



Rossmoor IN News



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The shadow of spring

Photo by Youngae Lee

Board of Education begins referendum process

By Linda Bozowski

At its recent and very lengthy meeting on Feb. 16, the Monroe Township Board of Education voted to engage Design Ideas Group Architecture (DIG) to proceed with development of building plans and preparation for a future school construction referendum. A recent demographic study has permitted the Board and DIG to have the most up-to-date information about projected student populations at each school-age level.

The proposal that had been presented to the Building, Grounds and Transportation Committee and then to the entire Board arrayed additions to Monroe High School, the Middle School and to Applegarth School, which would also be significantly renovated. In moving forward with this set of additions and renovations, the Board tried to be mindful of both the needs of students

for additional facilities and to the community in terms of potential costs. The previous two referendums had failed in community voting in part because of the costs associated with those proposals. It was reported that the current tentative proposal could cost between \$94 to \$105 million, depending on costs of materials, unexpected construction issues or other modifications made to the plans.

In the current proposed plan, capacities would be increased by 800 students at the Middle School, 150 students at the High School, and 475 students at Applegarth, a 4-6 grade upper elementary school. Since the district is currently overpopulated by approximately 1,500 students, this construction would meet the district's current needs. It is anticipated that another addition at the High School may be needed in the future, but that construction is not being considered at this time.

Applegarth School renovation and addition

The previous recommendations of the ad hoc committee, which met for many months two years ago, were considered but rejected,

since the interest in preserving Applegarth School was supported by many on the Board. Although that building was constructed in 1936, it has had little renovation, and will require refitting all significant infrastructure, including heating, flooring, windows and plumbing. The addition proposed will include 12 classrooms, several Special Education equipped classrooms, support storage and custodial closets and a greatly expanded new cafeteria. It will connect to the addition built in 1959 and to the core building. It is expected that the school will be in use during the construction, but that decision has not been finalized as yet.

Middle School addition

The Middle School will accommodate an additional 800 students if the proposed 21 classrooms are added to the existing structure. Currently, that facility houses its excess students through the use of multiple external trailer-type classrooms. Removing these rental units will significantly reduce the operating costs associated with their use and will offer students permanent and acces-

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A Message from Mayor Stephen Dalina

As Gov. Phil Murphy was developing his proposed state budget for the upcoming year, I was eager to reach out to him last month to ensure his fiscal '23 spending plan focuses on affordability and provides real help for Monroe residents.

I called, yet again, for an increase in state school funding for Monroe and an expansion of the state Homestead Rebate that helps offset the tax burden. I reminded the governor that Monroe needs our fair share of state funding for property tax relief this year, and every year.

I am pleased to report that the proposed budget presented earlier this month includes many items I am fighting for on your behalf.

I was especially pleased to learn that Monroe's 2022-23 school funding from the state is expected to increase by \$1.7 million, a 22% jump over the current year. Monroe has been woefully underfunded and received as little as \$2.9 million just five years ago, to my frustration.

I went to Trenton with many others in 2017 when Senate Bill 2, the most recent school funding formula, was passed. Together, we fought hard for Monroe, demanding that our community receive its fair share. We didn't ask for special favors. We just wanted the state to do what is right.

Since that time, Monroe's aid increased to almost \$7.9 million in 2021.

And now, with an additional \$1.7 million, Monroe



Mayor Steve Dalina

will reach \$9.6 million in state aid to support the public schools.

While I believe Monroe deserves even more aid under a new, more equitable school funding formula, this increase, and the previous four years of increases we have received, has helped our efforts to stabilize property taxes for all Monroe residents.

I will continue to fight on this school funding issue and work with our 14th District legislators to ensure this \$1.7 million remains in the final state budget bill, to be adopted no later than June 30.

Another important item in my letter to the governor was the importance of the Home-

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All about Ukraine

By Carol De Haan

When ice from the last ice age began melting 10,000 years ago, water drained into every available land depression. Just north of the country that today we call Turkey was a vast basin that began to fill up with glacial meltwater. Archeologists know that in ancient times, many human settlements eventually ringed that body of water.

The Scythians were one of the earliest groups. A horse-breeding culture of nomads from the Asian steppes, they were apparently drawn to that area by the thousands of acres of lush grassland that thrived in the famously rich soil. It was a perfect locale for a culture that owed its success to its herds of grass-grazing horses.

Here comes the flood

About 6800 B.C.E., a massive glacial ice sheet collapsed into the ocean, thereby raising Mediterranean Sea levels to the point that enormous amounts of water spilled over the Straits of Bosphorus and into that

basin. Geologists estimate that, for one entire year, the *daily* amount of incoming water was equal to 200 times the present-day flow of water over Niagara Falls.

The Black Sea was formed as all the nearby human settlements drowned. This catastrophe lived for thousands of years in oral history until about 800 B.C.E., when it was written into the Hebrew Bible as the story of Noah's Flood.

Everyone wants a slice of Ukraine

The ever-enterprising Greeks founded at least 50

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Bocce sign up
Wed., April 6
Gallery
10 a.m. - 12 noon
And
1 p.m. - 3 p.m.



at the governors' meeting

March 16, 2022

The meeting was called to order at 9:00 a.m. by President Dan Jolly. Dan announced the return of three standing Committees. The three are the Maintenance Committee which will meet on the second Thursday of each Month, beginning May 12, 2022. The second committee, education and recreation will hold quarterly meetings in January, April, July, and December. The third committee is the Finance Committee which will meet twice per year once in March or April to review the Annual Audit and again in October or November during Budget preparation season. Each Mutual should choose a director as a representative. Mr. Jolly also announced the disbandment of the Henri flood AD-HOC Committee. He then wished everyone a very Happy St. Patrick's Day and a Happy Purim!

Treasurer's Report:

Gerald McQuade, Treasurer, reported on 2021 RCAI year-end preliminary financials which may be adjusted by the Auditor. He reported that RCAI had a \$28,000.00 surplus but the true financial picture requires reversal of non-budgeted depreciation which then provides for a total year-end surplus of \$197,066.00. Mr. McQuade was asked if the surplus funds could be given back to the Residents, he explained that it is important to keep the money within the financials for future unexpected expenditures.

Old Business:

Mr. Jolly reported on behalf of the Chair of Rossmoor News, Joe Conti on our neighbor, Clearbrook Association, and their test delivery of their community newspaper. It was reported that the delivery did not go well, as some of the Residents waited up to four days for delivery. Director of Mutual

10, Judith Sforza, mentioned that her directors had hand delivered the last issue of Rossmoor News to all of their residents along with a letter explaining how they can access the Rossmoor News online at <https://www.rcainj.com/news/>

Several questions about delivery followed; Mr. Jolly stated that he would further discuss the matter with Joe Conti.

New Business:

Ratification of Email Vote to Allow Guests to Utilize Amenities Ms. Brenda Burrus for RCAI Secretary, Robert Gleason read the Resolution for the Ratification of the BOG's email vote to allow guests to once again utilize the amenities. Dennis Haggerty made a motion to approve, Jim Murphy, seconded. The motion passed unanimously, 18-0.

Authorization for Removal of Retired Items from the RCAI Property List Ms. Burrus read the resolution for the removal of retired items from the RCAI Property List. This is a yearly function required for the audit report. It removes items that have been fully depreciated or have been retired from inventory. Gerry McQuaid made a motion to approve, Paulette Mascia seconded. The motion passed unanimously, 18-0.

Authorization of Final Accounting of Mutual Domestic Water Line Repairs Ms. Burrus read the resolution for 2021 Mutual Domestic Water Line Repairs. Gerry McQuaid made a motion to approve the final reserve item budget accounting for repairs & replacements of domestic waterlines throughout the community in the amount of \$165,597.94 charged to the RCAI Reserve Account 4110, Paulette Mascia seconded. The motion passed unanimously, 18-0.

Authorization to Purchase SnowEx Salt Spreader Ms. Burrus read the resolution for Authorization to purchase SnowEx Salt Spreader. This replaces an inoperable salt spreader that was flood damaged. Barbara Brumberg made a motion to approve the purchase at a cost not to exceed \$8,636.63 and to be funded through the 2198 Insurance claim clearing account, Joann Casper seconded. The motion passed unanimously, 18-0.

Adoption of the 2022 Pool Rules Ms. Burrus read the Resolution for the Adoption of the 2022 Pool Rules. After much discussion regarding food and beverages at the pool it was determined that the following rule needed to be included. *"All resident & guest's food/beverage debris must be removed and disposed of in appropriate trash/recyclable collection containers."* A second rule regarding the age of unaccompanied guests at the pool complex was changed from age 21 to 16. It now reads: *"Residents assume full responsibility for their guests. Residents must register their guests at the pool. Residents must remain at the pool with guests under the age of sixteen."* A request was also made to open the Pool on Friday, May 27, 2022 and not Saturday, May 28, 2022.

E&R manager, Melissa Barnard announced that stickers for existing Id cards and new Id cards would be available April 1, 2022, in the E&R building. Dolores Grief made a motion to approve the rules as amended, Judy Sforza seconded. The motion passed unanimously, 18-0.

Authorization to Proceed with the 2022 Concrete Sidewalk/Curb Replacement and Storm Inlet Re-

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Bits & Pieces

By Sue Ortiz

With the information highway and its many byways, it only takes a moment or less to reach your destination. I opened Google Earth on my computer the other day. After punching in a few words, I visited the Great Pyramids of Egypt, the island of Santorini in Greece, the North Pole, and the town of Jamesburg in California. I know it's not actually *being* there, but at least it's *almost* like being there! And, I didn't have to pack, get a passport, or board an airplane. Good enough for me, right now. It's the anticipation leading up to the trip – the weeks, even years, of planning, researching, booking hotels and excursions, and reading all about your destination all leading up to the "big day" – that's where most of the excitement lies. I know it is for me, even for a simple week's "stay-cation." A week to do anything I want! I'll have time to craft. I'll have time to write. I'll take a ride to the Shore. The time comes, and what do I do? Sleep late and go shopping.

Mail-order catalogs, from Sears Roebucks to the more eclectic Brookstones, Hammacher-Schlemmer, and Signals, used to inundate my mailbox to the point where I was getting the same catalogs every month, but with different covers. It was fun, though. I'd browse the shiny pages, read the descriptions of every item, from jewelry to clothes to books, and make a wish list of everything I wanted to order. The lists were long – long enough for Santa. Then, after adding up the cost of all these lovely trinkets, and adding in the shipping costs, I would get sticker shock!

There were actually a few baubles I just had to have, of course. If I ordered up to \$25 of merchandise, for instance, the shipping cost was \$4.95. Up to \$35, it was only \$1 more. Maybe I *could* order something else. Sadly, I pared the list down to a manageable dollar amount.

The order was hand-printed on the enclosed form and a check written (or credit card number written down, if I was willing to risk it, which I wasn't). These were stuffed in the attached envelope that always needed postage and

extra tape. Then it was off to the post office for mailing. Whew!

It took at least a week for my order to get to some Midwestern town where the company was located. An actual person had to wade through the stacks of envelopes, the orders were then sent to the fulfillment department, which probably took another week to be hand-picked from inventory, carefully packed, and sent to whatever shipping service was the least expensive. Another week or so would pass before the expected package arrived on my doorstep. Oh, the anticipation!

Three weeks later, from catalog to doorstep, a beat-up box would arrive on my porch. It seemed smaller than I thought it would be. Huh. Not as heavy as I figured it would be, either. Huh, again. I would bring it in, set it on the kitchen table, carefully tear off the packing tape, and pull out each item. One, two, three, four ... I thought I ordered more than that. Huh. There must be another shipment coming. I dug through the Styrofoam peanuts that clung to everything, searching for the packing receipt. Alas, I *did* order only four items! Shoot! My mind remembered everything I wanted, not the few things that I ordered. It was a bit of an anti-climax. Oh, the things I selected were great, but it was not the big shopping spree I thought I was getting. Foiled by anticipation, again.

The information highway doesn't only lead to views of far-off lands. It leads us to online shopping sites. I don't get many of those catalogs anymore. When I do, I go directly to the company's website and place my order, if I need anything. Shipping costs are still a deterrent, though, and I must keep my shopping cart in check. But I always check to see if Amazon has the same thing, because I have Prime with two-day shipping. The order will arrive within days instead of weeks – anticipation kept at bay.

