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Monroe Township, New Jersey

May 2019

Fire Chief Gasiorowski tells how to prevent house fires

By Carol De Haan

House fires happen.

Over the years, a few house fires have happened in Rossmoor. They were mostly preventable. Now the question is, "How to prevent them in the future?"

We heard some excellent suggestions from an expert on the subject, Monroe Township District #3 Fire Chief Administrator Peter Gasiorowski, who spoke to a virtually standingroom-only crowd in the Ballroom last March 27.

"First, get rid of your obsolete thermostats," was his recommendation. The Chief passed around two charred thermostats, showing us how older models are prone to overheat and start house fires. "If you have the original thermostats, the LIN-Stats and PSG models, replace them now," he urged.

"Have working smoke alarms," said the Chief. Monroe is a battery replacement community, which means that if the homeowner will provide the batteries, a member from our Fire Department will install them. "We don't want any resident toppling off a five-foot ladder," he said. Batteries should be replaced twice a year, and tested once a month to be sure they are still working. The Fire Department's battery replacement program begins in October of each year and runs through December.

"Pay attention when you're cooking," he added. Stay in the kitchen and use a timer to help you stay aware of what you're doing. The Chief pointed out that 66% of home fires start from cooking and,

(Continued on page 2)



Members of the Rossmoor Veterans group joined firefighters at our nearby District #3 -- Centre Drive Firehouse for a "Wear Red Friday," ceremony last April 5. The acronym R.E.D. stands for "Remember Everyone Deployed," and serves to remind people of our military heroes overseas and to tell them that we remember them. Many people support this movement each Friday by posting pictures of themselves in red clothing on Facebook or Twitter.

Wear RED Friday began in Canada in 2005 through the efforts of two wives of servicemen who were deployed overseas. Military organizations and military families have joined this movement which has spread to the United States. The Rossmoor Vets and our firefighters are pleased to lend their support to such a worthy cause.

Let's all welcome the new pastor of the Community Church, the Rev. Robin Bacon Hoffman



Pastor Robin, who loves the mountains of the American West, stands before Skalkaho Falls in the Sapphire Mountain Range of western Montana.

By Diane England

You recognize this name, you say? That's not surprising. After all, after reviewing many resumes, going out to hear candidates preach, and

conducting interviews, the Pastor Search Committee of the Rossmoor Community Church (RCC) concluded that the best candidate for this community church going forward was someone already known to them and the congregation. So, perhaps it's also not surprising that when Reverend Robin Bacon Hoffman was called to be the church's new pastor on March 24, she said that it felt like a homecoming.

Pastor Robin (as she has told us all to call her) was the church's primary guest preacher from June through December 2018, following the retirement of the Rev. Dr. Dierdre Thomson at the end of April, 2018. Prior to the arrival of this church's former minister, however, Pastor Robin served as the interim

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Honor our war dead at the **Memorial Day service**

By Diane England

Some may envision Memorial Day as merely a holiday to see a parade and enjoy a cookout, but hopefully, most in our community recognize this is a day of remembrance for those who lost their lives fighting in wars on behalf of our country; furthermore, they desire to honor these men and women. Assuming this is you, you'll be pleased that the Interfaith Council will once again hold a Memorial Day Service on Monday, May 27, at 1:30 p.m. in the Meeting House. Interfaith representatives from the Rossmoor Community Church (RCC) have planned this program, with a little help from our friends including Dan McOlvin of the veterans Group and Janet Wilson, the director of the Rossmoor Chorus.

The RCC representatives are thrilled to announce that this year's guest speaker will be the church's new pastor, The Reverend Robin Bacon Hoffman (whom you have permission to call Pastor Robin henceforth). If this name sounds familiar, that's because Pastor Robin has stood in this church's pulpit many times. In fact, you can find out more about her in

another article I wrote for this issue of the Rossmoor News.

Members of the Interfaith Council (there are representatives from the Catholic Society, the Jewish Congregation, and RCC) certainly hope many civilians as well as veterans will attend this tribute to our war dead. That said, if you are a civilian who has not experienced the horns of war or lost a loved one to the battlefield, please remember that probably most war veterans in attendance will have lost one or have time for a cookout aftermore buddies whom they'll ward.

quietly be recalling—likely as individuals who once had their backs, as well as people who regularly exhibited courage and honor. Yes, they may still be haunted by the ghosts of buddies who will remain in their minds forever young. So really, wouldn't it be nice to turn out for this service and honor your neighbors who are survivors of war as well?

I hope you'll agree this is a noble way to spend part of the Memorial Day holiday. And remember, you'll still



A crane just hanging out on the Golf course bridge. Cranes are some of the largest birds in North America and they have some of the widest wingspans of all the birds on the North American continent.

Photo by Tom Teaman

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at the governors' meeting



The Rossmoor Community Association, Inc. ("RCAI") Board of Governors meeting on April 18, 2019, was called to order at 9 a.m. by Mr. Daniel Jolly, President.

Ms. Sidna Mitchell, Council Chair, Rossmoor Community Church ("RCC"), and a guest of the board's reported that due to the retirement of Reverend Dr. Dierdre Thompson. the RCC formed a Pastor Search Committee. The Committee recently called Reverend Robin Bacon Hoffman to be the church's next pastor. Ms. Mitchell explained that the Reverend is no stranger to the RCC. She had served the church most recently as a guest preacher and previously as an interim pastor. Ms. Mitchell spoke about the Reverend's family, her musical background and that she was a chemical engineer prior to becoming an ordained minister of the United Church of Christ, Ms. Mitchell encouraged all those in attendance be their guest at the RCC services every Sunday at 11 a.m. in the Meeting House.

Mr. McQuade, RCAI Treasurer, informed the board that there is a surplus through February 28, 2019, and hopes that it continues.

Mr. Jolly talked about the informative director's tour of the Maintenance Department recently and the positive improvements that have been accomplished in the Department.

Mr. Jolly appointed Ms. Barbara Krysiak as the Chair of the Tour Committee. The Committee is a group of residents who volunteer their time and give tours of the Common Facilities to prospective buyers.

House fires

(Continued from page 1)

worse yet, fully half of all house fire deaths come from unattended cooking.

If you see smoke coming from an oven, turn it off and close the door. If on the stovetop, turn it off and put a lid on the pot. Deprive a potential fire of oxygen.

Loose clothing can be a fire hazard when a person is cooking. Fifteen percent of house fire deaths are attributed to loose clothing that caught fire.

Relying on a home fire extinguisher can be an iffy proposition. For one thing, it cannot be one that's been waiting around for years. Next, the user should have some training in its use because home fire extinguishers have been known to trap people: if a fire continues to spread, the user could become trapped if he or she has no other open door to exit the room. The safest move is to GET OUT and call 911 immediately. It takes only three to five minutes for our trusty firefighters to get to Rossmoor from the firehouse on Centre Drive.

Never, ever smoke in bed and be sure to drown ashes and stubbed-out cigarette butts in water (preferably overnight) to make sure you have no garbage fire in your home and no dumpster fire to set the carport ablaze.

Chief Gasiorowski showed a video with actor Tom Bosley, who made further safety recommendations for seniors. "Exercise is important," said Bosley. "Keep yourself in shape to retain your balance. The time might come when

There were no resolutions or policy changes to be discussed by the board.



Fire Chief Administrator Peter Gasiorowski.

being able to climb out a window could save your life." If you have throw rugs, make sure they have non-skid back-

Bosley suggests installing a handrail on both sides of a staircase.

Flashlights are important for getting around the house after dark.

People can get hearing aids with flashing lights for nighttime warnings.

Most of all, plan an exit route in advance because if there is a house fire, some people might panic and fail to find a

way out. Better to be prepared. The Chief took questions from the audience. He noted that kerosene heaters are illegal in New Jersey, although it is unlikely that any Rossmoor resident would need one. Please note, he said, that we must all yield to any emergency vehicle.

