



Rossmoor IN News



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APRIL 2023

A jump into spring at the Philadelphia Flower Show

By Jean Houvener

To begin with the bus was not there at 9 a.m., nor at 9:15 a.m., when we were expecting to depart. Melissa whisked us inside and kept us warm with coffee, tea, and snacks. Nevertheless, in spite of a snafu somewhere in the Stout's head office, we were en route and arrived at the Philadelphia Flower Show in a timely manner sometime before noon.

I have been told that last year the show was outdoors due to COVID restrictions. Good thing that was not true for this year as it would have been cold and wet. Rather than start at the beginning of the show's extravagant entrance, I slipped around the side and off to the back in search of the miniatures. This is a popular exhibit, and as I had feared, already had a line to look at them. The scenes are variable, but can be seen from outside the line, with views between parties in the line.

More impressive, in my opinion, were the many different works with pressed

flowers — entire flowers, seeds, petals, leaves — arranged to create a picture or design in a particular category. These are all juried and in addition to the sheer beauty of the creations, there are comments by the judges as to why they awarded prizes, or not, to a particular item.

After viewing the competitive exhibitions, I decided to look for lunch. My initial plan was to go across to the Reading Market looking for a grilled cheese sandwich. I was not sure if I would have time to do that, however, and instead bought one at the show. Definitely not as good, but sufficient to the task. As I was eating, I wandered over to the vendor area — there were no seats to be found at that point.

I passed one vendor who was offering samples of lavender lemonade. My hands were full with my grilled cheese, so I planned to come back after I'd finished it for a sample. Unfortunately, by the time I was finished and had wandered down

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An E&R trip to Philadelphia Flower Show



Photos by Mae Howard

School construction referendum is defeated at the polls

By Linda Bozowski,

Monroe Township voters went to the polls on Tuesday, March 14 to decide on the first school construction referendum since 2019. The proposal, which promoted additional classrooms at the high school and middle school, also included a significant overhaul of the existing Applegarth elementary school as well as a large multi-classroom addition at that site. While efforts were made to keep costs moderate through straight-forward design, the project carried a price tag of about \$103 million.

The referendum was turned down, per preliminary results from the County Board of Elections as of late evening on March 14, with 3,723 voters supporting the plan and 4,346 voters opposing it. Final results will not be available until March 24, when all mailed in ballots will have been processed. Those votes are not expected to reverse the results of this referendum, according to residents who have monitored previous referendums.

At presentations offered

by district school administration, residents expressed concern about costs and projected tax increases, which would last for the expected 27-year longevity of the construction loans. Although the N.J. Department of Education has indicated its willingness to supply \$17 million in debt-service relief, residential taxes were estimated to increase about \$63.73 per \$100,000 of assessed valuation, which would increase taxes to about \$215 per year based on the average assessed value of \$331,000 per home. It was pointed out at several of these presentations that the tax increase would be

based on assessed property value, not the expected sales value, which would make a far smaller impact on taxes using the assessed valuation. Other concerns were related to plan designs, safety of students and staff, and the district's ability to meet future needs regarding current and additional students.

What are the consequences of this voter decision?

The failure of the construction plans leaves the school district in a difficult position. At the present time, according to N.J. Department of Education guidelines, Monroe Township

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Visitors view the exhibitions at the flower show.

Photo by Melissa Barnard

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Save the date

The E&R Activities Expo will be held on Friday, April 28, from 4 to 7 p.m., in the Clubhouse Ballroom and Gallery.

Discover all that Rossmoor has to offer and fill your free time with activities that fit your interests. Learn about some of our educational and informative offerings, crafting groups, religious organizations, and much more.

Stop by and check it out!

Happy Easter and Joyous Passover

at the governors' meeting

Meeting of March 16, 2023

The March meeting of the Board of Governors of the Rossmoor Community Association was held in the Village Center. Approximately 26 residents were in attendance and another 24 were online watching the simulcasted meeting on Zoom.

BOG President Dan Jolly began the meeting a few minutes early to present a public bid opening for the 2023 RCAI roadway asphalt pavement program. He read the quotes aloud and then compiled them for the FWH engineer to review and provide a recommendation.

Jolly then officially opened the March meeting. He announced the resignation due to health concerns of the long-time Rossmoor News Board Chair, Joe Conti. Jolly then announced the new Rossmoor News Board. Carol DeHaan has been appointed to Board chairperson with Jean Houvener as co-chair and Myra Danon, Anne Rotholz, Linda Bozowski, have been appointed as News Board Members. Alex Monaco and Linda Monaco are appointed to serve as editorial assistants. Dan then wished everyone a wonderful Saint Patrick's Day.

Treasurer John Craven reported RCAI and all Rossmoor Mutual Associations are currently undergoing their annual audit by Wilken Guttenplan. All 18 Mutuals and RCAI's annual audit meetings will be held over three days, March 29, April 5, and April 19.

RCAI Management Report:

General Manager Tom Curry commented that spring is always busy for RCAI and today's 11 resolutions on the agenda are proof. He then went on to report on many items including the following:

- Annual Mutual Association election ballots are being sent out to owners in advance of the Mutual's annual meetings in April.
- 2023 Resident Directory

will be here by the end of the month. Printing costs have been offset by ad sales from a few of our frequent vendors.

- The State flood mitigation grant is still with the County and Rossmoor's attorneys who are working out the final use and reporting details.
- The electric car charging station project has begun.
- The Village Center HVAC project is currently on hold due to equipment availability issues.
- The Maintenance Department is busy with many projects, some completed and others on the schedule including Jomax mold spraying and dryer vent cleaning. Snow fence and snow poles around the community are in the process of being removed. Residents are urged to sign up for individual manor air conditioning servicing beginning April 3.
- Education and Recreation department has announced many programs; they can be seen on the RCAINJ.com website.

New Business:

A total of 11 resolutions were approved by the BOG.

Resolution 2023-05 Authorization to purchase Cluster Street Lights approved the reserve account purchase of one replacement five lamp cluster streetlight and one single light. Discussed in the February meeting this revised resolution provided a new less expensive option.

Resolution 2023-07 Ratification of Golf Course Bed Knife Grinder ratified a reserve account purchase and urgent need previously approved by the Executive Committee for the Golf Maintenance Shop.

Resolution 2023-08 Ratification of Winter Street Tree Pruning, ratified a time sensitive operational expense resolution previously

approved by the executive committee to prune 110 RCAI street trees on Rossmoor Drive and Old Nassau Road along the golf course.

Resolution 2023-09 Authorization to Proceed with the 2023 Concrete Sidewalk/Curb Replacement and Storm Inlet Reconstruction Project authorized a reserve account expense for the 2023 RCAI concrete sidewalk and curb and storm inlet replacement program.

Resolution 2023-10 Final Accounting of Mutual Domestic Water Line Repairs in 2022 ratified a reserve account resolution accounting for domestic water line repairs in the Mutuals for 2022.

Resolution 2023-11 Removal of Retired Items from the RCAI Property List ratified a reserve account resolution for the removal of retired items from the RCAI property list.

Resolution 2023-12 Authorization to Proceed with Refurbishment of Six Clubhouse Bathrooms authorized a reserve account expense refurbishing six clubhouse bathrooms walls.

Resolution 2023-13 Authorization to Proceed with Refurbishment of Clubhouse Remembrance Room authorized a reserve account expense to widen the hallway entrance to the remembrance alcove in the clubhouse.

Resolution 2023-14 Ratification of Emergency Replacement of Gas Heaters in Maintenance Garage ratified an emergency reserve account expense to replace two ceiling heating units in the maintenance garage.

Resolution 2023-15 Authorization to purchase Golf Driving Range Cart authorized a reserve account expense to purchase a replacement golf cart with cage for the driving range.

Resolution 2023-16 Au-

(Continued on page 3)

Bits & Pieces

By Sue Ortiz

Everybody needs a rock.

Did you ever find a rock when you were little, bring it home, full of sand and dirt, and plunk it down on mom's kitchen table at dinnertime? "Look what I found today!" you'd say. Mom would just roll her eyes and reply, "That's ... great ... dear ... now go wash up for dinner."

I wasn't a tomboy by any means, but I liked my rocks. Still do.

I'm always picking up ordinary stones and rocks: if one catches my eye as I hop out of my car in a parking lot, I must pick it up. On any day, there are two or three rocks or stones rolling around on the back seat floor of my car or in my trunk. If I see one while taking a walk in the park, I'll pocket it. Each of my coats has at least one small stone in one of the pockets. And there are almost as many rocks as clocks in my house! Rocks, stones, pebbles — it doesn't matter.

Once, I had my dad dig out a rock from a parking lot island. We thought it was just a small oblong stone partially buried under some grass. But, after some sweat and dirty fingernails, he yanked out a large, turtle-shaped rock, leaving a rather large hole behind. Beautiful! I brought it home, washed it with the hose, and left it in the sun to dry. A day later, the rock was missing! Was it stolen? I canvassed our entire yard — and, discreetly, the neighbor's yard, as well — to no avail. It saddened me that my rock had disappeared. Weeks later, my dad found it in the basement: Apparently, he had packed it up with some gardening tools. I still have that rock.

What makes a particular rock so special? I don't know...it just *feels* special. Sometimes a stone will have a special shape — it may look like a heart or a face. Sometimes it doesn't have to look

like anything; after all, it is *just* a rock. Heart-shaped stones remind me of my mom, who loved hearts. As for seeing faces in the rock, well, it has been shown that humans do look for facial features on inanimate objects ... remember the Face on Mars?

Years ago, I bought a children's book, "Everybody Needs a Rock," by Byrd Baylor. Written in 1974, it tells of the ten qualities to look for when selecting the perfect rock for play or pleasure, how to find that special rock that you'll keep forever, one that has a special feeling when you handle it, one that will be yours and no one else's. It's a great little book for kids of all ages. It's still in print. It would be a great gift for the grandkids, but you might want a copy for yourself, too.

So, when you are on your next walk, whether it's around the neighborhood or while on a hike, be sure to check out the ground you're walking on. You might just find a treasure.

When you find "your" rock, think of how old it is, how the winds and rains of time have formed it into the shape it is today. Is it smooth, from being tumbled in a river or washed ashore on an ocean wave? Is it rough with squared edges, blasted and quarried from the ground that kept it safe for millions of years?

Does it contain fossils, such as ammonites, trapped in time? Is it shale, granite, or coal? Whatever it is, it's old. You are holding a piece of ancient Earth. Oh, the stories it could tell, ...

Of course, there are all kinds of rocks out there: precious and semi-precious stones such as malachite, amethyst, quartz, and topaz. Diamonds may be a girl's best friend, but you're not going to find one next to the trash can in your backyard. Well, maybe if the neighbors have an argument.

B&P

"Geologists have a saying - rocks remember." — Neil Armstrong (American astronaut, 1930 – 2012)

"I love rocks with the unconditional love that you lavish upon a newborn baby." — Hope Jahren (American scientist, b. 1969)

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.

Open RCAI Meetings in April

**Board of Governors Meeting.
Thursday, April 20 – 9:00 a.m.**

It will be an in-person meeting and 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.**



News Board:

Carol De Haan, Chair
Myra Danon
Jean Houvener
Anne Rotholz
Linda Bozowski
Walter Gyskiewicz

Editorial Assistants

Alex Monaco
Linda Monaco

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

space permits. Unscheduled volunteer writers should contact Rossmoor News Chair 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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Flower Show

(Continued from page 1)

a few other aisles, I no longer remembered where the samples were. By the time I found them again True Honey Teas, booth 305, was serving Cinnamon Rooibos tea. Tasty, but not what I had wanted to try.

