



What pandemic stories do you have to tell?

By Diane England

It was my second Saturday afternoon of living and working in northern Italy. I found myself lost and headed into a mountain tunnel while driving an unfamiliar car. I knew that by law, I had to turn on my headlights. However, it was too dark to see how to accomplish this. So, alone in that tunnel, and struggling to make out the road before me, I found myself thinking: Could I die in this tunnel — even before my Italian adventure has had a chance to really begin?

I remember this incident as I also remember that, in our pandemic journey we began just over a year ago, we all entered a dark tunnel. We not only didn't know how long was the tunnel that we had to navigate, but we also lacked the vision to know

how to steer safely through it. And indeed, some likely feared that they'd die before any light appeared at the tunnel's end.

My Italian tunnel episode was a wake-up call. I realized that in a foreign culture, one can not safely sleepwalk through life. Instead, it was necessary to anticipate potential problems or catastrophes, and then, to take actions to diminish their likelihood. Otherwise, one's life might be snuffed out needlessly.

Sadly, I saw this happen to some young American Air Force members. They apparently believed that they could safely emulate how the Italians drove on the mountain roads around us. They'd been told why this was not the case. For some reason,

(Continued on page 3)



Starting the colorful spring season

Mayor Dalina to the rescue!

From the Monroe Township NEWS, statement dated Feb. 25, 2021

Do you know a Monroe Township senior, without technology resources or family support, who needs assistance navigating the State's COVID-19 vaccine appointment system? Read on.

"In the absence of an effective State telephone hotline, Monroe Township Mayor Stephen Dalina and

the Township Council are matching volunteers with a specific senior or other individual — without access to technology or family support -- to help navigate the State's COVID-19 vaccine appointment system.

Residents with scarce resources who need assistance are invited to contact Eileen Biennas in the Mayor's office, at 732-521-4400, ext. 114."

The greatest generation

By Ken Thomas

After retirement, I searched for my music again. Before re-activating my trumpet, I had to activate my lip, so practice became a priority. Three weeks later after a local concert, a friend introduced me to a trombone player from the band. It is a well-known fact that brass instrumentalists attract others of their kind; them that use spit valves together, stay together. The trombone man asked me if I'd like to try out for a new band that was forming called "Let's Dance."

When he said they played music from the Big Band era, I almost swallowed my trumpet mouth piece. I loved Big Band music.

The following week, I went to their rehearsal. Twenty musicians were seated in band formation, playing "Little Brown Jug." Every musician had gray hair. I had found my music, "Field of Dreams." The band rehearsed about 15 songs that night. I recognized all the tunes. The soloists were great, the saxophone section stunning, my trombonist friend boned it and the band would have made Glenn Miller smile. Note, the trumpet player next to me was 91 years old.

They won a war. America's economic growth in their years will never be equaled. They set the standard for American values and work ethic. Jeepers creepers, they did it all without HBO, Mon-

day Night Football, a microwave, McDonalds, duct tape, Wal-Mart or personal computers. Their songs from the Big Band era will be played forever, rivaling Rock and Roll for music greatness. We also owe a lot to the Baby Boomers. As part of the "Let's Dance" band, I was proud to perform a musical

(Continued on page 3)



This spectacular amaryllis, a harbinger of spring, is vibrant enough to brighten anyone's day.

Side effects of the COVID-19 vaccine

By Kaytie Olshefski, BSN, RN-BC

The Pfizer and Moderna vaccines for COVID-19 were given emergency approval in December 2020. Following a phased approach, the first doses of the vaccine are being administered to people with the highest level of patient contact and residents of long-term care facilities.

More public sites have been opened as more vaccine doses have been received by the state. Johnson & Johnson has received emergency use authorization for its COVID-19 vaccine. This vaccine became available in early March.

People who have received

the COVID vaccine, whether Pfizer or Moderna, have reported varied side effects. There are some people who do not experience any symptoms from either the first or second dose, and this includes not having a sore arm. Typically, the common side effects that many people have encountered were soreness or pain at the injection site, fatigue, headache, chills, fever, muscle and/or joint aches. Swollen lymph nodes might occur on the same side as the injection site. Symptoms may be increased from the second dose of either the Pfizer and Moderna vaccine, meaning your temperature could be higher than from what you experienced with the first

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BE A GOOD NEIGHBOR

If possible, park your vehicles in your carport, driveway, or garage.
If you must park on the street, please do not block driveways, mailboxes, fire zones, or yellow curbs, and be considerate of your neighbors who might need to park by their Manor entrance.

at the governors' meeting

February 25, 2021

The RCAI Board of Governors Zoom meeting was called to order at 9 a.m. on Thursday, Feb. 25, 2021, by Daniel Jolly, president. The Zoom meeting was open to owners and stockholders who wished to participate.

The Minutes of the Board of Governors meeting on January 21, 2021 were approved 18-0.

Jane Balmer, RCAI General Manager, announced that based on the review of unit costs, anticipated completion schedules and successful execution of similar projects, FWH Associates recommended that the 2021 Concrete Replacement Project contract be awarded to

Amore Homes, LLC. She also informed the board that Bob Buskett of the Maintenance Department would email a form to each Mutual asking whether or not their Mutual wanted to participate in the project with Amore Homes.

The following resolutions were approved by the board:

1. Reorganization of Men's, Ladies 18 Hole and Women's 9 Hole Golf Groups;

2. Authorization to Proceed with the 2021 Paving Project; and

3. Authorization to Proceed with the 2021 Concrete Sidewalk/Curb Replacement and Storm Inlet Reconstruction Project

General Manager Balmer

talked about the December 31, 2020 pre-audit financials and was pleased to announce that it appears that 2020 will end with a surplus of approximately \$300,000 as anticipated, mainly due to the mild 2020 winter. She also informed the board that after 30.9" of snow in 2021, it appears that the Snow Control Cost Center is not over budget and should end the year closer to break even.

Participant questions were answered regarding the snow removal procedures and when the common facilities might reopen.

There was no further business for the Board to discuss and the meeting was adjourned at 9:35 a.m.

More resources for seniors

Seniors 65 and older can call 856-249-7007 available between 8 a.m. and 8 p.m. to register and schedule appointments. This phone line is just for those 65 and older.

Seniors 65 and older on the N.J. Vaccine Scheduling System may receive calls or messages from the NJ COVID Vaccine Call Center to schedule an appointment at the Gloucester megasite or at Walmart (<https://www.walmart.com/store/directory/nj>). These sites may have appointments specifically designated for those 65 and older.

Seniors 65 and older may also have access to dedicated appointments at hospitals or pharmacies, including CVS (1-800-746-7287 or <https://www.cvs.com/immunizations/covid-19>)

vaccine), Rite Aid (1-800-748-3243 or <http://riteaid.com/newjersey>) or Walgreens for Walgreens accounts holders only (1-800-WALGREENS or <https://www.walgreens.com/findcare/vaccination/covid-19/>).

Letter

I was pleased to hear that the tennis court will be rebuilt and better than ever. I love playing tennis, but recently the only game in town has been at the Monroe Tennis Center. I hope, as the weather warms up, other

residents will want to play on our home court. I guess the best way to find out who's interested is to call and leave your name with the E&R office. I will do that as soon as I finish this note!

Terre Martin

Open RCAI Meetings in April

Thursday, April 15
Board of Governors Meeting...9 a.m. via Zoom

Until further notice, the Standing Committees will not be meeting.

Please watch Channel 26 for any changes or cancellations

Our Website

Rossmoor now has an improved website: rcainj.com.

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

Bits & Pieces

Sue Ortiz

Well, it's April again. One year ago, give or take a week or two, this all started, and it's still going strong. Let's not get maudlin with statistics and numbers, though. We see enough of that on the news. Let's look at some of the little, yet positive, things that transpired during this pandemic.

Whether we physically went to work, worked from home, were retired, or otherwise just not venturing out, almost everyone had that stay-the-heck-home feeling.

During lockdown, many of us learned what Zoom is and how to use it. Dogs, kids, and automobiles all zoom (dogs do zoomies, Mazdas go zoom... zoom...), but only kids came away smarter (hopefully).

Some of us learned that we can work from home for a while, if necessary.

We all wore masks. A few of us were crafty and sewed our own. Fancy facemasks are now cool, but not in a comfortable way. They make breathing a conscious effort. Those darn elastic bands are giving us COVID ears.

We still needed to eat. Some of us continued our shopping runs; others signed up for Peapod delivery service or amassed Amazon boxes. We visited "no contact" farms and bought produce we never knew existed, and found delicious recipes online on how to prepare them.

We learned what is important in our lives, and what is not. We all hunted for treasure: hand sanitizer, disinfectant wipes, yeast, and toilet paper were as precious as gold. Why was toilet paper such a hot commodity? The aroma of fresh-baked bread wafted throughout the house. Our hair grew longer ... and longer ... and longer. We made do with what we had until it was utterly necessary to venture out.

