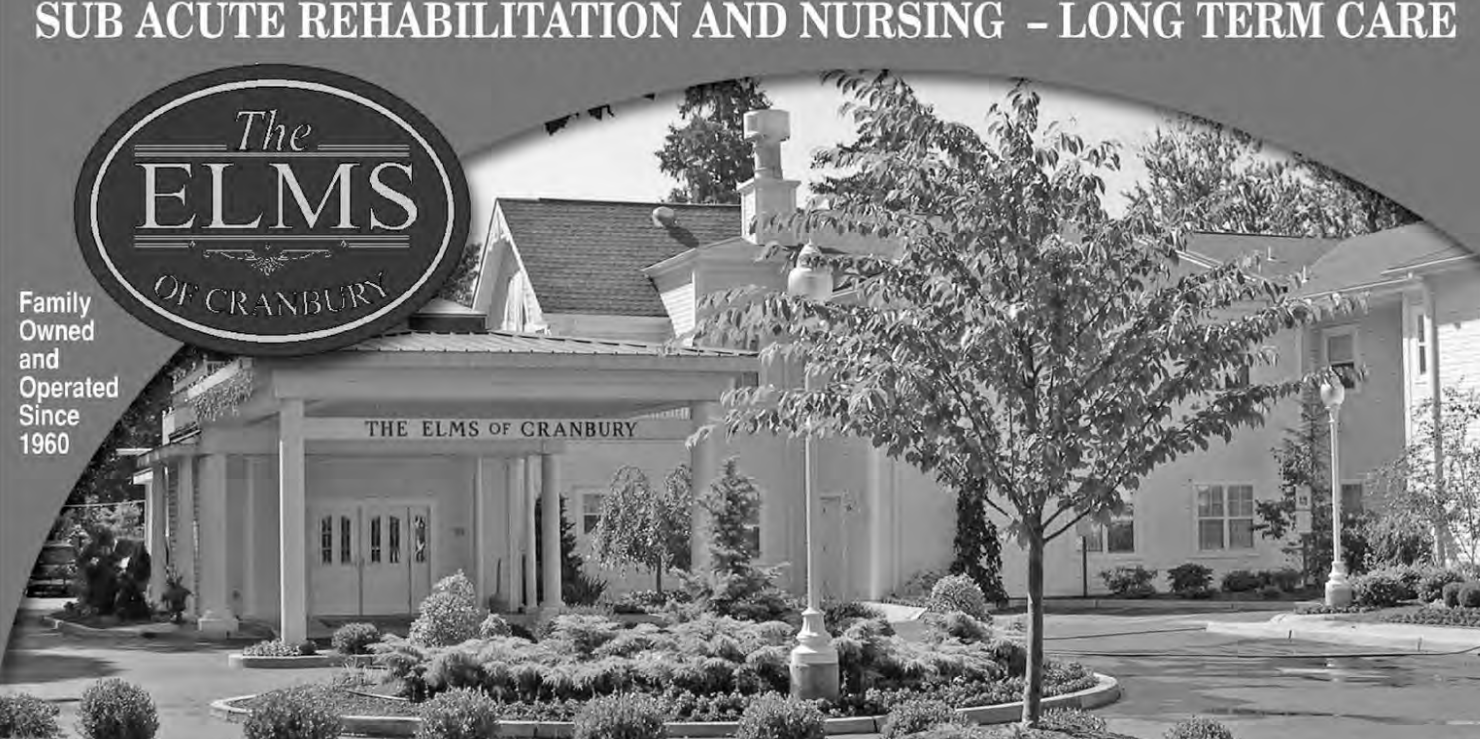
gest that technological developments such as social media have not enhanced the well-being of our citizens but have resulted in some individuals, and particularly our younger people, becoming more depressed and anxious than ever. So, while perhaps those most in need of being changed by prayer will be in school and unable to join us for this special service, you can come and pray for those in our nation who are in despair. We also hope that you'll come and pray for our leaders — whether they're serving at a local, state, or nation level — and perhaps ask that God grant them the wisdom to act with integrity.

Certainly, let's also pray that instead of seeing people who do not look like us as different, we focus on their humanity and, in doing so, come to appreciate our similarities. This will make it easier to love one another, don't you imagine?

So, I hope to see you at this event, which we hope may benefit our country, and others, but perhaps ourselves as well.

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The Sharing Network and its mission

By Linda Bozowski

As of March 4, there are 113,668 persons awaiting organ transplants. This data does not include patients who need skin and other tissues including tendons, corneas, bone elements or veins. Of those needing transplants, more than 74,000 are on the active waiting list of UNOS, the national organ sharing registry. Yet, through March 4, only 3,182 transplants have been performed throughout the country. Among the most needed organs are kidneys, livers, hearts, and lungs. The potential recipients range in age from infancy through their eighties. How can we help address this significant issue?

The New Jersey Sharing Network is one of the national networks of non-profit local organ procurement organizations that coordinate with the federally-regulated UNOS registry to identify potential donors and recipients of organs and other life-prolonging body tissues. Established in 1987 following the merger of the three New Jersey procurement agencies, the Sharing Network is a 24/7/365 agency coordinating with hospitals and transplant centers to ensure the safe recovery or transplantation of organs from living and deceased donors to recipients on organ waiting lists. Education is an important component of its mission, and this element is offered in high schools, colleges and nursing and medical schools. The increased registration of po-

tential donors is a vital task of this agency. Community education regarding the process and allaying concerns has helped reach many who have signed up as donors.

Signing up as a donor is an easy process. The Department of Motor Vehicles has a check-off box on the drivers' license form. A sign-up form is available online if a search is made for organ donation. Many hospitals include potential organ donation as a question in their admission processes. That someone has signed up as a donor does not guarantee that a donation will be made. A living donation can be offered for such organs as one kidney or lung or portions of the liver, pancreas or intestine. Post-mortem donations can include one or both kidneys or lungs, the heart, pancreas or intestines. Corneas, skin, and other tissues may also be harvested and stored for future use by patients in need.

Depending on the organs removed, further medical testing is completed to ensure that matching to recipients is safely accomplished. Blood type, body size, length of time on the recipient waiting list, and urgency of the recipient's condition are all factors in determining who the recipients may be. Organs and tissues are distributed to persons with the closest geographic areas first but if no immediate need exists, the organs may be used for patients who are farther away. Great care must be taken to ensure that the

organ is properly handled and transported.

With the exception of persons suffering from HIV or active cancers, virtually anyone can be a potential organ donor, even those with other illnesses or health conditions. A medical evaluation will determine what body parts may be safely provided to a potential recipient. Although unhealthy organs may not be suitable for donation, tissues including corneas, skin or blood and platelets may be recovered and stored for future usage. The oldest known donor was aged 93. Age is not a factor.

Sadly, the ratios of donors to recipients varies greatly by age. Nationally through Jan. 31, 64% of recipients were older than age 50, yet only 37% of donors were over that age threshold. While it is understandable that our health needs change as we age, we still have the potential to offer better health to others through donation of organs and body tissue.

The donation process is handled respectfully with minimal delay to release of the body of the decedent. Funeral and burial plans may proceed according to the wishes of the family following the donation. While the family may not be informed of the identity of the recipients, an acknowledgement is made of any donations made by any agencies whose patients have benefited.

More information is available by searching the various websites including One Legacy, The Sharing Network, UNOS, and others.

Bob's Almanac

By Bob Huber

Fair warning! Somewhere, within this publication, our conniving Editorial Board may have conspired to play a practical joke on you. It's an April 1 tradition, which goes back many years in the Rossmoor News; however, not nearly so long as the tradition itself.

Some historians believe the practice of having some sort of practical joke day can be traced all the way back to the fifth century A.D. in the Middle East. Practically every culture has some sort of All Fools Day, though not necessarily on April 1.

There's another indignity to be dealt with in April: mud. A friend, who lived in the outlying areas of Maine, always referred to April as "Mud Month." Frost, which penetrates deep into the ground over the winter, begins to thaw, leaving a sticky mess that you can sink in up to your knees. My friend once proposed that the entire population of Maine be transported to the Bahamas for the month of

April at the state's expense. When someone pointed out that this proposal was totally impractical, my friend gathered up his family and went to the Bahamas anyway. His plan to bill the state of Maine for the entire trip was rejected.

Actually, there's no need to be "stick-in-the-mud" during April. There are many special observances throughout the month to attract your attention, such as: Grilled Cheese Month, Irritable Bowel Syndrome Month, Jazz Appreciation Month, Frog Month, and Bat Appreciation Week. For the more serious minded there's National Autism Awareness Month, Cancer Control Month, Confederate History Month, Global Child Nutrition Month, and many other worthy causes.

On the religious side: Passover begins on Friday, April 19, and Easter occurs on Sunday, April 21.

April is also the birth month for many of the famous and the infamous. A short list includes the following:

American author and historian, Washington Irving (April 3, 1783).

Corrupt New York politician, William "Boss" Tweed (April 3, 1823).

African-American educator, Booker T. Washington (April 5, 1856).

Buddha, (April 8, 563 B.C. – celebrated).

African-American singer and activist, Paul Robeson (April 9, 1898).

Thomas Jefferson (April 13, 1743).

London born comedian, Charlie Chaplin (April 16, 1889).

Adolph Hitler, (April 20, 1889).

William Shakespeare, (April 23, 1564).

Inventor of the telegraph, Samuel F. B. Morse (April 27, 1791).

There's an old popular song that goes "When April showers come your way, they bring the flowers that bloom in May." The lyrics fail to mention that April showers also bring May tree pollen.

Have a happy April.

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Elizabeth Freeman sued for her freedom

By Jean Houvener

The month of April is Black Women's History Month. Being disadvantaged first as black people and second as women, black women have been unrecognized in the history of the United States, but in recent years are more widely recognized for their accomplishments and contributions to the nation.

Elizabeth Freeman, known as Bet and later MumBet was born as a slave, around 1744, on a farm in Claverack, N.Y., owned by Pieter Hogeboom. When Hogeboom's daughter Hannah married John Ashley of Shef-

field, Mass., he gave the young girl to his daughter. She remained with the Ashleys until 1781, during which time she apparently married and had a child, Little Bet. Her husband never returned from the Revolutionary War.

Always a strong and independent person, when another slave, possibly her daughter, was being chastised by Hannah Ashley, who picked up a hot shovel from the fireplace to hit the girl, Elizabeth stepped in to block the blow, receiving a burn for her efforts. She said that she refused to cover the wound and when visitors would ask what had happened, she replied, "Ask missus," causing Hannah embarrassment in front of her friends.

John Ashley was active in the revolutionary movement and also in the creation of Massachusetts State Constitution in 1780, the oldest such currently active constitution in the world. MumBet may have been illiterate, but she was smart, and as she listened to the reading and discussion of the constitution around the Ashley's dining room table, she realized that it should also apply to her. Of particular interest was the first article, developed by John Adams:

"Article I. All men are born free and equal, and have certain natural, essential, and unalienable rights; among which may be reckoned the right of enjoying and defending their lives and liberties; that of acquiring, possessing, and protecting property; in fine, that of seek-

ing and obtaining their safety and happiness."

MumBet's reasoning was that this should apply to her as well as to the people sitting around that table. She found a sympathetic lawyer in Theodore Sedgwick, a young abolitionist, who was probably looking for just such a case. According to the account of Catherine Sedgwick, Theodore's daughter, she told him "I heard that paper read yesterday, that says, all men are created equal, and that every man has a right to freedom. I'm not a dumb critter; won't the law give me my freedom?"