Other vendor booths had, for example, a Garden Tub by Soake (wonder how RCAI would view an outdoor bathtub), whirligigs, wind spinners, and many beautiful tiny cactus planters (Arizona East).

By then it was time to check out the main exhibit area. The Garden Electric was the theme, and there was no lack of flashing lights from the large square entry to the smaller landscape designs. Some vendors let the electric of the garden be in the flower colors. The Men's Garden Club of Philadelphia, for example, had a beautiful bright orange-flowered rhododendron. For additional electric input, they had a recording of bird song as if birds were nesting in their exhibit (unless, of course, birds really were nesting in their exhibit!) Another exhibit had Citrus microcarpa with cute miniature oranges, as well as a larger citrus again for some stunning orange color. An Asparagus densiflorus "Myersii" did indeed have thick, fluffy fronds of chartreuse green.

After viewing the University of Delaware exhibit from the outside, where cutouts gave intriguing glimpses of the interior, I violated my usual ambulation of avoiding the lines and direction of flow, to join the line walking through the exhibit. Inside was a wealth of information about environmental care of a garden and statistics – this was, after all the educational area. I wished there had been a handout sheet of information.

There was far more to see than I managed to get to and eventually my knee gave way, and after a rest, I worked my way down to the bus waiting area, grateful to be off my feet. In spite of the initial snafu of the trip, there was plenty of time to see as much as physically possible.

Mayor chops veggies

By Nancy Fichtelberg

I had some help recently cutting up onions and vegetables. Lori and Jon, both also from Rossmoor, are the drivers who help deliver soup being made for the seniors.

However, that day extra help arrived. Mayor Stephen Dalina jumped right in and chopped onions and carrots.

This is what community is all about – working together.

If anyone is interested in getting soup delivered by Soup for Rossmoor Seniors, please call Nancy at 732-501-6773. There is no charge for soups.

BOG meeting

(Continued from page 2)

thorization to Replace Bocce Ball Artificial Turf authorized a reserve account expense to replace the artificial turf at the three Bocce Courts.

Directors Comments:

Jolly reported the RCAI monthly meetings in June and October will be held at 7 p.m.

Editorial

Members of the Editorial Board take this opportunity to thank Joe Conti, our chairman who steered the Rossmoor News for 12 long years.

Our readers might not realize that, when Joe took on this big responsibility, there was no transition from the previous staff. There was no existing format to be followed. Only two writers volunteered to continue writing for the new paper: the late Bob Huber and his pal, Sam Newman. Everyone else was new to the paper: writers had to be found, editors and proofreaders, a new editorial assistant, a new photographer, new publisher, and new printer. How to coordinate this complicated challenge, how to get it all working in harmony? And somehow, the paper never skipped a beat.

This was because of Joe, whose devotion to duty and whose kindness kept us all happy and eager to pull together. That the Rossmoor News continues as a vital part of life in this community is very much to the credit of Joe Conti.

We thank you, Joe, we send our love, and we wish much happiness and the very best for you.

Referendum

(Continued from page 1)

schools are overpopulated by about 1,500 students. While all the students have places to sit, class sizes are larger than our educators would prefer. Some programs, like music and art, do not have designated spaces, and some courses, such as some Advanced Placement topics, computer skills, and robotics, that are beneficial to students, cannot be offered or may have waiting lists. Special needs students from the two western-area schools (Applegarth and Oak Tree) attend classes in schools in the eastern side of the township because there is not enough classroom space for them in their neighborhood schools.

Failure to provide additional classroom space also means that the Monroe Schools will not be able to move forward with the upcoming pre-kindergarten mandates, nor will they be able to offer full-day kindergarten. Our dependence on rented modular classrooms, aka trailers, is costly, and will be ended by state regulation in the next several years. Our students will continue to deal with overcrowded lunch facilities and limited opportunities for vocational-preparedness courses such as plumbing, carpentry, auto mechanics, and expanded culinary arts

What happens next?

At the Board of Education meeting on March 15, it

was stated that the Board and administration will be reaching out to our mayor, to the county superintendent of schools, and to the commissioner of education to discuss options. Several residents recommended that community input be explored as well.

It has been inaccurately stated that, if a referendum fails twice, the N.J. Department of Education will take over the planning and oversight process. That is not correct. The Board of Education would be required to request, via legal means, the assistance of the State of New Jersey. It is uncertain if the Board of Education would move forward with this option.

Putting together another plan or another referendum moves the whole construction timeline forward. Certain repairs cannot be put off, like the roofing issues at Applegarth School. In any case, we are extending the overcrowding problem for an unknown timeframe. We, as a community, need to keep our students in mind. They are our future.

Think about this

Being deeply loved by someone gives you strength; loving someone deeply gives you courage.

Lao-Tzu
Chinese philosopher,
Founder of Taoism
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Playhouse22.org or 732-254-3939

Monroe – commissions, departments and services

By Linda Bozowski

As a community with nearly 50,000 residents, our need for services is high. While we have a great deal of volunteerism, we also have many employees who oversee many of our essential services, like fire, recycling, first aid, and land management. Over the next several months, we'll take a closer look at some of our employee-based departments as well as our volunteer commissions and boards. We'll start with four related commissions that may not often be thought of by many of us, but whose work aids our environment and maintains open space for our use. Other commissions will be detailed in future issues of the Rossmoor News.

Shade Tree Commission

The Shade Tree Commission, made up of seven volunteers, meets only six times per year, but has a busy agenda. It regulates the township-wide planning and maintenance of ornamental shrubs and trees in our parks

and other public spaces. It also monitors and authorizes tree wellness, proactive pruning and removal, and initiates new plantings on public property. The Commission removes or requires removal of any trees that are considered to be dangerous to public safety.

Property developers must obtain permission from the Commission before removal of trees on new developments. Planting and landscape plans must be submitted and reviewed by the Commission before property development can begin. Information and advice is available from the Commission at no charge.

Environmental Commission

Another watchdog commission is the Environmental Commission, which advises the Planning and Zoning Boards about potential environmental problems and opportunities for township enhancement. Six regular

members, two alternates, and a student representative make up this body, which works to protect our natural resources, including open space and water safety. Air and noise pollution, waste management, protection of green space, and farmland preservation are among the topics frequently discussed by this body, which meets once per month. As the county and state initiate stormwater management and traffic studies, the Environmental Commission becomes a key player in gathering information.

Open Space and Farmland Preservation Commission

This five-member Commission studies, analyzes, and make recommendations to the Township Council designed to promote the protection of our farmlands and other open spaces. Although the Commission currently meets quarterly, its function is important to a community that has seen open space

taken up by other uses. The primary goal of the Commission is to encourage developers, businesses, and residents to protect our natural resources and open space.

The Green Team

While less formally named, the Green Team will work toward attaining a Sustainable Jersey certification that acknowledges the efforts that the township has made toward maintaining and sustaining a safe and healthy environment for its residents. The Advisory Committee comprises representatives of the Environmental Commission, student representatives, a member of the Public Library, and another resident. The primary focus of this Committee is to offer

advice and guidance to the Township and to promote activities and initiatives that are environmentally, economically, and governmentally sound.

This Commission's objective is to keep Monroe Township residents healthy and environmentally aware through protection of clean air, water, and land.

Where do you fit in?

Monroe Township can accomplish its objectives only through the support of its residents. Those who wish to participate with Township committee activities are urged to visit the Township website and complete an application indicating their areas of interest. Monroe needs all of us to do our share.

April is an earth-friendly month

By Anne Rotholz

April is the month that brings new life to our world. Although our winter was on the mild side, we are happy to see the return of longer, brighter days, budding trees

and bushes, green grass and flowers in a wonderful array of colors.

April is a month when humans focus on things that make our earth more beautiful and a healthy place to live. It is a month of many celebrations. Here are a few of them.

World Habitat Awareness Month.

Created by the United Nations, its objective is 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 survive.

Keep America Beautiful Month

This non-profit organization was founded in 1953 by a group of business and government agencies and concerned citizens who got together to discuss what was becoming a significant problem in our country -- litter and waste. They focused on three topics, namely litter prevention, waste reduction, and recycling. Their plan was two-fold. They would educate people on these issues using the media and other types of publicity. Also, they would assist communities by organizing volunteers to do local clean-up and to beautify the community environment by planting flowers and trees.

Earth Day

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

This period marked the beginning of the environmental movement. It led to the creation of the Environmental Protection Agency and it was responsible for the passage of the Clean Air and Clean Water Acts. This legislation was supported by both parties in Washington.

Arbor Day

This celebration originated

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Spotlight on Lou Russo

By Rosemary Masella

The sound of "Play ball" was music to Lou Russo's ears. He was an avid baseball player who played outfield. He was 16 years old and still in high school when he was recruited by the Brooklyn Dodgers to join their farm team. Lou tried out for the Brooklyn Dodgers Farm team along with 325 other young men. He had two tryouts and was one of 18 who made the team.

How exciting it was, to be a young boy from Staten Island going to play for the Brooklyn Dodgers!

He played all over the United States with the Dodgers. They had a great season playing in Cooperstown, N.Y., home of the Baseball Hall of Fame. There he met all the Dodgers players, which left a great impression on Lou.

At the age of 18, Lou enlisted in the Army. He was stationed in Texas for boot camp, then was transferred to Chicago. Lou played with the Army baseball team. They traveled from state to state playing other Army teams. He made the All Star team and has photos of himself with Army colonels and generals.

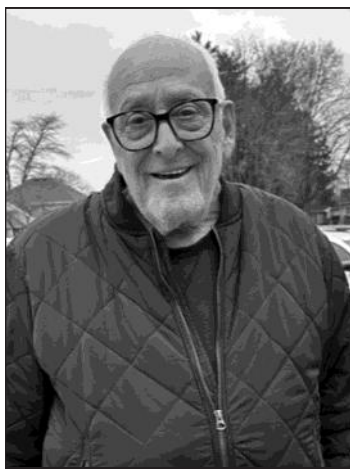
When baseball season was over, he was a cook for the Army. Each summer, he played baseball. When his tour was over, Lou began coaching baseball and basketball in Staten Island. He coached many good teams and received many awards.

When he was 22, Lou married Joan Watson. They had four children, Donna, Michael, Christopher and Richard. The boys played base-

ball and Donna played softball in college. He coached for 25 years, loving every minute of it and has numerous plaques to show for it. Sports have been an important part of his life. Lou remains a devoted Yankee fan, and got the chance to see Joe DiMaggio play.

Lou became a contractor, building houses in Staten Island. He retired at the age of 72. In 2004, Lou and Joan moved to Rossmoor. Lou enjoys playing golf and bocce with his friends of 50 years and former Staten Island neighbors, Joe Conti and Lenny Caglianone.

At Rossmoor, Lou has been a director for 17 years and a Mutual president for nine years in Mutual 4B. He was instrumental in changing the traffic pattern on Sharon Way, working with the engineers to make it a one-way road. It took two years to get it done. Lou is also very ac-



Lou Russo

tive in the Italian American Club.

Two years ago, Lou and Joan's home was destroyed in a storm. During the renovation, they lived with their son for seven months. They are now enjoying their home once again. They are the proud grandparents to nine grandchildren and five great-grandchildren.

In August, Lou and Joan will celebrate their 65th wedding anniversary. Now that's a wonderful achievement!

New Technology?