Some of us lost a few pounds; many gained a few (too much home-baked bread). We took walks in the park by day and binge-

watched a ton of TV shows by night.

While we were home, we sorted papers and cleared out filing cabinets, then shredded all the junk. We cleaned out drawers and closets then tossed the cast-offs to the curb. Our houses were never so clean!

Some of us discovered YouTube and learned new skills, while some just watched cat videos.

I, for one, kept Sam's Club in business by ordering tons of peanuts to keep my backyard squirrels happily fed. I'm sure others ordered pet food for their own fur babies, too.

We connected, and in some instances reconnected, with our friends and family via social media or good, old-fashioned telephone calls. We talked to our neighbors ... from a safe distance.

Restaurants weren't business-as-usual, so we opted for take-out with curbside service instead of dine-in, and rediscovered family dinners at home again.

We looked up at the skies and marveled at the cotton-like clouds, the sapphire sky, the twinkling stars at night, and pondered the mysteries of space and time. We soaked in the sun in our own green backyards and took a deep breath of petrichor, the smell of rain after a dry spell.

Sometimes we just sat.

What was supposed to be a two-week shutdown to "flatten the curve" continued. We are still anxiously waiting for things to get back to some kind of normal. Soon, hopefully, soon.

What did you do on your COVID "vacation"?

B&P

"A vacation is what you take when you can no longer take what you've been taking." – Earl Wilson (American journalist, 1907-1987)

"If there is one thing that COVID-19 has shown us, it's the little things that we likely took for granted that made our lives seem normal." – Kim Reynolds (American politician, b. 1959)

Monroe Township Covid help is excellent

By Linda Monaco

After more than a month of registering at every available website trying to get an appointment, help finally arrived.

We were told to call Monroe Town Hall and ask for the person in charge of volunteers to find an appointment for the vaccine. You give them your name and phone number and a volunteer will call back for further information.

So we did it. Nothing ventured, nothing gained. A volunteer called back within an hour to get further informa-

tion. Along with the usual questions, they want to know how far you are willing to travel for the vaccine. If distance is a problem, they will get you an appointment as close as possible.

The volunteer called later that same afternoon with an appointment for Wednesday afternoon at Bayshore Medical Center, Holmdel. We now have had the first vaccine and an appointment next month for the second shot. Everyone was very helpful and efficient.

Thank you, Monroe Township.



Rossmoor News

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

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

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

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Visit the Rossmoor website at www.rcainj.com

Have some yarn or fabric and some time? Make a blanket!

By Linda Bozowski

According to the published history of Project Linus, on Christmas Eve 1995 an article published in Parade Magazine about a very ill little girl named Laura inspired Denver resident Karen Loucks to begin making handmade security blankets for the Rocky Mountain Children's Cancer Center. The headquarters of what has grown into a national organization is located in Belton, Mo., and chapters are located in every state. Blankets are collected and distributed to children in hospitals, shelters, disaster areas, and various other social service agencies.

Project Linus has been featured in articles in many magazines and in television reports. Workshops are sometimes held so that interested persons can learn of

the organization and become familiar with the requirements of the finished products. Joann Fabrics has drop-off boxes in some of the chain's stores, and other facilities accept the blankets for later pick up by area coordinators or other volunteers.

The website for Project Linus is filled with helpful information and some project directions. There are some "rules" that should be followed. For instance, the blankets must be washed and dried, with no fabric softener, and then measured and individually bagged. Preferred sizes are listed on the website. Fancy decorations and buttons are not permitted, since they may be hazardous to babies and young children. Keep in mind that blankets can be sized for infants and small children in cribs all the way to sizes ap-

propriate for older youngsters or teens.

After the blankets are completed, they can be dropped off at the recently renamed Linus Central New Jersey Chapter, since that unit has several convenient drop-off locations. It was reported that this Chapter provided 4,000 blankets to children in the year 2020, an amazing feat. The Chapter can be contacted directly on the web or through Facebook.

For those who have some free time and an interest in doing something creative and charitable, making blankets might be a good solution. If there is leftover yarn or fabric taking up space in your home, with no immediate use in mind, perhaps it could be donated to another crafter who would make it into a blanket for a child.

Please feel free to contact me (I'm in the Rossmoor phone directory) if you might like more information or would like to donate unused but usable yarns or fabrics. I'm sure the Central New Jersey Chapter can put these items to good use. Blankets not only offer warmth, they can also offer caring.

Greatest generation

(Continued from page 1)

Salute to the Greatest Generation.

It's now 2021; so many of that generation are gone, but their music lives on. The "Let's Dance" band salute included approximately 20 songs. Before each song, a band member gave the audience a short history of the song, the band that played it, who wrote the song or the singer who sang the song originally. In the background was a screen, where we showed a film of those years. The audience could dance or just watch, entertained by those melodies from the Big Band era. A General described a Glenn Miller Big Band performance to the troops saying, "almost as good as a letter from home." We ended the performance

with a salute to our Armed Forces; Army, Navy, Air Force and Marines. These veterans stood as we played their songs. God bless them all.

After the performance, some of the band members went into the audience for a meet and greet. I approached an elderly woman in a wheelchair. As we introduced each other, I noticed tears in her eyes. She grasped my hand and said, "Many years ago my husband and I were driving down a road from town, when Glenn Miller's Band began to play "In the Mood," a first-time radio broadcast. My husband stopped the car and we stood in the headlight beams. He kissed me and we danced. Your music gave me back that memory, thank you." Every time I play "In the Mood," I remember too.

Pandemic stories

(Continued from page 1)

though, some of them did not accept this reality. They paid with their lives.

There have been people who have not accepted the realities of COVID-19 and the pandemic. Because of this, they too have needlessly died.

The pandemic has necessitated modifying our beliefs and behaviors to survive its onslaught. Sometimes, though, like those living through stage two of culture shock in a foreign land, people became angry about what they faced. Some apparently cursed and sought to deny or ignore these realities. Fortunately, some others, not unlike the guests in a foreign country able to move unto the next stage of culture shock, they were finally able to laugh at their former obstinate selves.

So tell me, are you able to grin with pride at your newfound willingness and ability to meet the challenges of this

strange new world?

Certainly, how you conduct yourself during life's toughest times make the grandest statements about who you are. But then, most anyone can handle the good times. As a result, they don't teach us much about ourselves—or others, for that matter.

Having said all that, did you also come to discover things about the current state of your heart and soul? Are they in alignment with your personal values and what you like to believe to be true about yourself? Or, do you need to make some changes in your thinking, your behaviors, or both?

It appears we'll soon be headed into that light at the end of the tunnel. I look forward to hearing some of your pandemic stories — the good, the bad, and the ugly — when we're able to meet once again at the Women's Guild. Until then, keep on doing what we were supposed to be doing all along — even if you are now vaccinated. In other words, be cautious and stay safe!

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Bob's Almanac—April 2021

By Bob Huber

Fair warning! Somewhere within this newspaper, our conniving editorial board may (or may not) have played a joke on you. It's an April First tradition which goes back many years in the Rossmoor News, but not nearly as 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 in the Middle East. Practically every culture has some sort of April Fool's Day, though not necessarily on April First.

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 into up to your knees. My friend once proposed that the entire population of Maine

should 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 trip was rejected.

Actually, there's no need to be a "stick in the mud" during April. There are many special observations 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 most 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, Easter will occur on April 4.

April is also the birth month

for many of the famous and the infamous. A short list includes

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 BC, celebrated.); singer and civil rights activist, Paul Robeson (April 9, 1898); Thomas Jefferson (April 13, 1740); London born comedian, Charlie Chaplin (April 16, 1889); Adolf Hitler (April 20, 1889); William Shakespeare (April 23, 1564); and inventor of the telegraph, Samuel F. B. Morse (April 17, 1791.)

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

Have a happy April.

Grilled cheese sandwiches – a lunchtime staple

By Linda Bozowski

If we did a survey here in Rossmoor asking folks how many of us eat lunch most days, what do you think the reply might be: 25, 50, or 75 percent? Then if we continued that survey and asked those lunch-eaters what their most likely lunchtime meal might be, how many might reply that grilled cheese sandwiches are near the top of their lists? And then, to complete the survey, we would add at least one more question: how many of those sandwich eaters often accompany their entrees with tomato soup?

I'm sure statistics could be found that present real, validated answers to those three questions. Am I going to search for it? Not today. But the topic of grilled cheese sandwiches is an intriguing one, because a grilled cheese sandwich is not required to consist of American or cheddar cheese on to-be-

toasted white bread.