In 1781 her case, joined with the suit of another of Ashley's slaves, *Brom and Bett v. Ashley*, was tried in the County Court of Common Pleas. Sedgwick enlisted the help of Tapping Reeve, who had founded the Litchfield Law School, one of the oldest in the country. The two of them successfully argued that the 1780 Constitution effectively eliminated slavery in the state of Massachusetts. The court agreed and MumBet was freed. She officially took the name Elizabeth Freeman at that time.

While the Ashleys pleaded with her to return as a paid servant, she refused and instead worked for the Sedgwicks until she had amassed enough money to buy her own house for herself and her daughter. She was known as a skilled nurse and midwife. When she died in December of 1829, she was buried in the Sedgwick family plot.

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King Geddes is upon his throne

By Dierdre Thomson

I have been clearing out some more books, papers, etc., from my college and seminary school days. I ran across some free writing exercises that I did in preparation for writing some short papers for various classes. I came across one that was typical at that time. It was about my cat Geddes. It brought back fond memories, so here it is:

I am sitting here typing and "King" Geddes is sitting upon his throne (the top of my paper holder). He thinks that I need him as close as possible while I do my writing assignments - in fact, when I do any assignment or any type of work on the computer.

Geddes and I have differences of opinion. He thinks that my papers need a little scalloping on the edges, courtesy of his teeth. I do not. Geddes thinks that my table desk must always be clear of any type of writing utensil, paper clips, or small pieces of paper, etc. I do not. For quite a while Geddes thought that I needed his tail switching back and forth across my computer keys as I tried to type a sermon or a school assignment. I definitely did not. Finally, we reached an agreement. It took a few days of coaxing on my part, and then a few days of my totally

ignoring him, and then Geddes suddenly decided that the top of my paper holder would be a perfect place from which he could survey his empire.

Geddes entered my world on July 5, 2006. I had returned home from an unexpected overnight stay at the hospital and was resting in the TV room. I had tripped on a step and made a nearly one-point landing on my nose. After the plastic surgeon sewed the tip of my nose back on, he stated that it was the worst he had worked on. He was not even sure if it would take - that is, heal properly. Fortunately, it did.

So I am home sitting in my chair and I hear what sounds like a kitten. I get up and slowly make my way to the front door reaching it just as my son was coming up the walk. I asked him, "Does that sound like what I think it does?" He replied, "Sounds like it." He got out the cat carrier and put some food in it and left it as close as he could get to the kitten. Within minutes the kitten was gobbling the food.

The kitten appeared to be about five or six weeks old. It was very skittish and afraid of noises. My granddaughter took care of the kitten until I felt

(Continued on page 11)

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Sometimes you have to look back

By Myra Danon

I have a theory, absent any statistics to support it, that 95% of all the drivers who tailgate are neurosurgeons speeding to the operating room to save a life, or EMTs heading toward emergency situations to save multiple lives. The other 5% may just be drivers who habitually oversleep and need to make up some extra time.

As absurd as this scenario is, the reality is that more than hundreds of thousands of people are seriously injured by drivers who zoom up on them and sit on their bumper. Too many die from accidents caused by tailgating; one death is too many.

King Geddes

(Continued from page 10)

a bit better and could take care of him myself. We spent some time trying to come up with a name, but all of them were common ones you hear all the time. I finally said that we needed a name with character, something like my husband's grandmother's maiden name -- Geddes. And, since he was a reddish tiger, and my husband was first generation American of Scottish ancestry, Geddes it was.

Fortunately, "King" Geddes allowed me to be part of his realm for many years. Now he is allowing my great-grandson to serve him.

I'm one of those drivers who notes speed limits, follows them and drives on the right. As a glance in my rear-view mirror too often warns me, I've got a menace on my back. All this driver has to do is pass me, but that wouldn't satisfy the need to intimidate. Some of them get so frustrated when I don't speed up to accommodate them that they flash their lights and flare their nostrils. Yes, I can see the pulsating flaring as they inch up closer to my bumper. When I slow down gradually and the offender doesn't, I pull over if there is ample space to do so. As I resume my driving, I note that we almost always end up at the same red light although I might be a nano-second behind. I know that people like this will continue this behavior that is rude and unlawful, and at worst, fraught with danger.

A 3,000-or-more pound vehicle is a weapon; larger cars like SUVs weigh more, so it is not surprising that these heavier vehicles are involved in tailgating accidents twice as often as mid-sized cars. Clearly, we cannot blame the heft of the car for irresponsible driving. I remember an old saying: *it's not the car that did the damage; it's the nut behind the wheel.*

Some motorists have developed strategies to protect themselves from dangerous

drivers; they slam on their brakes or they tap them on and off. These tactics have been shown to be dangerous and should not be used. A safer action is to slowly and gradually slow down, or to move out of traffic if it is safe to do so, according to safety experts.

Statistics can be pretty revealing. According to one study, of the two million rear-end collisions, 4% are in the 20 to 30-year-old age group; 60% are between 25 and 44 years old, and many are over 55. The gender numbers are not surprising to me based on my own observations: 79% are men and 18% are women. Just sayin'...

We all know how much space there should be between cars, in feet, in yards, and in football field distances, for obvious reasons. The U.S. Department of Safety has formulas in place with all recommended numbers based on various driving conditions, including rain, snow, country roads, city roads, daytime, nighttime, etc. Unfortunately, there are no published recommendations, as far as I have seen, for common sense, courtesy, and minimal observance of civic responsibilities.

People who tailgate do not and should not be permitted to believe they have the right of way unless they are part of the group that is described in the first sentence of this article.

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— Peter DeFazio, D.M.D.

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Sticking with the fundamentals

When financial advisors explain the reasons to invest in, or not invest in, particular stocks, they often refer to the "fundamentals" of the companies in question. Media pundits also may cite "fundamentals" in their stock prognostications. And corporate officers may brag about their companies' "fundamentals."

But what does it all mean? They're generally referring to fundamental analysis, a traditional school of thought in looking at companies' basic numbers as a way to evaluate profitability.

Unlike technical analysis of a company, which focuses on the recent trading and pricing history of the company's stock, fundamental analysis paints a broad picture of a company. This process identifies the fundamental value of the shares and leads to decisions to buy or sell the stock.

With technical analysis, you're trying to spot patterns that will help predict whether the fortunes of a company will rise or fall. In contrast, fundamental analysis involves profit margins, management decisions, growth potential, balance sheets, a company's role in a specific industry or sector, and political and other events, domestically and globally, that might affect its performance.

But fundamental analysis isn't limited to figuring out which stocks to buy and when to buy them. It is also about analyzing the timing of possible sales or purchases. For example, when the stock market is booming, as it was at the start of 2017, investors are quick to jump on the bandwagon, while during times of stock market decline, the same investors often flee in a panic. That's what happened in 2008 and 2009, when the economy contracted and share prices fell by more than half. Of course, there are times when it makes sense to sell stocks, but it is best not to base such decisions on fear.

A better idea is to take a closer look at the fundamentals. In doing so, you might ask—and get answers to—these questions after a market decline has pushed down the price of a particular holding:

- Is the business model still solid?
- Have profit margins remained consistent?
- Is the company financially sound?
- Is the company likely to thrive over time?

If the answers are "yes," you may be well-served to retain your shares in the company for the long term. However, if the firm appears to be heading in the wrong direction, has shrinking profit margins, and sports a business model that is out of

touch with changes in the industry, you probably should sell sooner rather than later.

Of course, you don't have to pour through financial reports and other documents to guide your decisions. If you invest in mutual funds, their professional managers are doing this work for you, analyzing company fundamentals to help them decide what to buy or sell to maximize their funds' performance. And we routinely help clients investigate stock fundamentals as they shape their portfolios.

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

tive of Kingsview Asset Management.

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

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They saved a dog from icy death

By Carol De Haan

It happened in Estonia, that sweet little country far up into the Baltic Sea near the border with Russia and St. Petersburg. Estonia has several large cities, but much of its land is devoted to vast, ancient woodlands and to farms here and there across the countryside. Its winters are perilously cold.

Last winter, three workmen driving through a wooded area saw a mostly frozen lake with much distant splashing by a large dog that had apparently fallen through the ice into the dangerously cold water.

One of the men tied a rope around his waist and ventured out to rescue the pooch from certain death. Partway out the ice broke. The man sank into the freezing water, but managed to continue wading until he had both arms around the unfortunate creature. Using the rope, he pulled himself and the nearly unconscious dog back to their truck.

While he changed into dry clothing, the other two men worked on the dog. They wrapped it in blankets and scrubbed hard on its fur to dispel the icy water. They massaged its ears to prevent them from freezing. They pummeled its torso and worked its legs to get circulation going. Eventually, the dog began to breathe, open its eyes, and show signs of coming back to life.

Now, what to do?

In the vicinity they saw no farm that might have been home to the dog, so the men headed to the nearest animal rescue facility, hoping to locate its owner. While one of them drove the truck, the other two sat in the heated cab with the weary, subdued canine. As if in appreciation, the dog laid its head across the legs of its rescuer. When that man needed to move his legs to restore circulation, the dog politely raised its head and waited for the signal to relax again. This was clearly a well-raised, considerate dog.

At the animal rescue building, the veterinarian folded back the blanket to look at

the dog. "Good grief," he hollered, (in Estonian, of course.) "That is not a dog," he shouted. "That is a wolf!"

Oh.

The three workmen looked at each other, one of them still clutching the wolf in its blanket. What to do now?

The wolf patiently submitted to a medical examination. "This is a healthy young male," said the vet, "undoubtedly born the previous spring."

After the wolf seemed fully recovered and eagerly devoured a bowl of dog food, the workmen drove back and released it in the vicinity where they had picked it up, knowing that it would reunite with its wolfpack family.

Would it ever remember its exciting venture into the world of human beings?

From wolf to dog

How did the independent, intensely pack-oriented, furious-fighting wolf morph into the pet dog that is our best forever friend, who loves us, defends us even unto death, puts up with our bad moods, occasional neglect, and unfailingly wags its tail when we come home?

There are a couple of theories.

The first theory holds that our cave dwelling ancestors must have sat around an evening camp fire, roasting meat from the day's hunt, that they probably tossed bones and other scraps into the nearby bushes, where wolves gobbled up the leftovers. Perhaps a cave man acquired a wolf pup and raised it. Eventually, that wolf became tame and joined its human family, beginning the transition to becoming a devoted family dog. It might have happened that way.

The latest theory, however, suggests that interspecies friendship was the method, that some wolves simply chose to become our friends.

- We know that Koko, the gorilla, loved cats. She was a gentle "mother" to a succession of kittens.
- We've seen pictures of mother dogs that adopted and nursed orphaned

(Continued on page 14)

Rossmoor Clubhouse News

April 2019

AN EVENING WITH *Bob Denson*

Wednesday, April 24
7PM—8:30PM Ballroom \$7pp

Join us for an evening of guitar and vocals as Bob Denson gives Rossmoor a high-energy, enjoyable performance.

Guests are encouraged to bring snacks and beverages of their choosing. We only ask that you sit back and enjoy the show!

On Sale Tuesday, April 2

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Open daily, 8am - 10pm

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

ON SALE – NOW & UPCOMING

EVENTS

AARP SAFE DRIVING CLASS

Monday, April 29 at 8:30am, Gallery

Members—\$15, Non-members—\$20. Checks payable to AARP.

AN EVENING WITH BOB DENSON

Wednesday, April 24 at 7:00pm, Ballroom—\$7

Guitar and vocal performance. BYO refreshments and snacks.