You can buy tickets to your favorite entertainer's concert and look forward to the show for months. Then the day comes. Was it worth it?

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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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Open RCAI Meetings in April

**Board of Governors Meeting...9 a.m.
Thursday, April 21**

The meeting will probably be held via Zoom

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

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

In a show of fiscal strength, Monroe retires \$13 million in debt

Monroe Township has been able to retire \$13 million in municipal debt in the past five years.

In 2017, the township had \$67 million in net debt. This year, that number has dropped to \$54 million. One reason for the debt reduction was a municipal refinance

program in 2021, saving \$2.3 million. Another reason is a stellar municipal bond rating, AA+, which ensures that Monroe can borrow money at the lowest interest rates available. A third reason: Careful spending.

"We have intentionally kept our debt capacity very low," said Monroe Mayor Stephen Dalina. "We are also methodical and strategic in our planning. We have established a long-term capital program that is conservative. When we retire debt, we move to the next important new project."

In 2017, Monroe was using only 23% of its debt capacity, considerably lower than most other government entities. By 2022, the Township was using only 16% of its debt ca-

capacity, an even lower debt percentage.

"There is certainly room for us to take on a few smaller projects," Dalina said. "We are committed to identifying the right investments for our community's future."

The benefits of low municipal debt have been evident. For years, Monroe has had the second lowest overall effective tax rate in Middlesex County, despite introducing a number of new programs and services to residents. For example, the Township has a state-of-the-art library, as well as a senior center that is unparalleled in the region. Parks and fields are pristine, and all the emergency response units have the latest equipment and training.

Mayor

(Continued from page 1)

stead Rebate Credit for Monroe residents. I am pleased to also note the governor is now proposing an expansion of this important program for all homeowners and renters who earn less than \$250,000 in income in 2022.

Today, almost 7,000 Monroe residents receive Homestead credits, typically in May. Many thousands more of our residents will join this group if this new proposal is approved. The average household that qualifies would receive \$700. Those already receiving this support could get even more.

I have been fighting for years for more school aid, expanded homestead rebates, higher senior freeze incomes, larger state retirement income exemptions, veterans tax credits and much more.

I pledge to continue my efforts to serve the people of Monroe, ensuring a safe and affordable community for years to come.

Once again, thank you for the opportunity to serve as your mayor.

School Superintendent search resumes

By Linda Bozowski

The search has been resumed by the Board of Education for a permanent Superintendent of Schools. To aid in the search process, the New Jersey School Boards Association has been asked to offer its assistance.

At the present time, Ms. Chari Chanley is serving as the Acting Superintendent. She was appointed to that position following the Nov. 1, 2021, resignation of Dr. Dori Alvich.

The Board is required to advertise and interview appropriately-credentialed can-

didates for this post. The interview process was limited to only several candidates before the appointment of Chanley. Additional efforts are being made to ensure that this important position is filled quickly and that all applicants have their credentials reviewed carefully.

Bits

(Continued from page 2)

Probably. Did you enjoy it as much as the anticipation? Probably not, if you really think about it. Anticipation is waiting for retirement, waiting for the next season of your favorite show, and waiting for the ketchup to flow. Let's hope the occasion lives up to the hype.

B&P

"There is no terror in the bang, only in the anticipation of it." — Alfred Hitchcock (British director, 1899 - 1980)

"Expecting is the greatest impediment to living. In anticipation of tomorrow, it loses today." — Lucius Annaeus Seneca (Roman statesman, 5 B.C. - 65 A.D.)

"Nobody knows what anticipation is anymore. Everything is so immediate." — Joan Jett (American musician, b. 1958)

Governors

(Continued from page 2)

construction Project Ms. Burrus read the Resolution to proceed with the RCAI 2022 Concrete Sidewalk/Curb Replacement project. Barbara Brumberg made a motion to approve the engineer's recommendation to utilize the services of Amore Homes LLC to complete the RCAI project at a cost not to exceed \$177,620.00 — Joann Casper seconded. The motion passed 16 yes, 2 no.

General Manager's Comments: Tom Curry, General Manager, reported on electric utility savings that RCAI negotiated for common area electric meters in all of the Mutuels. The forty-three-month contract with a new third party electric-supplier will save more than \$40,000 over the term of the contract as compared to rates provided by the current third part contractor. Tom reviewed his monthly report to the Board and reported that he had met with Allied Security and addressed recent resident concerns.

Directors' and Residents' Comments:

A resident raised concerns regarding the look of the Curiosity Shop located on private property next to the North Gate. General Manager, Tom Curry reported that he has spoken with the property manager of all three private commercial buildings located next to the North Gate. He reported that he has also been addressing the unsafe sidewalks and damaged trees surrounding the private property in an attempt to have the area cleaned-up.

The Board was asked to look into a stair lift for the Rossmoor Meeting House second floor. Tom reported that he has asked for Monroe Building Department to determine if it is allowable. If allowable, he will proceed with requesting engineer design proposals.

There was no further business for the Board to discuss and the meeting was adjourned at 10:15 a.m. Paulette Mascia made a motion to adjourn, Gerry McQuaid second.

Our Website

Go to rcainj.com to access the Rossmoor website.

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

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Ukraine

(Continued from page 1)

lively city-states along the north coast of the glacial sea. The Greeks called it The Euxine (i.e., the hospitable) Sea.

In the 5th and 6th centuries, Slavic peoples came to live in the area.

In came the Swedish Vikings in the 9th century. A Viking named Oleg captured the strategically located Kyiv and made it the capital of his increasingly powerful state. Conversion to Christianity followed in the same century.

We have a record, dating back to 1187, that this land was being called “Ukraine,” probably meaning “borderland,” referring to its location as a buffer between Poland and Russia.

By 1240, the Mongols, under a grandson of Genghis Khan, took control of eastern and southern Ukraine, (once again, a horse culture and hundreds of miles of grass-land) while the rest of the country remained free.

In the 14th century, Poles and Lithuanians moved in to drive out the Mongols (aka the Tartars.) The Tartars, however, held on to Crimea until the 15th century when it fell to the Ottoman Empire.

Rebellions took place against Polish landlords in the 15th and 16th centuries, when serfs escaped and settled on the steppes of Ukraine. They were called Cossacks, meaning freemen,

and they formed successful self-governing communities. The Cossack Hetmanate lasted until 1764, when the Russian Empress, Catherine the Great, absorbed eastern Ukraine into Russia. She also founded the important Black Sea port city of Odessa.

Around the time of the American Revolution, Russia and Austria carved up Polish territory, which at the time included Ukraine. A small strip of western Ukraine went to Austria. The rest of Ukraine went to Russia. It stayed that way until the early years of the 20th century, in spite of growing nationalism among the Ukrainians.

Here comes Josef Stalin

Stalin took over Russia when Lenin died in 1924. Within a few years, he collectivized Ukrainian farms, forcing their former owners to work as laborers. Such resentment ensued that many farmers slaughtered their herds rather than hand them over to Russian bosses. Stalin would not put up with this. He gave the collective farms draconian quotas to fill. When his quotas could not be met, Stalin used that as an excuse to confiscate the entire crop, leaving the peasants to starve. This man-made famine is called the Holodomor. Seven million Ukrainians starved to death in 1932-33.

Then, in 1942, and following WW II, Stalin went on a rampage. He instituted purges, executions, anti-Semitism, and

mass deportations, all aimed at anyone remotely suspected of Nazi sympathies. Probably any old excuse would suffice to get a person killed. Stalin died in 1953.

Chernobyl

The Russians tried to cover up the 1986 explosion and meltdown at the Chernobyl nuclear power plant, which left many Ukrainian people dead and injured. Resentment among the people inspired them to form the Ukrainian People’s Movement for Restructuring, and to demonstrate publicly against Russian control. At the same time, Communism was collapsing in the Soviet Union, which broke apart into separate nations in 1991.

Ukraine becomes independent

The transition from dictatorship to democracy was economically and politically bumpy. An early president, Viktor Yanukovich was Russian-backed. Then President Viktor Yushchenko was poisoned with dioxin (Agent Orange). Fortunately, he survived. In 2014, Russia brazenly annexed Crimea, a peninsula that was part of Ukraine.

In 2019, 73% of the Ukrainian people elected a Jewish president, Volodymyr Zelensky, who ran on an anti-corruption platform, as did the “president” he played on television. He has earned the loyalty of his people and, since the Feb. 24 invasion by Russian forces, he has been called The Lion of Ukraine for his courage

and leadership.

Over three million Ukrainian women, children, and older people are now refugees in nearby Poland and other countries, while Ukrainian military, citizens, and an estimated 20,000 volunteers from other countries fight back against this unjustified Russian invasion. While Zelensky is undoubtedly the most admired man in the world, Russia’s Putin might well be the most hated.

Help Ukraine

If you want to help Ukraine, donate to one of the numerous charitable organizations providing support to people on the ground. Here are a few of them:

- 1. Global Giving, a crowd-

funding platform, currently has a Ukrainian crisis relief fund working to provide food, water, shelter, and other assistance to refugees.

Direct Relief is working to fulfill a list of medical needs given to them by Ukraine’s Health Ministry.

Doctors Without Borders currently has teams in Ukraine and is working to send staff and medical supplies to the hardest-hit areas.

- 2. Support Ukrainian journalism. Support Ukrainian journalists who are risking their safety and lives to report the atrocities happening in Ukraine to the world. Give to the English language KYIV INDEPENDENT or the NEW VOICE OF UKRAINE directly.

Monroe Twp. awarded \$216k recycling tonnage grant from DEP

Monroe Township has been awarded a \$216,331 tonnage grant from the State of New Jersey Department of Environmental Protection (NJDEP) – the highest in the Township’s participation in the program – for its exemplary efforts to promote recycling.

Intended to further enhance local litter-removal and recycling, the grant is based on the municipality’s 2019 recycling reports.

“This is the largest award we have ever received for this program. We are excited to see our efforts recognized with a grant award that is among the highest in the state,” said

Mayor Stephen Dalina. “Each year we try to take our recycling efforts to the next level while also keeping our township litter-free. This award is vital to that process.”

For more information about the Township Community Clean-up program, contact Clean Communities Coordinator, Joe Slomain at 732-656-4575.

The Township also provides resources to assist residents and businesses in proper recycling habits. Visit <https://www.monroetwp.com/index.php/curbside-recycling-guidelines> for a full list of acceptable items and disposal

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At the Center for Thyroid & Parathyroid Care at Penn Medicine Princeton Medical Center, you’ll find a multidisciplinary care team made up of board certified surgeons, endocrinologists, radiologists, and pathologists, as well as specially trained nurses and a dedicated nurse navigator. Together they provide comprehensive, coordinated care in treating conditions including hyperparathyroidism, thyroid nodules, thyroid cancer and Graves’ disease.

Many people with these conditions can be successfully treated with monitoring, medication or with minimally invasive surgery that may not require an overnight stay.

To learn more about the Center for Thyroid & Parathyroid Care, call **609.853.6560** or visit princetonhcs.org/thyroid.

Tonnage grant

(Continued from page 4)

guidelines. "Our community clean-up campaigns by both DPW teams and community volunteers during the early spring have gone a long way toward maintaining the beauty of Monroe," Mayor Dalina added. "The Department of Public Works also does great work maintaining an efficient process for recycling materials both at the yard and through curbside pick-up."

Recycling tonnage grants are awarded through the State's Recycling Enhancement Act and are funded through a \$3 per-ton surcharge on trash disposed at solid waste facilities statewide. The NJDEP then allocates funds back to municipalities based on how much recycling each community reports accomplishing during a particular calendar year.

Each year, Monroe Town-

ship is required by law to file an annual report documenting recycling tonnage with the NJDEP. To file this report, the Township Recycling Coordinator collects information on the weight in tons of recycled materials from all commercial and institutional establishments in the Township.

The year-long documentation process begins in mid-January with outreach efforts

to local establishments, followed by reporting to the NJDEP in late-April and grant award notifications released the following January for two years prior.

For a complete list of recycling tonnage grants by municipality, visit www.nj.gov/dep/dshw/recycling/stats.htm

To learn more about recycling, visit www.nj.gov/dep/dshw/recycling/

Monroe Township ranked safest city in state and sixth safest city in nation

Monroe Township has been ranked the safest city in New Jersey and the sixth safest city in America according to the 2022 edition of MoneyGeek's Safest Small Cities and Towns in America report. The Township's ranking improved from fourth in the state and 10th in the country in the 2021 report.