My Better Homes and Gardens red and white plaid cover cookbook has a recipe for Deluxe Grilled Cheese Sandwiches. That recipe calls for a combination of cheddar and Swiss cheeses, mayo and mustard (both optional), butter, and olive oil. At the end of the recipe in a little note, the cookbook says that cooked bacon, cooked ham, tomato, apple, chutney or ketchup can be added if desired. As an aside at the end of the next column in the book, an additional note suggested substituting imported gruyere for the Swiss cheese in the original recipe "for bolder flavor." Okay, so now we're adding a little fun to the meal. But let's go further – what if we substituted rye or pumpernickel bread for the white bread, or maybe combined that ham or bacon and tomato into the filling? Or we could use some sauerkraut or dill pickle slices.

I saw a recipe recently for Brie and apple slices in a Food Network cookbook. Sounds almost like a move toward dessert. Does cream cheese as the main filling, mixed with some sliced canned peaches, still qualify the sandwich as a grilled cheese? Wouldn't that combo be delicious on cinnamon raisin bread? Yum! Are there rules for what ingredients are required? I don't know.

One of the greatest advantages of making a grilled cheese sandwich for lunch (or dinner) is that it can be pretty quick to assemble and cook, so long as it's kept in one of its simplest iterations. Adding bacon, which needs to be cooked, and then slicing tomatoes or searching for the whole grain mustard adds to the prep time, so maybe keeping it simple is the best way to go. No matter what combination of ingredients you may choose, please be sure to cook the sandwich long enough so that the cheese is melty and gooey.

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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Sound Advice

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

The cost of not having a financial plan is surging

With the cloud of the COVID pandemic still hanging heavy across the nation, Americans are sitting on an unprecedented mountain of cash while income, estate and gift tax rates are changing. Financial planning in the current environment of accelerated change is suddenly much more important.

If ever there were a silver lining, it's that staying at home has enabled Americans to amass a cash reserve as never before. However, the speed of change has accelerated rapidly, driving up the cost of failing to update a personal financial plan. What's going on?

The pandemic has spawned federal payments to Americans at a level never seen before. Dual surges in two important factors, disposable personal income and personal savings, are driving growth of the economy at a rate not seen in modern U.S. history. The surges resulted from COVID relief cash payments made by the government in April and May 2020 and again in January 2021. Cash from the 2020 payments accumulated in savings accounts and was being spent down when January's COVID aid payments hit. The \$1.9 trillion aid and stimulus package will cause another surge in disposable income and savings.

The fundamentals driving this economy are confounding and totally unexpected. In 2020 and early 2021, as the nation endured its worst public health crisis ever, stock prices repeatedly broke new all-time record-highs! The proximate cause of the stock price gains amid a pandemic was an explosion in savings held by Americans, financed by a series of cash payments from the government.

With interest rates low and the Fed reiterating in March that it does not plan to raise rates for the foreseeable future, bonds are not an attractive investment. So, consumers who are sitting on this mountain of cash that has been mounting for many months now may spend it or invest it for the long run. Both outcomes would be good for asset prices on stocks and housing.

Central bankers and economists will be debating the long-term effects of the growing influence of the government in the U.S. economy and the risk it poses, but the financial outlook for now is unexpectedly bright, even as the dark cloud of the pandemic casts a long shadow over the nation.

Meanwhile, taxes are about to be hiked by another new COVID aid legislation package, the American Rescue Plan, and another round of legislation that will hike taxes further is expected to

be adopted after the economy has recovered but before the end of 2021.

When the pace of change in the world was slower, the cost of not having a strategic financial plan was not so dear. This is not the time to sit on your hands. This is the time to act.

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

For more information, questions, or comments, we encour-

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Mount Baldy

By Ken Thomas

I was chosen by the Camp Director to assist Jim with about 15 teenage campers on a hike to Mount Baldy, part of the Appalachian Trail in Northern New Jersey. Not too many of our staff counselors could put up with Jim, our 18 year-old "wanna be leader of men." He could "wanna be" a capable counselor into a garbage collector. I took the "Beetle Bailey" approach with Jim; hide, nap and ignore him.

During the hike, Jim again proved that leadership and social skills were not words he understood. The boys

understood and resented his constant criticism. The Mount Baldy hike takes about five hours and will test the stamina of any hiker. I swear the entire trail direction is "Up and Up."

We arrived at dusk, pitched tents, started a cooking fire and ignored Jim. After three or four hot dogs, I followed the tired boys to our sleeping bags early that night. Mount Baldy won the "who can hike" contest again.

At 3 a.m. I was rudely nudged awake by a booted foot and a flashlight shining in my face. In fact, many

(Continued on page 6)

DO YOU SUFFER FROM PERIPHERAL NEUROPATHY?

DO YOU HAVE ANY OF THESE SYMPTOMS?

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- ✓ Sharp, electrical-like pain
- ✓ Burning or tingling
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- ✓ Sensitivity to touch?

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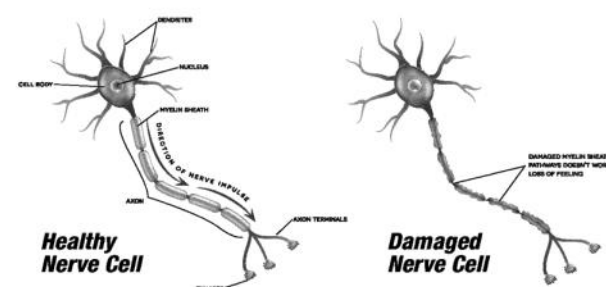
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The jazzy month of April



April is
JAZZ

Appreciation Month

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 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 old jazz musicians used to say, "If you've got to explain it, you ain't going to get it." Some long-haired 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 a particular melody; sort of like not staying within the lines when you paint by numbers.

It's encouraging to note that many junior and senior high schools have added jazz to their music curriculum. My 14-year-old nephew plays trombone in a big 18-piece jazz band, and the kids sound great. Count Basie would be pleased

I'm proud to have been a part of the small jazz group we formed here in Rossmoor. It was called the Mayflower Trio, and it consisted of the late Bill Strecker on guitar, his friend Bill Gibson on bass and yours truly on keyboard. My musical talents are sorely limited, but Bill Strecker was an outstanding musician and a great motivator. He encouraged me to play music that I never thought I could accomplish.

Sometimes our ranks expanded to a quartet or a quintet with the addition of residents Dennis Arce on

drums and Richard Casey on clarinet and tenor sax.

We played for a number of community events, but most of all we played for fun, and that is no doubt the key to jazz's longevity.

Jazz has been around for over 100 years in one form or another. Jazz historian, Dick Hyman, can demonstrate that the seeds of jazz can be found in classical piano compositions written as far back as the 1840s. Suffice it to say that jazz has outlasted most other forms of popular music.

Perhaps the current generation of talented Rossmoor residents can be inspired to form a new jazz group and carry on the tradition of the Mayflower Trio.

Baldy

(Continued from page 5)

flashlights were shining all around the camp site. Police, firemen and emergency personnel were everywhere. They were questioning the boys about SOS signals from the top of Mount Baldy. This resulting rescue attempt involved responders from several towns. Why did Mount Baldy let this happen? The "boys will be boys" excuse will not be acceptable today. Would I go to jail?

Jim was accusing all the boys and threatening horrible punishment involving latrines, landscaping, KP and physical mayhem. He was ridiculous and deserved a personal "KP Cancer" as punishment for his leadership qualities. I faded into the darkness, hoping to avoid contact with the equally angry rescuers, especially one screaming responder. This policeman and Jim could be heard in the valley below and in the three nearest towns. What a night this would be!

Everyone wanted to forget those Mount Baldy hours, resulting from a teenager prank. I wanted to forget the Mount Baldy teenagers for communicating a false 911 emergency in Morse Code. God bless the emergency responders for their words of warning only, instead of some official criminal-like action.

The hike back to camp was not pleasant. Conversation and attitudes were not pleasant. Jim was not pleasant and his words often reached an "X" rating. Three changes to my Bucket List for the future were added. I will never hike with Jim again. I will never go back to Mount Baldy again. I will never teach Morse Code.

When we got back to the main camp area that day, I found the Star Ledger newspaper on my cot. A story on page two was circled in red. The article described a night on top of Mount Baldy and a group of boys with questionable leadership. SOS signals were mentioned. Gleeefully, I took the paper over to Jim's tent.

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Southern fried chicken

By Ken Thomas

I'll never forget this chef and his southern fried chicken. I swear on my mother's meat-loaf that his recipe could save the world. He has earned a place in the history of camp cooks.

On Monday, the dining hall menu reminded me of my school cafeteria. Thankfully, our food was at least multi-millimeters tastier, because of our new cook, but my opinion wasn't shared by the majority of campers. Mom and Dad were coming to visit Sunday and promised to take me out to a restaurant for dinner. Could someone starve in five days? I noticed the entree for Sunday lunch was southern fried chicken. I hate chicken!