ON SALE APRIL 2

BEATLES TRIBUTE SHOW by Maggie Worsdale

Thursday, September 12th at 7:00pm, Ballroom—\$10

ON SALE APRIL 23

TRUNK SALE & SHREDDING PARTY

Saturday, June 1st, 9:00am to Noon—Clubhouse Lot

\$5 per car / One car per manor

ON SALE APRIL 25

EXCURSIONS

RESORTS ATLANTIC CITY - SOLD OUT

Tuesday, March 26, \$25pp

"KISS ME KATE" - SOLD OUT

Wednesday, April 10 at 2PM, \$136pp

"THE CHER SHOW" - SOLD OUT

Wednesday, April 17 at 2PM, \$119pp

ALVIN AILEY DANCE CO. at NJPAC—SOLD OUT

Saturday, May 11 at 11PM, \$110pp

RIVER LADY LUNCH CRUISE & SMITHVILLE VILLAGE

Thursday, August 22, \$90pp

ON SALE NOW—Meal selection required at sign-up

"OVER THE RIVER" AT HUNTERDON HILLS

Tuesday, June 4, \$103

Includes bus, gratuity, sit down lunch and show.

ON SALE APRIL 4

"TO KILL A MOCKINGBIRD" - SOLD OUT

Wednesday, June 12, \$155pp - 1PM Show

ON SALE TUESDAY, APRIL 30

"A Star is Born" Movie Luncheon

Starring Bradley Cooper & Lady Gaga

Sunday, June 9

\$15 pp 12:30PM Ballroom

Assorted sandwiches, salads, chips and dessert.

A musician helps a young signer find fame as age and alcoholism send his career into a downward spiral.



2019 Pool Season: Rule & Regulation Updates

Photo Identification Cards

Upon entering the pool area, all residents must register and present their Rossmoor photo ID. Photo IDs are nontransferable and expire annually. IDs will be created and distributed by E&R. Watch Channel 26 for more information and when you are able to have your picture taken.

Guests of the Rossmoor Pool

Pool passes are required Friday-Sunday.

\$15.00—Guests over 15 years old

\$2.00—children between 4 and 15 years old

CULTURAL

AFRICAN HERITAGE GROUP
Saturday, April 6, 3:00pm, Gallery

AVIATION GROUP
2nd Wednesday, 1:30pm, Ballroom
"The Impossible Flight"

BOOK DISCUSSION GROUP
Thursday, April 11, 3:00pm, Dogwood
"The Age of American Unreason"
by Susan Jacoby

CURRENT EVENTS ROUNDTABLE
Mondays, 10:30am, Maple

GERMAN AMERICANS
Last Thursday, 1:30pm, Cedar

KOREAN AMERICANS
Saturday, April 27, 4:00pm, Gallery

LATINO/HISPANIC-AMERICANS
Wednesday, April 24, 4:00pm, Gallery

POLISH AMERICAN
Friday, April 5, 1:00pm, Maple

NEW! PROGRESSIVE GROUP
Friday, April 12, 6:00pm, Ballroom
Musical Program

RECIPE GROUP
Wednesday, April 3, 6:30pm, Maple

VETERANS GROUP
Tuesday, May 14, 10:00am, Ballroom



THE ARTS

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

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

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

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

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

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

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



CARDS & GAMES

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

BRIDGE
Contact Clubhouse

CANASTA & MAHJONG
Contact Clubhouse

MAY I
Contact Sophie Prata.

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

MEN'S POKER
Contact Alan Lasky.

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

PINOCHLE
Please call E & R if interested.

POKER
Contact E&R

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

GET MOVING!

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

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

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

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

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

T'AI CHI by Siobhan Hutchinson
Mondays at 11:15am, Hawthorn.
\$10/class drop-in.

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

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

ZUMBA
Mondays & Wednesdays, 5:45pm, Hawthorn*
Payable to instructor. Wear closed-toe shoes.

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SPORTS FUN!

BOCCE
Sign-ups: Tuesday, April 9, 2p-4p and 7p-8p,
Gallery. New Players Welcome!

CROQUET
New Players Welcome. Call Betty Anne
Clayton.

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

PICKLEBALL
New Players Welcome.

SHUFFLEBOARD
Sign-ups: Tuesday, April 2 at 10am, Dogwood

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

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



MOVIE CORNER



"INSTANT FAMILY"

Rated PG-13 / 1hr 58m / No Charge

Sunday, April 14
1:30pm Ballroom

Tuesday, April 16
1:30pm & 7pm Ballroom

TUESDAY MYSTERY MOVIES
April 9 at 7pm

Movies Subject to Change

SAVE THE DATE FOR UPCOMING ATTRACTIONS...

"LET'S LUAU" HAWAIIAN LUNCHEON

Monday, July 15th, \$24pp—ON SALE MAY 9

WINE & DESIGN

Thursday, May 30, \$15pp—ON SALE MAY 7

SUMMER POOL PARTIES

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

MOVIE IN THE PARKING LOT

Tuesday, August 27th

F41

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

LIBRARY ON LOCATION

"BRONX PRINCESS"

Wednesday, April 17 at 1PM, Ballroom

The coming-of-age story of Rocky Otoo, a college-bound teenager born and raised in the Bronx, as she rebels against her mother and flees to her father, a tribal chief in Ghana.

Film by Yoni Brook & Musa Syeed [2009, 60 min.]

"SPECIAL FLIGHT"

Wednesday, April 24 at 1PM, Hawthorn

A nine month immersion into a Geneva administrative detention center, one of 28 deportation centers in Switzerland.

A Film by Fernand Melgar [2013, 60 min.]

No Charge

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



Our "Luck O' The Irish" St. Patrick's Day Luncheon was a success and enjoyed by all!

Guests enjoyed a delicious meal while singer, Anthony Tabish, serenaded the crowd with some traditional Irish songs. The corned beef, piled higher than St. John's Cathedral in Limerick and everyone came dressed in their preferred shade of green.



If you're enough lucky to be Irish,
you're lucky enough!


-Irish Saying



APRIL 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<div>1</div> <div>9:00am</div> <div>Golf Seminar-BR</div> <div>2:00pm</div> <div>Players Auditions-MH</div>	<div>2</div> <div></div> <div>7:00pm</div> <div>Great Decisions-CD</div> <div>7:00pm</div> <div>Players Auditions-MH</div>	<div>3</div> <div>6:30pm</div> <div>Recipe Exchange-MP</div>	<div>4</div> <div>6:30pm</div> <div>Bingo—BR</div> <div></div>	<div>5</div> <div>2:00pm</div> <div>Mutual 17 Annual—VC</div> <div>7:30pm</div> <div>Music Assoc. Concert—MH</div>	<div>6</div> <div>7:30pm</div> <div>Music Assoc. —MH</div>
<div>7</div> <div>1:30pm</div> <div>“Please Stand By”</div> <div>Sunday Movie Luncheon —BR*</div>	<div>8</div> <div>10:00am</div> <div>Mutual 4B Annual—GL</div> <div>2:00pm</div> <div>Mutual 6 Annual—GL</div> <div>1:00pm</div> <div>Healthcare Lecture—MP</div>	<div>9</div> <div></div> <div>9:00am</div> <div>Comcast—DW</div> <div>10:00am</div> <div>Mutual 5 Annual—BR</div> <div>10:00am</div> <div>Golf Committee—VC</div> <div>7:00pm</div> <div>Mystery Movie-GL</div> <div>7:00pm</div> <div>Great Decisions-CD*</div>	<div>10</div> <div>“Kiss Me Kate”</div> <div>on Broadway</div> <div>10:00am</div> <div>Mutual 3 Annual—BR</div> <div>1:00pm</div> <div>Aviation “The Impossible Flight” - BR</div> <div>2:00pm</div> <div>Mutual 4 Annual—GL</div> <div>7:00pm</div> <div>Players Auditions-MH</div>	<div>11</div> <div>9:00am</div> <div>Agenda Committee-VC</div> <div>2:00pm</div> <div>Mutual 16 Annual—GL</div>	<div>12</div>	<div>13</div>
<div>14</div> <div>1:30pm</div> <div>“Instant Family”</div> <div>Movie —BR</div> <div></div>	<div>15</div> <div>Golf Outing</div> <div>2:00pm</div> <div>Mutual 14 Annual—DW</div>	<div>16</div> <div>10:00am</div> <div>Mutual 2 Annual—BR</div> <div>10:00am</div> <div>Fitness Center Orientation—VC</div> <div>1:30pm</div> <div>“Instant Family” Movie —BR</div> <div>7:00pm</div> <div>“Instant Family” Movie —BR</div> <div>7:00pm</div> <div>Great Decisions-CD</div>	<div>17</div> <div>“The Cher Show”</div> <div>on Broadway</div> <div>10:00am</div> <div>Mutual 1 Annual—BR</div> <div>1:00pm</div> <div>Library on Location-BR</div>	<div>18</div> <div>9:00am</div> <div>Committee Meetings-VC</div> <div>3:00pm</div> <div>Mutual 15 Annual—VC</div>	<div>19</div>	<div>20</div> <div>11:00am</div> <div>Music Assoc. —MH</div> <div></div>
<div>21</div> <div></div>	<div>22</div> <div>10:00am</div> <div>Mutual 8 Annual—GL</div> <div></div>	<div>23</div> <div></div> <div>Tropicana-Atlantic City*</div> <div>2:00pm</div> <div>Mutual 12 Annual-GL</div> <div>2:00pm</div> <div>Mutual 4C Annual-GL</div> <div>1:30pm</div> <div>Mystery Movie-GL</div> <div>7:00pm</div> <div>Mystery Movie-GL</div> <div>7:00pm</div> <div>Great Decisions-CD</div>	<div>24</div> <div>1:00pm</div> <div>Library on Location-BR</div> <div>3:00pm</div> <div>Mutual 10 Annual—GL</div> <div>7:00pm</div> <div>An Evening w/ Bob Denson—BR</div>	<div>25</div> <div></div> <div>9:00am</div> <div>Board of Governors-VC</div> <div>7:00pm</div> <div>“Just Music” Players Performance-MH</div>	<div>26</div> <div>10:00am</div> <div>Mutual 9 Annual-GL</div> <div>7:00pm</div> <div>“Just Music” Players Performance-MH</div>	<div>27</div>
<div>28</div> <div>1:00pm</div> <div>Mutual 2 BBQ—BR</div>	<div>29</div> <div>Golf Outing</div> <div>9:00am</div> <div>AARP-GL*</div> <div>7:00pm</div> <div>Players Meeting-GL</div>	<div>30</div> <div></div> <div>7:00pm</div> <div>Great Decisions-CD</div>			<div>Ticket Sales Today!</div> <div></div>	<div>Events or trips marked * require tickets or prior registration</div>

INDEPENDENT CLUBS			
Chorus	Wed	4 pm	MH
Church Discussion	Tues	1:30 pm	MHP
Computer Club	3rd Mon	10 am	GL
Dance Club	Last Sat	7 pm	BR
Emerald Society	4th Wed	2 pm	BR
Indian-American	Sun	9:30 am	GL
Italian-American	3rd Wed	7:30 pm	BR
Players	Last Mon	7 pm	GL
Torah Study	Sat	10 am	CD
Women's Guild	3rd Thurs	1:30 pm	BR

MEETING HOUSE SERVICES		
Catholic Society Mass	2nd Thurs	7 pm
Jewish Congregation Sabbath	2nd & 4th Fri	7:15 pm
Community Church & Communion	1st Sun	11 am
Community Church Worship	2nd & 4th Sun	11 am
Community Church & Fellowship	3rd Sun	11 am
		

ROOM KEY	
BR Ballroom	H Hawthorn
C Court	MP Maple
CD Cedar	MH Meeting House
CH Clubhouse	MHP Meeting House Parlor
CFT Craft	TR Terrace
DW Dogwood	RR Red Room
GL Gallery	VC Village Center
GR Game	

This month in pictures

Photos by Joe Conti and Walter Gryskiewicz



Seated, from left, are Greg Policastro and Fran Gatti; standing are Lucille Conti, Sal Gurriero and Joan Russo.