President Dan Jolly and the Emerald Society deserve a big thumbs-up for inviting Chief Gasiorowski to make this interesting and potentially lifesaving presentation.

Our thanks to Fire Chief Gasiorowski for spending his afternoon with us. Happily. we'll never know how many lives might be saved in the future, based on his sage advice today.

Bits & Pieces

Sue Ortiz

Yesterday I spent the entire day purging my clothes closets and dressers. Everything out, and about half was going back in. That was the

I live in an old house, built in the 1880s, so closets are scarce. I do have one of those old closets that are about four feet wide by 15 inches deep with eight hooks along the back wall. It is hidden behind my dresser, and I store things in it: collectibles, books, and toys from my childhood (more collectibles). Another closet is a walk-in. It has a rod on either side with a long shelf spanning from side to side above both. More precisely: it's a stand-in closet. I can walk in - turn around - and walk out. That is, when the floor isn't covered in bags of holiday decorations and shoes, and the shelf edge hasn't been turned into a third rod. At a mere five feet by four feet, It is truly "bigger on the inside" because of how much can be stored in it.

Okay. First, I drag out the jumble on the floor (I'm leaving the Christmas decorations on the shelf "as is" until December). There! Now we're talking walk-in closet! Second, I pull all my slacks and skirts from the left side of the closet. I have several pants hangers where four or five pairs of slacks can suspend from one hanger. Ultimately, as I wear (and wash) them, they end up on single hangers and shoved back on the rod, making a tangled mess. After sorting through myriad pairs of slacks and skirts in various tones of blacks, blues, browns, and other assorted colors, I weed the new and well-fitting items from the old and worn out. The worst of the latter gets tossed, and the better gets neatly folded and placed in a large trash bag to be donated. The kept slacks are returned to the closet; the old pants hangers are given one more chance to be useful.

Next, I tackle the other side of the closet, the tops blouses, sweaters, cardigans, tees, and jackets. Out they come. This sweater is pilled - toss. That blouse, meh - donate. Ooh, I still love this one - keeper! One by one, the pile is sorted:

trashed, donated, or back on the rod. Now there is room for everything to move and not get wrinkled. Now I can see what I have. The "third rod" shelf is also cleared, and I can see my shoe pockets at the back of the closet again. No longer do my shoes live under the chair.

I can now stand in my "walk-in" closet again!

Another sorted closet is reassigned for seasonal clothes and jackets. I had been running out of hangers, and was resigned to pleading the store cashiers to let me keep the ones that came with the new stuff I buy. Now that I have tons of extra huggable hangers from the purge, those store hangers can be tossed.

On to the dressers. Once again, I remove everything and place it all on my bed. Will I be able to sleep there tonight? A handful of sweaters that shouldn't be on hangers are folded and neatly placed in the armoire. Handbags are sorted: some are keepers, some are donated. PJs, nightgowns, and "around-the-house" clothes are re-examined for wearability. One full drawer is empty, and another bag to be donated.

At the end of the day, I had six large trash bags filled with donations. Today, I tossed those bags down the stairs and dragged them to my car's trunk. The Jamesburg Fire Department Ladies' Auxiliary holds a clothing drive a couple of times a vear, the next one is coming up soon, and I'm ready for it.

Mission accomplished. My plan worked. Now, if I can stay away from the stores ...

Oh, look – a sale!

B&P

"I'm going through an evolution. I'm completely cleaning out my closet. I'm purging, because I saw that show 'Hoarders.' I had a sweatshirt from sixth grade, and I'm going, 'Why do I hold on to this?" - Fergie (American musician, b. 1975)

"I had more clothes than I had closets, more cars than garage space, but no money." - Sammy Davis, Jr. (American entertainer, 1925-

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



News Board:

Joe Conti, Chair Carol De Haan Myra Danon **Bob Huber** Jean Houvener Anne Rotholz Linda Bozowski Walter Gryskiewicz

Editorial Assistants Alex Monaco

Linda Monaco

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

space contact Rossmoor News Chairman Joe any typographical or printing errors that Conti about any article they wish to may appear, including in its display or subject to editing and are accepted with space of the advertisement. this understanding.

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

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Visit the Rossmoor website at www.rcainj.com

Open RCAI Meetings in May

Thursday, May 9, 9 a.m. **Standing Committee Meetings** Maintenance Committee Community Affairs Committee Finance Committee Village Center Meeting Room

Thursday, May 16 Board of Governors Annual Meeting...9 a.m. **Election of Officers** Followed by the Board of Governors Meeting Clubhouse Ballroom

> Please watch Channel 26 for any changes or cancellations



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

Q: Have you hugged your director today?

A: By the time you read this, most of the Mutual annual meetings have taken place. Some directors were reelected and some directors have decided to retire. It is a wonderful thing that directors and alternate directors do for our community. They handle matters for your Mutual and RCAI. They give of their time and talents. If you were not able to attend your Mutual meeting or forgot to do so, please reach out to your directors and alternate directors past and present and let them know how much you appreciate what they do for

Q: How do residents receive copies of their Mutual and RCAI 2018 audits?

A: Copies of the audits are available upon request in Administration in the Village Center. They were not mailed again this year in an effort to be "green." According to our outside auditor. Annette Murray with Wilkin and Guttenplan, RCAI received an "unqualified" clean audit.

RCAI planned for a

break-even budget in 2018 and ended the year with a surplus of approximately \$33,000. The cost centers that contributed to the surplus were "Snow Control" and "Golf Operations."

Every effort has been made to keep carrying charges on an even keel without high peaks or valleys. The RCAI Budget Committee and Board of Governors work very hard to accomplish this and should also be thanked for their tremendous contribution to the workings of RCAI.

Failed referendum leads to alternative plans

By Linda Bozowski

The school construction referendum brought almost 30% of Monroe voters to the polls, with negative results. The second defeat of the new middle school construction and high school expansion proposals leaves over 1.000 students with less space and the board with expected additional expenses for temporary classrooms in the years ahead.

Acting Superintendent Robert Goodall, Business Administrator Michael Gorski, Assistant Superintendent Dr. Dori Alvich, and Facilities Administrator Gerald Tague presented referendum information at many locations in the two months before the vote in an effort to explain the reasons for such an ambitious project. Financial and program data were offered and residents had opportunities to query the speakers. The Board of Education also had available a website that provided information as well.

In reviewing the preliminary voting results from the Middlesex County Board of Elections, it was interesting to note that, although the senior communities accounted for 25% of the votes, the referendum items failed by just over 400 votes. Mailin votes, which represented 20% of the total, had a negative edge of under 100 votes. The remaining 55% of the voting defeated the project by nearly 700 votes.

It was reported on the MonroeNow website that the Board of Education has decided to establish an ad hoc committee to gain a better understanding of why voters declined the referendum for a second time. As was emphasized in the presentations, each delay drives up the costs of construction, borrowing, and auxiliary trailers and causes more overcrowding. Interested residents were invited to contact Board President Kathy Kolupanowich to be considered for a position on the volunteer committee. There is no plan to request assistance

from the New Jersey Department of Education in moving forward with construction plans. The Board's commitment to maintaining autonomy is designed to provide the best facilities for our students within our means.

Residents concerned about rising property taxes may contact the Monroe Township Tax Department if they would like additional information about potential tax freezes. For additional information about our school system, residents are invited to attend Board of Education meetings, which are held monthly. The schedule can be found on the Monroe Schools website.

Are we earning an "F" in recycling?

By Carol De Haan

If you look into your recycling dumpster and see that someone has tossed his or her stuff in a plastic bag, then yes, we are flunking recycling.