The metal bowls with vegetables and metal trays with chicken were served to us by our designated waiter. The chicken legs, wings and thighs were a deep brown in color and a greasy residue was visible from whatever coated the meat. Tentatively, I tasted the southern fried chicken. How can you put yum, wow, slurp and delicious into one word? No one was eating the mashed potatoes or string beans. Our waiter fought other waiters toward the serving area for seconds. He returned, grabbed a leg and passed the rest. I snatched a leg also. A few of our unfortunate tablemates did not get seconds. Only the sucked clean chicken bones remained. This southern fried chicken was better than steak. I had to tell my mother. Mom couldn't cook an edible chicken. For dinner that night with my parents, I ordered southern fried chicken, but it wasn't THE southern fried chicken. My stomach wouldn't talk to me for days.

The next visitor's Sunday, my taste buds were begging for southern fried chicken, but some kind of pork roll was on the menu. One of the camp staff told me our chef was very secretive about his chicken recipe. The camp staff and kitchen assistants tried to learn the ingredients, but our chef just smiled. The next three years, I was part of the camp staff. Every southern fried chicken Sunday was a feast, a scramble for seconds, thirds and of course, "finger licking good."

During Sunday church services before lunch, the aroma from the mess hall could even tempt Moses into bending a commandment. One unforgettable Wednesday, our chef invited the camp staff for a southern fried chicken dinner on his birthday. I ate two legs and two thighs. My stomach will remember that night forever. Years' later, I heard a rumor that our chef gave his recipe to a camp staff member before he died. I could never find out who it was, but I hope he is still celebrating his good luck on southern fried chicken Sunday.

I'd trade my Lincoln for that southern fried chicken recipe.

Stationery Week – A remembrance of times gone by

By Linda Bozowski

My best friend of 40-plus years is unique in many ways, but one that intrigues me is that she has always (at least as long as I've known her) had personalized stationery made. The designs that she has chosen are so "her" – roses, lovely script, matching envelopes. I have never purchased such lovely treats for myself. Why not? Am I not, as the L'Oreal commercial says, worth it? Of course I am, but maybe I view such an item as an indulgence or too costly or, worse yet, not important.

That question brings to mind many others. Do we write with a pen or pencil or quill on paper? Although I haven't done any research on the topic, my inclination is that greeting card companies, who may also manufacture stationery, have seen a decline in their sales. For

instance, how many holiday cards did you receive this year? How many did you send? Do you have collection of birthday or anniversary cards put aside, already addressed and with the send-by dates noted on the top right corner, to be covered by the stamp when it's time to mail them? Maybe you have a small basket of get well or condolence cards on hand to be used as those sad occasions may occur. There's not always time to run out to the store to purchase cards.

Hopefully we all communicate with others, but can you remember the smile on your face when you opened an envelope from a friend or family member? Maybe it was a brief note, thanking you for mailing a cartoon or recipe or an old photo that you came across when you were cleaning the garage.

(Continued on page 8)

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Stationery Week

(Continued from page 7)

Maybe it was one of those family or friend letters meant to update a long list of recipients about what has happened in the past year – births, deaths, graduations, vacations – all the good stuff meant to keep us up to speed with people we care about. Maybe it was a get well or condolence letter to you after getting some bad health news or losing a dear one. It was a card or letter, written by hand.

Many have resorted to communicating by email or text message or on Facebook or Twitter. Many communicate only by telephone. Being in touch with others is a good thing, no matter how we do it. But as the song tells us, “There is nothing like a dame,” it’s also true that there is nothing like a handwritten letter or card.

As a long-ago business person, I had serious-looking stationery, with the name and address of the business and phone and fax and email

information. It was blue granite, with matching envelopes. Very impressive – at least I thought so. I wrote proposals and reports and sent invoices on that stationery. I didn’t write personal letters with it, although I could have. My dear friend had business stationery for her company too, also very impressive. But she used her made-to-order stationery for personal communications.

Do we need made-to-order stationery, maybe with monograms? Not really – it is a special treat to have writing paper that is lovely and personal and reflects us, as individuals. Can we write the same sentiments on steno pad paper and put the missives in the envelopes we may have bought last week at Stop and Shop? The Postal Services will deliver them just the same, so long as there’s a stamp at the top. But just-for-us, personal stationery is nice to have – it can make us feel special. And as L’Oreal says in its ads, we’re worth it.

Explosion on Mount Tambora

By Jean Houvener

In April of 1815, the largest volcanic explosion of the last millennium, the largest in recorded history, occurred on the Indonesian island of Sumbawa. On the U.S. Geological Survey Volcano Explosivity Index (VEI), the eruption registered seven out of eight. That is 100 times more powerful than the Mount St. Helens explosion of 1981. The eruption was 10 times more powerful than the explosion of Krakatoa in 1883, which got more press because the technology of the latter, with telegraphs, permitted more news as it was happening.

Signs of a coming eruption began on April 5 with the beginnings of rumbling and some pyroclastic flows. On April 10, a gigantic blast blew the mountain apart. Before the explosion, the mountain was around 14,000 feet tall; after the explosion, what was left was just over 9,000 feet tall, with a caldera 3.7 miles



across.

In the immediate aftermath some 10,000 people on the nearby islands were killed either directly by the ejected materials and pyroclastic flows or by subsequent tsunami activity. An additional 80,000 died indirectly from starvation as crops could not be grown. Ash came down for weeks, killing crops and forests.

It is estimated that around 36 cubic miles of material, including ash, pumice, rock,

and aerosols, including 60 megatons of sulfur, were ejected, much of it into the upper atmosphere where it caused a major reduction of sunlight reaching the earth, reducing the average temperature by 5.4° F. While the largest chunks landed on the surrounding area and thick ash covered the surrounding water, the finer aerosols remained in the atmosphere and spread, eventually covering and affecting much of the northern hemisphere.

In China and Tibet, the abnormal cold followed by floods caused the death of trees, crops, and even water buffalo, also led to famine.

In North America and northern Europe, there were snow and killing frosts in June, July, and August of 1816. The year 1816 was known as the year without a summer. This led directly to the Irish potato famine, a time when many died and many emigrated to the United States.

In New England the killing cold caused crop failures that drove New Englanders to move farther west, where with the encouragement of the U.S. government, much of the land west of the Appalachians was settled. Partly because of the influx of people, Indiana became a state in 1816, and Illinois in 1818.

On vacation in Switzerland that summer, Mary Shelley wrote “Frankenstein,” and her husband Percy Bysshe Shelley wrote the poem “Darkness,” which begins, “I had a dream, which was not all a dream. The bright sun was extinguish’d.”

The volcano is still active, having had lesser activity as recently as 2013.

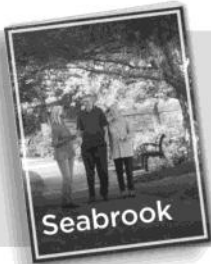
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The 10 favorite...



The original Temptations: The "Classic 5" lineup of the Temptations: David Ruffin (bottom left), Melvin Franklin (top left), Paul Williams (top right), Otis Williams (bottom right), and Eddie Kendricks (center)

En.wikipedia.org

By Allan Kaufman

My daughters gave me a gift from a company called Storyworth. Every week they send me a generic question on any subject matter. I have a week to provide them with answers and pictures. One of the recent questions was on the music I liked. I provided choices from my early youth to my current favorites.

But, for this article, I am going to discuss the 10 favorite songs of my youth. And, as we are, in this community, in the same ballpark as it pertains to age, I hope you enjoy my choices. All these songs can be found on YouTube. The list is in no particular rank order. They are just my 10 favorite songs.

1- MY GIRL – The Temptations, from Detroit Michigan released a series of great songs, in the 1960s and 70s. "My Girl" was released in 1965. It became their first #1 song in America. Another Temptations song that just missed my top ten is "Ain't to Proud to Beg."

2- CALIFORNIA DREAMIN' – The Mamas & Papas. On Dec. 8, 1965, "California Dreamin'" by The Mamas & The Papas was released. Inspired by a frigid New York City winter and a nagging homesickness for the warmth of Southern California, the song was written by John and Michelle Phillips. "California Dreamin'" went on to spend 17 weeks on the Billboard charts. It also became an anthem for the West Coast counterculture movement and inspired many to make the fateful pilgrimage to the Golden State. "Mama" Cass Elliott and Denny Doherty completed the group. And guys, tell me you weren't in love with the surviving member of the group, Michelle Phillips?

3- SAN FRANCISCO – Scott McKenzie. The ode to the Summer of Love in 1967. This is one song, when finished, I hit the replay button.

4- TAXI – Harry Chapin. Released in 1972, everyone sings along with Harry. "And



The Mamas and Papas

From GAB Archive/Redferns

she said we must get together, But I knew it'd never be arranged. And she handed me twenty dollars for a two fifty fare. She said, "Harry, keep the change." Source musixmatch. Taxi lyrics © Story Songs, Ltd.