MoneyGeek, a personal

finance technology company, analyzed crime statistics in cities and towns across the country with 30,000 – 100,000 residents to determine the safest and least safe communities in the nation. The ranking is based on analysis of FBI standardized crime statistics and population data. Review the full report at <https://www.moneygeek.com/living/safest-cities/small-cities-and-towns-in-america/>

"Keeping our residents

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Referendum

(Continued from page 1)

sible classroom space inside the existing building. One criticism that has been made about the Middle School addition is that the existing hallways will become even more crowded with these extra students. There is no solution to this issue at this time.

High School proposal

The High School addition is the smallest of the three plans, with six classrooms proposed at this time. There has been discussion of a two-story addition in the future, but it is felt that this project is not needed at this time. There will be modifications to several of the building's existing spaces so that extra activities can be accommodated and so smaller scale special education classrooms can be made from current large classrooms. The proposed new construction will allow about 150 students to be added to the high school population.

Other considerations

Before voting to proceed with referendum and building planning, the Board engaged its previously used demographics firm to conduct a new population assessment, which is always required before planning can begin in earnest. The study, which can be viewed on the Monroe Schools' website, analyzes populations in each of the schools, projected population growth in the township, and best-guess school populations over the next five years. The demographics team works with data provided by the township Planning Department and reviews housing developments under consideration or in progress and estimates the numbers of likely students to be part of the future school system.

In reviewing the demographics study, it appears that Monroe Township will not see a significant addition of new students over the next five years, since the proposed and in-process

construction is unlikely to add many students. There appears to be little land available for new developments not already approved or under construction, since there is a wetlands issue in some parts of the Township, which makes that land unsuitable for large construction projects.

Next steps

The Board had taken one of the steps in moving forward by offering an opportunity for residents to view the proposed building plans at a meeting at the High School held on March 3. Administrators, Board members, and representatives of the DI Group were present to answer questions. It is expected that comments made by residents and school personnel will be taken into consideration as the Board moves forward in discussions with the architectural firm.

Before a referendum can be presented, the plans must be presented to and approved by the New Jersey Department of Education. The whole planning and preparation process is very complex, so, barring any serious changes to the current proposal, the earliest that a referendum could be offered would be in the spring of 2023. The potential completion date of the construction would be sometime in 2025 at best.

Because we are so overpopulated for existing space in our schools, it is imperative that we move forward with construction. There are pros and cons to every plan that has been considered, including excessive traffic, high construction costs, disruption to nearby communities, and increased operating costs. Nevertheless, we, as a community, must provide for our students. It is hoped that we will take advantage of opportunities to remain informed about the progress of this significant project, and that we will support our students and educators.

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Safest City

(Continued from page 5)
safe comes before anything else we do for our community. The Monroe Township Police Department, led by Chief Michael Biennas is second to none,” said Mayor Stephen Dalina. “Township Council and I are immensely thankful and proud of the daily work of our men and women in blue. We are committed to providing our police force with the necessary resources to be most effective. This recognition year after year is a testament to their hard work.”
In light of a recent state-

wide trend involving car burglaries and thefts, including some in Monroe earlier this year, the Monroe Township Police Department has prepared a crime prevention video with important tips regarding vehicle security and scams. The video was shared through multiple community outreach channels and can be viewed here: <https://www.youtube.com/watch?v=-6yA33QT2zQ>
“The Monroe Township Police Department keeps a close eye on local, regional and national safety issues and trends, particularly as they relate to our community. This is a team effort with the

community at large and we are committed to keeping crime rates very low through keen observation and quick action,” said Chief Michael Biennas. “We are thankful to Mayor Dalina and Township Council for continuing to support our efforts by providing the appropriate and necessary resources.”
The Monroe Township Police Department comprises 66 sworn officers. The Department consists of a detective bureau, a juvenile/youth services bureau, a domestic unit, a traffic safety bureau and has an officer assigned to senior citizen crime prevention.

Who’s ready for a spaghetti dinner?

By Alyce Owens
It’s been more than 2-1/2 years (Oct. 29, 2019) since we gathered in the Clubhouse Ballroom for an evening of fun and delicious food at the Rossmoor Community Church-sponsored Spaghetti Dinner. The reason, of course, COVID-19. I’m sure you’ve missed it as much as we have ... and it’s finally time to do it again!
So, mark your calendar now for Thursday, May 12, at 6 p.m., and get your tickets early because this event always sells out quickly and you don’t want to miss out on



getting a seat. Tickets will be sold in the Clubhouse Red Room from 10 a.m. until noon on May 2, 3, 4 and 5. CHECKS ONLY PLEASE if possible. Tables of 10 (or even smaller groups) may be reserved in advance by calling Alyce Owens at 609-860-0866. Since seats will be assigned, please provide names of those to be seated together when making your table reservations. And yes, it will be open to all Rossmoor residents as well as family and friends.
I’ll bet you’re wondering whether the food and the caterer will be the same. Of course! Once again, the mouth-watering and abundant menu will consist of a tossed salad, spaghetti and meatballs, Italian bread and butter, delectable dessert, coffee/tea. And, as he has for more than 15 years at the Kiwanis spaghetti dinners, Patrick Donnelly and his great staff from Top Hat Caterers will be cooking and serving for your eating pleasure.
Thanks to Patrick’s generous cooperation, we will be offering this amazing meal for only \$18 including tip and tax. And, as always, this will be a BYOB affair with sodas provided.
Mark your calendar now, buy your tickets early, and plan to be a part of this always memorable evening of great food, fun and comradery, while at the same time supporting the Rossmoor Community Church. See you all May 12 – and bring your appetite!

DO YOU HAVE ANY OF THESE SYMPTOMS?

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



YOU MAY HAVE

PERIPHERAL NEUROPATHY

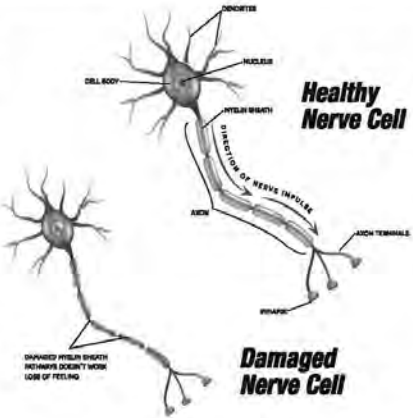
Peripheral Neuropathy is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

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.

HOW DO YOU KNOW IF YOU HAVE 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.



Mailing Addresses

If you are not receiving mail from Rossmoor, or your Mutual, it may be a matter of our not having your correct mailing address. Many residents, over the years, filed “Winter Address” forms with Administration and failed to specify a return date. If you did not contact us when you returned, it might be possible that we still have an alternate or winter address in our system.
Please contact Resident Services manager, at 609-655-1000, to verify your address.

The deadline for The Rossmoor News is the 7th of every month.

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April is an environment-friendly month

By Anne Rotholz

April is the month when new life returns to our world. Trees and bushes begin to bud, daffodils and crocuses seem to appear out of nowhere. Robins return from their winter habitat. The birds that stayed with us over the winter are now chirping merrily as they prepare nests for their offspring.

April is a time when humans focus on things that make our world a more beautiful and healthy place. It is a month of many celebrations including World Habitat Awareness Month, Earth Day, and Arbor Day.

World Habitat Awareness Month was created by the United Nations more than 30 years ago to "promote sustainable urban development and adequate shelter for all." A habitat is a combination of food, water, shelter and space. Humans, animals and plants need all of these to thrive. A habitat and all the creatures that live there form an "ecosystem."



Earth Day is celebrated on April 22 each year. Its aim is to increase environmental appreciation, awareness and reform. It was first suggested by John McConnell at a UNESCO conference on the environment in San Francisco in 1969. After a devastating spill in an offshore oil field near Santa Barbara, Calif., that year, the movement took off.

Teach-ins were held in every college campus across the U.S. This period marked the beginning of the environmental movement which led to the creation of The Environmental Protection Agency (EPA) and was responsible for passage of the Clean Air and Clean Water Acts.

Earth Day has a different theme each year. The theme is chosen carefully and is one that can be representative of every country. This year's theme is Invest in Our Planet.



Arbor Day is celebrated on the last Friday of April. When John Sterling Morton, a naturalist and journalist, moved from Michigan to Nebraska, he noticed that

there were very few trees growing there. Realizing that trees were essential to their new environment, he and the other pioneers decided to plant lots of trees.

He proposed to the Nebraska State Board of Agriculture that they have a holiday to plant trees. On April 10, 1872, the first Arbor Day, they planted a million trees.

The objective of Arbor Day is to encourage people to plant trees, to appreciate and enjoy the trees that we have growing around us and to take care of them.

Trees beautify our world. They give shade and help moderate temperature, produce oxygen, and absorb carbon monoxide. They also help to provide a habitat for wildlife. We are fortunate to have so many beautiful trees in our community.

An historic icon

By Jean Houvener

On April 3, 1860, the Pony Express began its first two runs, one eastbound from Sacramento, Calif., to St. Joseph, Mo., and the other westbound from St. Joseph to Sacramento. The westbound rider arrived with his packet of mail on April 13, 10 days after setting out. Two days later the eastbound rider arrived in St. Joseph with his packet.

The runs consisted of relay teams of riders, changed every 75 to 100 miles, and horses, changed every 10 to 15 miles. The Pony Express Company was established by William H. Russell, William Bradford Waddell, and Alexander Majors, who owned freight companies. They established 150 relay stations along a pioneer trail, across 1800 miles, through Missouri, Kansas, Nebraska, Wyoming, Colorado, Utah,

Nevada, and California.

At the time the Pony Express was initiated, a letter from New York to California would take at least a month. A newly created stagecoach line Butterfield Express took three weeks. Compared with these options the Pony Express's 10 days was like lightning. The fastest speeds ever were the news of Lincoln's election and later his inauguration address delivered to California in under eight days.

The riders were paid \$25 a week, a generous salary, and carried some 20 pounds of mail. Possibly the most famous of the riders was William "Buffalo Bill" Cody, who claimed he was only 14 years old when he signed up with the company. The initial cost of items sent via Pony Express was \$5 per half-ounce (equivalent of \$130

today). Both the riders and the mail bags were kept deliberately light in order not to slow down the delivery.

The company founders had hoped for a government contract that would enable the company to become profitable. Service was disrupted and became dangerous for riders and the staff at the relay stations during the Pyramid Lake War in Nevada between the U.S. Army and the Paiute Indians. As it happened, the Western Union transcontinental telegraph line was just around the corner, and by October 1861 the company was out of business. It had grossed \$90,000, but had spent \$200,000. Nevertheless, the image of the Pony Express rider dashing across the country continues to be a powerful icon of the Old West.



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April Fool's Day

By Ken Thomas

Although this day has been celebrated by many cultures for decades, the exact origin of April Fool's Day or All Fool's Day is unknown. Some historians speculate that the change from the Julian Calendar to the Gregorian Calendar initiated the celebration. Many people didn't know New Year was changed to January and they were ridiculed. Early in the 18th Century, April Fool's Day was a two-day event starting with "hunting the Gowk (cuckoo bird)." Victims were sent on phony errands. No one ever captured the Gowk. In addition, "Tallie Day" followed, attaching false tail body parts and kick me signs as derriere pranks.

Some pranks are unforgettable. The British Broadcasting Channel contributed as

listeners were informed that a special alignment of the planets would decrease gravity on earth. Recently in 2008, the BBC telecasted news saying penguins in Antarctica had flown to the tropical rainforests in South America. The end of the world was predicted and started a panic everywhere. England was the holiday leader until America competed. Outlandish facts and embarrassing pranks are part of April Fool's Day and require a sense of humor. Many others could have been included in additional paragraphs from a long historic list of pranks. Prank competition can reach Super Bowl levels.

This day is not an important part of celebrations in the U.S. Many calendar



manufacturers don't even list April Fool's Day as a holiday. April 1 is just another weekday. The date exists only because the day is fun. From morning to night, people practice the April Fool's Day tradition. Yet, this semi-holiday may not be an occasion for everyone to celebrate. Who wants to wear a "kick me" sign? Who wants to be the April fool? Embarrassment is the ultimate goal. Laughter is the required result. Outlandish facts need logical analysis or the holiday will claim another victim.