That plastic bag will invalidate that dumpster, with the result that everyone else's recycled material in that dumpster will now go into a landfill instead of being reprocessed. Besides avoiding plastic bags, we need to put into the recycling dumpster, not just anything at all, but rather items that recyclers are willing to purchase.

Please read on.

Waste Management

Waste Management is an international corporation that is keenly interested in recycling. We have a contract with them to haul away both our trash and our recyclables. It is important that we pay attention and put into the recycling dumpster ONLY what the reprocessors are willing to take. Everything else should go into the trash dumpster.

Recycling companies are

They will not take just any-(Continued on page 4)

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Darren Williams, Singer and Comedian Steven Scott Saturday, July 13 - 8:30 p.m. \$14.50pp

Australia's award-winning entertainer, Darren Williams, returns to Concordia with his new show, Rock n' Roll Heaven. His performance brings to life the music of Rock n' Roll's brightest stars accompanied by Darren's unforgettable four-octave vocal range. You will enjoy the hit songs of The Righteous Brothers, Elvis, John Lennon, and David Bowie to name only a few.

Comedian Steven Scott will open the show and bring his various programs from Comedy Central. Steven has played the hottest venues from New York, LA, Atlantic City, Vegas and cruise ships. This is a night of total entertainment not to be missed!

Open to non-residents, Saturday, May 25th Checks only, made out to Concordia Clubhouse

For more info call 609 655-4664



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For flyers, e-mail: kristin@gwmonroe.net Call the WHOA Box Office for Ticket Information 609-395-0404 Extension 220 or 221.

Recycling

(Continued from page 3)

thing. For example, although glass has been recycled since ancient Roman times, modern recyclers will not take glass light bulbs because they have neither the staff nor the time to pry apart a light bulb to extract the glass. Further, they do not want broken glass. They do not want sheet glass (windows, mirrors, pictures) or kitchen glass because it contains ingredients that cannot be reused.

Reprocessors cannot use paper products that are stained by food, therefore no pizza boxes. They do not want shredded paper, which flies all over the place and cannot be compressed into a bundle.

You get the picture.

Here are the throwaways that will kill a dumpster full of reuseable materials:

No plastic bags - toss the contents and take the plastic bag home with you.

No rubber hoses No clothes hangers No frozen food boxes No milk or juice boxes No food-soiled paper or cardboard

No foil items No light bulbs, kitchen glassware, window or mirror glass

No broken glass No plastic package wraps No plant pots, trays, lids, cups, utensils No shredded paper

No plastics with these numbers on the bottom: 3, 4, 5, 6, or 7

Recycling companies will accept these items. Put them in your recycle dumpster:

Clean paper and cardboard Office paper Junk mail

Magazines

Newspapers

Clean food cardboard (cereal boxes, toilet tissue rolls) Paper bags

Aluminum and steel cans (rinsed clean)

Food bottles and containers (rinsed clean)

Drink bottles (rinsed clean) Plastic jugs with numbers 1 and 2 on bottom (rinsed clean)

Glass bottles and jars (rinsed

clean)

If we all pay attention to these requirements, we'll help preserve our environment and we'll save the planet for generations to come.

P.S. Some residents seem to be under the impression

that it is OK to toss into the recycling dumpster a plastic bag full of bottles and cans. WRONG. Waste Management does not have the staff to tear open a few million plastic bags. Please toss the bottles and cans into the recycling dumpster and take the plastic bag away with you.

An open letter from Fire District #3, in which the District seeks answers before using your tax money to pay a bill

Middlesex County Department of Finance Office of the Treasurer P.O. Box 871 New Brunswick, N.J. 08901

Attn: Mr. Joe Pruiti Reference: Your Notice of March 5, 2019

Dear Sir:

In reference to this bill for mail-in vote processing this last election. In the past elections I have worked on, we have never received this type of bill. We have searched the N.J. State Statutes as to its legality. The only statute to be remotely involved would be N.J.S.A. 19:45-4, but this does not specifically reference fire elections. If you could send us a copy of the statute you are basing this on, that would be helpful.

Our allocated funds in our 2019 budget for the elections was \$3,000. You can see how this bill, in the amount of \$3,424.22, would affect that figure. Monroe Township Fire District #3 is composed of mostly senior citizen developments. A majority of these senior citizens are on fixed incomes and we seriously look at any factors affecting our tax structure.

If this bill is found to be justified, there are some adjustments to the billed articles we would need corrected:

- Printing Services \$973.08. We are assuming this would be for the absentee ballot requests. We would need a copy of the bill from the printer stating the number printed and total cost.
- Postage for sending mailin ballots. We would need to see the precise number mailed in District #3.
- Postage for returned mailin ballots. In this case, we do have the number -394 @ postage rate each \$197.00 and not the \$338.65 you charged. If you have a postage receipt altering that figure, we would need to see that.
- There are three other functions billed. Staffing \$144.00, Personnel standby \$429.75, and Ballot processing \$367.44. We are concerned how you reached these figures. We are assuming you charged the other districts similar figures. That would amount to almost \$2,500 in charges. This seems

rather high as we paid 10 poll workers and someone to process the ballots less than \$960. to put in the 7 hours of polling time. For the number of past elections, each district paid \$100 to have someone answering the inquiries on election day. I would imagine no more than two persons handling this duty on election day. I can see where the \$300 previously paid would be sufficient for this function.

Several more problems occurred on the past election day. It seems our Regency book for checking eligible voters didn't have any Regency residents listed. This was after I had received an email with lists of streets, asking where they were located. One was for Rossmoor and the other for Regency. I replied both locations were in District #3 locations. When, on election day, we realized the Regency book was useless, we tried to call the telephone number we had. No one answered. It wasn't until after at least a half hour before someone answered the call. We then had to send two firemen to New Brunswick to get a corrected book. Also, in the past, we received by FAX a list of the absentee votes received by the Friday prior to the election. This was an added precaution to make sure these people did not vote twice. This wasn't done this year.

We have tried many times to call the phone number listed on your bill to discuss these problems, but no one has answered this number either.

We would like a reply addressing these issues. If it is beyond the capacity of Middlesex County to handle these functions during regular business hours without adding bills like this, during the next election we would consider on the Monday after the election, of picking up the absentee ballots and counting them ourselves. I would also like to know if vou processed a bill like this to Monroe Township for their Special School Board election on March 12.

Yours truly, Joseph Haff Commissioner Monroe Township Fire District #3

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From the Mayor

By Gerald W. Tamburro, Mayor of Monroe Township

2019 Budget - No Increase to Municipal Tax Rate

At the April Council meeting, I introduced a budget with no municipal tax rate increases for 2019. I expect this budget will be approved at our May meeting.

This is the result of many things including our fourth year of AA+ bond rating by Standard & Poor's, our very stable surplus and our successful collective bargaining agreements with our dedicated employees.

Most importantly, we are careful guardians of your tax dollars to provide the highest quality services in a fiscally responsible manner. This is my charge and I work each and every day to make sure we manage your resources wisely.

Here are some of the ways I have worked with the Council to deliver a budget with no tax increase this year.

Our largest area of budgetary savings emerged from successful negotiations and redesign of the Township's employee healthcare plan. The new program saved the Township more than \$700,000, reducing the impact to our budget by more than 10 % while being a fair solution to our employees and taxpayers.

We have taken advantage of rising interest rates and increased our interest revenue by over \$300,000. These efforts help contribute to a stable tax rate and will keep us the second lowest overall tax rate in the County.

Importantly, our budget success also comes from our manageable and flat debt service and our ability to take advantage of historically low interest rates. I am pleased to report that Monroe Township uses only 20 percent of State Department of Community Affairs debt capacity.