Congratulations to Sue Archambault and Debbie McCauley for winning the best costume contest.



Sal Gurriero and some of his friends at Carnevale



A mystery guest at the Carnevale!



Carnevale attendees get engaged while waiting for the food line call



Jim Wilson with one of his Emmys. Jim did presentations for the Women's Guild in February and the Veterans group in March.

Important reminders

First and foremost, in a fire, first aid or police emergency call **911**.

If you experience a maintenance emergency, contact the Maintenance Department during normal business hours and the North Gate after hours.

In addition, residents are reminded to consider the following steps in case of an emergency:

- List all medical and other important information including the person or persons to be contacted in case of emergency ("I.C.E.") in the *File for Life* distributed several years ago. The *File for Life* is available in Administration in the Village Center. Be sure to attach the magnetic pouch with the appropriate information on the front of your refrigerator. The Monroe Township emergency responders have been informed to look on your refrigerator for this information.
- Keep a copy of your medical information in your wallet.
- If you have not already done so, complete a *Guest List*

and *Emergency Contact Information* form with telephone numbers of the person or persons you would like contacted, if any, should there be a fire, first aid, police or maintenance emergency. Forms are available in Administration in the Village Center. This information will be available at the North Gate's computerized *Guest Verification System* for emergency responders.

- Complete an *Emergency/Health Questionnaire* available at the Healthcare Center. Update your medical and contact information regularly.
- Provide the North Gate with a key to your unit.
- If you use a *Life Alert* system, do not list the Healthcare Center as the first responder. Be sure to check with the company and make the necessary arrangements.
- Should you have a serious medical condition it may be wise to consider purchasing a medical ID. Consult with your physician.

The Jazzy month of April

By Bob Huber

The Smithsonian National Museum of American History has designated April as Jazz Appreciation Month (JAM). The Smithsonian says that Jazz Appreciation Month was created by the Museum in 2002 to "herald and celebrate the extraordinary heritage and history of jazz for the entire month of April.

"JAM is intended to stimulate and encourage people of all ages to participate in jazz - to study the music, attend concerts, listen to jazz on radio and recordings, read books about jazz, and more."

This begs the question: exactly what is jazz? As an old jazz musician friend of mine said: "If I have to explain it, you ain't going to get it."

Some longhaired academics have tried. One critic suggests, "It is music that includes qualities such as swing, improvising, group interaction, developing an 'individual voice,' and being open to different musical possibilities." (Take notes. We

may have a quiz later.)

Jazz is universal. It is so difficult to describe, because each culture has added its own take on the genre. My own oversimplified interpretation is that jazz consists of improvisations around the chords that are basic to any particular melody; sort of like not staying within the lines when you paint by numbers.

Pianist and jazz historian, Dick Hyman, has demonstrated that the very first elements of jazz can be heard in classical compositions written as far back as the mid 1840s. By the turn of the century, jazz was well established as Ragtime.

Often considered a rather low form of musical entertainment, jazz was legitimized in 1924 with the introduction of George Gershwin's concert piece "Rhapsody in Blue."

Time marches on, and thanks to the influence of band leaders like Benny Goodman, Glenn Miller, Woody Herman, and a host of others, the genre morphed into swing, a relaxed

"swinging" style of syncopation that the young crowd loved to dance to. It dominated the pop music scene for more than a decade beginning in the late 1930s.

But after WW II, pop music fans were looking for something new, and they found it below the Mason Dixon Line in a country-western style called "rock-a-billy." It had an infectious beat that combined well with traditional jazz. A new style was born which Cleveland disc jockey Alan Freed dubbed "rock and roll," and the name and the style, in one form or another, remains with us today.

Jazz will always be a part of America's musical lexicon, whether it's played by a Dixieland band in New Orleans or a bunch of kids with electric guitars in somebody's garage. It's happy music, and it's typically American. Take some time this month to reacquire yourself with your favorite form of jazz.

Icy death

(Continued from page 12)

- infants of other species.
- A midwestern farm family noticed a big, black crow caring for an abandoned newborn kitten. The crow repeatedly shooed the kitten off the road and away from traffic. It dug up worms for the kitten to eat. When the farm family adopted the kitten, the crow came back for years to check on the welfare of its cat friend, who seemed to reciprocate the friendship.
- Since ancient times, dolphins were known to push drowning people, and other land animals, out of the water and onto the beach.
- Whales have approached fishing boats, seeking human help to extricate their limbs from discarded fishnets. Once freed, they often leap into the air in a show of gratitude.
- Pet birds are known to show affection toward the people who care for them.
- An Australian beach jogger found a small octopus marooned on the sand, starting to dry up. He put it back in the water. On subsequent mornings, as he jogged in the damp sand, the little octopus kept him company, swimming along with him in nearby shallow water.

Examples of interspecies friendships can be found if we are sufficiently open-minded to look for them.

Wouldn't it be nice to think that some friendly wolves chose us, decided to throw in their lives with our early ancestors, that in the process, they grew a bit smaller, shortened their noses, learned to read our moods, understand our language, work with us in all sorts of ways, and thereby become the dogs we love?

Did some wolves decide to become man's best friend?

If so, they have enriched our lives for thousands of years. Bless their gentle hearts.



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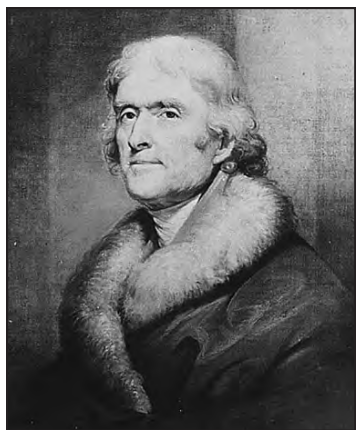
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Thomas Jefferson, Father of the Year?



Thomas Jefferson. By Rembrandt Peale, ca. 1805. (National Archives Identifier: 535935)

By Linda Monaco

Thomas Jefferson, Founding Father, Governor of Virginia, Minister Plenipotentiary to France, third President of the United States, President of American Philosophical Society, lawyer, farmer, inventor, slave owner, architect, wine connoisseur, University of Virginia founder. This is how we remember him, but the man who designed and built Monticello, author of the Declaration of Independence, "Notes on the State of Virginia," and the Virginia Statute for Religious Freedom, was also a husband and the father of six children, only two of whom survived childhood.

Thomas Jefferson (TJ) was born at Shadwell in Virginia, on April 13, 1743, to Peter Jefferson and Jane Randolph Jefferson. He married Martha Wayles Skelton, eldest daughter of John Wayles, widow of Bathurst Skelton, on Jan. 1, 1772, and, a few months later, set up house at Monticello which was still under construction. TJ and Martha had six children: Martha, called Patsy (1772-1836), Jane Randolph (1774-1775), an unnamed son (May to June 1777), Mary, called Polly (1778-1804), Lucy Elizabeth (1780-1781), and a second Lucy Elizabeth (1782-1784).

Years after his wife's death, TJ fathered at least six of Sally Hemings's children. Four survived to adulthood and are mentioned in TJ's plantation records. Their daughter Harriet and eldest son Beverly were allowed to leave Monticello during TJ's lifetime and the two youngest sons, Madison and Eston, were freed in Jefferson's will.

At the death of his wife, Martha, in 1782, TJ went into a severe depression. He secluded himself for weeks with only Patsy for company. But he still had two children and a toddler to care for. After some time, TJ rejoined public life leaving them in the care of his sister-in-law Elizabeth Eppes and her husband Francis. In May 1784, Congress appointed TJ to a commission charged with negotiating commercial treaties with European powers. Two months later he sailed for France to join John Adams and Benjamin Franklin, the two other commissioners, taking Patsy with him. Polly, then six, and Lucy, an infant, remained at Eppington with their Aunt Eppes.

Even though she would

have preferred to stay with her father, Patsy lived at a convent school outside Paris where TJ could visit her when possible. In his letters to Patsy while touring in France, Jefferson reminded her to keep to her studies so he could be proud of her when he returned. He advised her on dress, hair, and demeanor while at school. He continued to advise her even after she was married with children of her own.

Meanwhile, both the Jefferson and Eppes children at Eppington came down with whooping cough, which caused Lucy's death. When notified of her death, TJ commanded his sister-in-law to send Polly to France to be with him and Patsy. Polly did not want to leave Virginia and said so in her letters, pleading to be allowed to stay in America.

TJ's time in France might possibly be extended. He feared that if Polly stayed in Virginia, she would forget him and become attached to her Virginia family. She told her "dear papa" that she could not travel to France; he would have to come to her.

It took a while for travel plans to be made. Nothing ever happened quickly in 1784, and TJ was not taking any chances with Polly's life during the sea voyage. She could only travel from April to July — during the best weather conditions; the ship, captain and crew must have crossed the Atlantic at least once before; and her traveling companion should have already had smallpox. Most of TJ's family and slaves had been inoculated for smallpox.

The final step was to get Polly on the ship. The cousins spent some time playing on the boat Polly was to travel on. When she fell asleep, the family left the ship and it departed. Nine-year-old Polly awoke to find herself on the way to France with only a house servant, Sally Hemings, for company.

The ship was going to London, not Paris. During the voyage, Polly grew fond of the captain and cried when she

was presented to Abigail Adams who would take care of her until her father could retrieve her. Polly spent three weeks with the Adamses and grew fond of them. Abigail and Polly would remain close, maintaining a long-distance friendship until Polly's death in 1804.

Meanwhile Jefferson had returned to Paris to find so much accumulated work that it was impossible for him to go to London. He sent Adrien Petit, his maître d'hôtel, to retrieve Polly. By that time, she had become attached to Abigail and was afraid of the unknown man speaking a language she didn't understand. Even after an extensive exchange of letters, Abigail and Jefferson could not resolve the problem. Without consulting anyone, Petit bought tickets and presented them to Abigail who reluctantly parted with Polly.

After some adjustments, the three Jeffersons settled into life in Paris. Polly and Patsy often visited Jefferson in Paris and eventually left school to live with him. They returned to Virginia in 1789.

Throughout their lives, Jefferson continued to be a loving, yet often absentee father to Patsy and Polly. He was often advising, admonishing, demanding, and possessive.

Patsy remained her father's staunchest supporter, bringing her family to Monticello during Jefferson's presidency and retirement.

Polly always seemed to be cautious around her father; her letters were often placating. Jefferson's grief at her death from complications after childbirth in 1804 was total and all encompassing.

Thomas Jefferson's family letters and the letters between Jefferson and Abigail Adams are available for reading in The National Archives, Founders Online: The Papers of Thomas Jefferson (<https://founders.archives.gov/about/Jefferson>), and The Papers of Thomas Jefferson website (<https://jeffersonpapers.princeton.edu>). I thoroughly recommend reading this rich correspondence.

The Farmer bought a Dell

By Steve Gray

The Farmer bought a Dell
The Farmer bought a Dell
Hi-Ho, the derry-o...
The Farmer bought a Dell.
The Farmer played a game
The Farmer played a game
Hi-Ho, the derry-o...
The Farmer played a game
The Farmer watched some
porn
Early in the morn
Hi-Ho, the derry-o...
A new addict was born.
The Farmer has no wife
The Farmer has no life

Hi-Ho, the derry-o...
The Farmer bought a Dell.
The farm it went to hell
The Farmer had to sell
Hi-Ho, the derry-o...
Since the Farmer bought a
Dell.