My friend Jack is the king of this calendar date. His jokes and pranks are on the April Fool's inegreivous list. Insegreivous is an adjective for April Fool's Day tricks. With his "benign brain bacteria" and "abscessed appendix abrasion," Jack is a guaranteed participant every year. He is evil, a deranged prankster. Years ago, Jack asked my father to fake a heart attack at the office, so he and others could realistically demonstrate CPR. Dad was very believable. He collapsed on the floor between desks, moaning. I rushed frantically to him as they started CPR, my blood pressure zooming. Then, Jack announced the deception to everyone. I was stunned and shocked. No one warned me to expect Dad's performance during CPR. I glanced at a large day calendar on a nearby desk, April 1. Did Jack orchestrate this ultimate prank? On the next April Fool's Day, don't mention CPR but say, "Your shoe is untied." Fun will keep this day on the calendar forever. Pranks, jokes, tricks and embarrassment guarantee 24 hours of fun.

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carefully
in our
community.**



**Some drivers are
speeding
on our streets
putting us all
at risk.**

Happy Easter

By Ken Thomas

Easter is family time. To me, Easter is a more spiritual holiday than any other. Count the number of people in the pews for affirmation of my opinion. The resurrection and birth of Jesus are the most celebrated Christian holidays of every year. Churches open their doors and Christians everywhere enter to worship. After the hard-boiled eggs at breakfast, my family dressed for church. Mother and daughter were beautiful in their Easter dresses and Easter bonnets. I knotted my new tie and my son's first tie. We drove to church.

The usher seated us in the middle of the sanctuary and my wife pointed out the beautiful flower arrangements around the altar. The pews were full and everyone looked like formally dressed showcase mannequins, awesome. Our worship service is standard Presbyterian, so we were comfortable with each section of the service as described in the Sunday Bulletin.

Our minister is an outstanding preacher. Today, he left the pulpit and moved

through the congregation with a memorized three-part sermon. Almost all Presbyterian sermons contain a three-point message and today his message was special. I wanted to shout Amen to his words. As usual, our choir sang the Hallelujah Chorus. I'd respond with an Amen after any Hallelujah Chorus. My wife and I received communion (the kids were too young to understand). After the service, we went into Fellowship Hall for coffee and to meet our friends. Every greeting began with Happy Easter. Driving home, I felt "Presbyterian Spiritual."

My kids clamored for our chocolate Easter bunny hunt, but we had to wait for our friends and their children. When everyone arrived, I passed out Bunny hunt clues and everyone vacated the porch as I sat down in my lawn chair, giggling. Some of my clues were not very Easter-like. About 20 minutes later all the happy children returned with their chocolate bunny rabbits. Additionally, my wife distributed Easter baskets; jelly

(Continued on page 9)

Do you believe?

By Ken Thomas

As the teacher for our senior high class, my Easter Sunday lesson was always difficult. Their "I believe" and my "I believe" differed. In fact, their doubts about God were very difficult for me to understand and we debated over and over. "Prove it! These two words entered the classroom with my high school boys and girls every Sunday morning. The proof they were looking for was almost impossible to find and offer to them. Even our minister couldn't answer their questions entirely. The doubting Thomas in my class had eight different faces.

My lesson on this Easter Sunday came close to the answers the class needed. I started with this question, "Do you believe in miracles?" About 50% of the class said "yes," but doubt was in their voices. "Prove it!" My next question got their attention. Would you believe the Ph.D.s and scientists from the space program? Their beliefs are based on fact and logic not religion. All of them said "yes." I used this article from a major Indiana newspaper to support my miracle lesson.

Scientists from the space program were checking the position of the sun, moon, and planets, so satellites wouldn't bump into something in orbit. As they ran computer assessments over the centuries, the computers stopped suddenly, indicating an input problem as compared to standards. After weeks of research, they discovered a day was missing in elapsed space time.

The scientists were stumped. They had no an-

swer. A Presbyterian on staff said, "I remember a Sunday school lesson about the 'Sun standing still.'" No one believed him and they said, "Prove it!" He got a Bible and in the book of Joshua found a ridiculous story for anybody with common sense to believe. Joshua's people were surrounded by an enemy waiting for darkness to attack. Joshua asked the Lord to stop the sun from setting, so his people could prepare. Darkness continued and the people were saved. The missing day? The scientists entered the new data, but the computers stopped again.

Exasperated, the space men read the Bible verse. "The sun stood still and the moon stayed and hastened not to go down about a day." Missing minutes? The Presbyterian again solved the problem with another story from his Bible, II Kings. Hezekiah thought he was dying, but the prophet Isaiah said he would live. Isaiah knew Hezekiah would finish a prophesy. Hezekiah did not believe and asked for proof. "Make the sun go backward." All the brilliant scientists laughed until the last verse. "Isaiah and Hezekiah watched their shadows move" and Hezekiah believed. This new data was entered into the computers and accurate satellite orbits resulted.

Did the brilliant scientists believe the Bible stories and their computers now? Can you believe in our Easter miracle too? I ended the lesson saying, "Go to the library and check it out." The sun and the moon stood still. The sun moved backwards.

I believe in miracles!



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Earth day
April 22

Parkinson’s Disease awareness month

By Allan Kaufman

It can sometimes start with a barely noticeable tremor in just one hand. It ordinarily begins in middle or late in life. People usually develop the disease around 60 or older. Tremors are common, but the disorder also commonly causes stiffness or slowing of movement. Parkinson’s disease is a progressive nervous system disorder that affects movement.

In the early stages, your arms may not swing when you walk and your speech may become slurred. Parkinson’s disease symptoms worsen as the condition progresses over time. Although the disease can’t be cured, medications might significantly improve your symptoms. Occasionally, your doctor may suggest surgery to regulate certain regions of the brain.

Symptoms often begin on one side of the body and usually remain worse on that side, even after symptoms begin to affect both sides.

Parkinson’s signs and symptoms may include:

- Tremor. This usually begins in a limb, often your hands or fingers. Your hand may tremble when it’s at rest.
- Slowed movement (bradykinesia). Over time, Parkinson’s disease may slow your movement. Your steps may become shorter when you walk. It may be difficult to get out of a chair.
- Rigid muscles. Muscle stiffness can occur in any part of your body.
- Impaired posture and balance. Your posture may become stooped. You may

develop balance problems.

- Loss of automatic movements. You may have a decreased ability to perform unconscious movements, including blinking and smiling.

In Parkinson’s disease, certain nerve cells (neurons) in the brain gradually break down or die. Many of the symptoms are due to the loss of neurons that produce a chemical messenger in your brain called dopamine. When dopamine levels decrease that’s when the problems can start. Other causes can be gene related, the presence of Lewy bodies as well as environmental triggers.

Men are more likely to develop Parkinson’s disease. Heredity, exposure to toxins and age are all additional risk factors.

While there are specific tests to diagnose Parkinson’s disease a neurologist will be able to diagnose the disease after giving you a thorough medical exam. Your doctor can offer you medications

that can help control your symptoms. There are a number of medications that can make a difference, but they are not a cure and over time, their effectiveness can decrease. In some cases, a physical and/or speech therapist may become part of your medical team.

There are some complica-

tions for those with Parkinson’s disease. Thinking difficulties, depression and emotional changes, swallowing problems and bladder problems are just a few of the complications of this disease.

As we are in an adult community, I wrote this article to make all of us aware of the symptoms of Parkinson’s

disease and if any of you show any of the signs, please don’t hesitate to see your family physician.

Information gathered from the Mayo Clinic.

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

Richard A. Salman, DDS

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Happy Easter

(Continued from page 8)

beans, chocolate eggs, tiny marshmallow chicks, and other candy treats. The baskets were an Easter tradition in our family. For every child, Easter was a special holiday with a his or her basket.

The visitors stayed for lunch, turkey with all the trimmings. My blessing before the meal was a heart-felt Easter blessing. Later, I took off my tie and sat down in my favorite lounge chair, a relaxed and happy father on Easter Sunday, friends and family time.

For many years a chocolate Easter bunny and Easter baskets were part of our holiday, a tradition. As the children of my friends and family grew, the tradition faded. Yet, shouldn’t children always remain a focus during Easter? They are beginning to learn about religion, God, and spirituality. If children believe in the Easter bunny, can they believe in a savior? If children believe the Easter bunny is real, not imaginary, can they believe in the resurrection? The journey from if to can is not easy for a child or an adult, but the result might be another Christian believer. I believe this Presbyterian will always want chocolate bunnies, marshmallow chicks and jelly beans.

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If you finish your dinner...

By Allan Kaufman

"If you finish your dinner, you can have dessert." Every mother, including mine, would chant these words time after time. Well, I now miss hearing those words, but I still try to finish my dinner before I have dessert.

Dessert is the perfect ending to an outstanding meal. Dessert cannot salvage a bad meal, but dessert can turn a good meal into a great meal or a great meal into an even better meal. Everyone must have a favorite dessert or a few desserts. And while National Dessert Month is not until October, I thought I would tide you over for the next few months thinking about my all-time favorite desserts.

It was five or six years ago. I was on a business trip to Houston. For the life of me, I can't recall the name of the restaurant, but I can remember the dessert. As my boss was paying for dinner, my colleagues and I were given a shot glass sample of a dessert, vanilla milkshake - No Children. The milkshake contained, vanilla ice cream, some milk along with white crème de cacao and a touch of brandy. How could I not see this on the menu? It was so good I asked if I could get a gallon to take back to my plane the next day.



Vanilla milkshake-No Children/food.com

Just a recent addition to my favorite dessert list comes from the kitchen of One 53 in Rocky Point. This is so good I want to order this as an appetizer and as

my dessert when I go to dinner on March 19. This is two pieces of grilled, yes grilled, pound cake. Add to that vanilla ice cream placed between the two pieces of cake. Then topped with warm chocolate and caramel sauce.



(Tripadvisor.com)

My wife and I were in Key West on vacation in late February. One dessert, the Key Lime pie, was my dessert after breakfast (Yes, I finished my breakfast) at a great breakfast nook called Blue Heaven. I found out about this restaurant from one of the social media sites. As you can see, there are four inches of meringue, that has been toasted. We needed to walk back and forth on Duval Street after sharing a piece.



Key Lime Pie

The other dessert we found in Key West was this Key Lime ice cream pop surrounded by white chocolate. A teenage girl was walking next to me on Greene Street when I asked her about the pop. When she told me what it was and how good it was, I was ready to offer her \$1,000 for it. We had a good laugh. I found the place before we headed back to our hotel. I

limited my intake to one pop. I need to see if they can pack a dozen, no, two dozen in dry ice and send them to me. I could sell them as a snack at the pool.



Key lime ice cream pop with white chocolate.

Photo by Alan Kaufman

Lastly, and this is an unlikely one to add to my list as I normally do not like brownies. However, when Chef Lauren Phillips of the recently closed Via45 in Red Bank, created her version of the brownie, she infused the center with caramel. The brownie was soft and no one cared if you ate two or three of them.



(MagicKitchen.com)

Remember to reward yourself with dessert, but only if you eat your dinner!

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

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Just Married 42 years ago



Clifford and Youngae Lee in front of Vessel of Hudson Yard, Manhattan

By Youngae Lee

Once on a sunny Saturday in 1980, I received a phone call from one of my relatives. I was supposed to meet a guy set up by a matchmaker on that day. I had already planned a great picnic at a park with many of the boys and girls from my church. Nevertheless, for some inexplicable reason, I couldn't reject this date. Even to this day, I still don't know what compelled me.

I cancelled all my plans and went to the café to meet my date. I walked in to see a man with his mother. My first impression of him wasn't that bad. And, as time went on, I was able to catch more of his personality. I remember he wore a blue shirt with a red scarf around his neck and

tucked inside the blue shirt. It was an unusual look for a man at that time, but somehow the colors looked naturally good on him.

After a few hours of conversation, we exchanged numbers and parted ways. The next day, the matchmaker called my grandma with some great news; my café date's family and my family had already known each other from when my mom was very young. Both our families had lived in China to fight for the independence of the Korean government. His father was a general in the army, and my grandfather who was a doctor, had worked in the same organization toward the same goal. Also, his mom had taken care of my mom

before, which means our families have known each other since 1940.