Regarding taxes, I want to thank our residents. Monroe is a desirable community with amazing services and terrific people. We are the safest city in Middlesex County and third safest community in the state. We have the most professional police department and first responders. We have the most impressive and active library in Central Jersey. I am always excited to see our kids, teenagers, parents and seniors using this magnificent facility.

I am also proud that this year, for the first time, we have been able to expand senior programming at the senior center to nights and the weekend to serve our working seniors.

Unfortunately, for the tenth consecutive year, municipal aid remains flat with no increase from the State of New Jersey. Last year, I helped lead the fight with Assembly Speaker Craig Coughlin to reverse the cuts on the homestead tax credit for seniors and disabled. We succeeded and our residents received \$3.3 million in 2018.

I am pleased to learn that the County will keep its tax

rate flat in 2019 as well. All of these combined efforts will help to allow us to maintain our spot as the second lowest overall effective tax rate in Middlesex County.

The municipal portion of property taxes controlled by the Mayor and Council is 20 percent of your total property tax bill. The balance breaks down as follows: Board of Education 56 percent, Middlesex County 18 percent and Fire Districts six percent. All of the municipal services afforded to the average Monroe Taxpayer cost less than \$1,500 per year.

My pledge to you is to continue to be a good steward of the public's resources for the betterment of our community. This budget without a tax increase is another step in that effort.

Have you checked out The Pantry yet? Lots of healthy food inside

By Linda Bozowski

We've added a new business to our Rossmoor Community. A few months ago, The Pantry at Rossmoor, a small but wellstocked general store, opened to offer residents and visitors an array of vitamins, packaged foods, natural snacks and drinks. Also available at no additional charge is nutritional guidance offered by coowner and Rossmoor resident John Pillepich.

The Pantry is open Tuesday through Friday from 10 a.m. to 6 p.m. and on Saturdays from noon until 4 p.m. Located at 1 Rossmoor Drive, its visitors may stop by without going through our security gates, since the building is just inside the Forsgate Drive entrance (North Gate area). Since its opening last September, John and partner/wife, Maria Rodriguez, have labored to array a wide range of merchandise including packaged foods, first-aid products,

natural snacks, vitamins and herbs, and even shoe laces. Many of the food products are natural, organic, low sodium or gluten-free. Although there is a limited range of dairy-type products, those in

stock are nationally or regionally known brands.

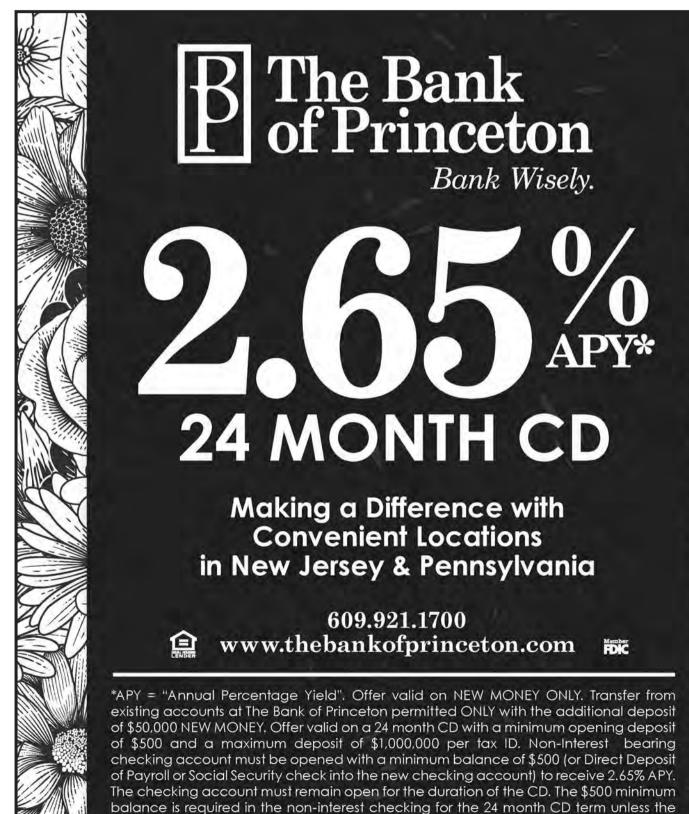
Part of what makes The Pantry different from other small stores is the personal attention paid to shoppers and visitors. Because Maria and John live here in Rossmoor, they enjoy meeting and talking with their neighbors. They have also made a deliberate decision to be pricecompetitive with other stores in

Rossmoor residents receive a 10% discount on their purchases, which are frequently priced below items in other stores. Beside that discount, they offer an additional 10%

(Continued on page 6)



competitive with other stores in the area. All owners John Pillepich and Maria Rodriguez pose in front of their store "the Pantry at Rossmoor" at 1 Rossmoor Drive.



Direct Deposit option is used. Rate of 2.60% APY will apply if the customer does not open

a checking account. Once the initial 24 month CD time has elapsed, the CD will roll

over for an additional 24 month CD at the prevailing interest rate. This will continue until

customer notifies the bank within ten (10) days of the maturity date. Promotion begins

at 9:00 AM EST on October 2, 2018; subject to change or cancellation without notice.

Early withdrawal penalty may apply; fees may reduce earnings. Other terms and

conditions may apply.

The Pantry

(Continued from page 5)

discount on vitamins and supplements.

What The Pantry offers that is usually not found elsewhere is the nutritional expertise of John, the author of "The Nutraceutical Reference Guide." His many years' experience in scientific fields as well as his personal interest in nu-

trition and healthful eating makes him a well-regarded authority on health science. John's list of ailments and suggested supplements is available to anyone who is interested in learning more about illnesses and drug and vitamin effectiveness and interactions.

On a more personal level, John and Maria share an interest in raising butterflies and gardening.

Is your health good? At least so far?

Do you worry about the chemicals in our environment, chemicals that might contribute to cancer, auto-immune diseases, birth defects, or even dementia?

Then you need to come to the Monroe Library on Thursday, May 16, at 2 p.m. The Rutgers Cooperative Extension Service will send Master Gardener Nisha Khanna who will tell us about organic gardening for our lawns other plantings. We can have a healthful environment.

Please call or www.monroetwplibrary.org

register

online

Getting to know our veterans

By Chris Donahue

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

Army specialist kept tank wheels turning in Korea

If it is true that an army marches on its stomach, as Napoleon Bonaparte said, then it was enlistees like Frank Nobile who helped keep fellow United States Army soldiers in Korea fed by maintaining the health of its tanks.

Nobile started his journey to become a vital part of the Army while growing up in Brooklyn, N.Y., where he graduated from Automotive High School. On May 10, 1955, at 39 Whitehall Street, Manhattan, N.Y, he enlisted in the Army, on the same day as a high school friend, Carmine Tomasulo.

After basic training at Fort Dix together, they were assigned to Aberdeen Proving Grounds in Maryland.

"We enlisted for three years with the idea that we

would go into the branch of service that we chose, which was Ordnance. We both went to Automotive High, so we had a background of mechanics," Nobile said.

At Aberdeen, the two men received 16 weeks of track and wheeled vehicle repair instruction. When they got their orders to go overseas, they thought they would be together, however Nobile was sent

to Korea and Tomasulo was sent to Okinawa.



thought they Frank and Yvonne Nobile pose for a would be to-photo in their Mayflower Way home. gether, however Chris Donahue photo

Nobile was a Specialist Third Class in the Eighth Army, 7th Infantry Division, 707 Ordnance Battalion, Company B, who received temporary duty assignment (TDY) with the 73rd Tank Battalion. He spent 16 months in the field working on M46s tanks and lived in a tent with about 10 men most of the time. The last few months were spent sleeping in a Quonset hut.

He described the weather in Korea as extreme.

"The winters were very, very cold and the summers were brutally hot. They had a rainy season and they had a dry season," Nobile said.