Now he's a nerd
That's what occurred
Hi-Ho, the derry-o...
That is what I heard!
He lives his life online
He thinks it's mighty fine
Hi-Ho, the derry-o...
Because the Farmer bought
a Dell.

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Five tips to better gardening

By Erin Medlicott

April is National Garden Month. As we celebrate Mother Nature, there are several things we can do as we get older to keep our garden areas as safe and as beautiful as ever. Since gardening has so many healthful perks, I'll show you how to incorporate some safety tips.

1. Gardening is a very good form of low impact exercise.

Yes! And it exposes us to much-needed fresh air and sunshine. Gardening requires focus, which keeps the mind sharp and increases our attention span. Other pleasant side effects of tinkering in the flower beds at any age include the fact that gardening:

- decreases risk of dementia – up to 36%
- improves hand strength and dexterity
- lowers your stress level and improves self esteem
- reduces the risk of heart attack or stroke

2. If you can't kneel comfortably, you can sit in the garden.

If you can't kneel comfortably, sit in the garden. Here's how. With so many garden carts and stools on the market that let you sit comforta-

bly for a longer period of time, you will be able to garden without hurting your knees. A small stool with sturdy legs can certainly hold you sitting for a while.

3. Protect your skin.

The older we get, the more sensitive we are to direct sunlight. A good gardening hat, sunglasses and a breathable fabric shirt (cotton is best) will help you stay cool. Reduce your risk of sunburn by wearing sunblock with a minimum of SPF 30. If you plan to be outdoors for a little while, bring a bottle of cold water with you to stay hydrated.

4. Avoid peak hours.

In the late spring and all summer, the sun's rays are hottest and harshest here in New Jersey during the hours of 11 a.m. through 3 p.m. To protect your skin and to stay cooler, my recommendation would be to garden earlier in the morning, or, later in the afternoon. Listen to the weather reports. If the forecast says there will be a heat advisory, stay indoors that day. For your own comfort, postpone gardening on the days the weather is going to have high humidity or high temperatures, or both.

5. Make gardening sup-



Rolling garden work seat

plies bright and easy to use.

Invest in a just a few gardening tools and supplies, but make sure that they are easy to use and store, with soft grips and easy-to-hold handles. For storage and ease of use, you can also paint the handles of gardening tools with a certain color to make them easier to find. Potted plants can be used indoors or outside. Clay pots or brightly colored ceramic or plastic pots work well, too.

New Neighbors



By Christina Smith, Resident Services Manager

Marc and Luz Marina Reyes, 177N Rossmoor Drive, formerly of Manalapan, N.J.

Jeffrey M. DeMuro, 134B Old Nassau Road, formerly of Toms River, N.J.

Barbara Eden and James Lewis, 146B Old Nassau Road, formerly of Cranbury, N.J.

John and Penelope DeVincento, 476B Rockport Way, formerly of Princeton, N.J.

Susan Yu, 154A Providence Way, formerly of Princeton, N.J.

Denise Wolfe, 5D Old Nassau Road, formerly of Old Brookville, N.Y.

James and Joan Corbett, 177C Rossmoor Drive, formerly of Milltown, N.J.

Manshegu Gu, and Xiaoqin Chen, 257C Old Nassau Road, formerly of East Brunswick, N.J.

Blanche and Elyse Steinberg and Tamara Laurenta, 231A Marblehead Lane, formerly of Edison,

Musings and Memories

By Betty Emmons

Snow

We all have our own thoughts about snow. Some love it, others dread it. As for me, I am always happy to see the first snowflakes fall and thrill as they gently cover the trees and ground until my eyes behold a white configuration that is a beauty so pure that it dazzles my soul. It is a fleeting joy but one that I know will come again, so I move on and am just as eager to welcome the budding of spring.

But a little more about snow. Little ones bundle up and with rosy cheeks make angel figures in the snow.

Others ski or sleigh ride, and children of all ages make snowmen, build forts and enjoy good natured snowball fights while the elderly observe the beauty and the activities from a window while cozy and warm.

Then all too soon the snow becomes a problem. Shoveling begins, snow plows come to life. Accidents occur and I can't wait for the once beautiful snow to melt and become a memory of my choosing while new joys await me in the spring, summer, and fall, and I am not at all sad to move on.

N.J.

Marino and Lucia Rivera, 196B Mayflower Way, formerly of Brooklyn, N.Y.

Louis and Carol Cosentino, 562A Sheldon Way, formerly of Monroe Twp., N.J.

Ruth Jones, 227C Manchester Lane, formerly of Jamesburg, N.J.

John Scalia, Jr., 695B Yardley Way, formerly of Palm Beach, Fl.

Bertram and Hilma Scott, 80C Old Nassau Road, formerly of Mt. Vernon, N.Y.

Donna Sullivan, 352B Old Nassau Road, formerly of Millstone Twp., N.J.

Moo and Keum Kang, 415A Onset Lane, formerly of Edison, N.J.

Lorraine Pugaczewski, 185C Providence Way, formerly of Cranford, N.J.

Catherine Griffin, 631A Yale Way, formerly of North Brunswick, N.J.

William and Stephanie Lyon, 312A Sharon Way, formerly of Colorado Springs, Colo.

American Legion Post 522 hosts social event for Vietnam vets

By Jack Kirschenbaum, Commander

On Thursday, April 15, at 7 p.m., The American Legion Post 522 will host a social event to celebrate and honor Vietnam Era Veterans for their service to our country. The celebration will take place at the lower level of the Municipal building.

The event is open to all veterans regardless of when they served or in what capacity. Mayor Tamburro, who is also a veteran, will present the

"Vietnam Veteran Lapel Pin" to all service men and women who served in Vietnam or elsewhere, on active duty, in the inactive National Guard, or in the Reserves, during the period between November 1955 and May 1975.

Light, non-alcoholic beverages, cookies and nuts will be available at this event. You are encouraged to bring guests of any age to this event so that they may witness and participate in your celebration. Picture taking is permitted. What is required, though, is that you RSVP me, Commander Jack Kirschenbaum, to let me know that you plan to attend, if you wish to be called up to receive the lapel pin, and how many guests will be joining you. This way we can plan accordingly. I also need to know in which branch of service you served, when you served, and your current home address. Even if you are not a Vietnam Era Veteran, please come anyway to show your support for those who served during that time.

At the beginning of the ceremony there will be the Salute to the Colors and the Pledge of Allegiance followed by a few speeches and the presentation of the pins. There will be plenty of time to mingle and opportunity to share your experiences of your time in the service. At the close of the ceremony Taps will be played.



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Clubs and Organizations

Emerald Society's spring activities

By Joan Avery

President Dan Jolly arranged for a visit by a representative from the Fire Department, who gave a presentation to the members on safety. Gary Morton will entertain the members in April, and a representative from the Make-a-Wish Foundation will give a presentation in July. Everyone enjoyed the trip

to Doolan's in Spring Lake on March 11 for the Irish Fest, which included a dinner and a show with Mike Byrne entertaining. March was a busy month, and the Emerald Society hosted the Catholic Society Mass on March 14. Dan has also arranged for a luncheon and entertainment at the Crystal Point Yacht Club in May.

This year those who want to go to the Sights and Sounds Christmas Show with dinner at Good and Plenty in Lancaster, Pa., on Dec. 10 signed up early in order to secure the trip. The cost is \$115. Very festive! Dan announced that the Emerald Society donated \$150 to the Felicians. See you at the April 24 meeting.

Come and feel the promised kiss of springtime

By Diane England

Springtime is a time of renewal, isn't it? And really, isn't it challenging not to feel good and have a new outlook on life when you drive around Rossmoor in April and see all the beautiful trees in bloom? But like me, don't you wish those lovely blossoms could last longer? Perhaps they can't, but at the Women's Guild meeting on Thursday, April 18, at 1:30 p.m. in the Ballroom, you'll be provided with food for

thought for many months to come. We'll welcome back Dr. Betty Anne Clayton and her daughter, Lisa, to provide a very special program, "The Promised Kiss of Springtime." Many of you know Betty Anne as a terrific and fearless presenter who soon has us looking at things in new ways — quite appropriate for a springtime renewal, wouldn't you say? And her daughter, Lisa, while she has a very successful real estate

career in Boston, is also a singer and has performed in the greater Boston area for years. So, through Betty Anne's words and Lisa's songs, you'll be encouraged not only to think of how a renewed life for you might look going forward, but perhaps you can begin thinking about how we can renew our community as well. With regard to my last statement, let me ask you something. Do you realize that the Women's Guild was founded by the Rossmoor Community Church (RCC), even though we now operate as an independent club, and welcome all people to join us? Because of our heritage, however, it probably won't surprise you to learn that the current Guild Board is made up of members of the Protestant and Catholic faith communities. Thus, your leadership cannot ignore the fact that our April meeting will be on what for us is Holy Thursday (with Good Friday following the next day, and Easter

(Continued on page 18)

CULINARY CORNER

By Sidna Mitchell

No April Fooling—it's Twinkie sushi

For one of the potluck suppers for the Sarasota County Croquet Club during our Florida winter stay, I prepared a Twinkie pie. The pie provided a tempting presentation and was quickly scooped up. Some folks commented that they hadn't had a Twinkie in years. For others I had to explain this was also known as Redneck Pie, or even something more sophisticated. In doing my research for one of my Colonial Cooking talks, I found that Thomas Jefferson had a favorite dessert very similar to a Twinkie pie. TJ's dessert was a trifle made with sponge cake, boiled custard

and whipped cream and decorated with some type of preserves. With three Twinkies left over from my pie, I debated whether to eat them or check out an old recipe. I first made this years ago as part of the refreshments after a Women's Guild program. I had difficulty getting the ladies to try the sweet treat. Maybe the sushi part was convincing — or was it their failing eyesight — so that some ladies said, "Oh, I don't eat fish." I reminded them that the operative word was Twinkie. Here's my version of something sweet that will appeal to all ages.

Twinkie Sushi

Culinary corner

3 Hostess Twinkies
assorted dried fruit
assorted candied fruit

2 green fruit roll ups
dried mango (looks like
pickled ginger)

Cut the Hostess Twinkies into pieces about an inch tall. Slice fruit roll ups in strips long enough and wide enough to wrap around the Twinkie pieces. Then wrap the strips around the Twinkie pieces. Place dried fruit and candied fruit into the cream filling. Place the Twinkies "sushi" on a plate. Garnish with strips of dried mango to resemble pickled ginger.

NOTE: I cut the Twinkies into quarters and used Betty Crocker's Fruit by the Foot in the green apple flavor to wrap around the Twinkie quarters. I wrapped the green strip around the Twinkie before cutting and wetted the ends to make sure the strips stuck together.

To dress up the "sushi" I julienned dried apricots to stick up in the cream filling and used tiny pieces of candied cherries to look like red caviar. I also added a small piece of candied lemon peel or a thin sliver of candied ginger.

People do all sorts of things with Twinkies. Years ago, I had a deep-fried Twinkie at a quilt show in Paducah, Ky., but I'll admit Twinkie sushi is much better and I'm sure less fattening.

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

Looking for a few good people

The Computer Club needs a few people willing to commit two hours per week acting as a monitor in our Lab. No experience necessary, as we give you training, if needed. Are you willing to meet new people and help your neighbors? Are you able to share your skills and learn new ones? Do you want to be part of the best computer club in all the senior villages? All it takes is a little commitment. Come to our next general meeting on April 15 at 9:30 a.m. and talk to us.