My grandma was already very fond of this man after meeting him only once when he was a young boy. Unfortunately, my parents were not fond of the idea of me moving to the United States right after marrying him. This would separate me from my family and friends for the time being. My grandma, being the strong matriarch that she was, pushed hard for me to marry him no matter the situation. It only took me two months to get married, considering I had only

(Continued on page 12)

This is tough - part two

By Tom McMahon
(aka J.T. Brian)

A month has passed by. Whoosh! That's about how it goes by. Yup, whoosh!

The past four or so weeks for me have similarly passed by in such a way. And as for me, the unfettered hero of this column, I achieved in the past four weeks something that takes aspiring and landed authors years and years to acquire. I have been undergoing the classic form of writer's block! With some 124,000 words already invested into this soon-to-be American classic, one of your two authors launched the rocket of indecisiveness and longing, and landed directly on the mark.

I must say I am repulsed and upset by the goings-on here. I have never been subjected to writer's block, cramps, or even writer's muscle pulls. Many of my friends tried to ease my pain by doing two things that didn't work.

The first thing they all tried was to comfort me. Imagine that! A true writer is a curmudgeon and a realist. We don't take well to comfort. Comfort anything. It is a lonely existence at times. Woe, I say woe to the author, the writer, the chronologist of all humanity. (Note that last line is a classic "wow" line as I separate myself from the neophytes and actually sound "learned").

The second thing they made me do was watch Field of Dreams. Over and over again. The theme of that

baseball movie parallels the real-life challenges happening right now. (Go the distance, JT). Hey, get out of my head, you voice!

Oh, I have my good moments, when I am not yelling at the dog for her heavy breathing or whatever she is not doing. Speaking of Sandy the Dog, she is tolerating this very well, as when I get started berating everything ever created for both the heavens and the earth, she knows exactly what to do. In fact, she's doing it now as I read this installment out loud. I am glad Sandy has three beds to choose from.

This report will hopefully set the stage for something to happen. I may read this over and over and begin to hate the person who is described within this article as a do-nothing. Yup, there remains a place in everyone's life for self-flagellation once in a while. Take that, you brute! Thank you, sir, may I have another!

This has just got to be good training for those future times when my co-author Dave and I get thrown out of an editor's office with the words, "Get the hell out of here, you wannabee writers!" So, in addition to bringing all of you along for the bumpy ride ahead, I am also putting together a pep team, if you will. That's right, I'll buy the pom-poms and provide transportation and lunch to everyone who wishes to accompany us when we go for a meeting with the publishing gods that be! NIKE, one and all, NIKE!

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Just Married

(Continued from page 11)

just met him. By the time I realized I was afraid of marrying him without actually knowing him, our plane was already taking off toward our honeymoon.

Fast forward 42 years later, I now live in this community in Monroe with my café guy that I met that one sunny Saturday morning. These 42 years feel like such a long time, but also passed in a blink of an eye. When I recall my life with him, I can think only of the good and happy times in my brain and everything else is erased. Every minute with him was and is wonderful and makes me smile whatever it is. We may fight over a few small things, but it ends with a kiss and hug always.

The reason we can keep our relationship sweet and respectful is because he is

the same man I met 42 years ago, in both (mostly) good and (a couple) bad ways. The benefit from his unchanged character is I can expect how he would react in every situation. The disadvantage is that it does not work even with my nagging efforts to make him better. If I weigh these two things, the good outweighs the bad.

As a Christian, every small detail that has happened to me I believe has been part of God's plan, even if I do not know what His plan is. Every moment, person, place, memory was placed perfectly in my life at the perfect time and place, by Him. Without Him, even the horrible situations would be worse and full of despair, sorrow and hopelessness. If I had refused that blind date 42 years ago, I would have married someone else and surely not be as happy as I am now.

This month in pictures

By Joe Conti and Walter Gryskiewicz



In-person Italian-American Club meetings are being held again! Above is a scene of the crowd at the latest meeting



From left at the Italian-American Club meeting are Past President Rosie Miller, Joan Lundy, Paul Lundy and Ed Visinski.



Coffee Ladies, from left, were Sandy Visinski, Ceil Macchiarola, Fran Gatti and Connie Gallina.



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In Memoriam

Harold F. Gorman

Harold F. Gorman passed away on Feb. 25, at The Elms of Cranbury, where he had been living in recent weeks. He was 101 years old.

Gorman was born and raised in Brooklyn and later lived in South Brunswick Township, where he and his wife, Ethel, raised their two children. Harold and Ethel moved to Rossmoor more than 40 years ago.

As a young fellow during World War II, Gorman enlisted in the U.S. Army. He was trained to be a machine gunner, a famously hazardous occupation. He proudly served his country in wartime Australia, New Guinea, and other Pacific Islands, where U.S. forces protected Australia from invasion. On discharge, Gorman was awarded a Combat Infantry Badge, a Bronze Star, and a Good Conduct Medal.

Back in the post-war world, Gorman worked as a machinist for the Pennsylvania Railroad, a job that, according to his daughter Pat, he loved. In Rossmoor, he enjoyed playing golf. He also volunteered as a monitor in Rossmoor's well-equipped woodshop, helping his neighbors with their projects. Gorman was in his element in the woodshop where his dry sense of humor kept everyone entertained. Gorman was especially popular with the staff of the E&R department, and with the many creative members of the rug hooking group, who threw a 100th birthday party in his honor.

He was pre-deceased by his wife, Ethel Gorman, and one sister. He is survived by his son, Harold F. Gorman, Jr., and daughter, Patricia Rein, and her husband, Thomas Santomauro, and by five grandchildren.

Interment was in Holy Cross Burial Park, South Brunswick Twp. In lieu of flowers and for those who desire, memorial contributions may be made to either St. Jude Children's Research Hospital, www.stjude.org, or to the charity of one's choice.

Marilyn Hoffman, Ben Wistreich

The Rossmoor Jewish Congregation lost two members of the congregation in late February. Marilyn Hoffman was a member of the Congregation and a participant during Friday evening services for many years.

Ben Wistreich, served in many capacities during his many years as a congregant. Ben and his wife Judith, with whom he was married for over 60 years, routinely attended Friday night services. He was the editor of our monthly Bulletin, the president of the Men's Club, as well as being a past president of the Congregation.

May the memories of Marilyn and Ben be a blessing.

Akiko Seitelbach

By Paul Pittari

Longtime Rossmoor resident, Akiko Seitelbach passed away at the age of 99 on Thursday, Feb. 17. Born as a Japanese citizen in Shanghai, China, her family moved to Nagasaki, Japan while Akiko was a young child.

One fateful day in August 1945, while working as a secretary for the Mitsubishi Electrical Works in Nagasaki, an American bomber dropped an atomic bomb on the city. Miraculously, Akiko survived the explosion.

After the war ended, the American occupational forces came to Japan to help rebuild the country from the ravages of war. Fortunately for Akiko, she was proficient in speaking and reading English. With those skills, she was able to land a job as a secretary and interpreter with the American Marines motor

pool based in Nagasaki. A few years later, while working for the U.S. Army in Nagasaki, Akiko met a young American sergeant, Leo Seitelbach. They fell in love and were married in 1953. Akiko then came to America to live with Leo's family in Brooklyn. In 1981, Akiko and Leo moved to Rossmoor; in 2004 Leo passed away.

Akiko enjoyed poetry and was a gifted writer and talented dressmaker. In 2003, she authored a book, "Nagasaki Woman" detailing her multifaceted life. Her incredible life journey led to interviews at various media outlets, as well as lectures at several universities. She will be remembered as a remarkable, elegant woman who lived an extraordinary life.

Akiko was well loved within Rossmoor and by the Congregation at the Rossmoor United Church of Christ. She will be deeply missed.



NEW NEIGHBORS

By Christina Smith,

Resident Services Manager

Nancy Lanza, 439N Newport Way, formerly of Rahway, N.J.

Leonor and Cecil Niles, 305N Sharon Way, formerly of the Bronx, N.Y.

Martin and Deborah Galen, 139B Providence Way, formerly of Dayton, N.J.

Ana and Donald Dougan, 326A Nantucket Lane, formerly of Old Bridge, N.J.

Evelyn Aron, 737B Victoria

Court, formerly of Bergenfield, N.J.

Eglina and Flavio Grzybek, 9B Sussex Way, formerly of East Brunswick, N.J.

Manchar and Vaniba Dev, 190A Malden Lane, formerly of Monroe Twp., N.J.

Lawrence Carson, 79A Old Nassau Road, formerly of Wilmington, Del.

Jack Friedman, 79N Old Nassau Road, formerly of Monroe Twp., N.J.

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Clubs and Organizations



Princeton Pro Musica ensemble in concert

Music Association kicks off concert season

By Linda Bozowski,

Spring is in the air and the Music Association celebrates this event by offering its first concert of the season on Friday, April 1. The Meeting House will be filled with the sound of 30 voices from the Princeton Pro Musica Chamber Chorus welcoming spring

to all attendees celebrating the first concert of the new Music Association season.

The concert will begin at 7:30 p.m. All previous season ticket holders (who have three concert credits due to them) will be able to attend at no additional charge. These guests will be

checked in at the welcoming desk, as usual. Other attendees will be charged the customary fee of \$15.

The Music Association is making mask wearing optional for those who have received their COVID vaccinations. The honor system regarding vaccinations will be used to ensure that guests are as secure as possible while in the Meeting House.

About the Princeton Pro Musica Chamber Chorus

The Chamber Chorus of Princeton Pro Musica is a group of between 22 to 30 singers from the 100-member Pro Musica Chorus. The Chamber Chorus was established in the early 1980s so that performances could be arranged for smaller settings, and its music features solos and a cappella pieces, as well as those accompanied by piano or other instruments.

The Pro Musica Chorus was established in 1979 by Frances Fowler Slade. Dr. Ryan Brandau took over the leadership of the group in 2012.

The group performs a variety of music from Broadway tunes to Renaissance madrigals, holiday selections, and gospel pieces. Their performance on Friday, April 1, will contain a sample of many styles.

Some of the Selections

A complete program will be available for all guests on Friday. Among the selections will be "Annie Laurie," "Somewhere Over the Rainbow," "Some Enchanted Evening," and "Jordan's Angels."

Upcoming Events

The Music Association is pleased to present this concert. The next program will be held on May 6 and will present the talented piano duo Olga Vinokur and her son, Dan Gnip.

On June 3, we will be entertained by The Frisson Ensemble, consisting of two violins, a viola, a cello and oboe. Additional information

CULINARY CORNER

By Sidna Mitchell

Baking up some applesauce bread

Ken and I have been enjoying warm, sunny weather in Florida while I understand Rossmoor had some chilly snow days. I used to think that white stuff was beautiful but the older I get the less I like to mess with all its problems.

Fortunately, we've had time to do some local exploring and play croquet, mainly on beautiful Gasparilla Island. We sometimes stay for lunch either at Ken's favorite place, the Pink Elephant, or mine called South Beach, overlooking the Gulf. Recently, I had the most delicious creamy

white bean soup at the Pink and have been wanting to make that one day when I get all the ingredients together.

On the way home, we often stop at the relatively new Publix supermarket near the Braves ballpark. I enjoy going down each aisle—obviously not a man thing—looking for any new and/or interesting items. I found various fresh breads that were tempting so when I got home, I checked out recipes. Here's what I came up with, based on what was in the pantry and with some of my tweaking.

Applesauce Bread

¾ cup sugar
½ cup butter or margarine,
softened
2 eggs
1 cup applesauce
1/3 cup milk

Preheat oven to 350 degrees.
Grease four small loaf pans with cooking spray.
In large bowl, beat sugar and butter with spoon until light and fluffy.

Beat in eggs.

Stir in applesauce, milk and vanilla until well blended.

In another large bowl, mix flour, nuts, baking soda and salt.

Add flour mixture to applesauce mixture all at once and stir just until dry ingredients are moistened.

Pour into four small loaf pans or two regular loaf pans.

Bake 25 to 30 minutes for small loaves or until toothpick inserted in center comes out clean.

Cool five minutes; remove from pan.

Cool completely, about an hour.

Put in quart Baggies and store in refrigerator or freezer until ready to enjoy or to give to friends.

NOTE: The original recipe called for one cup of mashed ripe bananas (two medium). This bread is delicious for breakfast, for dessert, for a snack—anytime a day.