By Steven Gray

Welcome to April, it has been a long and somewhat weird winter (keeping in mind that I am writing this at the beginning of March). As many of you know I am a Microsoft Insider and keep up on the latest technology. I have also been a beta tester for Parson's Technology (bought out by Broderbund) and McAfee 365. Basically, a beta tester is one who tests new software to ensure it is working properly and who doesn't mind straining or rebuilding their computer.

I recently discovered a brand new operating system developed by the South Harmon Institute of Technology (more on that school later). They have given it the development name of Coretran – a Core language that Transitions from other operating systems. I do not know what the final name will be.

This particular operating system is totally virus-free and can be personalized using different modules.

The basic system is designed to totally replace Windows, Macs, Androids, Linux, and iPhones using an easy-to-use interface that is AI powered and does almost all the work for you. Coretran is also designed to be much smaller than current operating systems and thus much faster and will even work on older computers. It also uses less electricity to save you money.

The different modules that are currently being developed will allow the user to customize how the computer will be used. Do you write a lot of letters and/or use email? A module will not only "walk" you through the setup but will let you write letters and email responses with

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Earth-friendly

(Continued from page 4)

in Nebraska. When John Sterling Morton, a naturalist and journalist moved there in late 1800s, he found very few trees growing there. He proposed to the Nebraska State Board of Agriculture that they hold a holiday to plant trees. On April 10, 1872, they planted a million trees. This was the first Arbor Day. Arbor Day is now observed on the last Friday of April.

Look up to the Sky Day

Celebrated on April 14, this day encourages all of us to frequently look up at the sky and to appreciate all the wonderful things we can see there.

International Dark Sky Week

This fairly "new-comer" is celebrated on April 15-April 22 this year. The Dark Night Sky Association encourages people worldwide to

1. Discover and celebrate the night, and

2. Become more aware of the negative impact of light pollution and find solutions.

Needless to say we are just beginning to take a serious look at the Dark Night problem.



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Technology

(Continued from page 5)

very little typing after a short learning period to discover how you write. Spelling and grammatical errors will be a thing of the past.

A Tech Pro module (for the geeks) is not only virus-free as stated above but will assist you in tracking down where the virus came from and shut down that particular computer or server making the Internet safer for all of us.

I have been in touch with the Technology School to develop a special module for

those of us young at heart but nowhere else (yes, for us oldies) that will be named Senior Help in Technology to make using the computers much easier either in your home or in the lab.

The school itself, South Harmon Institute of Technology, was founded in 2006 in a movie called "Accepted."

Yes, it is fake as is the module called Senior Help in Technology (read the initials of both).

I do hope you enjoyed my April Fools' column.



When is April Fools' Day this year?*

By Jean Houvener

There are various theories of the origin of April Fools' Day. There are many possible origins of the trickery of April Fools' Day, going back to much earlier times when such foolery and celebration were part of marking the spring equinox.

One of the most plausible is that it began when the Gregorian calendar was introduced in 1582 in France, as required by the Council of Trent under direction of Pope Gregory XIII. Until the Council of Trent, most of Europe used the Julian calendar (as in Julius Caesar in 46 B.C.), which began the new year on April 1 (as was also the case for the Hindu calendar), when spring began. April is derived from the Latin word *aperire*, meaning to open, as in buds opening.

The Julian calendar had miscalculated a solar year by 11 minutes, an error that had compounded over the years, such that Easter, which was meant to correlate with the spring equinox, was farther and farther away from the equinox. Aloysius Lilius revised the Gregorian calendar slightly, retaining leap year from the Julian calendar, but shifting it slightly so that only years divisible by four but not divisible by 100 became leap years. It also made any year divisible by 400 a leap year regardless of the other limits.

In this way, the calendar was only off sync with the solar calendar by 26 seconds per year. By the year 4909 the Gregorian calendar will be a whole day ahead of the solar calendar.

While meant only for the Catholic Church, other nations had issues with the change, and many Protestant countries resisted the change until well into the 1700s. Those who had not changed and still viewed April 1 as the new year were called April Fools by others. They were subjected to pranks, like having a paper fish (*poisson d'avril* – April fish) pasted on their backs. In Scotland, a sign saying "kick me" was pasted to their butts. There were also celebratory games in which hunting the gowk (cuckoo) was a variation on

sending people on wild goose chases, or fools' errands.

In more modern times various media outlets have printed stories such as BBC in 1957 of the harvesting noodles from trees and claiming a record noodle harvest. In 1998 Burger King advertised a left-handed burger, and paid a price when thousands of customers demanded one.

Another theory for the origin of April Fools' Day is that April 1 is near the spring equinox when mother nature plays the best April fools' jokes by switching the weather from winter to summer to winter to summer, making fools of us all as we put our plants in the ground.

*For those needing an answer to the opening question, it is always April 1.



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Can you read a map if you have to?

By Jean Houvener

Apparently only one in three young drivers can in fact read a map. April 5 is Read a Map Day. In this day and age, most people have a smart phone with a GPS, and many have a separate GPS device. Until the advent of GPS (Global Positioning System) the only way to easily navigate from one place to another was by a map.

Maps are still available,

often at rest areas and welcome stations at state borders. The variety of maps, however, is not what it used to be. AAA, for example has fewer of the more detailed maps and almost always now combines New Jersey with Pennsylvania, the latter occupying the vast majority of the space, resulting in far less information on the New Jersey portion of the map. In

(Continued on page 7)



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Women's Health



April is Donate Life Month

Russ and Mae Howard share their story on Organ Donation (Russ is a Director in Mutual16).

Russ' Story: In June of '05, my wife of 34 years, passed away from respiratory failure due to emphysema. She stopped breathing while in the car on the way to the hospital with our neighbor, who was an EMT and CPR expert. She performed CPR until the ambulance came to rush her to the hospital, where they fought to recover her heartbeat in the ER while we prayed for a miracle that never came. At least not in the way we wanted. However, God offered us another choice instead.

In the CCU, where they examined her to determine if there was brain activity, came that miracle we didn't expect. The Sharing Network of New Jersey was notified that a potential donor was being evaluated and the Gifts of Life could become available. When it was determined that there were no signs of life, our family doctor asked us if we had ever considered organ donation. I said we never discussed it, but my daughter, son, and I jumped at the chance to bring someone happiness out of our tragedy.

We met with their representative, who explained how the process would work. Not a question went unanswered. We were assured that Patty would be treated with dignity and that we would be able to proceed with arrangements for our family and friends to pay their final respects.

That night, as we said our goodbyes, we knew that her spirit would be moving on, and while devastated, we were lifted, knowing that someone else would be given the Gift of Life. The following morning, the representative, who spent the

night with the medical team recovering her precious gifts, called us to say that she had saved three lives with her liver and both kidneys. In the coming weeks, we were informed that she gave sight to two people with her corneas, and that skin tissue was used in life altering surgeries for a burn victim and mastectomy reconstruction. Over the next two years, we received word that bone neck tissue was used to give two people their quality of life back, and one had gotten the use of his right arm again.

The ability to give at a time of great loss was all that we could ask for. It allowed us to move our lives forward, each in our own way. Our family and friends supported us by signing up to become organ donors. Patty serves as a reminder of the impact that the precious gifts of life through Organ and Tissue Donation can have on the world. Organ Donation saves lives, in more ways than you can imagine and we will never forget it.

Mae's Story: In 1987 the news that my brother Ken who was a nurse and only 29 years old, needed a heart transplant was difficult to accept. Little did I know that 15 years later I would find myself in those very same shoes. I am one of two siblings proving how Organ Donation saves lives.

At the age of 26, I suffered from what doctors thought to be exercise-induced asthma. Medical testing appeared to show a pulmonary issue. During testing, I discovered I was pregnant, but the doctors were reluctant for me to continue my pregnancy. Already with a mother's love, I refused to terminate the pregnancy. Under close medical supervision I gave birth to my daughter by caesarean, which unfortunately was followed by my first



Mae and Russ Howard

episode of congestive heart failure.

Six weeks later I left my newborn and headed to the hospital where tests would reveal a leak in my mitral valve, which required surgery. Although the surgery was successful, it was only a temporary fix. It did, however, allow me to have my son three years later.

My health remained stable until 1998. After a bout of pneumonia, the shortness of breath never went away. Fur-

(Continued on page 8)

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Map

(Continued from page 6)

addition to reading a map becoming a lost art, the maps themselves are becoming lost artifacts.

A recent trip to Baltimore for a wedding required a full map of the area to locate the rehearsal dinner site, the brewery after rehearsal dinner site, the church, the reception, and the brunch for overnight visitors the day after the wedding, plus the hotel and various places for lunch. First the locatable map was of most of Baltimore County on a very large folding map, covering everything inside the Baltimore beltway (695). The map was located on the Rand McNally website and ordered online. Probably the tourist information bureau for Baltimore also had maps, but we did not try them.

Most people have a GPS now. We joke that we have a JPS, and maps are my software. Once that is downloaded, I have the possibility of finding my way

around a large city like Baltimore. On the map in question, the space I needed occupied just over a foot by a foot. The magnifying glass was critical. Baltimore has an added complication of one-way streets, so there is always the possibility of not being able to go where you had intended to.

With a map, you can find alternative routes. It is also very helpful to use Google Maps to zero in on the actual address you are looking for, zooming in for details and out for context. Also very useful is the satellite view and the ability to drag the little yellow person to the street view. Unfortunately, they don't give the best of printouts, so a lot gets penciled in.

Some day we will be forced to get a GPS, but I do not look forward to that day. I still want a map so I can locate us in the bigger picture. I think maps will remain necessary in case the GPS fails or the battery dies. Of course, there is always the danger of falling off the map. Then you are in trouble.



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FAQ Donate Life information

By Russ Howard

These are additional answers to questions:

The number of patients waiting for organs varies every day. As of October 2021, the number is over 100,000.

There is no definitive age limit for organ donation. Organs from donors as young as a few days to adults in their 90s have been successfully transplanted. A patient's medical history is more important than the age of the donor. If a patient has a normal functioning organ and is in good health, then organ donation can be an option.

Don't rule yourself out from being an organ donor be-

cause you have a health condition. You're always encouraged to register. Even with an illness, you may be able to donate your organs or tissue. The transplant team will determine what can be used at the time of your death based on a clinical evaluation, medical history, and other factors. Even if there's only one organ or tissue that can be used, that's one life saved or improved.

During the recovery procedure, the utmost care and respect is given to the donor's body and every effort is made to meet your needs. Donated organs and tissue are removed by skilled medi-

cal professionals in a sterile surgical procedure. An open casket funeral is possible for organ and tissue donors, and funeral arrangements can continue as planned following donation.

It is important to discuss your wishes regarding organ and tissue donation in advance with your family, which will make it easier on them during a very difficult time. You can register on the National Donate Life Registry at <https://www.njsharingnetwork.org/regist>

Q1iPhone. You can also register on the NJ State Registry by visiting your local MVC office.

Donate Life

(Continued from page 7)

ther testing showed that not only was my valve leaking again but that I, too, had that same potentially fatal congenital disease as my brother. A disease that normally kills in the first year of life as it had done to my parents third-born in 1951. So, at the age of 36 I was headed for my second open heart surgery. This time I had my valve replaced. The surgery left me in heart block requiring a pacemaker.

At that time, the doctors advised that I would eventually need a heart transplant. Needless to say, I was scared, but by then my brother was already transplanted over 10 years. I watched as he was

able to do everything any other man his age could. He went back to nursing and raised his children and lived a normal full life. One thought always ran through my head, "Someone had to die, so that I could live." It took a while to understand that someone would not die so that I could live, but that someone would die regardless. It would simply take a selfless act of another family to help me survive.