5- FIVE O'CLOCK WORLD – From Turtle Creek, Pa., a suburb of Pittsburgh. The original lineup consisted of Bill Burkette, Don Miller, Hugh

Geyer, and Chuck Blasko. This was the #4 song in 1966. This song became the theme song for the Drew Carey Show.

6- SOUNDS OF SILENCE – Simon and Garfunkel. The breakout hit for this all-time great duo. From the soundtrack of The Graduate. Everyone wanted to be in that bedroom with Mrs. Robinson..

7- TIL I KISSED YOU – The Everly Brothers. One of many hits by brothers Phil & Don. The duo broke up in 1974, didn't speak for 10



Don and Phil Everly

From Gettyimages.com

years and reunited in 1984. They continued in concert until Phil's death in 2015. The entire first concert from their reunion is on YouTube. I was fortunate to see them in concert in Lake Tahoe in 1986.

8- RUN AROUND SUE – Dion & the Belmonts. The very first single I purchased was this one. Born Dion DeMucci from Belmont Avenue in The Bronx, Dion and the Belmonts had a number of hits prior to Dion moving out on his own. Dion still performs in smaller venues today.

9- FERRY 'CROSS THE

MERSEY- Gerry & the Pacemakers. One of two major hits from this British group as part of the British invasion after the Beatles paved the way. Gerry Marsden, the lead singer just recently passed away.

10- BLOWIN' IN THE WIND –

Peter, Paul and Mary. Peter Yarrow, Neil "Paul" Stookey and Mary Travers. This is one of the songs from the 1960s civil rights movement of which this trio was a mainstay. They performed during the 1963 March on Washington, famous for the "I have a Dream" speech by Dr. Martin Luther King.

*"How many roads must a man walk down
Before they call him a man?
How many seas must a white dove sail
Before she sleeps in the sand?
How many times must the*

(Continued on page 11)

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This month in pictures

By Joe Conti and Walter Gryskiewicz



White Cotton Ball Flower by Y.A. Lee



My Deer Friend
Inset: He took it and flew away

By Y.A. Lee
By Annie Tierney



Sunset over Rossmoor by Y. A. Lee

CULINARY CORNER

By Sidna Mitchell

A soup for any kind of weather

By Sidna B. Mitchell

As I saw warm, sunny Florida days about to give way to heading back to chilly, closed-down Rossmoor, I wanted to make the best of those wonderful open days. In Florida we could play croquet, return to church, eat inside restaurants, have friends over for dinner, sit on the beach, ride our bikes, explore state parks and lots of other activities. Well, you get an idea of the difference between the two states and why I hesitate to go back to New Jersey.

In reading through my limited number of cookbooks in Florida, I found several recipes I wanted to

try before we left. We invited croquet friends, Jim McLaughlin from New Hampshire, and Carl Kruse, another Rossmoorite, for dinner reminding them they would be "guinea pigs" as I tested recipes out on them.

Knowing Jim like gnocchi, I found a seafood recipe that sounded tasty—and it was—but, frankly, too complicated to use in a cooking column. However, everyone did enjoy that entrée and I provided leftovers for the guys to take home. We started our dinner with a cauliflower soup that we all thought was delicious. I'll have to make this again when we return to the chilly North.

Cauliflower Soup

1 small cauliflower
1 small onion, thinly sliced
¼ teaspoon dried thyme
2 cups chicken broth
2 tablespoons butter
1 tablespoon flour

Culinary Corner

1 teaspoon salt
Dash of pepper
Dash of ground nutmeg
2 cups half and half
½ cup shredded Fontina cheese

Wash and cut the cauliflower into small flowerets.

Combine cauliflower with onion, thyme and chicken broth in a medium saucepan and bring to a boil.

Reduce heat and simmer, partially covered, until cauliflower is tender, about 10 minutes.

Transfer mixture to a blender and puree.

In a four-quart saucepan, melt butter over medium heat; then stir in flour, salt, pepper and nutmeg.

Cook until bubbly and well blended.

Remove from heat and gradually add half and half.

Cook, stirring constantly until mixture boils; then blend in cauliflower puree and Fontina cheese.

Reduce heat and continue stirring until cheese melts.

Serve immediately with rolls or crackers.

Makes four to six serving depending on size.

NOTE: Since I didn't have any dried thyme on hand, I used 1/8 teaspoon each of dried dill and dried parsley. Also, I substituted Gouda for the Fontina cheese so any mild cheese would probably work.

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

New Neighbors



By Christina Smith, Resident Services Manager

Fatima Senabre, 228-O Manchester Lane, formerly of Old Bridge, N.J.

Dawn Capandona and Janice Conti, 65C Amherst Lane, formerly of Matawan, N.J.

Richard and Kateryna Mohlenoff, 5B Old Nassau Road, formerly of Plainsboro, N.J.

Lydia Barron, 661A Yorktown Lane, formerly of Weston, Conn.

Adriana Vives, 655C Yale Way, formerly of Staten Island, N.Y.

Marilyn Rotondella, 471A Newport Way, formerly of East Windsor, N.J.

Peter DeFazio, 146A Old Nassau Road, formerly of Iselin, N.J.

Walter Horzempa, 199C Old Nassau Road, formerly of Jamesburg, N.J.

Clifford Bryant, 86N Old Nassau Road, formerly of Millstone, N.J.

Stephen VanHecke, 26N Bradford Lane, formerly of Centerville, Ohio

Clara and Rasciel Cangas, 189B Malden Lane, formerly of South Plainfield, N.J.

Charlotte Jackson, 561N Tilton Way, formerly of Hillside, N.J.

Veronica Kasian and Frederick Benson, 630B Yale Way, formerly of Monroe Twp., N.J.

Maryann Flannery, 207B Madison Lane, formerly of Greenbrook, N.J.

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Peter Yarrow, Mary Travers and Paul Stookey

Pinterest.com

The 10 Favorite

(Continued from page 9)

cannon balls fly
Before they're forever
banned?

The answer, my friend, is
blowin' in the wind
The answer is blowin' in the
wind"

Source: LyricFind
Blowin' in the Wind (Bonus
Track) lyrics © Universal Music
Publishing Group

The group performed to-

gether until the passing of Mary in 2009.

There are still a number of favorite songs I could have chosen, but I went with the ones where I know most of the lyrics and that allows me to sing along with the artist, albeit very poorly, except in the shower where I sound great. Your comments and questions are always welcome. I can be reached at allan.kaufman0125@gmail.com or at 732 690-2145.

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Clubs and Organizations

Dance Club welcomes spring

By Judy Perkus

Two years ago, when the world was still normal, our headline in the April Rossmoor News was “Rossmoor Dance Club Welcomes Spring and Another New DJ.” Well, we are still welcoming warmer weather and spring and April showers, but would especially like to welcome dancing in the Clubhouse once more.

A favorite spring dance theme — “Singing in the Rain.” Who can forget Gene Kelly singing and dancing in the rain! We are looking forward to more normal



times when most everyone is fully vaccinated and we can be together indoors. In the meantime, Dance Club President Armen DeVivo is planning our reopening dance party.

We are still meeting!

By Norman Perkus

The Rossmoor Book Discussion Group continues to meet virtually once a month on the third Thursday of the month. On April 15 at 3 p.m., they will discuss “This Side of Paradise” by F. Scott Fitzgerald. Contact Norman Perkus for the complete list of books for the year and the access code for the Zoom meeting.

The Writers Group has also been meeting monthly over Zoom. The next meeting will be on Thursday, April 29, at 10 a.m. Contact Norman for more information.

Religious Organizations

What a Jewish Mother would say, cont'd

By Adrienne Brotman

As promised, here are what their mothers would have said, especially if they were Jewish!

Albert Einstein’s mother would have said, “You couldn’t do something with that hair for your yearbook picture!”

Moses’s mother would have said, “Where have you been for the past 40 years? You couldn’t get in touch with your mother!”

“It would have killed you to become a doctor?” said Bill Gates’ mom.

And Abraham Lincoln’s mother would have said, “Again with that big hat! Why can’t you wear a nice baseball cap like the rest of the kids!”

It’s humorous, what is sent in emails.

The congregation will be conducting a Zoom Yizkor, (Memorial) service on Sunday, April 4, the last day of Passover, at 10:30 a.m. On Friday, April 9 and April 23,

there will be Zoom Sabbath Services at 4:30 p.m.

Zoom Torah study classes will be on Saturday, April 10, and Saturday, April 24, at 10 a.m.

For information on joining the Zoom services contact Judy Perkus. All welcome!

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

Please wear a mask and stay physically distant in public


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

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

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Sports News



Ray Bridy has become our new Golf Pro
Photo by Doug Martin

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Monroe Township Public Library reopens for Grab & Go Service

The Monroe Township Public Library reopened for Grab & Go Service on Wednesday, March 17.