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

Culinary Corner

1 teaspoon vanilla
2 cups all-purpose flour
½ cup chopped walnuts
¼ cup Craisins
1 teaspoon baking soda
½ teaspoon salt

The Players are back

By Sue Archambault
The Rossmoor Players' interactive March meeting featured Norman Perkus. Norman led volunteers in a variety of improvisational activities. We had the opportunity to employ our imaginations to amuse and entertain each other. Both participants and audience members found the evening to be very enjoyable. Our Open Mic on Sunday, March 6 was well attended and was another fun event.

April is an exciting month for The Players. We will present our very popular "This & That" show. It includes music, both vocal and instrumental, skits, jokes, dances, and original poems.

Our performances will take place in The Meeting House on Thursday, April 28, and Friday, April 29. Both performances will begin at 7 p.m. We will not serve refreshments at these performances, so the cost for admission will be only



\$5 (cash) to be collected at the door.

For anyone interested in performing in the "This & That" show, auditions will be in the Meeting House on Tuesday, April 12, from 2 to 4 p.m., and on Wednesday, April 13, from 7 to 9 p.m.

If you would like Janet Wilson to accompany your number on the piano, you must contact her at 609-655-4129 by Wednesday, April 6, to make arrangements for private rehearsals. You need to have the sheet music for your song *in the key you require*. (Sheet music can be easily purchased and printed from sheetmusicplus.com in various key options.)

Any questions can be answered by calling Sue Archambault at 201-981-5959.

Italian American Club news

By Tony Cardello

We finally had our first membership meeting in over a year on March 16 and everyone was happy to be together once again. One hundred and six members attended. Entertainment was provided by singer Rick Purcell, a Rossmoor resident and member of the club.

The next membership meeting will be held on Wednesday evening, April 20, at 7:30 p.m. in the Ballroom. Please note the time change for May, June, and

July.

In addition, Bingo was played on March 25. Our next Bingo night will be on Thursday, April 21, at 6:30 p.m. in the Ballroom. Please note the change of day in April.

We have planned a trip to Wind Creek Casino in Bethlehem, Pa., on Friday, April 8. Interested parties should call Bob Macchiarola at 732-778-3685.

The officers of the club wish all the members and their families a very safe, healthy, and Happy Easter.

League of Women Voters Presents Two Important Topics

By Linda Bozowski

The League of Women Voters of Monroe Township has two exciting programs on the agenda for April and May. Each event will be presented at the Monroe Library at 7 pm.

April's presentation will focus on women in public roles. The League has invited several female public officials to speak about how they came to seek public service occupations and what they see for women in the public sector in the future. The open-to-the-public discussion will be held on Monday, April 25.

The presentation in May will offer information about

the ever-increasing frequency of human trafficking, both in the United States and around the world. Monday, May 23 is the date for this presentation and discussion. More detailed information will be presented in the May issues of Monroe's newspapers.

The League of Women Voters is a non-partisan organization that promotes civic awareness and public participation. Membership is not limited to women - all are invited to join and participate. For additional information about the 30-year-old Monroe Township organization, please visit the website lwvmtnj.org.

Dance Club welcomes spring

By Judy Perkus



DJ/Keyboardist Peter Liebowitz will provide all kinds of dance music in the Ballroom on Saturday, April 30. The festivities start at 7 p.m. when the Rossmoor Dance Club welcomes all Rossmoorites and spring.

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 20.

If you haven't yet renewed your membership, please send your 2022 Dance Club dues of \$15 per couple, \$7.50 per person, to Armen. New members are always welcome.

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

Democrats: Save the date and get involved

By Mike Markel, club president

We're inviting you to our Breakfast Meet and Greet, scheduled for Saturday, May 7, from 10 a.m. to noon, at the Clubhouse Ballroom.

Mark your calendar and plan to join us for bagels, pastries, fruit, coffee, and tea. There will be more details in the May 1 Rossmoor News.

The weather was not with us for the hot dog event we had planned for last March 12. So, we are fast-forwarding to May 7 for our usual good times and great conversation. See you then.

Canasta Players Wanted!

Looking for players who enjoy the game. If interested, please call Judith Wistreich at 609-860-9580.

ROSSMOOR DANCE CLUB April 30 Dance

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Religious Organizations

Catholic Society

By Lucille Conti

The Catholic Society is presently planning a Healing Mass which will include the celebration of the Sacrament of the Anointing of the Sick. The Mass will be celebrated on Thursday, April 21, at 1:30 p.m., in the Meeting House. The celebrant will be Father Charles

O'Connor, pastor of St. Cecilia's Parish.

Our next Council Meeting will be held on Tuesday, April 12, in the Gallery at 1:30 p.m.

On behalf of the Catholic Society, I wish you a blessed Easter and we encourage you to take part in the Holy Week Liturgy at your parish church.

Interfaith Council News

By Lucille Conti, president

The Interfaith Council is asking for you to save two dates in May. One is Thursday, May 5, for the National Day of Prayer Service. The second is Thursday, May 26, for our Memorial Day Service. Both services will be held at 1:30 p.m. in the Meeting House.

We certainly need to take

this opportunity to gather and pray together at this time as well as to gather to memorialize the members of the Armed Forces who have died for us to have the freedom to pray. We look forward to seeing you on these two occasions.

Residents of all faiths are invited to attend.

Jewish Congregation

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



Services for April:

- Friday, April 8 - 7:15 p.m. in the Meeting House.
- Saturday, April 23 - 10:30 p.m. Yizkor/Sabbath Service includes the Passover Seder in the Ballroom.

The story of Passover

By Allan Kaufman

Passover is a weeklong holiday that is one of Judaism's most widely celebrated and important observances. Also known by its Hebrew name, Pesach, Passover combines many religious traditions – and it's about much more than *matzoh* and *gefилte* fish.

The story of Passover (the abridged version) can be found in the book of Exodus in the Hebrew Bible, which relates enslavement of the Israelites and the subsequent escape from ancient Egypt. Fearing that the Israelites will outnumber his people, the Egyptian Pharaoh enslaves them and orders every newly born Jewish son, murdered. One son is Moses, whose birth has been foretold as the savior of the Israelites. He is saved and raised by the pharaoh's daughter.

In adulthood, G-d speaks to Moses, urging him to tell Pharaoh, to let his people go. When Pharaoh refuses, G-d throws 10 plagues at the Pharaoh. The tenth plague is the one that decided the fate of the Israelites. G-d decides that the killing of the first born will be the killing of the Egyptians' first born, which includes the Pharaoh's own son, not the first-born children of the Israelites. In order to ensure that the first born of the Israelites are not killed, they have been told to slaughter a sacrificial lamb and spread the blood from the lambs on their doors. That way the avenging angel

will "pass over." Then the Israelites are to eat their meal of the lamb, bitter herbs and unleavened bread. This was the last straw and Pharaoh frees the Israelites and banishes them from Egypt.

The Seder Plate

Each item on the Seder plate represents the Israelites struggle to leave their enslavement.

Maror and Chazeret: Bitter herbs symbolizing the bitterness and harshness of slavery. Usually there is horseradish in one spot and either lettuce or mustard greens on the other spot on the seder plate.

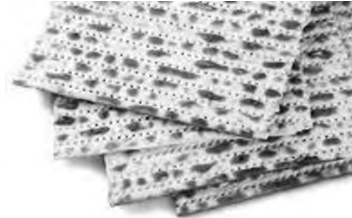
Charoset: A sweet, brown mixture of chopped nuts, grated apples, cinnamon and sweet red wine represents the mortar and brick used by the Israelites to build the pyramids.

Karpas: A vegetable other than bitter herbs representing hope and renewal, which is dipped in salt water at the

beginning of the Seder. Parsley is often used.

Zeroah: This is typically a roasted lamb shank bone. It symbolizes the sacrifice of a lamb whose blood was painted on the doorways of enslaved Israelites houses so that G-d would pass over that house during the tenth plague.

Beitzah: A roasted egg, symbolizing the festival sacrifice that was offered at the Temple in Jerusalem. It is not part of the formal part of the seder.



The sixth symbol item on the Seder table is a plate of three whole *matzohs*, which are stacked from each other by cloths or napkins. The middle *matzoh* will be broken

HEALTH CARE CENTER NEWS

By Kaytie Olshefski RNC, BS

Dizziness vs. Vertigo: What's the Difference?

Dizziness and vertigo are sometimes used interchangeably, as both are balance problems, but each one has its own characteristics to describe its symptoms. Vertigo and dizziness can be symptoms of COVID-19.

Dizziness can be described as feeling light-headed, foggy, faint, and/or having an unsteady gait. Dizziness occurs due to environmental conditions or underlying health conditions. Possible causes that could bring on dizziness are dehydration, heat exhaustion, low blood sugar, anemia, low blood pressure anxiety, motion sickness, medications, head injuries, alcohol ingestion, and carbon monoxide poisoning.

Vertigo is described as the room is spinning, tilting or rocking where the person feels as if they are spinning. People have described vertigo as motion sickness. Other symptoms that accompany a vertigo attack are feeling nauseous and vomiting, ringing in the ears, headache, fullness in the ear, and

their eyes move from side to side uncontrollably. Vertigo also impacts one's balance. Vertigo can last from a few seconds to hours to weeks to even months.

Vertigo was once thought to be a type of dizziness, but studies have shown vertigo is separate from dizziness. Vertigo is more common in people over 65 years of age with health problems. Women tend to experience vertigo more than men. Anxiety and stress do not produce vertigo, but vertigo can be anxiety provoking and make the vertigo worse.

There are two types of vertigo: peripheral and central. Peripheral vertigo is the more common of the two vertigos. Peripheral vertigo affects the inner ear of the vestibular system that controls balance and central vertigo affects the brain. The vestibular system tells your brain where and how you move which controls balance.

These are different types of peripheral vertigo. One type, Benign Paroxysmal

Positional Vertigo (BPPV), is also referred to as Positional Vertigo. The calcium crystals in the inner ear are dislodged from their normal position causing the vertigo. BPPV occurs suddenly when you move your head in certain positions. Most people with BPPV feel the room is spinning when moving or turning their head, along with feeling nauseous at the same time. Labyrinthitis may occur after a cold or respiratory infection caused by a viral infection that has traveled to the inner ear. Vascular neuritis is an infection that affects the vestibulocochlear nerve in the inner ear. The ear's vestibulocochlear nerve sends information to brain on balance and head position. The person develops vertigo when the nerve becomes inflamed and the brain is unable to interpret the information correctly. Labyrinthitis and vestibular neuritis are related disorders. Labyrinthitis affects both branches of the vestibulocochlear nerve while vestibular neuritis affects only one

(Continued on page 17)

and half of it put aside for the *Afikomin*. The top and the other half of the middle *matzoh* will be used for the blessing over the "bread" and the bottom *matzoh* will be used for the *Hillel* sandwich (bitter herbs and charoset).



Gefilte Fish

More of a traditional Passover food is *Gefilte* fish. A mixture of carp, whitefish or pike is not for the faint of heart. Personally, I do like this, but, in order for me to enjoy this I need two things. The first is the fish must be

ice cold and secondly, I have to have white horseradish with it. That's the only way I can enjoy this food.

Lastly, I remember as a youngster my mom shifting dishes around in the kitchen. I must have been five or six years old, before I started Hebrew school, when I asked my mom, what was she doing? She told me that as we have one set of dishes for meat and one for dairy all year round, during Passover, there are two additional sets of dishes, for meat and for dairy. How many dishes and serving platters were broken by my parents?

Wishing all of you a *zissen pesach*, (a sweet Passover). I can be reached at allan.kaufman0125@gmail.com or 732 690-2145. Your comments are always appreciated.

Come sing with the Monroe Twp. Chorus

By Micki Meyers

Calling all sopranos, altos, tenors and basses to come and join the fun and camaraderie of a wonderful group of men and women and share the gift of song.

We rehearse Tuesday mornings from 9 to 11 a.m.

at the Monroe Township Senior Center at 12 Halsey Reed Rd. For more information, contact Sheila Werfel, Director at 609-619-3229.

We don't sing because we're happy, we're happy because we sing!

NOTICE TO ALL RESIDENTS

Walkers, Don't Forget

This is a reminder for residents to wear reflective clothing when out walking.



Dizziness

(Continued from page 16)

branch of the nerve. Meniere’s disease is a chronic inner ear disorder caused by a buildup of fluid changing the ear pressure. It can cause severe dizziness, loss of balance, a ringing in the ears, and possibly difficulty in hearing.