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Coming spring concerts

Friday, May 3: Evan Drachman-cello. Evan Drachman is the Founder and Artistic Director of the Piatigorsky Foundation, named for his grandfather, the great cellist Gregor Piatigorsky.

Friday, June 21: Darryl Kubian and N.J. Symphony Orchestra Members. Kubian, a member of the First Violin section, will perform with several other talented musicians from the top-rated NJSO.

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Pianist Spencer Myer, gifted virtuoso, to perform here



Pianist Spencer Myerl

By Gene Horan
Lauded for “superb playing” and “poised, alert musicianship” by The Boston Globe, American pianist Spencer Myer is one of the most respected and sought-after artists on today’s concert stage. A graduate of the Oberlin Conservatory of Music, The Juilliard School and Stony Brook University, he serves as Artist-Teacher in Piano and Collaborative Piano at the Longy School of Music of Bard College in Cambridge, Mass. His performance here, sponsored by the Music Association, will take place on Friday, April 5, at 7:30 p.m. in the Meeting House. For non-subscribers, tickets are available at the door for \$15. Myer’s career was launched with three important prizes: First Prize in the 2004 UNISA International Piano Competition in South Africa, the 2006 Christel DeHaan Classical Fellowship from the American Pianists Association, and the Gold Medal from the 2008 New Orleans International Piano Competition. He is a laureate of the 2007 William Kapell, 2005 Cleveland, and 2005 Busoni international piano competitions. He also enjoys an expanding reputation as a vo-

Springtime
(Continued from page 17)
being that Sunday). Betty Anne will acknowledge this, but in an educational way that should be comfortable for all. After all, she and the Guild leadership want to perpetuate a dialogue regarding how we can go forward and serve others and our community. We appreciate the fact that not all people share our beliefs or feel the need for organized religion, but your leadership team wants to be of service in the way Christ modeled for us. After this special program, while you’re enjoying refreshments and fellowship, the Guild Board members and I will be happy to hear what thoughts Betty Anne and Lisa have provoked in your minds. So please, join us for this meeting at which you’ll also approve the officers and Board members for the 2019-2020 year.

cal collaborator since winning the 2000 Marilyn Horne Foundation Competition. Myer has performed around the world with leading symphonic ensembles like the Cleveland Orchestra. Adding to his North American credentials, he debuts this season with the Garden State, Massapequa, and Northeastern Pennsylvania Philharmonic orchestras, the Omaha Symphony, and Canada’s Windsor Symphony Orchestra. His solo recitals and chamber music collaborations take him throughout the United

States, and he continues as half of the Daurov/Myer Duo, having teamed up with the award-winning cellist Adrian Daurov in 2012. His 2005 recital/orchestral tour of South Africa included a performance of the five piano concerti of Beethoven with the Chamber Orchestra of South Africa. Myer’s most recent recordings – *William Bolcom: Piano Rags* and *The Brahms Cello Sonatas with Brian Thornton* – were both released in 2017 on the Steinway & Sons label.

Italian American Club

By Tony Cardello
Our annual Carnevale celebration was a huge success thanks to Sal Gurriero and his committee. The room was decorated in a Mardi Gras atmosphere, the food provided by City Streets was delicious (not one complaint) and the music had everyone on the dance floor. Congratulations to Sue Archambault and Debbie McCauley for winning the best costume contest. Spring is finally here, and it brings with it an exciting new social event to the club. On Saturday, April 13, from 6 to 10 p.m. in the Clubhouse we will present a nightclub variety show featuring a comedian, two singers, and a surprise guest. Tickets are only \$20 per person, which in-

cludes antipasto and set-ups at every table. Feel free to
(Continued on page 19)



Congratulations to the 2019 Carnevale King and Queen Sam and Lucille Renda

Dance Club welcomes spring and another new DJ

By Judy Perkus
DJ Angelo will provide the dance music in the Ballroom on Saturday, April 27. The festivities start at 7 p.m. when the Dance Club welcomes spring and another new-to-them DJ. The musical dance menu includes disco, line dances, rumba and waltz. 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 member/\$10 per non-member check made out to the Rossmoor Dance Club to Armen DeVivo at 409B Roxbury Lane by April 18. If you haven’t yet renewed your membership, please send your 2019 Dance Club dues of \$15 per couple, \$7.50 per person to Armen. New members are always welcome. Call Armen at 609-655-2175 for more information.

ROSSMOOR DANCE CLUB

April 27 Dance
RESERVATION DEADLINE: APRIL 18

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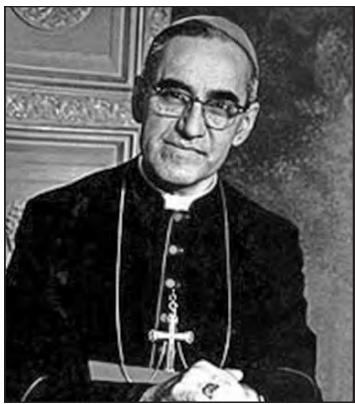
Address: _____

PAID-UP Member(s):	@\$8 = \$ _____
Non-member(s):	@\$10 = \$ _____
2019 ANNUAL DUES: \$7.50 PER PERSON, \$15 PER COUPLE	
Membership Dues:	\$ _____
TOTAL:	\$ _____

Please send check made out to the Rossmoor Dance Club to:
Armen DeVivo at 449B Roxbury Lane. 609-655-2175
or leave in an envelope in the Dance Club folder in the E & R Office

Religious Organizations

“Romero,” a film about Archbishop Romero, to be shown here



Archbishop Oscar Romero

By Gene Horan

This film tells the true story of Oscar Romero, Archbishop of San Salvador, capitol of El Salvador, who spoke out at great risk to himself against the tyrannical repression existing in his country. There were reprisals against the church including the murder of priests and the closing of churches.

On March 24, 1980, Romero was murdered while saying Mass in the Chapel of

Hospital de la Divine Providencia in San Salvador.

Acclaimed actor Raul Julia stars as this man of God, forced by the unspeakable events going on around him to take a stand.

In 1997, Pope John Paul II conferred on Romero the title of Servant of God. In 2015 he was declared a martyr by Pope Francis, paving the way for his canonization as a saint on Oct. 14, 2018.

Other scheduled events: (subtitle, bold)

- April 11, a Latin Mass will be held at 1:30 p.m. in the Meeting House;
- April 16, recitation of the Chaplet at 3 p.m. in the Dogwood Room;
- April 11 and 25, Prayer Shawl gathering at 1:30 p.m. in the Craft Room;
- April 26, the film “Romero” will be shown at 2 p.m. in the Gallery.

It's that time of the year again

By Adrienne Brotman

Yes, it is that time of the year again to get ready for Passover. If you are observant, that means cleaning your house from top to bottom, and eliminating all traces of leavened and fermented grain products. It means changing your dishes, pots, silverware, dishtowels and even your placemats with a set of each that has never been used with anything except foods that are allowed to be eaten during Passover. It means cleaning out your pantry, refrigerator and freezer of all forbidden foods that cannot be consumed during Passover. Many Jews sell these items to someone who is not Jewish for a nominal fee and then buy these items back when the holiday is over. Usually, this transaction is handled by a rabbi.

Getting ready for Passover also means shopping for all the special foods that are eaten during the week of Passover and at the two seders, ritual dinners, on the first two nights of the holiday.

Passover begins with the seder where the guests read the Haggadah. It tells the story of the exodus from Egypt when the Jews were slaves of Pharaoh. Four glasses of wine are drunk and traditional foods are

eaten. Some of these are matzah, an unleavened flatbread; chicken soup with matzah balls; and gefilte fish, ground deboned fish such as carp, pike, or whitefish, served cold with horseradish.

Passover begins this year on Friday, April 19, and ends on April 27. The Jewish Congregation will be conducting their seder for members who wish to participate on Saturday, April 20 at 5:30 p.m. A Sabbath and Yizkor Memorial Service will be held at the Meeting House at 10:30 a.m. on Saturday, April 27. The Lay Reader will be Janet Goodstein and the Torah Reader will be Bob Kolker.

On Friday, April 12, there will be a Sabbath Service in the Meeting House at 7:15 p.m. The Lay Reader will be Jeff Albom and the Torah Reader will be Judy Perkus. All are welcome.

The Congregation is sponsoring a Game Day on Thursday, May 23 from

(Continued on page 20)

SAVE THE DATE!

Game Day
May 23, 11:30 a.m.
4 p.m.

Sponsored by the
Rossmoor Jewish
Congregation

Community Church Calendar

By Linda Klink

- April 4 Women's Guild Board Meeting
- April 7 Communion Church Service
- April 9 Finance Committee Meeting
- April 10 Worship Committee Meeting
- April 14 Palm Sunday Church Service
Guest Preacher~Chris Houtz, Organist ~ Kevin Gunia
Music Presentation~Rossmoor Chorus
- April 15 Council Meeting
- April 18 Women's Guild Meeting
Guest Speaker~Betty Anne Clayton
- April 18 Maundy Thursday Service
- April 19 Good Friday Service
- April 21 Easter Sunday Service
- April 28 Church Service

The Community Church is an ecumenical church where all are welcome to join and worship.

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

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Italian American

(Continued from page 18)

bring your own libation, as it will be a BYOB affair.

A winery trip is scheduled for Tuesday, April 30. The cost will be \$60 per person. Included are the bus, wine tasting, lunch, and two hours at Smithville for shopping.

The next membership meeting will be held on Wednesday, April 17, at 7 p.m. At this meeting you can sign up for our first Rossmoor Downs night, scheduled for Saturday, May 11. As you know, this is a very popular event, so I suggest you sign up early.

Last month the club made a \$200 contribution to St. Jude's.

SPORTS



9-Hole Golf

By Mary Shine

First of all, we want to extend our sincere sympathy on the death of Lucy Poulin to her family and friends. Lucy was an integral part of the Women's 9-Hole Golf for many years.

April is here at last. I hope

everyone is ready for a fun season. On Tuesday, April 2, a general membership meeting will be held at 11 a.m. in the Cedar Room. Your attendance and input are very important for a successful golf season.

Our first day of play, a step-

away scramble, will be on Tuesday, April 9. Our opening day luncheon will be held in the Cedar Room immediately following play. Cost will be \$20. We welcome non-golfers to join us for the luncheon.

Other tournaments scheduled for April are Two Mulligans, Low Net, and another Step Away Scramble.

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

Details of membership in the golf club can be obtained by contacting Ted or Ray at the golf pro-shop. For more information on joining the 9-Hole Women's Golf Association, please contact membership chair, Mary Shine at 609-655-4518, or maryshine1@verizon.net, or President Joyce Cassidy at 609-619-3618, or joyce3206@aol.com.

All tee times begin at 8:30 a.m.. Please arrive at the pro-shop at 8 a.m.

Looking forward to a warm-sunny-fun golf season.

Golf Course Highlights



By Ted Servis, Rossmoor Golf Professional

What's going on at the Golf Course? Spring is here, that means it's time to start playing golf, we hope. It's been a long but mild winter.

We will hold our first Ladies golf clinic on Wednesday, May 22. Please call the Pro Shop to sign up.

The Pro Shop is starting to receive new merchandise. We still have plenty of golf equipment in stock. Gift certificates are available for merchandise or for greens fee and golf carts. We will have a Mizuno Demo Day on April 28 from 10 a.m. till 3 p.m., so please

come out and try the new golf equipment.

The Pro Shop is back to its normal hours, Monday from 11 a.m. to 5:30 p.m., and Tuesday through Sunday from 7 a.m. to 5:30 p.m., all hours subject to the weather.

If there is anything we can help you with or answer any questions, please give us a call at 609-655-3182.

Thank you and I wish everyone a healthy and happy 2019 golf season.