In April, 2002, I was placed on the organ transplant list. I waited at home for 8-1/2 months and after two false alarms, that selfless act came to fruition. On Dec. 19, 2002, a family struggling with grief over the loss of their 12-year-old son, offered to give me a second chance at life. How quickly my life changed. I was up and running with my kids again within weeks. From that day forward, I have let no grass grow under my feet, and I am grateful for each and every day.

Through these miraculous acts of heroism, my brother and I were both given a second chance, a chance that was not available in 1951 when my brother passed away at a year old. Unfortunately, my brother, Kenneth, passed away after 31 years in 2019 from kidney failure, but he made me promise to surpass his years, which I intend to do.

Organ transplantation remains one of modern medicine's remarkable achievements. The bottom line is it saves lives and enjoys high success rates. Yet the promise of transplantation is compromised by the scarcity of organs. The gap between the number of patients on the waiting list and the number of available organs continues to grow. We can and need to change that.

Russ and I met while volunteering for the Sharing Network, and when I least expected it, my life changed completely. I have always said the Sharing Network blessed me with two hearts: the one that beats inside me, and the other that shares my life, and surrounds my new heart with love. That would never have been, if someone had not given me a chance, and given me life. Today there are over 100,000 patients listed for transplant nationwide; people who deserve a chance, who deserve a life.

Every 10 minutes, another person is added to the waiting list. The number of people requiring a lifesaving transplant continues to rise faster than the number of available donors. People of all ages and medical histories should consider themselves potential donors. Your medical condition at the time of death will determine what organs and tissue can be donated. It is important to discuss your wishes regarding organ and tissue donation in advance with your family, which will make it easier on them during a very difficult time.

Your questions and concerns can be answered at <https://www.njsharingnetwork.org/frequently-asked-questions/>

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

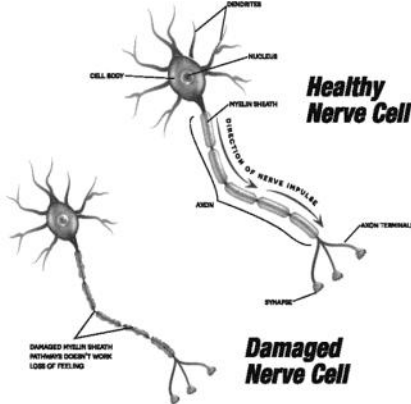
Peripheral Neuropathy is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

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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.



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Rebalancing your portfolio

Everyone loves a winner. If an investment is successful, most people naturally want to stick with it. But is that the best approach?

It may sound counterintuitive, but it may be possible to have too much of a good thing. Over time, the performance of different investments can shift a portfolio's intent – and its risk profile. It's a phenomenon sometimes referred to as "risk creep," and it happens when a portfolio has its risk profile shift over time.

When deciding how to allocate investments, many start by taking into account their time horizon, risk tolerance, and specific goals. Next, individual investments are selected that pursue the overall objective. If all the investments selected had the same return, that balance – that allocation – would remain steady for a period. But if the investments have varying returns over time, the portfolio may bear little resemblance to its original allocation.

How Rebalancing Works

Rebalancing is the process of restoring a portfolio to its original risk profile.

There are two ways to rebalance a portfolio.

The first is to use new money. When adding money to a portfolio, allocate these new funds to those assets or asset classes that have fallen. For example, if bonds have fallen from 40% of a portfolio to 30%, consider purchasing enough bonds to return them to their original 40% allocation. Asset allocation and diversification are investment principles designed to manage risk. However, they do not guarantee against a loss.

The second way of rebalancing is to sell enough of the winners to buy more underperforming assets. Ironically, this type of rebalancing forces you to buy low and sell high.

Periodically rebalancing your portfolio to match your desired risk tolerance is a sound practice regardless of the market conditions. One approach is to set a specific time each year to schedule an appointment to review your portfolio and determine if adjustments are appropriate.

Shifting Allocation

Over time, market conditions can change the risk profile of an investment portfolio. For example, consider a hypothetical portfolio that was 50% invested in bonds, 10% in treasuries, and 40% in equity. Over the course of a few years, if the stock portion of the portfolio outperformed the other assets, the hypothetical portfolio may no longer reflect the initial allocation. An adjustment may be needed to reflect the original risk profile. Keep in mind

that investing involves risks, and investment decisions should be based on your own goals, time horizon, and tolerance for risk. The return and principal value of investments will fluctuate as market conditions change. When sold, investments may be worth more or less than their original cost. This is a hypothetical example used for illustrative purposes only. It is not representative of any specific investment or combination of investments.

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

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

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Easter celebrations

By Anne Rotholz

This year the feast of Easter will be celebrated on Sunday, April 9. It is a "movable" feast that always occurs on the Sunday following the first full moon after the vernal equinox. Most major religions have a corresponding feast.

Festivals to celebrate the arrival of spring were popular in pagan cultures long before the coming of Christianity. Spring was a time of fertility and renewal. It represented new life on earth with the awakening of nature after a long, dreary winter.

Easter got its name from the pagan goddess of spring, Eostre. It was sometimes known as Pasch, though in recent years that name is associated more with Passover.

In the Christian faith Easter is a feast that has been celebrated since the early days of the church. It arose from the Christian belief that Jesus arose from the tomb three days after he was crucified and then shared his presence with his disciples and friends.

Whether their origin is pagan or modern, we have many beautiful and interesting customs associated with Easter. Here are just a few of them.

Easter flowers

While all spring flowers are associated with the feast of Easter, the one that is most meaningful for Christians is the Easter lily, which symbolizes the Resurrection. It is used in abundance at the Easter Mass and throughout the Easter season.

Easter eggs

In pre-Christian times the egg, a symbol of new life and fertility, was used during the celebration of spring festivals. Later, eggs were decorated, blessed at Easter, given as gifts to children, or hidden for them to find. This



was the origin of the Easter egg hunt.

The custom of decorating eggs became an art form, especially in eastern European countries. Some of the eggs became very valuable and can still be purchased today.

Easter bunny

Rabbits and hares, symbols of fertility because they are so prolific, were frequently part of the ancient spring celebrations. The Easter bunny tradition as we know it came from 18th century Germany. Children in that country were encouraged to make "nests" in their caps or bonnets so that the Easter hare or rabbit would fill them with eggs.

Easter parade

Easter has long been associated with dressing up. In the early church those being baptized at Easter would dress in white robes and wear them throughout the season as a symbol of their new life. In the Middle Ages it was customary for churchgoers, dressed in their Sunday best, to congregate at some point and walk in procession to church for the Easter mass.

The custom of wearing new clothes for Easter came from Victorian England. As time went on the women's outfits became more fashionable and beautifully decorated bonnets were worn. People would take a stroll after church to show off their finery, beginning the tradition of the Easter parade.

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Lincoln and Roosevelt, deaths 80 years apart

By Allan Kaufman

Separated in death exactly 80 years, less three days, apart was the American tragedy of the deaths of Abraham Lincoln and Franklin Delano Roosevelt.

On the last working day of Lincoln's life, April 14, 1865, President Abraham Lincoln arose, as usual at 7 a.m. He had breakfast with his wife and two sons.

He had meetings with Cabinet members, and discussed with Mrs. Lincoln attending the Good Friday "Our American Cousin" performance at Ford's Theatre.

More meetings with Cabinet members were sprinkled throughout the day.

Except for minor differences of opinion, the Cabinet seemed agreed that helping the South economically would also be beneficial to the North. At this point, the president asked General Grant to describe the details of General Lee's surrender.

Vice President Andrew Johnson met with Lincoln for about 20 minutes around 3 p.m.

The play had begun when the president and Mrs. Lincoln arrived at 8:30 p.m. Po-

lite applause greeted them as they took their seats. Lincoln was seated in a rocker that was hardly seen by anyone in the audience. Intermission was at 9 p.m. Lincoln's bodyguard left the president to go to Taltuvul's Star Saloon for a drink. He was not at his post when Act III began.

It was sometime during Act III, after 10:15 p.m., when John Wilkes Booth entered the presidential box and shot Lincoln, with the bullet entering the back of his head about three inches behind his left ear. The bullet traveled about seven and a half inches into his brain.

The first doctor to attend



Lincoln's last day

the president was 23-year-old Charles Leale. After examining the president, he sadly said, "His wound is mortal. It is impossible for him to recover." It was decided to move the president,

(Continued on page 12)

Horseshoes

By Ken Thomas

Horseshoes is not a sport seen on television yet. I haven't seen many horseshoe pits in the backyards of my neighbors either. The guys in my neighborhood usually met at the park on Saturdays for baseball, basketball or football, depending on the season. At the south end of the park were some horseshoe pits. Every Saturday on the way home, I checked for some players, but many, many weekends passed before anything except squirrels stood at the horseshoe pits. None of the guys played horseshoes. They were city boys. My father was from a small town in Pennsylvania, so he learned the game and the "toss" technique as a boy. Most of our family were from "Pensyltucky" and had a horseshoe pit somewhere. When dad "tossed" a horseshoe, the result was most likely a ringer, maybe two out of six tosses. I would "throw" a horseshoe and the result, who knows, but a ringer maybe one out of seven throws. The difference between "toss" and "throw" was huge. Dad's 1-1/14 turn toss was a traditional horseshoe toss from the old school. My family often played horseshoes in my uncle's back

yard on Sundays. The empty pits in the park were a magnet. I wanted to play horseshoes.

We won the baseball game, and I had two hits, so this Saturday I was walking home with a little zip in my step. "Holy Pits-a-roni!" Someone was practicing at the horseshoe courts. With the confidence of my teenage years I said, "Wanna play?" He smiled and handed me two horseshoes. This guy looked about a hundred years old and after spitting some chewing tobacco in a can, he signaled me to start. My initial throw wasn't bad. At least I hit the metal peg. His toss was a ringer. I cannot describe his type of toss, but the constant clang as his shoe hit the metal pegs was amazing, ringer after ringer. I think I scored three points. My next blunder was "Wanna play another game?" He smiled, spit in the can again and signaled me to start again. I lost again. How could this old guy with gray hair and a spit can demolish me? He smiled, when I asked if he'd be around next Saturday. That night at supper, I told Dad about this old guy in the park. He smiled and promised to meet me after our next baseball game. The family honor was at stake.

Our opponent smiled and introduced himself to Dad. They tossed some warm-up shoes and began. Dad tossed a ringer with his first shoe and the old guy paused to spit in his can before putting two ringers on top of Dad's. As they played, I could hear them talk about the type of shoe they tossed. Both men were smiling. During the next three games, Dad only scored ten or eleven points a game, but they were obviously having fun. The old guy was amazed that a man from Newark, N.J., could toss a traditional shoe. Dad also questioned the old guy about his unusual shoe toss. I watched, listened and smiled. Incidentally, the old guy was seventy-eight years old and a National Horseshoe Champion.

This month in pictures

Jewish Community celebrated Purim

Photos by Helene and Steve Grey



Above five photos: preparing the Hamantaschen are Jessica Roman, Judy Perkus, Helen-Ann Epstein, Steve Braun, Rhona Friedman, Barbara Herman-Hoff, Cindy Sigl, Helene Gray, Steve Grey, Steve Maltzman, Sharon Maltzman, and Norman Perkus.

On right: Cindy Sigl was dressed as Queen Esther reading part of the Purim story, and Larry Epstein lead the reading of the story of Purim.



Rainbow over Rossmoor

Photo by Judy Perkus




Rossmoor residents enjoyed an E&R trip to the Philadelphia Flower Show.