Vestibular migraine is classified as a central vertigo. Vestibular migraine is not always associated with a typical migraine headache. Other types of central vertigo are multiple sclerosis, traumatic head injury, stroke and tumor or infection of the brain.

If you experience vertigo or dizziness, seek medical attention, especially if your symptoms are different or worse than what you have experienced in the past. Your physician will try to determine the underlying cause of the dizziness or vertigo by asking you to describe it in as much detail as possible. The doctor may also have you move your head in certain ways. Treatment will depend upon the cause. If your physician suspects an infection, antibiotics will be prescribed. If Meniere’s disease is the cause, the doctor may advise a low-salt diet, along with medications such as diuretic to lower your blood pressure and the pressure in your inner ear. There are times when the physician will be unable to find a cause. They may treat your symptoms with a medication such as Meclizine (Antivert) for the balance mechanism in your inner ear. Meclizine causes drowsiness when taken. Do not operate machinery or drive if you take this medication. If your doctor suspects

a disease to be a cause, they may order a CAT Scan or MRI to try to find a cause.

After consulting with your physician, if you experience a mild case of dizziness or vertigo, try lying down, relaxing and waiting for the dizziness to subside. Try to avoid activities that cause or worsen the dizziness. Avoid sudden changes in position and bright lights. If vertigo occurs while driving, pull over to the side of the road and wait for it to subside; if there is someone else in the car with you, let them drive. If you are alone, use your cell phone to call someone to come and get you.

In many cases vertigo subsides on its own, but there are treatments available. Vestibular rehabilitation is a type of physical therapy to help your brain learn how to respond to changes in the vestibular system. This physical therapy also helps to train your other senses to learn to adapt to these changes. A physical therapist will teach you exercises to do at home. For treatment of BPPV, the Epley maneuver is a set of specific head maneuvers that displace the calcium deposits from the canals of the inner ear. Surgery is considered for vertigo if there is a brain tumor or neck injury.

Reoccurring vertigo or dizziness disrupts your life as it comes on suddenly. Talk to your physician so they can look for the cause of the dizziness or vertigo and to help you get the best treatment. If you suspect medication may be the cause, inform your doctor. Seek emergency medical treatment immediately if you develop a loss of hearing, double vision, blindness or weakness in addition to the dizziness or vertigo.

WORD SEARCH...

By Steven Gray

Just to be a bit different, in honor of April Fool’s day, I thought a word search of computer terms might be fun. Note that some letters are capitalized to make it easier finding words. Be careful, however, as some words, like central processing unit, are deliberately split up. The words being used are: below

s	p	y	t	h	o	n	m	M	o	n	i	t	o	r	m	V	f
e	k	g	c	d	a	r	k	w	e	b	b	a	k	a	o	i	h
r	C	P	o	w	c	s	v	H	C	a	i	c	o	v	d	r	U
v	e	r	r	o	r	h	s	a	y	s	o	c	w	s	e	u	n
e	n	o	t	r	i	a	f	r	b	i	s	e	E	o	i	s	a
r	t	c	a	d	m	c	l	d	e	r	c	s	t	f	f	p	u
i	r	e	n	g	e	k	a	-	r	i	A	s	h	t	F	o	t
q	a	s	a	y	y	i	s	d	w	C	c	e	i	w	l	w	h
i	l	s	g	h	H	n	h	i	e	o	c	o	c	a	o	e	o
n	h	i	h	d	T	g	d	s	b	m	e	w	a	r	p	r	r
c	U	n	i	t	T	t	r	k	s	p	s	e	l	e	p	p	i
o	a	g	P	I	P	x	i	u	i	u	s	b	o	N	y	o	z
g	l	r	e	p	S	d	v	s	t	t	t	c	d	e	l	i	e
n	e	e	n	d	i	f	e	b	e	e	d	a	v	t	b	n	d
i	x	b	t	M	e	m	o	r	y	r	n	m	d	w	a	t	D
t	a	o	i	a	u	t	o	m	a	t	i	o	n	o	s	l	i
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Processing
Unit
Hard-disk
Random
Access
Memory
Floppy
Disk
Pentium
software
Network
incognito
mode
Unauthorized

access
Username
Monitor
Computer
crime
Cyber
law
HTTPS
Ethical
hacking
Virus
automation
python
basic
cortana

alexa
siri
powerpoint
server
word
website
darkweb
webcam
usb
flashdrive
boot
reboot
bios
dvd

Sports News

Shuffleboard: opening season

By Allen Kobezak

After dealing with the COVID-19 virus for the past two years, our members are anxious to get back to an uninterrupted shuffleboard season. We are looking forward to getting back on the courts where our members had great success, winning the 2019 Monroe Mayor’s Cup and a Gold Medal in the 2019 Senior Condo Olympics. We hope to continue our winning ways this year with a season full of fun and challenges.

Our spring sign-up will take place on April 5 in the Dogwood Room of the Clubhouse from 10 a.m. to noon. Our new shuffleboard representative, Jackie Cristiano, will welcome new players and our current members for the new season.

New players are encouraged to sign up and get hands-on experience at the

shuffleboard clinic. The clinic will be held at the courts next to the pool, on Tuesday, April 19, and Saturday, April 23, from 10 a.m. to noon. Several experienced members will be eager to teach you a game that anyone can have a good time playing.

Anyone who can’t make the sign-up or the clinic is still welcome to show up at the courts during our morning or late afternoon sessions for a quick introduction. The opening season morning games will begin on Monday, April 25, at 10 a.m. and late afternoon games at 5:30 p.m.

Our members aren’t obligated to play on any specific day and can play as much or as little as they like. Come and make some new friends, have a good time, and play some shuffleboard.

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April at the Monroe Township Public Library

Book Café

Tuesday, April 5 at 11:00 a.m.
Wednesday, April 6 at 11:00 a.m. and 1:00 p.m.
Thursday, April 7 at 7:00 p.m.

What have you been reading? We want to know! Join other book lovers for a lively discussion. Book Café is a perfect place to find your next great read or share what you have enjoyed. This is a hybrid program. Join us via Zoom or in person. *Registration is required for all participants. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

New York Book Discussion

Tuesday, April 5 at 11:00 a.m.
Join us for part 2 of a three-part book discussion series about New York: The Novel by Edward Rutherfurd. We will discuss the 18th & 19th Century (pages 351 to 550). Join us June 7 for the 20th & Early 21st Century (pages 551 to the end). Reserve a copy through our online catalog, at the Welcome Desk, or

by calling the library. The ebook and audiobook are available through eLibraryNJ using the Libby app. This is a hybrid program. *Registration is required. Join us via Zoom or in person. Please register with a valid email address to receive a link to the Zoom meeting.

Sit-N-Stitch

Fridays, April 8 & 22 at 10:30 a.m.
Socialize with stitchers & crafters of all skill levels. Bring your own supplies. This program will be held in person. *Registration is required. Register at the Reference Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Advance Care Planning

Tuesday, April 12 at 11:00 a.m.
Students from the School of Nursing, Health and Exercise Science at The College of New Jersey will present a 4-part series on current health topics. This is a hybrid program. Registration is required. Zoom link will be sent upon registration. Register online at www.monroetwplibrary.org/calendar

library.org/calendar or by phone at (732) 521-5000.

Writers Group

Tuesdays, April 12 and 26 from 6:00 p.m. until 8:00 p.m.
The Writers Group of Monroe Township Library is a group for active fiction writers to share works in progress and receive meaningful feedback from a group of peers. This group is not a writing class, but rather a space for constructive critique of work and encouragement from fellow writers. This group is for adults only. If interested, kindly fill out the interest form on our website: <https://www.monroetwplibrary.org/writers>.

Genealogy Club

Wednesday, April 13 at 2:00 p.m.
The 1950 Census data is here! Professional Genealogist Laura Cabbage-Draper will discuss the 1950 Census release. After the lecture, stick around to celebrate this once-in-a-decade event. *Registration is required. Register online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

International Film Discussion

Thursday, April 14 at 2:30 p.m.
Hosted by the Friends of the Monroe Township Library. This month we will watch and discuss “My Best Friend” (Spain, 2018). Lorenzo is a quiet teenager who lives with his parents and his younger brother in small city in the Argentinean Patagonia. One day, a family friend's son named Caito moves south and settles in at Lorenzo's home. His family is going through difficult times and can't give much care to him. They become friends. Please view the film in advance at your leisure and join us for the discussion. Films are available to stream for free on Kanopy, accessible with your library card online at <https://monroetw.kanopy.com/video/my-best-friend>. This program will be held via Zoom. Registration is not required. Please visit the Library's website at <http://www.monroetwplibrary.org/virtual-programs> for meeting ID and password information.
Page Turners
Thursday, April 21 at 11:00 a.m.

Looking for something to read or add to your reading list? Library staff will present and recommend a variety of titles pertaining to a different topic, both new and old titles. The theme for this session is Storms. This is a hybrid program. Join us via Zoom or in person. *Registration is required for in-person participation. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Go Back to the Gilded Age

Thursday, April 21 at 1:00 p.m.
Presented by food historian and certified tea specialist, Judith Krall-Russo. *Registration is required. This program will be held in-person. Register in advance at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Friday Afternoon Movie

Friday, April 22 at 2:30 p.m.
Every month we show a different modern classic film. Marty McFly is sent back to 1955 and finds himself in a time-shattering situation that

(Continued on page 19)

ROSSMOOR COMMUNITY ASSOCIATION 2022 POOL SEASON

RULES, REGULATIONS, GUIDELINES & POOL HOURS

Saturday, May 28 through Monday, September 5 – Open daily, 9:30am – 7:30pm.

Access to the pool and any of the facilities in the fenced area around the pool is permitted only when a lifeguard is in attendance. Failure to comply with these guidelines will result in pool privileges being revoked and/or a fine to residents.

1. Health and Safety Guidelines:

- a. As per New Jersey State Bathing Code: persons showing evidence of communicable infection, sore or inflamed eyes, cold, nasal or ear discharges, or excessive sunburn will not be permitted in the pool area. Persons with open sores, blisters, cuts and/or bandages will not be permitted in the pool.
- b. Showering is required prior to entering the pool
- c. Persons recovering from diarrhea or symptoms of gastrointestinal disease are encouraged to wait seven days before using the pool
- d. Persons suspected of being under the influence of drugs or alcohol shall be prohibited from entering the pool area
- e. Non-slip footwear MUST be worn in the Pool Area Bathroom

2. Lifeguard/Pool Manager:

- a. Lifeguards and Pool staff are required to enforce all Rules, Regulations and Guidelines
- b. Lifeguards are obligated to close the pool in the event of potentially dangerous weather
- c. Management reserves the right to close the pool at any time

3. Pool Passes:

- a. Upon entering the pool area, all residents must present their Rossmoor photo ID with 2022 sticker. Rossmoor photo IDs are non-transferable and expire annually.
- b. A \$10.00 replacement fee will be charged for lost ID cards.

4. Food and Beverages:

- a. Food and beverages are permitted within the designated “Picnic Area” only.
- b. All beverages and food must be in non-breakable containers.
- c. Glass containers and alcoholic beverages are prohibited.
- d. Water in plastic bottles may be consumed on the pool deck, surrounding the pool.
- e. All resident & guest's food/beverage debris must be removed and disposed of in appropriate trash/recyclable collection containers.

5. Seating:

- a. Pool furniture is available on a first-come basis
- b. Personal furniture is NOT permitted in the pool area
- c. Beach towels should be used to cover and protect pool chairs when using sun tan oil/lotions

6. General Rules:

- a. No animals, except service animals, shall be allowed within the pool area
- b. Radios or other music media are not permitted in the pool area, except those equipped with earphones
- c. Smoking of any kind, including e-cigarettes, is NOT permitted in the pool area
- d. No sitting on the entrance steps or ladders
- e. Neither diving, running, continual jumping nor “horseplay” is permitted

7. Lane Swimming:

- a. Lane swimming is available on a daily basis, Monday through Sunday.
 - i. Morning lap lanes:
 - 1. Five lanes from 9:30a to 10:30a
 - 2. Two residents per lane, each half hour – this swim session can accommodate 20 swimmers
 - ii. Evening Lap lanes:
 - 1. Three lanes from 5:30p – 7:30p
 - 2. Two residents per lane, each half hour - this swim session can accommodate 24 swimmers
- b. Paddles may be used while lane swimming
- c. There is a 30-minute time limit when using swimming lanes
- d. Swimming lanes can be shared among, but not to exceed, two people.