Reminder: The Golf Course is currently offering a referral incentive of \$200 in Pro Shop credit for bringing in new members.



MEET & GREET

You are invited to join us and find out if the 9-Hole Women's Golf is for you

Join us for a glass of wine or soft drink

Thursday, May 16th – 3:00pm

Cedar Room – Rossmoor Clubhouse

R.S.V.P.

Mary Shine – 609-655-4518

Joyce Cassidy – 609-619-3618

Croquet Club 2019 opening day luncheon/meeting

By John N. Craven

As the daffodils break through the winter frost and the snowbirds return from their warm winter nests, the Croquet Club prepares for its 30th season.

This year begins with the opening play day luncheon and general meeting on Saturday, April 27, in the Gallery at noon. Social Chairs Ellen Frankel and Grace Gambino are arranging a festive cold luncheon for the club. Members will dress in white, ready to play Golf Croquet after the meeting.

Golf Croquet begins in

May, on Fridays at 5 p.m. Refreshments are served in the Clubhouse after play. The schedule is posted on the storage building bulletin board at the court.

The Club welcomes all residents. Anyone seeking a form of light exercise, the enjoyment of the outdoors, an opportunity to mingle with friends and neighbors and to learn a simple yet challenging game on a professional-level playing court, contact Betty Ann Clayton. Look for us on the Croquet Court any Friday afternoon. Come join us, you'll like it!

Ladies' 18-Hole golf league opens in April

By Arlene McBride

Spring is here and all the golf leagues are open for the season. If you want to sign up, a form will be printed in this issue along with this article.

Tournaments will begin on April 9. Our opening day luncheon will be on May 14, when the rest of our league will be in attendance.

Hope you all had a safe and healthy winter.

Time of the year

(Continued from page 19)

11:30 a.m. to 4 p.m. in the Ballroom. A sandwich lunch, plus beverage and dessert will be served. Banagrams, bridge, Canasta, Mah Jong, poker, Scrabble, etc., will be played.

If playing games does not appeal to you, then come and color. We will supply paper and colored pencils. Maybe you would prefer to knit or crochet. (Bring your own project.)

There will be a silent auction and a percentage of the proceeds will be donated to Make-A-Wish-NJ. All are welcome. Come and have fun with your friends and neighbors. Both ladies and gentlemen are invited. Look for the flyer near the E&R office.

If you are interested in information about the Jewish Congregation, please contact Karen Seiden, membership chairman.



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HEALTH CARE CENTER NEWS

Spinal Stenosis

By Kaytie Olshefski,
BSN, RN-BC

Spinal stenosis is a degenerative condition of the spinal cord. Simply put, it is the wear and tear on the spinal cord as we age. Studies have shown that 95% of people by the age 50 have some degenerative changes in their spine. Typically, spinal stenosis occurs by age 60 and older. Spinal stenosis does not discriminate between men and women. Spinal stenosis is differentiated into three areas of the spine: cervical, thoracic, and lumbar. Cervical spinal stenosis affects the neck area. Thoracic spinal stenosis is located between the cervical and lumbar areas. Lumbar spinal stenosis is the most common and affects the last five vertebrae of the lower back.

Our spinal cord is made up of small bones referred to as vertebrae that are stacked on top of each other. Supporting these bones are muscles, ligaments, nerves, and intervertebral disks. The narrowing of the space in any one of these stacked bones may pinch a spinal nerve root. When the nerve roots are pinched it causes pain, numbness, and/or weakness in the legs. There are different causes as to why our spinal cord bones narrow as we age. The disks become less spongy, which creates more pressure on the stacked disks which causes us to become shorter in height. Arthritis, bone spurs, bulging disk, and/or inflammation contribute to narrowing of the spine.

Sometimes back pain is not caused by spinal stenosis but by sciatica. But spinal stenosis can cause some people to develop sciatica. The sciatic nerve is a large nerve that extends from the lower back to each of the legs. People describe this pain as an achy or burning sensation. The pain starts in the buttocks and usually radiates down one leg and may extend as far as the foot/toes. Symptoms include burning, numbness, weakness, tingling sensation, and hip pain. The pain is worse when sitting, whereas with spinal stenosis the pain is worse when standing up straight and/or walking.

Spinal stenosis symptoms may progress to weakness in either one or both legs. Foot drop may occur. Foot drop occurs as the person walks and the foot slaps against the ground. People find relief when they lean forward when sitting or leaning over a grocery shopping cart while shopping. This forward bend slightly opens the space between the vertebrae, thereby relieving the pressure on the nerve roots. As mentioned, pain is usually worse when standing up straight and/or walking.

Spinal stenosis is diagnosed by your physician with a history and physical examination. Different imaging tests may be ordered.

- Boney changes and bone spurs will show up on an X-ray.
- Magnetic resonance

imaging (MRI) will show the nerves that have pressure on them. An MRI will also detect any damage to disks and ligaments and if there are tumors present.

- A computerized tomography (CT) scan or CT myelogram will also help diagnose spinal stenosis.

Your doctor might recommend lifestyle changes that you can incorporate into your daily life. Maintaining a healthy weight will put less stress on your back, which can lessen the pain. Exercising by stretching, strengthening, and flexing, will open your spine. Using an assistive device, such as a cane or walker, will provide stability and help relieve pain allowing you to bend slightly forward while walking.

The severity and the location of the stenosis will determine the treatment your doctor prescribes. The goal is to calm the pain and inflammation while improving your mobility and strength. For mild spinal stenosis your doctor might recommend physical therapy and medications. Physical therapy will keep the spine flexible, stable and improve balance. Pain medications may include ibuprofen, acetaminophen, and/or muscle relaxers. Doctors may prescribe medications to reduce the pain caused by damaged nerves such as Neurontin and Lyrica. If opioids are prescribed, those drugs are ordered for short-term pain relief because they might become

habit forming.

If medications do not alleviate the pain, steroid injections can be administered. Steroids are anti-inflammatory medications that decrease inflammation, numbness, and pain.

There are alternative therapies, possibly combined with conservative treatments, that might relieve the pain. Acupuncture can be helpful for mild lumbar spinal stenosis. Talk with your doctor if you are considering chiropractic manipulation. Chiropractic manipulation may worsen symptoms, especially if there is a history of osteoporosis or disk herniation.

If conservative treatment does not relieve the pain, surgery might be considered. We have a variety of surgical procedures. The goal is to relieve the pressure on the spinal cord and/or nerve roots by creating more space within the spinal canal.

Most importantly, see your physician and inform him/her about your back pain. Your doctor will make the best recommendations to treat your back pain.

In our lecture series from Saint Peter's University Hospital, Dr. Sang Song, a physiatrist, who has office hours Monday afternoons on the doctor's side of the Health Care Center, will speak on "Alternative Treatments for Pain" on Monday, April 8, at 1 p.m. in the Maple Room. If you are interested in attending the lecture, please call the Health Care Center at 609-655-2220 or stop by to sign up.

MAINTENANCE DEPARTMENT

By Dave Salter
A/C servicing

Now that spring has arrived, it's time to have your air conditioner serviced. Maintenance will be servicing air conditioners again this year. Please call our office starting April 2 to have your manor put on the list. When weather permits and servicing begins, it is done on a first call, first serve basis. Maintenance Department: 609-655-2121.

Condo (except Mutual 4)

\$40 plus tax

Co-Ops (including Mutual 4)

\$45 plus tax

Servicing includes inspection of system, checking freon levels, and filter replacement. Parts, blue mesh filters, and Freon are not included in the price. This price is per unit. If you have two units, the price will be double.

Yellow stake and yellow ribbon procedure

Many residents enjoy gardening and take pride in maintaining their own three-foot bedding areas. If you are one of them, you need to mark the bed so the landscaping company (High Tech) gets the word. This is done with yellow stakes at the corners of the bed where they are visible from either direction and additional

stakes every six feet or so in between, if needed. The stakes mean nothing is to be touched. Some people only want to take care of a special bush or two themselves. If you don't want a bush pruned by the landscaper, please tie a yellow ribbon or two on it where it is very visible. Yellow stakes and ribbons (and more detailed instructions on their use) are available at no charge in Maintenance and E&R.

Insects

If you have a problem with insects in or around your manor, please call or bring in a sample. We will have the exterminator treat, if appropriate.

Smoke detectors/batteries

The Fire Department recommends that smoke detectors be replaced after 10 years.

If you would like to have yours replaced, please give us a call. You should also replace the batteries in your smoke detector twice a year.

Dryer vent cleaning


Dryer vents should be cleaned at least once a year. Condensation can build up in the duct and can cause a leak. If you have a bird guard cover on the vent, it can build up with lint. Please call our office for an appointment.

(Continued on page 22)

M. David DeMarco, *President*, N.J. Lic. No. 3203
Thomas J. DeMarco, *Manager*, N.J. Lic. No. 4651
Peter S. Winther, *Director*, N.J. Lic. No. 4763
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A few hours a week
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Call Elizabeth
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609-658-5213
Email: LarryFeldman51@gmail.com

Recycle information from Waste Management

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



Your Garden



By Mel Moss
Zinnias

Zinnias make up a very popular family of annual flowers for a number of reasons. Some varieties grow three to four feet tall while others grow only seven to eight inches in height. Flower sizes range from two inches to up to a little over four inches wide. They have a wide range of colors and some varieties make good cutting flowers.

Zinnias are native to the grasslands of our southwest states, Mexico, and South America. They have three key qualities: low maintenance, drought tolerance, and brilliant flower colors. They are fast growing and do not need to be mulched; however, they do need a sunny location which will let them flower all summer and into the fall up to the first hard freeze.

The larger flowered varieties are magnets for attracting butterflies. If watering is needed, it should be done only in the morning and on sunny days. Do not water the

foliage. Apply water only at the base of the plant. Wet leaves can foster the one weakness in zinnias, which is powdery mildew. Deadheading the large flowered varieties can help to produce more flowering. The soil should be well drained with a pH between 5.5 and 7.5. Adding compost or peat moss is advisable. Some fertilizer should be added to the soil but only lightly. Caterpillars, mealy bugs, and spider mites can occasionally cause problems, but not often.

Zinnia plants can be obtained at most garden centers, but the seeds are large enough to handle, being flat surfaced and 1/8 to 1/4 of an inch long, so you might want to start from seed. If started at an indoor room heated at around 70 degrees, the seed will germinate in four to seven days. Some gardeners scatter the seed out in the area where they want the plants to grow, but they will have to wait until the soil warms up to at least 60 degrees or else the seed will be very slow to germinate. Once germinated, the plants will take around one and a half to two months before flowering. Zinnias will bloom up until frost, but even at that, planting the seeds outdoors will leave you with a rather short bloom time.

If you start the seeds in the house, do not move them outdoors permanently before the danger of frost is over, and that is usually considered May 15. The cost of seed can vary considerably because the newer hybrid varieties are more expensive.

When I first started growing annuals, back around

1970, the zinnias were popular mostly for their good cut flower quality. I had varieties such as State Fair, which grows to three feet tall and has four-inch flowers in a lot of colors. Lilliputs were popular with 1½-inch wide flowers and a beehive shaped center, also good for cutting. A much smaller variety used for bedding or border color planting was Thumbelina. It grows to about 10 inches tall with many different colors. These varieties are still available today, but since then many more new hybrid varieties have become available.

By the mid or late 1970s, zinnia Pater Pan arrived as a winner with 3.5-inch flowers in a wide mix of colors on 12-inch high plants. In the following years any number of new hybrids were developed. A few of the more notable were the Dreamland series, with 10- to 12-inch high plants, four-inch wide flowers in a wide range of colors.