Photo by Melissa Barnard

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Traffic Safety Announcement

Please drive carefully within the community making sure to STOP at stop signs, use your DIRECTIONAL SIGNALS and abide by the SPEED LIMIT. Also, please be certain to park on the right side of the street.



One good thing about a flood

By Carol De Haan

It drowns a lot of ants. My house was damaged but habitable after Hurricane Henri in Aug. 2021. In all of 2022, there was not a single ant. Now it's 2023 and the little rotters are back. What to do? One good option is to head out to a hardware store to buy some Bug-B-Gone. Maybe two packages. (Not terribly expensive.) Spread that stuff all around your foundation, paying special attention around doors and windows. You might also open your double-hung windows and sprinkle some granules in the space between the window frame and

the screen. Being opportunists, ants look for any tiny crack to get in and they will be thrilled if you have flower pots on the window sill. If you think they've already set up housekeeping inside your home, try the peanut butter trick. Put little Fido and Fluffy in another room overnight and keep the door closed. Then dab a bit of peanut butter on the kitchen floor where the ants will find it. Next morning you'll find thousands of them circling the peanut butter. Starting with the outer ring (the escape route) and working to the center, hit them with bug spray. (Cover your

nose; you don't need to inhale this stuff.) Using damp paper towels, wipe up all the dead ants. I usually flush them. Somewhere in or near your house, an ant queen is still laying lots of eggs. You have just deprived her of the workers that tend the eggs. If you repeat the peanut butter trick at another location in a week or so, she will have no help at all, and hopefully the nest will dry up. The National Academy of Sciences estimates 20 quadrillion ants roam the earth (that's 15 zeros). So, we'll never be rid of them. But we don't have to let them in.

Lincoln

(Continued from page 10)

and his comatose body was carried across the street to the Peterson House at 453 Tenth Street. He passed away the next morning, April 15, 1865, at 7:22 a.m. Secretary of War Edwin M. Stanton said, "Now he belongs to the ages." Franklin Delano Roosevelt's health was in decline in 1944 as he prepared for both a fourth run at the presidency and the aftermath of World War II. A March 1944 examination by his doctors revealed a variety of heart ailments, high blood pressure, and bronchitis. Those close to the president, and even those who saw him speak in public, noted his haggard and weak appearance, his flagging energy, and his increasing lapses of concentration and memory. Most of the American public was unaware of the president's struggles, though rumors about FDR's health often ran wild. He delivered a few command performances in 1944 that quieted concerns. Nonetheless, Roosevelt's election victory over Thomas E. Dewey in 1944, in addition to the Yalta Conference the following February, put the President under immense strain. After traveling some 14,000 miles to Yalta and back, Roosevelt arrived at Warm Springs, Ga. on March 30, 1945. He was looking haggard and gaunt, with dark circles under his eyes, obvious weight loss, and an overall aura of fatigue. This was not the picture of health and optimism that FDR exhibited in years past. The president hoped that a few weeks of rest and recreation in the warm mineral waters of Georgia would do the trick before heading west to San Francisco for the United Nations conference that would be held on April 26. On the morning of April 12, the last day of Roosevelt's life, Roosevelt woke up at 9:20 a.m. and had a light breakfast. He complained of a mild headache and some neck stiffness but the latter seemed to resolve with mild massage. Despite the warm and humid climate, FDR felt

a chill and asked for a warm cape to be draped on his shoulders. The president was in high spirits despite a long period of poor health a few weeks earlier. Also present at the Little White House were his cousins Daisy Suckley and Laura "Polly" Delano, his secretary Grace Tully, some military aides and medical attendants, an artist named Elisabeth Shoumatoff, who was making some sketches in preparation for a presidential portrait, and, perhaps most relevant for his improved mood, his mistress, Lucy Mercer Ruth-erford. As the president casually read the newspapers and composed a few letters at a card table that served as his makeshift desk, the artist set up her easel and painted away. At 1 p.m. the president said, "We have about 15 minutes more to work." At that point, Daisy thought Franklin had dropped one of



Roosevelt, seated center

his ever-present cigarettes because his head dropped forward and he seemed unable to raise it. She asked her cousin what was wrong. He raised his left hand to the rear of his head and said in a soft whisper, "I have a terrific pain in the back of my head." Those were FDR's last words. He was declared dead from a cerebral hemorrhage at 3:35 p.m. First Lincoln, with the task of preserving the Union, then Roosevelt, with the task of preserving democracy, the two presidents that have consistently ranked as the top two presidents in our history, died eighty years apart in 1865 and 1945.

Letters to the Editor

Dear Editor,
I wish to compliment Carol De Haan for writing and you for publishing the fine article about President Ulysses S. Grant in the February issue. De Haan's article was well written and covered Grant's entire life. I'm writing on behalf of the US Grant Homestead Association of Georgetown, Ohio, Grant's boyhood home for 16 years longer than anywhere else. We offer visitors Grant's

Boyhood Home, a fine statue, the schoolhouse he attended, murals of his military and presidential career and a variety of other historical sites. The sites are open May to October, Wednesday through Sunday, noon to 5 p.m. Georgetown is 45 minutes southeast of Cincinnati, Ohio. We can be contacted at 877-372-8177 and at our website usgrantboyhood-home.org. **Stan Purdy, President US Grant Homestead Assoc Georgetown, Ohio**

Thank you

Thank you for all the beautiful get well cards received and the many prayers everyone said for me to be well. I should be up and around within the next few weeks. Every day is a new day. I thank you all. And God Bless you all. **Dale Ralston Mutual One**

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

CULINARY CORNER

By Sidna Mitchell

Peas perfect any-time

Right after we arrived in Florida and assessed the damage to our home after Hurricane Ian, we attended a potluck for the Sarasota County Croquet Club. Fortunately, our house seemed okay but the lanai needed replacing and on the other side, the fierce winds blew off the siding on the carport shed.

What a mess that was! There were boxes, small appliances, tools -- you name it -- all over the shed covered in the disintegrated bits of particle board. Ken had to work two days just to clean that up, but at least we finally got rid of stuff left by the former owner.

At the potluck, everyone inquired of one another about the condition of their homes. Again, folks were lucky for the most part in that their houses were livable. Then the conversation moved on to family and recent activities. Seeing old friends was certainly comforting.

Since it was near Halloween, many were dressed in costume. Croquet Hall of Famer Jackie Jones came as a blue crayon and her companion Mark was a red crayon. Knowing Jackie is a

big Democrat, Ken asked if the couple was making a political statement. Mark quickly answered, "Don't even go there!"

Because there was supposedly a shortage of entrees, I fixed a pork tenderloin. What was really missing were salads. There were only three and the best was an unusual one made with peas and peanuts. The recipe

was from Judy Burgess who claimed the original recipe was from a restaurant in Lansing, Mich., where she grew up. Not only can this lady cook, she's a quilter and teaches sewing at Suncoast Technical College when she's not making purses, cozies for soup bowls, and other craft projects, or playing golf croquet. Here's her simply delicious recipe.

Pea and Peanut Salad

12-oz. package frozen peas
1 ¼ cup Spanish peanuts
½ cup sour cream
2 tablespoons mayonnaise

Take all the red skins off the Spanish peanuts.

Put the peas in colander to drain but not completely thaw.

In a small bowl mix the sour cream, mayonnaise, Worcestershire sauce and lemon pepper.

In a large bowl, mix the peas and the peanuts; then add the creamy mixture and mix well.

Cover and place in refrigerator until ready to serve.

NOTE: I cut the original recipe in half and substituted the lemon pepper for garlic powder. Also, you could use regular peanuts; just chop them so you have smaller pieces to go with the pea size. This keeps well and can be served several days later.

Culinary Corner

1 teaspoon Worcestershire sauce

1/4 teaspoon lemon pepper

Memorial Service for Suzette Sulsona

By Alyce Owens

There was hardly a seat to be found in the Meeting House at 11 a.m. on Feb. 18 when family and friends from the many Rossmoor clubs and organizations to which she belonged gathered to share heartfelt memories of the gal who came to Rossmoor five years ago and made more friends than most of us do in 15 or 20. Suzette Sulsona was loved and admired for many good reasons.

Suzette, known affectionately by all as "Susie," died unexpectedly in her home at the age of 67 on Jan. 28. The daughter of Yvette and Carlos Sulsona, Susie was born on July 3, 1955, in an Air Force Base Hospital in Smyrna, Tenn. After graduating from Episcopal Cathedral High School in 1973, she received a degree in elementary education and had a lifelong influential role in the shaping and molding of many children who were fortunate enough to have been a part of her life. She also was a valued employee at

the Environmental Protection Agency for many years.

Susie loved God, all His angels and her church. A faithful, active member of the Rossmoor Community Church, she dedicated much time in its service, delivering flowers and heading the Hospitality Committee. She also loved to dance and play -- croquet, bingo and trivia being her favorite games. She was an avid photographer, forever taking pictures of members of the many organizations to which she belonged. And she loved to make people happy -- with her wry wit, delicious homemade desserts or being a silent listener when a friend needed to talk.

In every facet of her life, whether at work, play or volunteering, Susie just wanted others to be happy and enjoy themselves, and she did everything in her power to make sure they did just that. What a wonderful world this would be if everyone cared that much about each other. She was loved by all and will be missed by so many.

Township events for you

1. Household paint drop-off:

April 15, 8 a.m. to noon at the Monroe Public Works, 76 Gravel Hill-Spotswood Road. Please note this is for homeowners, no contractor or business generated material is accepted. Also, no empty or dried out containers. They go in the regular trash.

2. Paper shredding:

Friday, April 21 at Veterans Park, Avenue K. Household paper only, no magazines, no newspapers, no books, no junk mail, no plastic bags. Limit per car: 100 lbs.



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New Neighbors



By Christina Smith, Resident Services Manager

Alex Kolker and Inna Kamlet, 435A Newport Way, formerly of Hoboken, N.J.

Kathleen Matus-Grapstul, 390B Orrington Lane, formerly of Bayonne, N.J.

Richard Shingledecker and Carolyn Dahl, 655A Yale Way, formerly of Bayville, N.J.

Alida Granata, 327A Nantucket Lane, formerly of Monroe Twp., N.J.

Michael and Eileen Mulligan, 178A Prescott Lane, formerly of Edison, N.J.

Eugene and Josephine Gonzalez, 554B Tilton Way, formerly of Monroe Twp., N.J.

Badarat Zaklama, 669A Yale Way, formerly of East Brunswick, N.J.

Guiseppe Macri, 205B Madison Lane, formerly of Freehold, N.J.

Nicholas Kavadias, 195A Mayflower Way, formerly of Morganville, N.J.

Monica Pratt, 456A Roxbury Lane, formerly of Wiltingboro, N.J.

Doreen Taylor, 651C Yale Way, formerly of Marshfield, Mo.

Joan Buzick, 380A Old Nassau Road, formerly of New Rochelle, N.Y.

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Clubs and Organizations

Music with the Rossmoor Chorus

By Thomas J. McMahon

Jim and Janet Wilson are the proud curators, directors, and conductors of the multi-dimensional and talented singers making up the Rossmoor Chorus. Mixing in a monthly religious service appearance with a varied season replete with concerts both here and in other venues, the Chorus offers seasonal, holiday, concert-based, and faith-based fare all year round. Contrary to what you might think about such a structured group, we have a blast bellowing out a lot of songs that most of you will know.

As always, the welcome mat is out if you would like to join our group. Rehearsals are weekly at 3:15 to 5 p.m. on Wednesdays in the Meeting House, with additional practice at other times during the week. Either come see us or join us on stage for a heartwarming experience.