Grab & Go Service means that Library patrons are able to enter the building, look for an item and check it out, make a photocopy, reserve an item, etc. Curbside pickup service from the Library's Drive-Thru Window will remain available by appointment for those who prefer it.

The Library's hours of operation are:

- Monday-Thursday, 9:30 a.m. to 8:00 p.m.
- Curbside 10:00 a.m. to 7:30 p.m.
- Friday 9:30 a.m. to 5:00 p.m.
- Curbside 10:00 a.m. to 4:30 p.m.
- Saturday 10:00 a.m. to 5:00 p.m.
- Curbside 10:00 a.m. to 4:30 p.m.
- Sunday Closed

All patrons and staff are required to wear masks and observe social distancing of at least six feet at all times while in the library building. Temperature checks will take place at the entrance before entry into the Library. Patrons will enter through the meeting room doors facing the Contributors Courtyard and exit through the main entrance. Capacity is monitored by library staff. Hand sanitizing stations are located throughout the building. Patrons are encouraged to use hand sanitizer prior to entering the building and after touching library materials and surfaces. Seating remains unavailable at this time. Self-checkout is encouraged.

Collection

Interlibrary loans have resumed. Interlibrary loaned materials are not quarantined. New books will remain in the center of the building and spread out to limit congestion. Magazines and newspapers is unavailable for in-house use until further notice. Magazines may be checked out.

Returns

Return materials at any time to the book drop at the Library's Drive-Thru or the book drop in the parking lot of the Senior Center. The book drop at the Community Recreation Center remains

closed at this time. Items are quarantined for 3 days before check-in. Please allow up to 5 days for materials to be removed from your record. Overdue fines have been waived for the time being. We are currently unable to accept material donations of book and media at this time. Stay tuned for more information about when we hope to be able to accept donations again.

Programs

We continue to offer a robust line-up of virtual programs for adults, children and teens via Zoom. A full schedule can be found at www.monroetwplibrary.org/virtual-programs. In-person library programming will resume at a later date. Outdoor programming is being planned.

Services

Computer use is available by appointment only. Ap-

pointments will be for 1 hour.

Photocopying is available.

Faxing is available at the Reference Desk.

Printing is available at the Reference Desk.

Scanning is available at the copy machine near the Reference Desk.

Notary service by appointment began on March 22.

Digital Library

Monroe Library cardholders can download a variety of media such as audiobooks, ebooks and magazines, as well as stream movies and music at any time of the day. Visit our website at <http://www.monroetwplibrary.org/resources/digital> to get started.

Public restrooms are available.

The Monroe Township Library is located at 4 Municipal Plaza, Monroe Township, NJ 08831.

www.monroetwplibrary.org

A Message from High Tech Landscapes, Inc.:

- 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 a herbicide with a high potassium formula that will provide broadleaf weed control in warmer weather and 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, weather pending as well.
- 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/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 pending



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Did you know?

You can drop off cans of unused paint every third Saturday of the month, between 8 and 11:30 a.m.

Just take the cans of left-over paint to the Monroe Township Recycling Center at 76 Gravel Hill-Spotswood Road, where the staff is most helpful.

If the paint has completely dried in the can, you can toss it in the household trash bin. (NOT in the recycling bin.)

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Eat and drink smart to fend off colds and flu

It's no secret that a balanced diet with plenty of fruits and veggies can deliver important vitamins and nutrients for better health, but many of your favorite foods can actually help support your immune system, too.

In addition to precautions like avoiding people who are sick and washing your hands often, you can influence your immune system through what you eat and drink.

Stay hydrated. Keeping well hydrated can be difficult during the winter months, especially if you spend most of your time indoors. A warm drink like this flavorful Orange Spiced Tea provides a strong dose of vitamin C along with a delicious dose of hydration.

Keep the produce going strong. Fresh, seasonal fruits and veggies often come to mind during warmer months, but produce like citrus, leafy greens and root vegetables are plentiful during cold and flu season, too.

"Consuming the whole fruit is the best way to ensure you gain the maximum nutritional benefit," Dr. Poonam Desai said. "When speaking with patients, I recommend seeking nutrients like vitamin C from whole food sources, rather than supplements, especially with a vitamin C-rich fruit like California oranges."

Get a natural boost of vitamins. Vitamins A and C, found in fresh citrus, are two key nutrients that support your body's natural line of

defense, your immune system. Just one orange offers 90% of the daily recommended value of vitamin C, and California Navel oranges are in their peak season – just in time for the height of cold and flu season.

Get inspired with more ideas to boost your immune system with essential vitamins and nutrients at californiacitrusgrowers.com.

5 Ways to Get More Vitamin C

- 1.Pick heavy fruit.** When shopping for citrus, choose fruit that smells fresh and feels heavy for its size. The heavier the orange, the juicier it's likely to be.
- 2.Explore versatility.** Fresh citrus like California Navel oranges make a nutritious addition to sweet and savory dishes, beverages, cocktails, sauces and more.
- 3.Use the whole fruit.** Reduce food waste by consuming the flesh, juice, zest and peel. Try squeezing juice and grating zest into a smoothie, using orange segments for a vibrant salad or combining diced Navels with red onion, cilantro and jalapenos for a zesty salsa.
- 4.Retain vitamin C content.** Vitamin C is water soluble, so to retain as much as possible, eat citrus fresh, avoid overcooking and use minimal amounts of water.



5.Refrigerate for longer shelf life. Keep your citrus fresh longer by storing it in the refrigerator at a temperature below 42 F. To get the most juice out of the orange, bring it to room temperature before cooking.

Orange Spiced Tea
Recipe courtesy of California Citrus Growers

- 6 cups water
- 1 clove cinnamon or 1/2 teaspoon ground cinnamon
- 6 tea bags
- 1 cup California Navel orange juice
- 1/2 cup white sugar
- 2 tablespoons lemon juice
- 1 slice California Navel orange

Bring water and cinnamon to boil; let cinnamon dissolve. Remove from heat and add tea bags; soak at least 5 minutes. Remove tea bags.

In separate pan, bring orange juice, sugar and lemon juice to boil. Stir until sugar dissolves.

Pour juice mixture into spiced tea.

Garnish with orange slice and serve hot.


(Family Features)

SYMPTOMS OF CORONAVIRUS DISEASE 2019


Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include


FEVER



COUGH




SHORTNESS OF BREATH



*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



For more information: www.cdc.gov/COVID19-symptoms

HEALTH CARE CENTER NEWS

COVID-19 vaccine

(Continued from page 1)

dose. Your symptoms of fatigue and headache may linger for longer as well.

A noted side effect from the Moderna vaccine is "COVID arm," which happens when a red rash develops around the injection site. Some people report they have had itching at the site, and some have said it was painful to the touch. It is not a common adverse reaction, but a small number of people have experienced it. This is a reaction on the skin typically occurring five to nine days after the vaccine was given and shows how the body's immune system is reacting to the vaccine. It is noted that this phenomenon has occurred in Moderna's clinical trials. Research is showing women are developing COVID arm more than men. This discrepancy could be because women are reporting this symptom more than men. It could also be because women constitute a large part of the phase 1A healthcare workforce that has been vaccinated.

The Centers for Disease Control and Prevention (CDC) recommends not taking acetaminophen or ibuprofen prior to being vaccinated to ward off potential side effects. Only take acetaminophen or ibuprofen if you experience symptoms. If you develop a temperature, take acetaminophen to bring it down. If you have generalized body aches, muscle and joint pain, and/or a headache, take the medication that you would normally take for a headache. If you are feeling fatigued, rest and

take it easy until you start to feel like yourself again. Drink fluids to stay hydrated. If your arm is sore or painful, place ice over the injection site for 20 minutes and then take it off for 20 minutes; repeat the process.

The side effects you may experience, such as the sore/painful arm, fatigue, generalized body aches, indicate your body is producing antibodies and creating a stronger immune system response against COVID-19. There are people who do not develop any side effects after receiving the vaccine. Researchers are studying this phenomenon. You are protected from COVID-19 whether you do or do not have any side effects from the vaccine.

If you develop an adverse reaction to the vaccine, call your physician and inform him/her of what you are experiencing. Follow the advice of your doctor. The CDC and U.S. Food and Drug Administration (FDA) have set up a national reporting program called V-safe to monitor the safety and tracking of the COVID vaccine. If you developed an adverse reaction after receiving the vaccine, even if you are unsure if it was the vaccine that caused the adverse reaction, it needs to be reported. To report an adverse event, go online to the Vaccine Adverse Reporting System (VAERS) website at vaers.hhs.gov. Once on the site, choose either the online report or download the PDF form to report the adverse event. If you need further assistance, call VAERS at 1-800-822-7967.