"Korea at the time was very poor," he continued. "Today, South Korea is booming. Then, even the hills and mountains were barren of any trees. Just rolling hills all over and pretty high."

Much of his service was near the Demilitarized Zone, which had been established two years earlier.

Although Nobile did not see any North Koreans, one may have seen him too close. "I was out one Sunday for a stroll in the hills and I heard a gunshot. I don't know if it was meant for me, but I went back," he said with a smile.

One result of his service is poor hearing. Work on the tanks was done in a large Quonset hut, open on both ends.

"We used to pull the engine and transmission out as a unit, put them on the ground, separate them and replace the bad engine or the bad transmission. It was fun but I think it caused the deafness," Nobile said. "Once we reassembled the engine or the transmission, we would start it up with flames roaring out of the exhaust without any mufflers. It was very dramatic."

One dangerous incident that Nobile recalled being involved in was the rescue

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(Continued on page 7)

Our veterans



Frank Nobile, left, poses with his high school friend, **Carmine Tomasulo at Fort** Dix in 1955. Photo courtesy of Frank Nobile

(Continued from page 6)

of a tank that had gotten stuck in a rain-swollen creek. The swift-moving water was about five feet

"We had a tank retriever on shore and they payedout the cable to myself and five or six other soldiers," he said. "You had to hang on to this cable, which was dragging in the water and it was very heavy. The truck had to match the speed of the cable as it was payed-out because if the truck moved too fast and you were hanging on to the cable you would be in the water.

"We finally got the cable out to the tank and someone hooked it up and they retrieved the tank with the crew in it."

Nobile remembers being honored in a ceremony with his fellow soldiers in a ceremony back at camp, but he knows there was a letter of recommendation or something similar in his file. Unfortunately, the file was destroyed July 12, 1973, in a fire at the National Personnel Records Center in St. Louis. The records were for veterans who were discharged from the Army and Air Force.

The fire destroyed 80 percent of the records held for veterans who were discharged from the Army between Nov. 1, 1912 and Jan. 1, 1960.

Nobile said one of the few things that he did not enjoy about serving in Korea was getting a Dear John letter.

"I enjoyed the camaraderie but I was anxious to come back to the States. I came back on St. Patrick's Day in March, 1957," he said.

"It was a great growing-up experience. You went from being a boy to being a man. Mixing with people from other parts of the country was an experience. The terminology...I remember being sort of made fun of because I



39 Whitehall St., Manhattan, where Frank and many others were processed into the army

referred to tennis shoes as sneakers."

Nobile was stationed at an Armory in what was then called the Manhattan Motor Vehicle Pool on Northern Boulevard and 48th Street in Queens, N.Y. He mainly drove foreign military officers when they came to visit the U.S. on official business.

"It was good duty because if I did not have an assignment, I would go home [in Brooklyn] each day. I did have a bed there [at the Armory] and I could sleep there if I wanted to."

He was discharged from the Army May 9, 1958.

Nobile eventually married and he and his wife, Marie, had two daughters, Joann and Laura. They lived in Staten Island, N.Y., for 35 years. After 43 years of marriage, Marie died 2003.

Nobile re-married in 2006. He and his wife, Yvonne, live on Mayflower

Before he retired in 2007, Nobile worked for AMF, a company that supplied automatic pin setters to bowling alleys, opened a gas station with a former friend, operated a Jack in the Box restaurant, drove a taxi, and managed a medical waste department.

A former director of Mutual 6 and a member of the Veterans Group at Rossmoor, Nobile also introduced pickleball to the community in 2008. About 45 residents play regularly.

Since then, as an ambassador for the Pickleball Association, he has introduced it to other communities in Monroe Township and to the New Jersey Senior Olympics, of which he is a past director.

Each year, a Spring Classic and a Fall Classic tournament are held at Rossmoor. This year's Spring Classic is scheduled to be held May 18.

And, thanks to social media, Nobile was able to reconnect with Tomasulo. "On Facebook, I found four [with that name]. One went to Automotive High School," Nobile said. "I sent a message to him and I finally got response about four months later.

"I asked, 'Are you the Carmine Tomasulo who enlisted May 10, 1955?'

"And he answers, 'Are you the same guy who went to Automotive High School?"

The two men eventually met for the first time since 1955 in Florida this past February, "We had a wonderful reunion," Nobile said.



The cover of the yearbook of Automotive High School in Brooklyn, N.Y., from which Frank Nobile graduated in 1954



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REMEMBER OUR MEN **AND WOMEN** IN THE SERVICE

Jamestown

By Jean Houvener

In early May of 1607, after exploring the coast of what is now Virginia, three ships from England, sponsored by the Virginia Company in London, landed at the mouth of the James River, chosen for its good harbor possibilities on the James River. Chartered in 1606 by King James I, the company's objective was to make a profit from the settlers sent there. This was the first permanent English settlement in the New World, having been preceded by several failures, including the settlement on Roanoke Island in 1585.

The location was not ideal in other respects. The site chosen by the settlers happened to be in the middle of the Native American Algonquin-speaking chiefdom of 14,000 people led by the Powhatan, a confederation of various tribes under one king. While trading relations were established, the situation was tenuous from the start. The settlement lacked a good fresh water supply and was low on food, partly driven by a drought, in those early years. Tree rings confirm that between 1606 and 1612, the region suffered its worst drought in 700 years.

There were also too many aristocrats and not enough farmers and laborers among the initial 100 men sent to Jamestown. The settlement required repeated resupply missions from England as well as help from the surrounding indigenous population. During the time between 1609 and 1610, 80% of the settlers perished during what was known as the "starving time."

Leading the initial convoy of ships was Christopher Newport, who was also appointed by the Virginia Company as a member of the seven-member governing council for the settlement. He returned almost immediately to England for new supplies, returning in April and September of 1608 with supplies and additional colonists, including the first two women in the settlement, a "gentlewoman" and her female servant. These and other resupply missions also brought more farmers, laborers, and artisans, including from Germany, Poland, and Slovakia. Newport was directed to crown the Powhatan chief a king and to commission him as a vassal to King James I. The ceremony went badly since he considered himself already a king and refused to bow to receive the crown.

In June of 1609 Newport made a third resupply mission, which was caught in a severe storm, arrived 10 months late to find a greatly diminished settlement. Feeling there was no alternative he and the remaining settlers boarded the ships to return to England, but met another supply mission carrying a new governor, Thomas West, Lord de la Warr, who ordered them all to return to Jamestown.

While the colonists tried various industries, such as glass making and clapboard for export, in order to turn a profit for the Virginia Company, it was not until the introduction of tobacco growing from Bermuda by John Rolfe in 1613 that the colony was really able to become successful.

By 1610, de la Warr had ordered George Percy, commanding 70 men, to attack and conquer the surrounding Powhatan villages, taking the spoils and driving out or killing the native people, in what became the first Anglo-Powhatan war, lasting until 1614. War continued off and on until treaties in 1646 and 1676 delineated areas reserved for the Native Americans separate from the lands reserved for English colonists.

In 1619, the English arrived in Jamestown with a captured Portuguese ship, which held members of the kingdom of Ndongo in Angola, who had been captured during war between the Ndongo and Portugal. These were the first Africans to arrive in English territory and were at that time treated more as indentured servants than as slaves. The rules creating a lifetime of slavery for Africans were not codified until 1640. Many of the early colonists also came to the colony as indentured servants in order to pay off the cost of the voyage to Jamestown.