Upcoming dates

April 16 for the highly anticipated Hallelujah Chorus, as well as May 6 at Harbor-chase at 3 p.m.

On May 20, the Chorus will perform in the Ballroom as part of a Singalong from 10:30 to 11:30 a.m.

On June 10, our Spring Concert will be held in the Meeting House from 3 to 4 p.m.

The Monroe Township Chorus

Will offer a wonderful and dramatic musical experience over the year with specific dates for themed programs at some of the area's venues.

Sunday, May 21, the Chorus will appear at the Monroe Township High School

Computer Club Meetings

By Steven Gray

We have two great programs coming up in April and May.

The Monroe Township Library is returning to us on Monday, April 17, in the Gallery, to give us more insight on what is available both online and in person. Try not to miss this one.

Our May meeting is being held on Tuesday, May 16, (do note the change from our normal Monday meeting) to give a presentation on crime prevention. This is something we should not only be aware of but should share with our family and friends.

Please watch Channel 26 for any changes.

Please also note that we have elections coming up. If you want to be in the running (or slow walking since this is Rossmoor) for an office please let our secretary, Cathleen Norback, know as soon as possible. All officers serve a one-year term and must be re-elected if they wish to continue.

Performing Arts Center, 200 Schoolhouse Road, for "A Day at the Movies." A ticket will be \$10, payable at the door.

The performance will transport any theatre-goer into a world well-known and cherished by all of us who have watched various cinematic journeys down through the years. The songs will be familiar and audience participation will be highly encour-

aged. The Monroe Township Chorus welcomes new members anytime, and offers a lot of fun and camaraderie.

A Clearbrook event

Finally, I am pleased to announce that Tom Smith and I are set to appear in the Clearbrook presentation of "Zoom...The Musical," on April 29 and 30. Call Clearbrook for exact times of the evening and matinee performances.



Music Association kicks off spring Concert Series

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 21, mezzo soprano Natalie Megules will grace our Meeting House in her premier performance at Rossmoor. Megules, a long-time performer with the National Chorale, has planned an evening filled with a combination of classics and Broadway melodies.

The concert will begin at 7:30 p.m. Season ticket holders and their guests will be checked in at the welcoming desk, as usual. Guests will be charged the customary fee of \$15 for the performance.

About Natalie Megules

A graduate of Westmin-

ster Choir College, Megules has performed with the Bronx Opera and the Dell'Arte Opera Ensemble, and is a cantor at Divine Mercy parish in Trenton. Since 2012, she has graced the stage of the National Chorale as a mezzo-soprano. As a private vocal teacher, she teaches students at her home studio.

Upcoming events

The Music Association is pleased to present this concert and will be offering the All Seasons Chamber Players, an instrumental group, on May 19. On June 16, featured artists of Ivory and Gold will return to Rossmoor with flute, piano and vocals. We hope you'll join us for these exciting events.

Players events

By Sue Archambault

The Players' next monthly meeting will take place on Monday, April 3, in the Gallery at 7 p.m.. We will prepare for our Open Mic interactive show. Anyone who would like to be included in the Open Mic event can please attend this meeting. Bring the accompaniment for your song, either CD or any instrument you plan to use. All are welcome to attend.

The Open Mic event will take place on Sunday, April 16, from 2 to 4 p.m. in the Ballroom. The first hour will be our Open Mic entertainers. The second hour will include Karaoke performers.

Emerald Society: live entertainment and line dancing

By Erin Medlicott

Our April monthly meeting will be held on Wednesday, April 5, at 2 p.m. in the Clubhouse Ballroom.

We have as our special guest performers Karen and Rick Pasek of the local band, Karickter (pronounced "character"). You may have seen their performances at the 2022 Mayor's Concert Series or at Carteret's Concerts in the Park.



Musicians Karen and Rick Pasek

Part of their entertainment includes devoting a special segment that gets the audi-

(Continued on page 15)

Mutual News

Mutual 17 Resident Spotlight

By Babs Burford-O'Reilly

Mutual 17 has a very special resident, one of the first people to move into the Mutual. Mary Romano turned 101 years young on March 20. Mary moved into Rossmoor in 1994 and is the original owner of her manor.

Mary was nice enough to let me visit her lovely home and interview her for the paper. She was born in 1922 in the upstairs bedroom of her parents' house and grew up in Woodbridge. She was the youngest of seven children, attended St. James grammar school and Woodbridge High School. Mary's parents were both from Hungary and met here in New Jersey at a dance. Her

dad, John Zilai, owned a butcher shop on Main Street in Woodbridge.

After high school Mary worked for two years at Merck in Rahway. When her sister joined the Navy and became a WAVE, Mary gave up Merck to return and help in her father's shop. She loved working in the shop by her father's side and enjoyed interacting with the customers.

Mary married Anthony, on Dec. 8, 1946, at St. James Church in Woodbridge and they had one daughter, Cathie. Mary said she was only sent one child but she was sent the best one. Cathie lives in Flemington and has one son, Keith. Keith has two children, Jack and Olivia. Anthony owned a lumber yard in New Brunswick and Mary would occasionally assist in the office.

When Mary first moved to Rossmoor, she enjoyed welcoming new neighbors and since she loved to bake, she would visit them with fresh baked goodies. She enjoyed the pot luck dinners in the Clubhouse and making new friends.

Mary and Anthony had relatives in Canada and would often visit them. She also loved going to Atlantic



Mary Romano

City. Mary sang in the church choir. One year at Christmas, she had to sing a solo and was very nervous but managed to sing the song. She did such a good job that the priest had her come down to the altar and sing again!

Mary enjoys visits from her neighbors and cannot wait for the spring weather so she can sit outside and greet neighbors as they go by. She misses our neighbor, Peter, who recently passed. He was an avid walker and she would always give him a piece of candy when he passed by.

When I asked Mary for her secret to longevity she said, "Don't sit in your robe and pajamas all day – that means you are sick. Get up, get dressed and greet the day."

Good advice, Mary!



All Veterans are welcome to join us at 10 a.m. on each second Tuesday of the month in the Ballroom.

Mutual 2 News

By Rosemary Masella

We have replaced all the carport and walkway lights with LED bulbs, making the Mutual brighter, more cost efficient and safer. High Tech pruned all the trees doing a great job. The ballots for Mutual 2 Directors went out.

The next Mutual meeting will be April 11 at 2 p.m. at the Clubhouse and voting for directors will take place.

Emerald Society

(Continued from page 14)

ence on their feet. Since music and dancing go hand in hand, Karen and Rick will give line dance instruction for a short song. But don't worry – no previous line dance experience is required. Residents who currently participate

in the Clubhouse scheduled line dancing classes are welcome to attend our meeting and we welcome your review of this April 5 performance.

Refreshments will be served. There will be no charge for Emerald Society members; guests can attend for \$2. Looking forward to seeing you there.

Fifties Hop / Pizza Party

By Judy Perkus

Join the Dance Club on Saturday, April 29 for its Annual Fifties Hop. Come to the Ballroom at 6:30 p.m. for pizza as DJ Angelo plays all sorts of dance music. In addition, desserts [sugar-free available], snacks, coffee, tea, and soda will be served. All residents, singles as well as couples, are welcome.

Please send your reservation check made out to the Rossmoor Dance Club (\$13 a person for paid-up members; \$15 a person for non-members) to Armen DeVivo at 449B Roxbury Lane by April 20.

2023 Annual Membership is \$10 per person, \$20 per couple. Call Armen at 609-655-2175 for more information.

Rossmoor Dance Club

April 29 Dance

RESERVATION DEADLINE: April 20



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Phone # _____

Address: _____

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TOTAL: \$ _____

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Religious Organizations

Interfaith Council — put these dates on your calendar

By Diane England

We've all done it -- picked up the Rossmoor News or checked out slides on Channel 26 to discover we'd missed an

event we'd meant to attend. To ensure this doesn't happen to you in May, the Interfaith Council wants to tell you now about National Day of Prayer

service.

It will take place on Thursday, May 4, at 1:30 p.m. in the Meeting House. While you're at it, mark down the Memorial Day program. It will be held on Thursday, May 25, also at 1:30 p.m. in the Meeting House.

The Rossmoor Chorus, under the direction of Janet Wilson, will perform at both events. With regard to the Memorial Day service, we especially hope to see all veterans. While we will certainly remember and honor our war dead, we'd also like to recognize you by your branch of military service. After both of these programs, plan to catch up with friends and neighbors over light refreshments.

News from the Community Church

By Pastor Robin Bacon Hoffman

Winter has been a busy time at the Community Church. Special music enlivened many services, including on Ash Wednesday, when harpist Michele Mountain provided a meditative backdrop to the service as the season of Lent began.

Spring sees Lent drawing to a close on Palm Sunday, April 2. We will celebrate at the Meeting House that day with a Holy Communion service at our usual time of 11 a.m. and will distribute palms to all who attend. On Good Friday, April 7, the church will host a service with a reading of the Passion at

noon. Music will be provided by our church organist, Moriah Kam, as well as Marie Montanari on chimes.

A festival service with Affirmation of Baptism is planned for Easter Sunday, April 9. But the celebration of Easter continues for seven weeks, and on April 16 the Rossmoor Chorus will offer a very special anthem to celebrate the return of Hallelujahs to our worship services.

Our Community Church is a warm and welcoming congregation, and we hope you will join us for these services and many more to come, along with regular fellowship opportunities.

Community Church April Schedule

- April 2, 11 a.m., Palm Sunday Holy Communion Service
Pastor Robin will preach, "A Preview of Glory."
- April 7, 12 p.m., Good Friday Passion Reading
Pastor Robin will preach, "Love and Sacrifice."
- April 9, 11 a.m., Easter Sunday Festival Worship
Pastor Robin will preach, "Joyous Day! Christ Is Alive!"
- April 16, 11 a.m., Worship with the Rossmoor Chorus
Guest Preacher
- April 23, 11 a.m., Worship and Fellowship
Pastor Robin will preach, "On the Road to Emmaus"
- April 30, 11 a.m., Worship
Guest Preacher

Passover 2023 – The Story of Liberation

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 gefilte fish. This year, Passover runs from sundown on April 5 to sundown on April 13.

The story of Passover (the abridged version) can be found in the book of Exodus in the Hebrew Bible, which relates enslave-

Catholic Society

by Lucille Conti

The Catholic Society wishes to thank the Emerald Society for hosting the March Holy Mass. Thank you to Erin Medlicott and your members for the refreshments and Irish hospitality.

We have pre-ordered Season 3 of "The Chosen," which will be sent in April. We've reserved two Mondays in April and two in May for the viewing. That is April 17 and 24, and May 1 and 8 at 1:30 p.m. in the Ballroom. Hopefully it will work as planned. We will announce any possible changes on Channel 26. Stay tuned.

Our next Council Meeting will be held on Tuesday, April 11, in the Gallery. Anyone interested in joining us is more than welcome. We, like every other Group, need new members.

We will not celebrate Holy Mass in April. The Prayer Shawl Ministry will gather on Thursdays, April 6 and 20, in the Craft Room from 1:30-3:00 p.m. The Chaplet of Divine Mercy will be recited on Tuesday, April 20, at 3:00 p.m., in the Narthex. We are still meeting every Friday at 10 a.m. in the Cedar Room to recite the Holy Rosary.

We will soon be gifted with a statue of our Blessed Mother, which will be debuted at our May Crowning at Holy Mass on Thursday, May 11, at 1:30 p.m. in the Meeting House.