The National Vaccine Injury Compensation Program is a separate federal program that provides compensation to individuals whose injuries may have been caused by certain vaccines. Information can be obtained by calling 1-800-338-2382 or visiting hrsa.gov/vaccine-compensation/.

You should have received a CDC vaccination card when you received your first COVID-19 vaccine. The first and second COVID vaccines are recorded with the lot numbers and the site where you received the vaccine, and possibly the name of the person who administered the vaccine to you. The primary function of this card is to remind you to return for your second vaccination. Keep this card with you if you need to show you were vaccinated. Options are being explored for documentation/certificates for proof of vaccination for travel and official purposes.

After receiving your COVID vaccine, you still need to follow CDC guidelines for many months while the general public is being vaccinated. Researchers are determining if the COVID-19 vaccine prevents you from spreading the virus to other people, even if you yourself do not get sick. To keep you and the people around you safe, continue to wear a mask, social distance, wash your hands properly, avoid crowds and follow quarantine guidelines if you are exposed to someone who is COVID positive.

Saint Peter's has developed a COVID-19 Recovery Program for people who still have lingering complications such as shortness of breath, chest pain, digestive problems and fatigue after recovering from COVID-19. The program provides access to multi-specialty care for patients who have previously tested positive and were either hospitalized or recovered at home. If you or someone you know is experiencing complications due to COVID-19, call the COVID-19 Recovery Program at (732) 745-8552 or email COVID19recovery@saintpetersuh.com to make an appointment.

Infection control technologies help keep New Jersey's businesses healthy

By Parker President & CEO
Roberto Muñoz Parker at Monroe

Now that the COVID-19 vaccine has been administered to most of us in aging services, we need to consider what's next.

What more can be done as we need to stay vigilant on additional ways of reopening New Jersey businesses and safeguarding employees? I believe the latest technologies are the answer to elevate infection control to the highest level possible.

At Parker we have implemented many infection control technologies that will safeguard our homes and programs.

From wearable devices that remind our employees to frequently wash their hands to UV technology that effectively helps us disinfect the highest standard, we believe these measures will better protect our residents, employees and visitors.

In many cases these were technologies that we had planned before the pandemic came, but our efforts were accelerated as COVID-19

surfaced. We will continue to actively look for the best technologies for infection control.

Even with hope on the horizon with the vaccines, it looks like we may be dealing with the impact of this pandemic for some time. Regardless of when this pandemic ends, our world is different and our business community needs to take measures that will put us on the offense, rather than the defense.

We are pleased with our newly-installed system that electronically monitors hand hygiene. It is being used as a high-tech way to bolster infection control at our residential campuses in Piscataway, Highland Park, New Brunswick, Franklin and Monroe.

Beacons strategically placed throughout clinical areas work in concert with small badges worn by each of Parker's elder care workers. The beacons alert staff when there is a hand hygiene opportunity, with badges providing visual re-

(Continued on page 17)

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It's Time to Rethink Heart Health



Photos courtesy of Getty Images

FAMILY FEATURES

On average, someone in the United States dies from cardiovascular disease (CVD) every 36 seconds, approximately 2,380 deaths each day, according to the American Heart Association. Each day, 405 deaths occur in the U.S. as the result of strokes, an average of one death every 3:33. More people die annually from CVD than from any other cause including cancer, COPD, diabetes, lung infections and the flu, according to the American Heart Association (AHA) 2021 Heart Disease and Stroke Statistics.

Consider these steps to #RethinkCVRisk to change the course of the disease and your life.

Understand Your Risk

COVID-19 has shown that those with underlying CVD face an especially high risk of serious COVID-19-related illness or even death, according to the Centers for Disease Control and Prevention (CDC). Regardless of whether you've received your COVID-19 vaccination, now is a good time to discuss your risk for heart disease with your doctor.

How Cardiovascular Disease Develops

Risk factors for CVD include high cholesterol, high triglycerides, diabetes and high blood pressure. Other factors that contribute to risk are family history, prior cardiovascular (CV) events, smoking, being overweight

or obese and unhealthy diet and exercise habits. Over time, these risk factors can lead to injury of the blood vessel lining, causing inflammation, which can then trigger plaque growth. Plaque grows at different rates and in different arteries in the body for everyone and is often a slow, gradual process without symptoms.

As plaque buildup continues, the risk of suffering a CV event – such as heart attack or stroke – increases. If plaque ruptures, the body will try to repair the injury, potentially causing a blockage to form, and when an artery becomes fully blocked, blood flow is restricted. Blocked blood flow to the heart causes a heart attack while blocked blood flow to the brain causes a stroke.

Managing Risk Factors

The most effective way to prevent CVD is to understand and address risk factors. Triglycerides play an important role in heart health. Triglycerides store unused calories to give your body energy and are the most common type of fat in the body. They come from foods you eat such as butter, oils and other fats, as well as carbohydrates, sugars and alcohol. Your diet, lack of exercise, medical conditions, certain drugs and genetics can all cause high triglycerides.

In the past, medicines used to lower triglycerides, like fenofibrates and niacin, were commonly prescribed to help manage CV risk along with statins. However, clinical studies failed to show benefits and both the U.S. Food and Drug

Administration (FDA) and American Diabetes Association discourage combining niacin and fenofibrates with statins.

Some turn to dietary supplement fish oil to help manage CV risk. However, supplements contain only 30% of the omega-3 fatty acids EPA and DHA (docosahexaenoic acid) with the majority of the product consisting of non-omega-3 ingredients, including saturated fats. Some data suggests certain ingredients in dietary supplement fish oils, such as DHA and saturated fats, may raise bad cholesterol.

While high triglycerides are an indicator of CV risk, lowering them won't necessarily reduce your risk. However, addressing the underlying causes of high triglycerides can help, according to the AHA.

Treatment Options

With ongoing research, new standards-of-care are emerging. High cholesterol is a key CV risk factor with statins currently the first-line therapy for lowering cholesterol. Statins, diet and exercise can lower your CV risk by about 25-35%, but, for many people, controlled cholesterol doesn't eliminate CV risk. This residual risk, or "persistent CV risk," puts millions of patients at risk and has been the focus of therapeutic development for many years.

Talk with your doctor about FDA-approved options that can help further reduce your heart risk if you already take statins.

For more information about CVD and what you can do, look for #RethinkCVRisk on social media or visit [truetoyourheart.com](https://www.heart.org).

Truths and Falsehoods About Heart Disease Risk

- 1. Statins reduce your chance of experiencing a CV event by up to 90%.**
False. Statins, diet and exercise can lower your risk by about 25-35%, but for many patients, controlled cholesterol doesn't eliminate CV risk. This residual risk, or "persistent CV risk," puts millions of patients at risk and has been the focus of therapeutic development for many years.
- 2. Managing high triglycerides along with taking statins is enough to reduce your risk.**
False. High triglycerides are a CV risk factor but lowering them won't necessarily reduce your risk. For example, earlier generation medicines prescribed to lower triglycerides, like fenofibrates and niacin, failed to show clinical benefit when used with statins to reduce CV risk. In fact, the FDA withdrew approval for fenofibrates and niacin in combination with statins because they add potential risk with no proven benefit to heart health.
- 3. Fish oil supplements are a proven way to get protection from a CV event.**
False. Fish oil supplements are not FDA-approved medicines intended to treat or prevent a medical condition. Despite multiple clinical studies, these products have not been proven, to reduce CV risk on top of current medical therapies including statins.
- 4. Having a first CV event, such as a heart attack or stroke, puts you at greater risk to suffer another.**
True. Having a CV event makes you more likely to suffer another. That's why it's important to protect against a first CV event or future events. To closely monitor your heart health, stay in close contact with your doctor and reduce your risk by keeping up with your medications, exercising and sticking to a healthy diet.



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

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

While we all recognize the

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

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

"Monroe residents have

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

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

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

Infection Control

(Continued from page 15)

minders to wash hands or apply hand sanitizer.

Whether they are diligently going about their daily duties from suite to suite, care partners are given a helpful reminder that hand hygiene is a crucial step toward halting the spread of germs, viruses and other unseen adversaries.

And in the midst of the lingering COVID-19 pandemic, it's another way of reducing the possibility of cross-contamination.

Every time care workers enter the room after a few seconds, if they don't do hand hygiene, the badge will start beeping. If they continue not to address their hands, it will turn red. And then every time they walk out of the room, it does the same thing. It works the same if our workers cross over the threshold in a shared room from bed A to bed B.

The electronic hand hygiene monitoring system, developed by Michigan-based BioVigil, was implemented in several hospitals since March 2020 when the first wave of COVID-19 hit much of the New York and New Jersey area. It was a way to remind busy workers eager to tend to their patients that they had to pause, wash their hands and then return to their duties. Hand washing – as well as mask wearing and social distancing – have been the trusted first lines of defense against the coronavirus.