Also in 1619, the governor called the initial assembly, which was formed to represent the people and to determine who could vote. Various artisans from non-English speaking countries were initially excluded from voting. When they went on strike, the vote was extended to include these settlers. From these early forms of government arose the ideas that ultimately formed the basis of the U.S. Constitu-

In 1624, following various problems with the Virginia Company, James I claimed the Virginia colony as a royal colony, revoking the charter of the Virginia Company. Jamestown served as the capital of the Virginia colony until 1699 when the capital was moved to Williamsburg. Gradually the site was abandoned. In 1996 excavations were begun to locate the original fort and the settlement. Part of the foundation is now under water, but excavations have exposed the foundation and layout of the fort as well as some of the early buildings. Some two million artifacts have been found and placed in a mu-

seum within the park. This year Jamestown Day will be celebrated on May 11 with numerous events and programs to celebrate the 412th anniversary of the founding of the settlement.



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Fionn MacCumhal's poem in praise of May Day

By Anne Rotholz

While growing up in Ireland we had lots of Mother Goose rhymes but Irish mythology also played an important role in our childhood. We heard stories about the Fianna, the famous giants of old who protected Ireland from its many enemies. Fionn was their leader. Their great mythical achievement was building the Giants' Causeway between Ireland and Scotland

Apparently, there was a very threatening rival giant, named Benadonner, who lived in Scotland. He was determined to get rid of Fionn. When Fionn heard Benadonner was coming to kill him, he became apprehensive. His wife Saidhbh (meaning "goodness") told him that he did not have to worry because she had a plan.

She told Fionn to lie on the ground where she swaddled him in robes and blankets and made sure that his head was well wrapped. Benadonner's roaring could soon be heard. "Where is Fionn?" Saidhbh approached him, put a finger to her lips and said, "Shh, the baby is sleeping."

at "the baby" and thought "If this is the baby ..." He took off with great leaps over the Causeway on his way back to Scotland. He never set foot in Ireland again.

The following poem has always been attributed to Fionn:

Fionn MacCumhal's poem in praise of May

May Day! Delightful day! Bright colors play the vale along.

Now wakes at morning's slender ray.

Wild and gay, the blackbird's

Now comes the bird of dusty hue.

The loud cuckoo, the summer-lover. Branching trees are thick

with leaves, The bitter, evil time is over.

Loudly carols the lark on high,

Small and shy, his tireless

Singing in wildest, merriest mood,

Delicate-hued, delightful

(Like most Irish poems, it Benadonner took one look has several more verses.)

The merry month of May is here

By Anne Rotholz

It was not such a severe winter; nonetheless, it is a happy thought that May has come again. It is time to think about long warm days, sunny skies, green grass, shady trees, colorful flowers and mornings filled with birdsong.

May first, or May Day, marks the beginning of summer in many countries in the Northern Hemisphere.

It is one of the four "cross quarter" days we have each year, days that come midway between an equinox and a solstice. Many early cultures regarded the yearly calendar as a wheel and they had festivals to celebrate the eight major points.

They celebrated with dancing, music and bonfires. Some of the more notable events were the Roman festival in honor of Flora, the goddess of flowers; the Celtic festival Bealtaine; and the Germanic St. Walpurgis Night. (Walpurgis was the English noblewoman who brought Christianity to Germany and the surrounding countries).

A zillion skillion plastic bags

By Carol De Haan

The carcass of a 1,100pound Cuvier's beaked whale washed up on a beach in the Philippines in March. Authorities from the Davao City Museum found 88 pounds of plastic, much of it from grocery bags, inside that unfortunate creature. "This is the most plastic we have ever seen in a whale," said Museum personnel. Some of the plastic had been there so long that it had begun to calcify.

Also, in March, the carcass of a pregnant sperm whale with her dead fetus was found in Sardinia. She had 48 pounds of plastics in her stomach and this happened inside the bounds of a huge marine sanctuary.

Last June, another whale died in Thailand after ingesting 80 plastic bags.

Although Baleen whales have big mouths, they do not chomp down on food, as do toothed whales like Orcas. Instead, Baleen whales roam the oceans to filter in vast amounts of water containing nutritious plankton, krill, and small fish. Obviously, they also filter in the plastics that we toss into the ocean. It is likely that all Baleen whales are suffering from some degree of plastic pollution.

Floating islands of plastic trash

We humans have been throwing plastic waste into the ocean for a long time. It gets swept into gyres, which are whirlpools of water that trap enormous quantities of waste in their currents.

Five massive gyres float in

our oceans: In the North Pacific, the South Pacific, the North Atlantic, the South Atlantic, and in the Indian Ocean.

A recent report from the government of the United Kingdom suggests that plastic trash in the ocean will triple in 10 years unless steps are taken to curb the litter. As you know, plastic is virtually indestructible, requiring a thousand years to degrade.

The biggest offenders

According to the Ocean Conservancy, 60% of plastic waste in the oceans comes from five Asian nations: China, Indonesia, the Philippines, Vietnam, and Thailand.

Not far behind are the United States, Brazil, Turkey, India, and several African nations.

Worldwide, the equivalent of one garbage truck of plastic waste gets dumped into the ocean, every single minute of every single day, all year long.

Is anybody doing anything?

The European Union leads a world-wide movement to phase out single-use plastics and bolster recycling efforts, as the petrochemical industry faces a backlash and bemoans its loss of revenue.

New York State and California have banned single-

use plastic bags. In New Jersey, a bill is pending to ban the use of plastic bags, straws, and polystyrene foam.

Innovators like Indiana's Polywood Company recycle 250 million milk and detergent bottles a year to make "lumber" for outdoor furniture, but that vast amount of plastic is only what container manufacturers sell off because it is flawed. What happens to the unimaginable number of plastic bottles that are not flawed and that enter our environment?

Can we do anything?

Yes. We can recycle our plastics instead of throwing them out as trash.

We can stop the manufacture of single-use plastic shopping bags by opting for sturdy canvas bags that last for years. Nylon mesh bags will expand to hold large quantities of purchases yet fold down to the size of a pack of cards, making them easy to keep on hand.

Costco, that warehouse supplier of groceries, will not provide any kind of bag but people flock to its stores in droves. So it can be done.

We can clean up the oceans. We can save our magnificent marine mammals. In the process, we might well be saving human-

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About Alice

By Bob Huber

There was no question about Alice Tatro being a piano prodigy.

She was introduced to the piano at the age of 12, and by the time she was 14, she was giving piano lessons to neighborhood children for 25 cents a lesson.

Her reputation as a teacher grew rapidly from the neighborhood to the entire community. By her s16th birthday she had become so proficient that she dropped out of high school to devote full time to teaching and pursuing advanced studies in piano and pipe organ at the local conservatory.

Also, at the age of 16, she became dissatisfied with the factory community in which her family lived, so she bought her own home in a much nicer neighborhood. She invited her parents and her two siblings to move there with her, if they chose. They did.

By the age of 19, Alice had achieved an outstanding reputation as an interpreter of Chopin, so she turned her attention toward a career as a concert pianist.

But love got in the way in the form of a young medical student named Ward Huber. During an extended engagement, Ward finished his medical studies, and Alice applied her amazing improvisational skills to composition, adding "Composer" to her already impressive resume.

Their marriage produced two boys, so Alice now added "wife and mother" to her list of accomplishments. Life was good.

But tragedy struck early in the young family's life. Ward died prematurely from an incurable illness, and Alice was left to raise two young boys under reduced circumstances. She not only sur-

I don't know if you have

heard of the Iditarod, an an-

nual dog sled race from An-

chorage to Nome, Alaska. It

is considered one of the

toughest dog sled races. The

race takes place in March

when Alaska is still subject to

blizzards, whiteout condi-

The competition celebrates

a dog sled run that happened

in January 1925 to transport

serum needed to combat an

outbreak of diphtheria in

Nome. The closest supply of

serum was in Anchorage, over

900 miles away. Airplanes

were not good in blizzards and

below freezing temperatures.