The Catholic Society wishes you and yours a joyful and blessed Easter season.

ment of the Israelites and their subsequent escape from ancient Egypt. Fearing that the Israelites could outnumber his people, the Egyptian Pharaoh enslaved them and ordered every newly born Jewish son murdered. One son was Moses, whose birth had been foretold as the savior of the Israelites. He was saved and raised by the pharaoh's daughter.

In Moses' adulthood, G-d spoke to him, urging him to tell pharaoh to let his people go. When pharaoh refused, G-d threw ten plagues at the pharaoh. The tenth plague decided the fate of the Israelites. G-d decided that the killing of

the first born would become the killing of the Egyptians' first born, which included the pharaoh's own son, not the first-born children of the Israelites. In order to ensure that the first born of the Israelites was not killed, they were told to slaughter a sacrificial lamb and spread its blood on their doors. That way, the avenging angel would "pass over." Then the Israelites were to eat their meal of lamb, bitter herbs, and unleavened bread. This was the last straw for pharaoh, who freed the Israelites and banished them from Egypt.

Wishing all of you a sweet Passover.

Jewish Congregation

2 Rossmoor Drive
Monroe Township, N.J. 08831



- **Services-**
The Meeting House
Yizkor service - Thursday, April 13 at 10:30 a.m. and Shabbat service Friday, April 28 at 7:15 p.m.
- **Torah Studies –**
The Dogwood Room
Saturday, April 29 at 10 a.m.
- **Passover Seder –**
The Ballroom
Thursday, April 6 at 5:30 p.m.
- **Upcoming Meeting in the Gallery**
Semi-Annual Congregation meeting – Wednesday, May 10 at 1 p.m.

What do you know about Your Show of Shows?



Sid Caesar, Max Liebman and Imogene Coca

Sunday, June 4th in the Gallery from 2 to 4pm

Listen to our own Rossmoor resident **Barry Jacobsen**

Barry worked for the producer of **Your Show of Shows**, Max Liebman, researched for the book **Show of Shows** by Ted Sennett and provided material for "Sid Caesar and Your Show of Shows" as well as the film "Funny You Should Ask." He certainly has first-hand experience to give us. See the Emmy award, watch some clips, bring back some memories.

Dessert and Drinks will be offered.

Reserve now for this fun time!

Open to all of Rossmoor and guests

Please make checks payable to Rossmoor Jewish Congregation.
\$5.00 in advance if received by May 30th.
\$7.00 at the door.

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HEALTH CARE CENTER NEWS

By Margaret Drozd MSN, RN, ACNS, FNP, CSN-NJ, Director of Nursing

Skin Cancer Awareness

Skin care is important all year round, but particularly so when we are outdoors in the milder weather. We shed protective layers of clothing and spend more time outdoors enjoying warm weather activities, increasing our exposure to the leading cause of skin cancer, the sun.

Skin reflects only 5% of sunlight. The other 95% is absorbed or scattered in the skin's deeper layers. While we may think a sun kissed look is healthy, in reality, it is our skin's response to over-exposure to the sun. Tanning, burning, blistering and peeling causes short term damage to the skin. Over the long term, that damage accumulates and can lead to freckling, loss of elasticity, wrinkling, breaking of small blood vessels, precancerous lesions and eventually skin cancer.

About 90% of all skin cancers are the result of long-term exposure to the sun's ultraviolet or UV, radiation, and the most damaging effects occur before age 18. Millions of Americans develop skin cancer annually making it the most common form of cancer.

Basal Cell Carcinoma, or BCC, forms in the basal cells that line the deepest layers of the epidermis, the top layer of skin and accounts for about 80% percent of all skin cancers. BCC usually appears on the nose, cheeks, forehead and ears, but can be found anywhere there has been significant exposure to the sun.

Squamous cell carcinoma, or SCC, attacks the squamous cells that line the top layer of skin. It is the second most common form of skin cancer, accounting for about 15% of all diagnoses. A bald scalp, ears, face, neck and the lower lip are sites where SCC is most likely to develop. While these cancers appear mainly on sun exposed areas, they can show up anywhere on the body.

The third type of skin cancer is malignant melanoma, which grows in the melanocytes, the cells that give color to our skin. Malignant melanoma accounts for only about 5% of all skin cancers, but it is the most deadly. It is estimated that 207,390 cases were diagnosed and 7,180 died of this in 2021. Malignant melanoma is seen in men more frequently than

women. It is most commonly found on the trunk in men and on the legs in women. Light skinned individuals with a history of severe blistering sunburns, numerous atypical looking moles and a family or personal history of melanoma are at a higher risk for developing melanomas.

You're at higher risk for developing any type of skin cancer when you have a family history, fair skin, red or blonde hair, light colored eyes, freckling on the upper back and a history of three or more blistering sunburns before the age of 20. In addition, three or more outdoor summer jobs before the age of 20, a tendency to burn and an inability to tan increase your risk. The time of day you spend outdoors (sun is strongest between 10am and 4pm), your geographic location and the condition of the ozone layer are also contributing risk factors.

Early detection and treatment can lead to a cure for most skin cancers, even melanoma. To help protect yourself you need to learn your ABCs. A stands for asymmetry. A normal mole is symmetrical so be concerned if a mole has an irregular shape. B is for border. The borders of a normal mole are usually even and regular, while a malignant melanoma has irregular, scalloped borders. B also stands for bleeding. A normal mole will not bleed unless it is traumatized, while melanomas often bleed with little trauma. C is for color. Normal moles should be uniform in color. If you notice a mole that differs in color from others on your skin, be suspicious. In addition, melanomas tend to be multicolored they often have red, black, brown, black, blue or white in them. Color may also spread from the edges of their borders. D is for diameter. Malignant melanomas tend to be larger than six millimeters, the size of the head of a pencil eraser. However, a smaller mole that changes in size or shape is also cause for concern. E stands for elevation. Any mole that grows and raises itself off the surface of the skin should be viewed with suspicion. F is for feeling. If a mole is painful or itchy, investigate it. A change in the appearance, shape or color of a mole or spot is always cause for concern. If you have any questions at all about a spot on your body, have your doctor check it immediately or schedule an appointment with a derma-

tologist. Prevention is key! Remember that the sun's damaging rays penetrate through water, clouds and shade. Overcast skies reduce ultraviolet rays by only 20%, and shade reduces UV exposure by only 50%.

People who reach the age of 65 can expect to live, on average, two more decades. This means that efforts to improve the use of sun protection and reduce sunburn among older adults would likely help to reduce skin cancer risk in later decades of life. Recent research shows that only about 15% of older adults and 8% of sun-sensitive older adults regularly used multiple types of sun protection.

Make sure you wear sun protection to provide a barrier against damaging rays of the sun. Use sunscreens with a sun protection factor (SPF) of at least 30 to provide a barrier against the damaging rays of the sun. Choose a broad-spectrum sunscreen that protects against UVA (long-wave rays that penetrate the skin more deeply) and UVB (more potent short-wave rays that cause sunburn) radiation. Apply sunscreen 30 minutes before you go outside and reapply every two hours, especially if you're swimming or in the sun for extended period of time. Also minimize exposure between the hours of 10am and 4pm when the sun is highest in the sky. Wear tightly woven fabrics and darker colors that will not reflect light onto your face and wear a hat.

The most popular kinds of sun protection among older men were wearing clothing to the ankles, such as pants (44%) and staying in the shade (37%). The most popular kinds of sun protection among older women were staying in the shade (47%) and using sunscreen (32%).

Also note that certain medications can increase photosensitivity to UV rays. Check with your doctor and pharmacist and read all medication labels, especially those on prescription drugs. Absolutely avoid tanning beds. The UV radiation they emit are more intense than the sun.

Finally examine your skin every month, beginning at the top of your head and finishing at your toes. Use mirrors to check difficult to see places such as your back. If you see any changes or notice a new spot make an appointment right away with your health care provider or dermatologist.

In our efforts to always help improve the health of our communities Saint Peter's Community Health Services will be offering education about skin cancer, as well as skin cancer screenings, in your communities throughout this next year.

Springtime in Rossmoor (means shuffleboard?)

By Allen Kobezak

Are you ready to leave the dark, dreary days of winter behind and feel the warm spring sunshine on your face? Perhaps you're looking to try something new for the new year. An activity where you can enjoy the spring weather, meet new friends, and get some exercise. Why not try Shuffleboard? It's just the right fit for someone like you.

Our spring sign-up will take place on Tuesday, April 4, in the Dogwood Room of the Clubhouse from 10 a.m. to noon. We will welcome new players and our current members.

New players are encouraged to sign up and also get some hands-on experience at our Shuffleboard Clinics. The clinics will be held at the courts next to the pool, on Tuesday, April 18, and Saturday, April 22, 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, no matter their skill level.

Anyone who can't make it to the sign-up or the clinic is welcome to join us at the courts during our morning or late afternoon sessions for a quick introduction. We play Monday thru Friday, and our opening season games begin on Monday, April 24, at 10 a.m. and 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.

We also enjoy several informal social activities throughout the year.

For more information, call our Shuffleboard Rep., Jackie Cristiano, at 732-666-8323.

MAINTENANCE NEWS

By Dave Salter

A/C Servicing

Now that spring has arrived, it's time to have your air conditioner serviced. Maintenance will be servicing air conditioners again this year. Please call our office starting April 3, to have your manor put on the list. When weather permits and servicing begins, it is done on a first call, first serve basis.

What does an AC tune-up include?

A standard AC tune-up typically includes the following inspection and cleaning procedures.

- Clean or replace the air filter.
- Evaluate the start-up and heating/cooling cycles.
- Check the airflow throughout the system.
- Inspect the capacitors, contactors, and electrical wiring.

- Check the refrigerant lines and levels.
- Inspect the outdoor condenser coil.
- Inspect the condenser fan blade.
- Measure the compressor amperage, volt draw, and wiring.
- Examine the indoor evaporator coil.
- Inspect the electrical disconnect box.
- Inspect all lines and fittings for signs of leakage, oil, or dirt.
- Lubricate all moving parts.

An AC tune-up does not include the following services:

- Evaporator coil cleaning
- Refrigerant recharge or refill, additional charge.
- Leak detection test
- Air duct leak test or cleaning

Call the Maintenance Department at 609-655-2121. Servicing is \$54 plus tax.

Cultural Arts Commission announces upcoming concert

By Cathleen Norback

Please join us as Maestro David Wroe and the N.J. Festival Orchestra present "Tango: Music in Motion" - an enticing visual/aural presentation of the white-hot dance form of Tango and iconic instrumental music written with the seductive rhythms embedded in its soul.

Tango Master Carolina Jaurena and her collaborators join the N.J. Festival Orchestra recreating, in dance, such classics as "Oblivion," "La Comparsita," (think the movie "Some Like it Hot") and Por Una Cabeza, (think "Scent of a Woman"). At the center of the program is the music of Tango's greatest composer - Piazzolla.

The program, sponsored by the Monroe Township Cultural Arts Commission, will be offered on Sunday, April 23, at 3 p.m. at the Monroe Township High School Performing Arts Center, 200 Schoolhouse Road, Monroe Township, New Jersey. Ticket information is available on our website: www.MonroeTownshipCulturalArts.com. Please join your neighbors for this upcoming presentation.

Rossmoor's 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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Mayor Dalina: Proposed State Budget Adds Million in Additional funds to benefit Monroe Taxpayers



I reached out to Governor Murphy last month, as I did this time last year, to ensure his proposed fiscal '23/24 budget focuses on affordability and provides more property tax relief to Monroe residents.

I am doing everything I can to hold the line on taxes in the municipal budget, but we need the state to be a partner in affordability.