Parker's monitoring system offers quantitative data in the fight against cross-contamination because it provides data about which staff members haven't been heeding the ever-present reminder to wash their hands and offers opportunities for coaching and education.

It didn't take long for Parker's elders to notice the badges. One elder even asked if she had permission to remind team members to wash their hands if she notices their badges turning red.

When we talk to families about the product, they're very impressed. They're so impressed by the fact that we're really taking this seriously, ensuring their loved ones are safe, as well as ourselves. That is our constant, pressing goal, now, and for the future.

Contact Waste Management

609-587-1500

ID# 61565342007

for pick up of household items

NO electronics

NO upholstered furniture

NO mattresses

TRANSPORTATION TIDBITS

Important phone numbers:

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

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

Monroe Township Transportation609-443-0511

Middlesex County

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

St. Peter's University Hospital

On Time Transportation1-800-858-8463

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



Rossmoor News seeks photographs

We need pictures.

Please send us pictures you've taken of any Rossmoor event or personality. We're also happy to print your lovely flowering tree, your new puppy, your graduating grandchild, a spectacular sunrise, the blossoms in your garden.

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

Recycle information from Waste Management

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

Classified Advertising

Home Improvement & Services

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.

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

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

Tax Services

GREGORY TAX SERVICE—Pick up, drop off, fax, email and online service. Jim Gregory, IRS AFSP. (732) 236-4498.

Miscellaneous/Services

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

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

Wanted to Buy

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

Help & Health Services

LEASE A NIECE HOME CARE AGENCY. Assistance w/personal and household activities – cooking shopping, appointments, local transportation. Companions. CHHAs, RNs. (732) 521-HOME or (732) 521-4663.

AID/CAREGIVER – Companionship, meals, errands, scheduling and transportation to doctors' appointments, recreational needs. Monroe Township resident. References available. Call Lillian (908) 208-2215.

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

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

Transportation

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

Position Wanted

CERTIFIED PROFESSIONAL CAREGIVER—Looking for a job. Experienced, references. Driver's license. Anna, 732-715-0711.

House Cleaning

ANA SANTOS HOUSE CLEANING SERVICES—Dependable, uses own vacuum cleaner, changes bed sheets, will start laundry. Reasonable, references available. Please call Anna at (732) 337-5743.

Classified Information

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

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- 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.

A Brunch Spread Fit for Spring

FAMILY FEATURES

From tasty small bites to a filling feast and even dessert for breakfast, brunch options are nearly endless. Take your spring brunch to the next level with recipes that appease appetites of all kinds.

First, start with portioned pastry cups perfect for appetizers. Bring out the protein-packed breakfast burritos for the main course then, for a final touch of sweet deliciousness, offer up lemony doughnuts to cap off the feast.

Find more brunch recipes at Culinary.net.

Bite-Sized Breakfast

Appetizer-sized portions and small bites of all sorts are ideal for breakfast spreads, and these Pastry Brunch Cups are perfect for starting a morning meal with loved ones. Or, if a busy schedule looms, try baking a batch and separating into appropriate serving sizes for a simple way to meal prep heading into a new week.

Find more breakfast recipes at Culinary.net.

Pastry Brunch Cups

- Servings: 18
- 2 tablespoons butter
 - 2 tablespoons flour
 - 1 1/2 cups milk
 - 1 cup shredded Swiss cheese
 - 2 sheets puff pastry
 - 18 eggs
 - 2 cups diced ham
 - chopped fresh green onions

Heat oven 375 F.

In small saucepan, melt butter. Whisk flour with butter. Gradually pour in milk, whisking each time. Bring to simmer, whisking until mixture starts to thicken. Remove from heat; stir in Swiss cheese. Set aside.

Use rolling pin to thin out puff pastries. Cut each into nine squares. Line pastry squares in muffin cups, pressing bottoms down firmly and moving pastries up sides for edges to come up just over muffin tins. Fill each cup with 1 teaspoon cheese sauce. Crack one egg into each cup and sprinkle each with diced ham.

Bake 10-15 minutes until eggs set. Sprinkle with chopped green onions.



Power Brunch with a Protein-Packed Burrito

A well-rounded brunch calls for a multitude of dishes and beverages, but it wouldn't be complete without a protein-packed recipe to get the day started.

This delicious Breakfast Burrito is loaded with colorful veggies and Silver Fern Farms 100% grass-fed strip steak. Hailing from New Zealand, home to some of the world's most natural tasting beef and lamb, this premium cut of beef is aged 21 days and minimally processed with no added growth hormones or antibiotics. The animals are grass-fed year-round and allowed to roam and graze freely, so the beef offers a lean, flavorful texture that tastes just as nature intended.

Visit silverfermfarms.com to find more at-home brunch inspiration.

Breakfast Burrito

- 1 Silver Fern Farms New Zealand 100% Grass-Fed New York Strip Steak (10 ounces)
- oil
- salt, to taste
- pepper, to taste
- 1/2 onion, finely chopped
- 1 red bell pepper, sliced lengthwise
- 4 large mushrooms, sliced
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2-1 teaspoon chili powder
- 1 tomato, finely chopped
- 8 eggs

- 1/2 cup milk
- 4 large tortillas
- 1 cup spinach
- 1 1/2 ounces feta cheese, crumbled
- 1/4 cup cilantro
- 1 avocado
- lime wedges (optional)
- hot sauce (optional)

Remove steak from packaging and set aside 10 minutes. Once steak reaches room temperature, heat pan over medium-high heat. Rub steak with oil and season with salt and pepper, to taste.

Cook until medium-rare, approximately 3-4 minutes each side. Remove from pan and cover loosely with tinfoil to rest 5 minutes.

Reduce heat to medium and add splash of oil. Add onion; cook 1 minute. Add red bell pepper and mushrooms; cook 1 minute.

Add cumin, paprika and chili powder; stir through.

When veggies are tender (about 2 minutes), add tomato and cook until soft. Season with salt and pepper, to taste.

In large bowl, whisk eggs, milk and salt and pepper, to taste. Heat pan to medium heat and add splash of oil.

Pour egg mixture into pan and cook, lifting and folding eggs until thickened and no visible liquid egg remains. Do not stir constantly.

Lay tortillas on flat surface or plate.

In center of tortilla, add cooked veggies and top with thinly sliced beef. Add handful of spinach, scrambled eggs, crumbled feta, cilantro and avocado. Fold bottom of tortilla and roll.

Serve with lime wedges and hot sauce, if desired.

Dine on Deliciously Sweet Doughnuts

Brunch is never complete without something sweet to cap off the morning feast, and doughnuts are often the perfect complement to an array of main courses.

These Lemon Ricotta Doughnuts pair the bite-sized morsels with lemon curd (if that suits your style) for a sweet-tart combination. They're made using Domino Golden Sugar, which is made from pure cane sugar and is less processed than white granulated sugar, as one you can always trust in your favorite recipes. It works cup-for-cup just like white sugar but with a golden color and distinct hint of molasses flavor.

Visit dominosugar.com to find recipes perfect for entertaining and celebrating throughout the year.

Lemon Ricotta Doughnuts

- Prep time: 20 minutes
Cook time: 7 minutes
- Doughnuts:
- Vegetable oil, for frying
 - 2 cups all-purpose flour
 - 1 3/4 cups Domino Golden Sugar, divided
 - 2 tablespoons baking powder
 - 1/4 teaspoon salt
 - 2 tablespoons lemon zest
 - 5 large eggs
 - 1 3/4 cups ricotta cheese

- 1 tablespoon pure vanilla extract
- Lemon Curd (optional):
- 1 stick unsalted butter, softened
 - 1 1/2 cups Domino Golden Sugar
 - 2 large eggs
 - 2 egg yolks
 - 4 lemons, zest and juice only
 - 1/8 teaspoon salt

To make doughnuts: In large saucepan, preheat oil to 350 F. Prepare cookie sheet with paper towel to drain doughnuts once out of hot oil.

In bowl, mix flour, 3/4 cup sugar, baking powder and salt. Add lemon zest, eggs, ricotta cheese and vanilla extract; mix until well combined.

Use ice cream scoop to scoop small amounts dough into oil, 4-5 pieces at a time. Fry each batch until golden brown, about 7 minutes. Keep oil at or near 350 F; if oil is too hot, doughnuts will turn golden brown but centers may still be raw. Remove from oil and drain in paper towel. Repeat with remaining dough.

While still hot, toss doughnuts with remaining sugar.

To make lemon curd, if desired: In large bowl of stand mixer, cream butter and sugar until light and fluffy. Add eggs and egg yolks, one at a time. Add lemon zest, lemon juice and salt.

Transfer mixture to saucepan and cook at low-medium heat until thick and creamy, stirring constantly. Remove from heat and let cool before serving with doughnuts.