A ship would be too slow. One

dog sled team could not safely

do the journey; even two

teams didn't have much of a

chance and would take too

serum using many dog sled

teams in a long-distance re-

lay. Each team would travel

no more than 100 miles,

passing the package of se-

rum to the next team at

scheduled transfer sites

Balto was a Siberian husky

and lead dog for musher

Gunnar Kaasen's team.

which was responsible for

the penultimate leg of the

trip. Because of his young,

It was decided to move the

much time.

tions, and frozen tundra.

By Linda Monaco

vived but she thrived. Balancing an active musical career with compassionate parenthood and a large helping of New England thrift, she was able to put both boys through college and help them on their way to their own successful careers.

Throughout her entire life, Alice's devotion to her boys and her music never wavered. In the middle of her 87th year, her health began to deteriorate rapidly. We advised her to rest, but she said she was committed to play two recitals, and she needed to prepare. We said everybody would forgive her for canceling those commitments, but she insisted.

Alice did, in fact, play both recitals, and she played them beautifully.

She passed away two weeks later.

Gone, but certainly not forgotten by all the people whose lives she enriched, especially mine.

Happy Mothers' Day, Mom.

untested age. Balto was not

well known in Alaska. Bliz-

zard conditions caused Gun-

nar's team to arrive late get-

ting to the last transfer site. A

sign of an exceptional lead

dog. Balto was able to stay

on course even through

whiteout conditions and a

thought that something had

happened to Gunnar and were

asleep when he and Balto ar-

rived. To avoid further delays,

Balto and Gunnar continued,

finishing the last leg. On Feb.

2, they delivered the serum to

the doctors in Nome ending

the diphtheria epidemic and

and the dog sled relay had

reached the rest of the coun-

try. Balto and Gunnar's suc-

cess spread throughout the

United States. New York City

erected a statue of Balto in

Central Park near the zoo so

everyone would learn about

his run. A book and an ani-

mated movie were based on

Balto's experience. When

Balto died in 1933, his pre-

served body was on display

in the Cleveland Museum of

Natural History. In 1998,

Balto's mounted body was

exhibited for five months in

the Anchorage Museum of

History, and was returned to

Cleveland in 1999.

News of the emergency

The mushers at the site

treacherous trail.

saving many lives.

Your loving son, Bob

Balto, a rescue dog before his time

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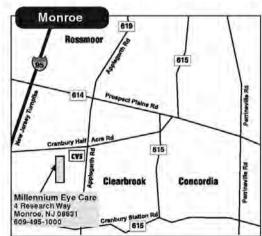


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Low Vision Talia M. Mishkin, OD 6461 Hina P. Zaidi, OD 6236

Mother Goose Day

ery rhymes.

Over the years, these nursery rhymes provided sheer fun for children and also played an important role in their development. They introduced them to reading and literature and enhanced their innate sense of humor.

While technology and mod-

ern methods of child raising may have diminished the use of nursery rhymes, many people are having second thoughts on the subject. The following powerful quote from the late Albert Einstein may be one of the reasons.

"If you want your children to be intelligent read them fairy tales. If you want your children to be more intelligent read them more fairy tales. Logic will get you from A to B. Imagination will get you everywhere."

By Anne Rotholz

along the route.

May first has been designated as Mother Goose Day. Famous but mythical, Mother Goose is the author of a collection of fairy tales and nurs-

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MONROE

Bob's Almanac

By Bob Huber

It's May! It's May, the merry month of May! Mother Nature puts on her spring finery: flowers and trees are in bloom, not to mention pollen, and testosterone levels are rising in the younger generation. It's no wonder that May first, (May Day), has been celebrated as a special occasion since ancient times.

Though May 1 is the unofficial start of the wedding season, it should be noted that there was an important wedding of a political nature which happened on May 1, 1707, when traditional enemies Scotland and England joined forces to become Great Britain, creating Western Europe's most formidable monarchy.

May 3, 1898 - Golda Meir was born in Kiev, Russia. As one of the founders of modern Israel, she served as Israel's prime minister from 1969 to 1974.

May 4, 1494 - Christopher Columbus discovered Jamaica on his second voyage to the New World. Some say he took a circuitous route home after also discovering Jamaican rum.

May 5, 1862 - Mexican troops defeated the French forces of Napoleon III in the battle of Puebla, thus establishing May 5 as the country's Independence Day,

known as Cinco de Mayo, similar to our July 4.

May 5, 1961 - Astronaut Alan Sheppard was the first American to fly into space. The sub orbital flight lasted 15 minutes.

May 6, 1937 - The huge German transatlantic airship, Hindenburg, caught fire and crashed while landing at Lakehurst. New Jersey. Out of the 97 passengers and crew on board, only 61 survived. The debate still rages as to whether the fire was started by a saboteur's bomb or leaking hydrogen gas set ablaze by lightening.

May 6, 1856 - Sigmund Freud was born in Moravia. Though Freud's methods were originally dismissed by his peers as inconsequential or bogus, he was eventually recognized as the father of modern psychoanalysis.

May 8, 1884 - Harry S. Truman was born in Lamar, MO. He was the last of only nine presidents who didn't attend college. He was poorly prepared to assume the presidency after Franklin Roosevelt's death, but he skillfully guided our country through perilous times. In his "no nonsense" manner, he once said his decision to drop the atomic bombs on Japan was not difficult. In the end, it saved thousands of

American and Japanese lives. It was a decision that will be debated for generations to come.

May 10, 1869 - The Union Pacific and the Central Pacific railroads met at Promontory Point, Utah. With the driving of a golden spike, the East Coast and the West Coast were connected by railroad for the first time.

On this same day in 1889 one of the strangest riots in American history occurred at the Astor Place Opera House in New York City. A large group of people had gathered to see a performance by the internationally acclaimed English Actor, William Charles Macready, but they were turned away at the door, because they were "not properly dressed." Apparently, the stuffy Opera House management required formal attire for Macready's performance. The crowd didn't take kindly to this announcement, and a scuffle ensued. The scuffle rapidly developed into a full-scale riot, and troops were called in. As the melee continued, the troops fired into the crowd to disperse it, but as a result, 22 people were killed and 26 were injured. Later, William Charles Macready was heard to remark on "the vulgarity of American life."

May 11, 1888 - Irving Berlin (Israel Isidore Baline) was born in Russia. He could neither read nor write music, but he composed some of the most popular melodies of the 20th century. His patriotic song, "God Bless America," reached the status of a national anthem during World War II.

May 17, 1792 - Twenty-four merchants and brokers established the New York Stock Exchange. They met outside under a tree, and in inclement weather they moved into a local coffee-house.

May 20, 1862 - Pres. Abraham Lincoln signed the

Homestead Act into law, which opened western government owned land for settlement. After living on the land and cultivating it for five years, "homesteaders" could buy up to 160 acres for \$1.25 an acre. Today, it would be hard to rent a parking space for an hour for that much money.

Better still, leave the car in the garage, and take a nice long walk on these beautiful spring days to enjoy what Mother Nature has to offer. And if you should encounter a bunch of guys sitting under a tree, see if you can pick up some good stock tips.

Ode to Mother

By Annabel Lee

Youngae Lee, of Mutual 4B, sent us this poem, written by her daughter, Annabel Lee, when she was in junior high. Now she is all grown up but the tender memory still persists.

Of all the people I admire It's not an actor, singer, or a squire

But she can be all those together,

All in all that person happens to be my mother.

In many ways she is mysteri-

And in others, ingenious.
But when it comes to loving,

She is all knowing.

No matter how deep the cut may be,

She can always find the remedy.

Without her my life will be a mess.

And to this I can proudly say, "Yes."

Sometimes she may seem crude,

But it's for my own good.

But even so, my mother can't be superwoman forever.

Someday, I'm going to have to be my own mother.