The Profusion Series has 12- to 15-inch tall plants and small two-inch flowers that look like daisies, but provide a profusion of blooms. The Queen series will give you 36-inch plants with flowers up to three and a half inch wide flowers. These are just a few of the new hybrids that have been developed.

The advantage to these new hybrids is that they are more vigorous and resistant to disease, especially mildew, to which most of the earlier varieties are prone. The only downside to the newer hybrids is that their seeds can be more expensive. Whether you start your plants from seed or buy them from the garden center, zinnias are a great flower source.

The Monroe Township Chorus presents “We’re Gonna Sing”

On Saturday evening, June 1, at 7 p.m. the Monroe Township Chorus will present their Sixth Annual Concert honoring America, our veterans and all active duty men and women who still guard us, our flag, and our way of life. The choral performance including sing-along songs will express our

reverence, respect and gratitude for the sacrifices the Armed Forces have made to defend and preserve our freedom.

The accomplished Monroe Township Chorus will perform this concert under the artistic leadership of Director and Conductor Sheila Werfel and the very talented Music Director David Schlossberg.

If you are a veteran, show your pride by wearing your military decorations, uniform, cap or jacket of your veteran’s organization.

Mark your calendar and join us on Saturday, June 1. The doors will open at 6:15 p.m. and the concert will begin at 7 p.m. at the Richard P. Marasco Performing Arts Center located in the Monroe Township Middle School, 1629 Perrineville Road, Monroe Township.

Everyone is invited! Free admission! No tickets required! For additional information contact Sheila Werfel, director, at 609-619-3229.

A Message from High Tech Landscapes, Inc.

By Jeff Voss

We have completed the gumball clean-up throughout the community.

The first round of pre-emergent and fertilizer has been completed. The next round will start May/June. This will be a liquid application of broadleaf weed control with crabgrass preventer using an herbicide with a high potassium formula that will provide broadleaf weed control in warmer weather, plus a granular application of fertilizer.

We will supply copies of all Material Safety Data Sheets (MSDS) with the chemical name and Environmental Protection Agency registration number at the Maintenance Building.

We will have spring bed edging completed by early

April, weather permitting.

Blowing out the beds of debris and leaves will be completed by early April.

The first mowing will be completed by middle to late April along with edging of sidewalks.

Common areas will be mulched by mid-April.

Carport cleanings will start late April/May.

The summer flowers will be planted around mid-May in the common areas.

Spring pruning of the smaller shrubs will start around mid-May or June.

Please call the East Gate phone and leave a message with any questions or concerns (609-655-5132).

Please tune to Channel 26 for any new updates.

Please note: everything is weather permitting.



Fire District #3 providing assistance after an auto mishap

A critical service for your safety

By Lt. Mike Dailey

Our firefighters are trained to handle a wide variety of emergencies within our community. It is what defines us as “who we are,” more than just “what we do.”

Our service includes response to motor vehicle accidents and extrications: our members are trained to current national standards in many technical rescue areas, and extrication is one of them.

Our studies include the physics of impact, vehicle construction, stabilization and patient care, tool use, and rescue techniques.

We continue to do what we do because we all have a common characteristic within our service, and that is the core of our profession: Service. *Service with compassion, care and efficiency with every response.*

IT HAS ALWAYS BEEN ABOUT WHO WE ARE.



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

League of Women Voters meeting focuses on recycling

By G. Moore

Monroe Township, already a leader in recycling in New Jersey, is adopting new strategies to further improve its recycling performance. Joe Slomian, recycling coordinator in Monroe’s Public Works Department, shared information about those new strategies and programs at the March 25 general meeting of the League of Women

Voters.

While safety and preserving the beauty of our physical environment continues as a primary factor, the Township’s campaign to improve recycling is driven in part by the reduction in available markets for processing recycled materials and the resulting rising cost of recycling. Current mar-

(Continued on page 23)

Maintenance

(Continued from page 21)
April specials

- Lights: Are the fluorescent lights in your kitchen, or anywhere else, flickering or burned out?
- Plastic light panels: Is your kitchen looking dark? Are the light covers old, discolored, or even cracked?
- Cooktop: Are the rings and pans on your cook top showing signs of wear?
- Symmons valve: Are you having a problem with the shut-off valve for your washing machine?
- Washing machine hoses: Have you checked your washing machine hoses lately? Are they the originals?
- Screens: If you enjoy the fresh air, you should check your screens. Are they torn?
- Water filter cartridges: When was the last time you had your cartridge replaced?

Take 10% off the above material for the entire month. Just mention this ad when you call or stop in.

TRANSPORTATION TIDBITS

Important phone numbers:

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

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

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

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

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

Classified Advertising

Transportation

AAA TRANSPORTATION – Monroe area (Encore resident). Transportation to airports, trains, piers, NYC and reasonable rates. Call Howard (732) 979-3085.

NEED DRIVER? Two of us will assist you in food shopping, doctors, hospital, malls, beauty parlor appointments, etc. Cheap rates. (609) 409-2900.

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

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

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

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

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

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

Home Improvement & Services

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

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

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

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

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

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

Miscellaneous/ Services

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

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

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

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

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

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

Tax/CPA Services

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

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

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

Wanted to Buy

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

Wanted

WANTED: Someone to walk with Rossmoor resident Mutual 6. Sue (732) 887-9868.

Help & Health Services

CHHA AVAILABLE – Certified Home Health Aide to assist senior with driving, light housework, washing and dressing. Call Gemma (609) 937-7410.

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

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

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

House Cleaning

NICE JEWISH GIRL'S HOUSE CLEANING – Bonded and insured. Reasonable rates. 25 years of experience. Call Eileen (609) 860-9050.

HENRYKA'S CLEANING SERVICE – Professional house cleaning. Quality work. Call (609) 586-0806.

HOUSE CLEANING – Honest and experienced. Quality work. Call Laura (609) 902-9951.

WE CLEAN, YOU REST – Reliable, experienced, friendly. Superb quality. References. Ola (609) 319-3545.

SUSANA'S CLEANING SERVICES – I clean houses, offices, apartments. Fold laundry, iron. Two rooms and two bathrooms will be \$60. (732) 393-2546.



LWW

(Continued from page 22)

kets are demanding that recyclable materials not be contaminated by materials that should not be included with curbside recycling. Materials that do not meet the new standards for purity end up in landfills.

The Public Works Department, according to Joe Slomian, plans increased focus on educating the public about the recycling process and available resources in order to address the issue of contaminated recyclables. Its new "Recycle Right" initiative is summarized in a colorful, card-board handout distributed in the most recent edition of the Monroe News. Residents are encouraged to keep and post the handout as a reminder of what is recyclable at curbside and what is not. The handout also lists other sources of information about recycling. Random inspections of curbside recycling bins accompanied by a written "report card" are also under consideration as a possible tool to further awareness of recycling right.

Slomian placed special emphasis on the fact that recycling procedures for curbside pickup within the private gated communities may differ from those of other residential areas within the Township. Private community residents are encouraged to contact their homeowner's association or recycling provider if they have questions about acceptable recyclables and the pickup process.

Slomian was invited to participate in the League's meeting by its Natural Resources Committee as part of the Committee's ongoing effort to enhance public awareness of the need and opportunity to protect our physical environment. He has lived in Monroe all his life and loves the outdoors. Professionally and personally, he is committed to maintaining the beauty of

his hometown. For additional information about the work of the Natural Resources Committee, contact them at lwvmonroetwp@gmail.com. Include "Natural Resources Committee" in the subject line.

The League of Women Voters is a nonpartisan political membership organization whose goal is to empower citizens to shape better communities. We invite you to join us for our next general meeting on April 22, at 1 p.m. in the Monroe Municipal Courtroom. Tom Johnson, energy reporter, NJ Spotlight, will speak about wind power.

Visit our website, lwvmonroetwpnj.org to learn more about us.

Classified Information

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

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

RATES

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

Choose any below

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

Rossmoor Resident Telephone Directory

CHANGES & DELETIONS ONLY

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

Information as it now appears:

NAME: _____

ADDRESS: _____

PHONE: _____

Changes for the 2019-20 edition:

NAME: _____

ADDRESS: _____

1 PHONE OR 1 CELL: _____

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

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

DO YOU SUFFER FROM ANY OF THE FOLLOWING CONDITIONS?

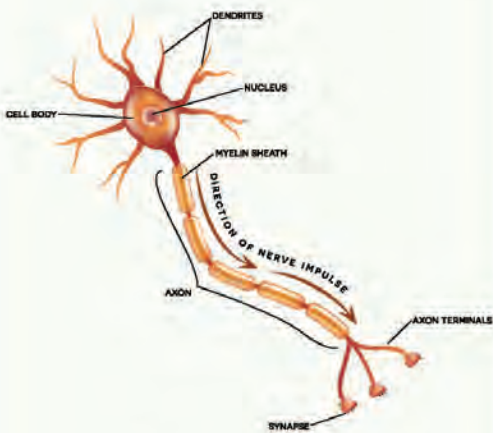
- Numbness
- Pain when you walk
- Sharp, electrical-like pain
- Burning or tingling
- Difficulty sleeping from leg or foot discomfort
- Muscle weakness
- Sensitivity to touch



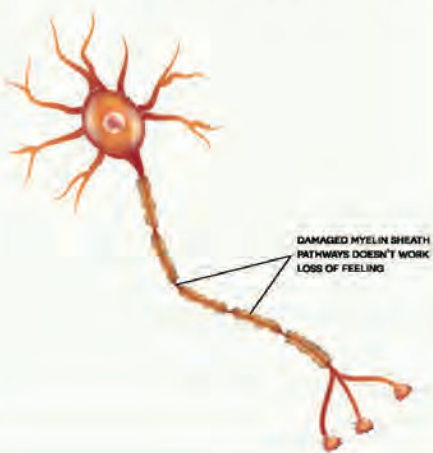
GET RID OF IRRITATING NUMBNESS AND PAIN IN YOUR LEGS AND FEET WITH FDA-CLEARED TREATMENT

WHAT DOES PERIPHERAL NEUROPATHY LOOK LIKE?

Healthy Nerve Cell
Properly processes sensory information to the brain:



Damaged Nerve Cell
Sends incorrect signals to the brain, from phantom pain to tingling and numbness:



GET IN ON THE RELIEF!

“I was diagnosed with peripheral neuropathy. My neurologist prescribed Neurotin, which didn’t help. After treatment of MicroVas, *the burning sensation in my legs is gone*. I sleep better and have better balance. The environment at AllCure Spine is nurturing and caring.”

- Vicki M.

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

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

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

WHY ALLCURE SPINE & SPORTS MEDICINE?
AllCure Spine and Sports Medicine offers some of the most advanced, non-surgical, FDA-cleared procedures for relieving chronic pain. Our multidisciplinary approach utilizes the latest medical technology. We offer programs and procedures that will improve your health with the utmost safety and precision. We will provide you with an accurate diagnosis and recommend a program that best fits your needs.

TREATMENT IS COVERED BY MOST MAJOR INSURANCES, INCLUDING MEDICARE
We are confident that you will find healing and relief at AllCure Spine and Sports Medicine. You will have a one-on-one consultation with one of our trained staff who will evaluate your condition and determine if you would be a candidate for this treatment. Due to the demand, we have opened an additional 30 appointments this week. Time slots fill quickly, so CALL TODAY to secure your appointment!

**CALL TODAY!**

732-521-9222

FIRST 30 CALLERS ONLY!

Disclaimer: Due to Federal Law, some exclusions may apply.

Offer Expires 4/30/19

AllCure
SPINE & SPORTS MEDICINE

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