Inflation is a challenge for our residents and I asked the Governor to continue to invest in helping residents with property tax relief. I highlighted the need to increase state school funding again this year and do even more to maintain and expand property tax relief programs for our residents.

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

Monroe learned today that 2023-24 school funding from the State is proposed to increase by almost \$1.6 million, a 16% increase. Monroe has been woefully underfunded by the state and received as little as \$2.9 million just six years ago.

I went to Trenton with many others in 2017 when Senate Bill 2, the most recent school funding formula, was passed.

Since that time, Monroe's aid increased to almost \$9.6 Million in 2022.

With an additional \$1.6 million, we will reach \$11.2 million in State Aid for the first time for the schools.

While we deserve an even better funding formula, this increase and the previous five years of increases, 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 \$1.6 million remains in the final state budget bill.

The Governor is also renewing the Anchor Rebate program which provides up to \$1,500 to homeowners who earn less \$250,000. This program would be renewed for 2024. According to the State, checks from last year's program may arrive as

early as this month.

The Governor is also proposing to expand the Senior Freeze program next year. We fought to expand the income eligibility for this program two years ago. In his budget announcement for this year, the Governor will further expand the successful Senior Freeze property tax relief program next year – increasing income eligibility to \$150,000 and removing roadblocks to eligibility. That means additional property tax relief in 2024 for 50,000 more seniors.

I have been fighting for years for the residents of Monroe. My list of top priorities has included: increased school aid, expanding the Homestead Rebate that has now been replaced by the Anchor Property Tax Relief program that now applies to even more residents, higher Senior Freeze income eligibility, larger state retirement income exemptions, veterans tax credits and much more.

Monroe residents deserve our fair share of state funding to help keep property taxes stable again this year.

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

Emergency Medical Services info featured at next LWV meeting

By Linda Bozowski

EMS Director Judith Olbrys will discuss EMS services offered in the township at the April League of Women Voters meeting.

Scheduled for 1 p.m. on April 24 at the Municipal Building Courtroom, the meeting is open to the public. League membership is not required to attend.

Learn about the variety of services offered by our EMS professionals and how they are prepared to perform their important functions.

Voter registration scheduled for April 19

By Linda Bozowski

The League of Women Voters is offering residents an opportunity to update their voter registration information at the Rossmoor Clubhouse on Wednesday, April 19.

Members of the League will be there from 10 a.m. to 3 p.m. to assist with completing voter registration documents.

A second opportunity will be offered on August 15. Please be sure you are properly registered and can exercise your right to vote.

Monroe Township Public Library

A Natural History of Thompson Park

Wednesday, April 5 Session 1 at 1 p.m. OR Session 2 at 2:30 p.m.

Join a Middlesex County Parks Naturalist for a walking tour of Thompson Park to learn about its plants and animals. *Please dress for the weather and conditions and plan to walk about a mile. Rain date is Wednesday April 12 at the same time. Due to space constraints, please register for only one session. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at

(732) 521-5000.

How to Read Your Blood Test Results and Lab Report

Tuesday, April 11 at 10 a.m.

Reading blood work can seem like a daunting and overwhelming task that often leaves you with more questions than answers. Come learn how to interpret and better understand your results with The College of New Jersey nursing students. This is an in-person program. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/

(Continued on page 19)

EAT THE RAINBOW

FAMILY FEATURES

Focusing your menus on health-conscious recipes that look as good as they make you feel is key to making positive lifestyle changes. Adding big flavors that satisfy cravings to easy, go-to recipes can be a big step toward reaching health goals throughout the year.

"Eating the rainbow" refers to adding fruits and veggies of varying colors to your diet, such as red tomatoes and beets, green cucumbers and avocados, orange carrots and pumpkins and beyond. Complementing fresh produce with the nutritional benefits of tuna and salmon – like heart-healthy omega-3 fatty acids, protein, vitamin D and potassium – can take your meal planning one step further.

Whether you're commemorating a special occasion, hosting a gathering of friends and family or simply enjoying a night in, good food shouldn't mean ditching good eating habits. With new packaging but a continued focus on flavor, wild-caught Low-Sodium Pink Salmon from Chicken of the Sea is a perfect complement to vibrant, rainbow-inspired recipes.

Try these Salmon Chili Bites for a quick and delicious snack option. They can easily be doubled, tripled or more for a party appetizer. Feature the recipe with a "rainbow" of veggies, crackers, meats and cheeses on a charcuterie board for a crowd favorite that can satisfy guests with big, bold flavor.

Ditch boring salads and find joy in food while maintaining healthy eating goals by upping your salad game. Say goodbye to bland, boring greens and enjoy salads with your favorite toppings, like a colorful combination of protein-packed tuna and fiber-rich veggies in this Mediterranean Tuna Salad, which is completed with a bright dressing and topped with feta cheese and parsley.

For more than 100 years, Chicken of the Sea has provided fresh, tasty seafood straight from the ocean, so whether you're reaching for wild-caught tuna for this homemade salad or another option like salmon or sardines, you can enjoy a high-quality product that's delicious on its own or used to elevate favorite recipes.

To find more health-focused snacks, appetizers, meals and more, visit chickenofthesea.com.



Mediterranean Tuna Salad

Mediterranean Tuna Salad

- Prep time: 20 minutes
Servings: 1-2
- Dressing:**
- 2 tablespoons lemon juice
 - 1 tablespoon extra-virgin olive oil
 - 1/4 teaspoon dried oregano
- Salad:**
- 1 can (5 ounces) Chicken of the Sea Chunk Light Tuna, drained
 - 1 cup halved cherry tomatoes
 - 1/3 cup sliced Kalamata olives
 - 1 cup chopped English cucumber (about 1/2 cucumber)
 - 1/4 cup feta
 - 1 tablespoon minced parsley
 - pita chips (optional)
 - crackers (optional)

To make dressing: In large bowl, whisk lemon juice, olive oil and oregano.

To make salad: In dressing bowl, add tuna, tomatoes, olives and cucumber. Gently toss to cover salad with dressing then top with feta and parsley.

Serve with pita chips or crackers, if desired.

Pair seafood and seasonal produce for colorful, healthy recipes



Salmon Chili Bites

Salmon Chili Bites

- Prep time: 15 minutes
Servings: 2
- 2 pouches (2.5 ounces each) Chicken of the Sea Low Sodium Wild-Caught Alaska Pink Salmon
 - 1 tablespoon chili crisp
 - 2 teaspoons rice wine vinegar
 - 1 teaspoon toasted sesame oil
 - 2 bell peppers, cored and cut into 2-inch squares

- 1 green onion, thinly sliced
- minced cilantro
- black sesame seeds

In bowl, combine salmon, chili crisp, vinegar and sesame oil.

To serve, top each bell pepper square with some salmon, green onion, cilantro and sesame seeds. If leftover pieces of bell pepper remain, chop and add as additional garnish.

Note: If serving with cheese plate, place salmon mixture in small bowl and garnish with green onion and sesame seeds.

Monroe Township Public Library

(Continued from page 18)
calendar or by phone at (732) 521-5000.

Scrabble Club

Tuesday, April 11 at 3 p.m.
Registration is required. Register at the Welcome Desk, online at www.monroetwp.library.org/calendar or by phone at (732) 521-5000.

Photography Club

Tuesday, April 11 at 3:30 p.m.
Join us for the Library's newly-formed Photography Club. This is an in-person program. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Caregiver Support Group

Wednesday, April 12 at 11 a.m.
A Caregiver Support Group meets at the Library monthly on the second Wednesday of the month. Kat Verdi, Certified Alzheimer's and Dementia Care Trainer, of The Gardens at Monroe leads the group. Her mission is to educate, empower and encourage caregivers. All are welcome. This program is held in person. Registration is not required. Sponsored by The Gardens at Monroe.

Medicare Workshop

Friday, April 14 at 2:30 p.m.
Roderick Spann, a licensed Medicare specialist will discuss the top 5 mistakes people make on Medicare and how to avoid them. Other areas he will touch on include: 1. Different Parts of Medicare, 2. Enrollment and Enrollment Penalties, 3. Original Medicare vs. Medicare Advantage, 4. How do Medicare Supplements Work?, 5. How do Medicare Prescription Programs (Part D) Work?, 6. Working Past the Age of 65, 7. What are some recent changes?

This is an in-person presentation. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Coffee and a Book

Tuesday, April 18 at 11 a.m.
Join us for a discussion about "Convenience Store Woman" by Sayaka Murata, a brilliant depiction of an unusual psyche and a world hidden from view. It is an ironic and sharp-eyed look at contemporary work culture and the pressures to conform, as well as a charming and completely fresh portrait of an unforgettable heroine. Please reserve a copy of this title and join us for a discussion! This is a hybrid program. Join us via Zoom or in person. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Holocaust Remembrance Day Guest Speakers

Tuesday, April 18 at 2 p.m.

"We Will Never Forget" on Holocaust Remembrance Day. Join special guest speakers, Holocaust survivor Paul Beller, along with Rabbi Shmuel Polin of Congregation Etz Chaim. Hosted by the Township of Monroe Human Relations Commission. This is an in-person event. Registration is required. Register at the Welcome Desk, online at www.monroetwp.library.org/calendar or by phone at (732) 521-5000.

Page Turners

Thursday, April 20 at 11 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 Books about Libraries/Librarians. This is a hybrid program. Join us via Zoom or in person. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000. If you wish to join us on Zoom, you must register with a valid email address.

Shade Tree Commission Seedling Giveaway

Saturday, April 22 from 11 a.m. to 2 p.m.
In recognition of Arbor Day 2023, the Monroe Township Shade Tree Commission is distributing free seedlings, while supplies last.

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- ☐ The Rossmoor News
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Middlesex County

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

Recycle information from Waste Management



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

Classified Advertising

Home Improvement & Services

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

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

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

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

Miscellaneous/ Services

BOB'S DOG WALKING and DAY SITTING. \$15.00 per 30-minute walk; \$15.00 per hour dog sitting at customer's residence. Call Bob, (609) 819-1240.

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.

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

Help Wanted

COLLEGE FRESHMAN/high schooler – computer work. \$20/hour. Call (973) 564-8047.

Help & Health Services

TRUSTWORTHY, RELIABLE AIDE who works in Rossmoor, is seeking a job, live-in/out. Have good references. (718) 813-8467 or (347) 961-1892.

PROFESSIONAL CARE-GIVER is looking for a live-in/live-out position in Monroe. Low prices. Call Lisa at (732) 715-0711.

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

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

Wanted to Buy

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

Transportation

TOM'S TRANSPORTATION—Appointments, events, airport. Door 2 Door service. Call (609) 917-5600.

AAA TRANSPORTATION—Monroe area. (Encore resident.) Transportation to airports, trains, piers, NYC, and I will drive your car to and from Florida. Reasonable rates. Call Howard (732) 979-3085.

LIMO GUY — Our 20th year. We go almost anywhere. Upgraded SUVs. \$100 to Newark Airport. \$205 Philadelphia. \$205 JFK. We go almost anywhere. 24/7. Call (732) 803-2521.

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

House Cleaning Services

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

EXPERIENCED, EFFICIENT, RELIABLE, quality work; references. Call Bridget at (732) 273-8285.

NEED A GOOD CLEANING? Call Maria today. (732) 558-5114. Don't delay.



Friendly reminder

- Pets must be leashed at all times
- Pets must be kept within 3 feet from any walk or curb
- Pet owners must clean up after their pets

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We treat children and adults with surgical expertise, while providing the compassionate care for which Saint Peter's is known.

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