8. Noodles, Fins, Pool Toys, etc.:

- a. Pool toys—inflatable, plastic, foam, or any other material—and swimming devices such as, but not limited to, swimmees, inner tubes, fins, etc., are NOT permitted in the pool, except for Aqua Aerobic classes. Only US Coast Guard-approved life jackets may be used in the pool as flotation devices. Rossmoor residents may use “Noodles” in the shallow end of the swimming pool (as exercise/therapy tools but NOT as flotation devices) except during special events.

9. Guests of the Rossmoor Pool:

- a. Residents assume full responsibility for their guests. Residents must register their guests at the pool. Residents must remain at the pool with guests under the age of 16.
- b. Only residents may purchase pool passes in the E&R office. Pool passes are required for all guests during hours of operation on Fridays, Saturdays and Sundays. The pool pass fee is \$5.00 per guests 16 and over and \$2.00 per child between the ages of four and fifteen
- c. There is a maximum of four guests, including children, per Manor per day, except Memorial Day Weekend, July 4th and Labor Day Weekend when there is a limit of two guests, including children, per Manor
- d. Children
 - i. Between the ages of four and fifteen will be permitted to use the pool and surrounding facilities between the hours of 11:00 a.m.—2:00 p.m. daily and must be accompanied by a resident at all times. Children between the ages of four and 15 must exit the pool at 2:00 p.m. and exit the pool area no later than 2:30 p.m.
 - ii. Under the age of four are NOT permitted in the pool or any of the facilities in the fenced area around the pool.
 - iii. Between the ages of four and fifteen should be encouraged to use the restrooms before entering the water and any “accidents” in the water should be immediately reported to the lifeguard.
 - iv. Under seventeen years of age are NOT permitted in the Hot Tub.

10. Rules Not Followed:

- a. Warning and fine of \$100
- b. Second Infraction \$200 fine
- c. Third Infraction – Pool privileges will be revoked for season and a \$300 fine

Book-Club invites new members

The Round-About-Book-Club began on Dec 3, 1900. The name is such because the members pass the books “round-about” to each other. This is not a typical book club where members read the same book and then discuss it. It is a unique social and literary group that loves to read and shares access to best-selling books and authors. The club uses nominal dues to buy 26 books so the group is limited to 26 members. Members agree to rotate the books every two weeks to one other person in the Jamesburg/Monroe area over the course of a year.

The meetings are fun and educational. Does being part of a historical club that meets only nine times a year (no summer meetings) and yet gives so much joy to its members through camaraderie and a shared love of books interest you? If you would like more information or would like to attend a future meeting as a guest, please contact Donna at notaro4@aol.com.

The club celebrated its 121st anniversary in December and would like to increase its membership. If the club made it through the Spanish Flu in 1918, (it is mentioned in the archives of the minutes from that year) two World Wars and various ups and downs in the local area, club members do not want to see it dwindle now. The club did its best during the worst of the Covid pandemic with Zoom meetings and carefully passing the books. The club has a fascinating history. Members (male and female) over the years have shared their poems and musical presentations as well as updates on their families and homesteads.

Library

(Continued from page 18)

jeopardizes his future. This program will be held in-person at the Library. *Registration is required. Register at the Welcome Desk, on our website at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Shade Tree Commission Seedling Giveaway
Saturday, April 23 at 11:00 a.m.

This annual program, in its 8th year, is a joint effort between Monroe Township, New Jersey Forest Service, New Jersey Soil Conservation Districts, Arbor Day Foundation, iCIMS, FedEx, State Farm and International Paper. Distribution will take place in the library parking lot. Seedlings will be distributed as supplies last.

Meet Author, John Katerba
Saturday, April 23 at 1:00 p.m.

In his third book, *Monroe Township & Jamesburg, Years Gone By*, John D. Katerba once again preserves his hometown's history with the help of his dear friends and his passion for area history. This program will be held in-person at the Library. *Registration is required. Register at the Welcome Desk, on our website at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Health & Wellness Reading Club
April 25 at 2:30 p.m.

Join us for a discussion of *Everything Here is Beautiful* by Mira T. Lee. Reserve a copy through the Library's online catalog, at the Welcome Desk, or by calling the library. This is a hybrid program. Join us via Zoom or in person. *Registration is required for in-person participation. Register in advance at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Coping with Stress
April 26 at 11:00 a.m.

Students from the School of Nursing, Health and Exercise Science at The College of New Jersey will present a 4-part series on current health topics. This is a hybrid program. *Registration is required. Zoom link will be sent upon registration. Register at the Welcome Desk, on our website at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Friends of the Library Book Sale
Friday, April 29 from 9:30 a.m. to 4:00 p.m.
Saturday April 30 from 10:00 a.m. to 4:00 p.m.

Gently-used books and a limited selection of DVDs, audiobooks and CDs for sale at bargain prices. Proceeds benefit the Friends of the Library. The Library now has a podcast. Listen on Spotify. Simply search for Monroe (un)Muted and tune in to hear about what Library staff is reading and recommending.

CLASSIFIED AD COUPON

Check those publications that apply:

☐ The Clearbrook Courier

☐ The Concordian

☐ Encore Speaks

☐ GW Voice

☐ Regency Reporter

☐ Renaissance Reflections

☐ The Rossmoor News

☐ Check here for all seven publications

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RATES

\$14 for 10 words, 50 cents each additional word *per publication*.
Sample: 10 words in two publications = \$14 x 2 = \$28.00

No discounts apply. All ads must be mailed with payment.

No classifieds accepted by phone or email.

- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.
- State category/heading, ie., "For Rent", "For Sale", "Help Wanted." You will not be charged for the heading.
- One check or money order must accompany insert.

MADE PAYABLE TO PRINCETON EDITORIAL SERVICES, INC.

- Phone number or address which appears in ad must appear on check or money order to ensure proper credit.

Name _____

Tel. # _____

(Above information is for Princeton Editorial purposes only if we need to contact you. Above information will not be published.)

PLEASE PRINT YOUR AD ON 8.5 X 11" PAPER

Email your news to:
news@rcainj.com

Contact Waste Management
609-587-1500
ID# 61565342007
for pick up of household items
NO electronics
NO upholstered furniture
No mattresses

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.

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.

Classified Advertising

Home Improvement & Services

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

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

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

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.

Tax & Accounting Services

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

GREGORY TAX SERVICE—Reasonable fees, pick up, online, fax, email. 35 years of experience, IRS, AFSP. Concordia Resident, Jim Gregory. (732) 236-4498.

For Rent

CONCORDIA CONDOMINIUM for Rent. Newly upgraded two bedrooms, two baths, with beautiful finishes throughout unit and enclosed garage. Monthly rent \$2,750.00. Please call (856) 456-1050.

For Sale

CANNON POWER SHOT 5x70 HS camera, 1200MM digital lens. Brand new leather case included. Brand new, never used, original box. Original cost \$700. Asking \$500. Call Robert Pupkin at (646) 262-8046.

Transportation

RELIABLE AND DEPENDABLE Airport Rides. Please call Gregg Dreyer anytime at (908) 447-0998.

LIMO GUY — Our 20th year. We go almost anywhere. Late model Lincolns. \$85 to Newark Airport. \$175 Philadelphia. \$185 JFK. We go almost anywhere. 24/7. Call (732) 452-9222 or (732) 803-2521.

ARNIE'S DRIVING SERVICE. Anywhere. Anytime. Airport and NYC specialist. 609-751-1612.

Miscellaneous/Services

TECH BUDDY – Simple step-by-step help with smart-phones, 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

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

Help & Health Services

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

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.

CERTIFIED, PROFESSIONAL Caregiver

Caregiver is looking for a job. Experienced, references, driver's license. Helen. (732) 610-2811 or (732) 610-6830.

House Cleaning

ANA SANTOS HOUSE CLEANING Services: Experienced, dependable, changes bed sheets, will start laundry, uses own vacuum cleaner, reasonable, references available. Please call Ana at (732) 337-5743.

HOME CLEANOUTS AND DISPOSAL, HOUSECLEANING. Free estimates. References available. Call Kimberly at (732) 664-6738.

HOUSE CLEANING—Honest, experienced, quality work. Call Laura. (609) 902-9951.

Wanted to Buy

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

5 Color Trends for a Stylish Home in 2022



FAMILY FEATURES

A new year brings new opportunities to refresh your living space and add new colors into your life. These five trends are all about incorporating more of yourself and your lifestyle into your home, whether it's answering your need for a serene escape or dialing up the energy with vibrant surroundings.

Bring in Nature

Soothing earthy tones help bring a sense of calm and balance indoors. When designing with nature in mind, use gray-green tones to connect your aesthetic with the serene elements of the outdoors. Incorporate nature's palette with greens in fabrics, accessories and even on the walls. Wood and stone materials naturally complement these shades for a look that's cohesively pleasing and peaceful.

Stylish Sophistication

If you're aiming to infuse some sophistication with an update to a favorite space, opt for a monochromatic look in a dark (almost black) hue. The approach is simultaneously bold and classic, but the secret to this trend is finding a shade that's rich and deep, but not quite black, then complementing it with fabrics and furnishings that let the hint of color shine.

Connect with Your Inner Self

Creating a living space that is uniquely yours requires understanding your inner motivations, traits and talents. One source of personal inspiration may be your zodiac sign, a reflection of the earth's orientation to the sun on your birthday. The color experts at Valspar partnered with Ophira and Tali Edut of the AstroTwins to make it easy to explore the intersection of your character and style by explaining which 2022 Color of the Year best aligns with each zodiac sign. When you combine your sign with the convenience and advanced one-coat coverage of premium Valspar Reserve Interior Paint + Primer, available at Lowe's, you can create a luxurious space that reflects the real you.

- Aries – Sunset Curtains: A warm and soothing color like this supports a transformational year full of new opportunities.
- Taurus – Gilded Linen: This clean, cozy color makes spaces feel open, perfect for celebrating togetherness.

- Gemini – Grey Suit: This is a color of warmth and versatility, a signature combination for Gemini.
- Cancer – Delightful Moon: A spirited, playful color inspires a year of growth and adventure.
- Leo – Mountain River: A dark and dreamy color invites inspiration for a year filled with abundance.
- Virgo – Subtle Peach: It's the year of partnerships for Virgos; this harmonious color works well alongside others but can also stand on its own.
- Libra – Orchid Ash: A cool and breezy color keeps it simple so Libras can focus on a year of vitality.
- Scorpio – Fired Earth: This warm and approachable color is perfect for Scorpios who plan to bring new people into their lives this year.
- Sagittarius – Rustic Oak: A relaxing and comforting color that welcomes coziness in the new year.
- Capricorn – Blanched Thyme: For Capricorns, this is the year of variety, and this is a refreshing tone to support change.
- Aquarius – Country Charm: This hue provides warmth and stability for a year of productivity.
- Pisces – Lilac Lane: A playful pastel hue that brings softness along with optimism and renewal.

Add Comfort and Warmth

Treating your home like a sanctuary never goes out of style, and one way to create a soothing, inviting space is through the use of cozy neutrals. Whether it's applied to a bedroom retreat or a more bustling space like the living room, a neutral palette can add to the allure of comfort and warmth. Keep the visual interest strong by incorporating subtle patterns, textures and layers of complementary neutral colors.

Go Retro

It may seem counter-intuitive, but vibrant retro shades like orange and yellow, and even warmer neutrals, can help establish a calming vibe within your home. The throwback hues can help your mind connect to moments from the past when life may have been filled with less challenges. This trend with colors like Valspar's Delightful Moon, Subtle Peach and Sunset Curtains is less about the actual look and more about the mood it evokes for you personally, so if a retro scene takes you to a happy place, this may be the right choice for your home. Find more 2022 color trends and design inspiration at Valspar.com.



BRUSH ON THE COLOR

Using quality brushes can provide you with a smooth, professional finish, but depending on the surface you're painting, different sizes and types of brushes can help you achieve the desired look. Achieving ultra-clean edges and a smooth finish is the goal for DIY painting. Perfect for interior use with latex paints and stains, the Valspar Wall and Trim 3-Brush Multi-Pack is a convenient option that includes flat and angled brushes in multiple sizes. Those hard-to-reach corners may be tricky, but a proper angled brush can make all the difference.