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Dr. DeFazio has been practicing for 26 years, is married, has three children and lives in Monroe. Dr. DeFazio is a graduate of Temple University and UMDNJ. He is a past Clinical Instructor at JFK Medical Center and a past Board Director for the American Red Cross.

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A Crowning Achievement

By Myra Danon

I collect crowns. I have so many crowns that I lost count. I've had some of them for a long time, I've acquired others gradually over the years, and I have some that are only a few years old. I just got my favorite one last month. It's just a rough guess, but I probably own more crowns than most other people. I am not from a royal family. The crowns are in my mouth.

One of my older crowns broke recently and needed replacement. Reluctantly and with a shudder, I remembered the entire unpleasant procedure that was necessary before placing either a brand-new crown on one of my molars, or replacing a worn, old one. My memory was clear: After completing the initial preparation, Dr. De Sade put the cold and unwel-

coming glop on the partly detoothed area he had just created, and ordered me to close my mouth and keep it closed until the timer dinged. I knew the risk; moving my jaw even slightly might change the dimensions of the impression of the crown, causing it to make the wrong impression, as I'm certain I've done before, having nothing to do with teeth.

Now, keeping my mouth shut for any length of time, however short, is a difficult feat at best, but to do it with Thicky Putty stuck between my uppers and lowers is unnerving, but my mastication was at risk. Keeping a stiff upper lip -- trying to -- I acquiesced, while watching the timer click the minutes away. As the mortar hardened, I hoped the dentist was strong enough to pry it from my cold

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numb mouth so that I could speak once again.

Once done, I waited 10 days to two weeks till the undeveloped crown spent time in a lab developing, while I lived in fear that the hunk of stone in my mouth would dislodge, fall down my throat choking me and nicking my vocal cords so I couldn't call for help. If only there was another solution...

CEREC to the rescue! Also known as Chairside Crowns, it uses CAD/CAM technology (computer aided designing/computer aided manufacturing). When Dr. Hero said he could replace the crown that day, while I relaxed in the chair, he explained the procedure.

After he prepared the remaining part of the tooth, he would take pictures of it using an intra oral camera and that I would be able to see, as he did, a digital 3D image on the portable "monitor." I did and I saw "moving" pictures and measurements of the crown and the proximity to the molar just above it. Present in the images are all the hills and valleys, nooks and facets of the crown with accompanying measurements. He studied these images for a few moments, and then made a few adjustments, both to the receiving tooth in my mouth, then to the image on the screen. He explained that he needed to make sure there was enough room to clear the surface of the upper molar. A few clicks accomplished that, after which he excused himself and headed down the hall to his lab to make the new crown. A milling machine makes the exact configuration from one solid ceramic

block of material.

Needless to say, there would be no waiting except for the time it took to cook the crown, and the best news of all was that I could wear it home. It was glop-free, and because it would fit perfectly, there would be no need to scrape it several times on a what seemed like a matchbook cover to smooth out the craggy parts. I waited gratefully while the hygienist

asked what channel I'd like to watch on the TV, and adjusted my chair to a comfortable position. Dr. Terrific (Hero is his middle name) returned, tooth in glove, placed it, and permanently and quickly sealed it to the waiting tooth. Wow! Perfect!

The cost for the CEREC procedure is between \$800 and \$1700, depending upon several factors, one of which

is the condition and therefore preparation of the receiving tooth. Another factor is the charge for other dental services based on your dentist's regular fees. My payment was pretty much the same as if I had the usual crown repair, but I would gladly have paid more for this procedure. In my book of values, a calm, comfortable experience gets a high rating.

Yes, Rossmoor has "angels"

By Anne Rotholz

I'm sure that most of us in this community have experienced unexpected help from other residents on various occasions. I know that I have. I might be taking groceries out of my car or hauling something for my little garden and someone will offer to help. Just recently while viewing a snow bank and wondering how I could possibly get to my friends who were waiting in a car on the road, a gentleman stopped his car, got out and helped me over the snow. After thanking him I thought to myself, "We have such helpful, kind people here."

I would like to tell you about an "angel" in our community who has helped many residents but who wishes to remain anonymous. She may have knocked on your door at some point

While driving back from the shore several years ago our "angel" and her husband were stopped and given a ticket that resulted in a hefty fine. They had not noticed that their inspection sticker had expired. Since that time, she has developed a keen eye for inspection expiration dates.

Because she happens to be a walker, she has spotted many cars with expired inspection stickers and she has knocked on many doors. About a year ago I asked her how many people she had alerted. She nonchalantly replied, "At least twenty."

Kudos to our "angel" and to the many kind, helpful people who live in our community.

Science fiction? Now Science fact!

By Steve Gray

I thought it would be interesting to look at some of the concepts from the past that have turned into reality in the present and maybe even take a peek into the future using my crystal computer

Let's begin with some of the easier fiction from our past that is now reality. Captain Kirk in Star Trek often asked "Computer" for information; now we have Alexa, Hey Google, Siri and Cortana to answer our questions. (Imagine the fight they could have if they disagree with each other.) Now that we have the basic idea – shall we travel back a bit farther?

Jules Verne in "Twenty Thousand Leagues Under the Sea" came up with the idea, in 1870, of a submersible. The first ocean submarine, called the Argonaut, was not built until 1898, which earned the inventor, Simon Lake, a congratulatory note from Jules Verne himself.

Robert Goddard, inventor of the first liquid fuel rocket, successfully launched on March 16, 1926, was inspired by H. G. Wells in his "War of the Worlds." The same author, in "World Set Free" imagined, in 1914, the use of atomic energy. Physicist Leo Szilard was inspired by that book and solved the problem, in 1933, of creating a nuclear chain reaction. Szilard campaigned for the peaceful use of atomic energy after WW II.

Robert Heinlein, in 1942, wrote a short story about a

physically infirm inventor named Waldo F. Jones who created a remotely operated hand. Real manipulators created for the nuclear industry were named "Waldos" in recognition of Heinlein's ideas.

Martin Cooper, director of research at Motorola, credited the Star Trek communicator as the basis for the cell phone.

If you remember reading Tom Swift, an inventor featured in juvenile sci-fi books, you might remember the "Thomas A. Swift Electric Rifle." We don't have that but we do have the TASER (same initials) invented by physicist Jack Cover, a Tom Swift fan.

Now let's peek into the future. Will we have invisibility cloaks, as in Harry Potter, or shielding used by the Klingons? That is a definite maybe. Camouflage has reached the point where a person becomes very difficult to see. Not exactly invisible but very close.

Can we see human-like intelligence in machines in the future - again a very big maybe. Artificial Intelligence has come a long way and has even surpassed human intelligence in some very narrow areas but sentience is a whole different picture. It may happen. What about a Robotacalypse where we find sentient robots pitted against humanity. Yes, it is possible, or impossible, depending on who you ask but don't worry as these machines, to be effective, will need much longer lasting batteries than we have to-

(Continued on page 13)

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Sound Advice

Sowing Tax Seeds for Capital Gains

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

Most investors know all about the tax reasons for "harvesting" capital losses. But if you're considering a sale of assets that have gained in value, keep in mind that harvesting long-term capital gains can offer tax advantages as well.

Capital gains and losses from securities transactions, as well as other dispositions of capital assets, are used to offset each other. Thus, if you're showing a net capital gain for the year, you might realize a loss, especially at the end of the year. The loss can negate the gain plus up to \$3,000 of highly taxed ordinary income. And any leftover losses can be carried over to use the following year.

On the other side of the ledger, short-term capital gains from sales of securities you've held for a year or less are taxed at ordinary income rates. But gains that qualify as long-term-from selling securities you've held longer than one year—are taxed under special rules.

If you're in one of the two lowest ordinary income brackets of 10% and 15%, vour maximum tax rate on long-term capital gains is 0%. If you're in higher brackets, the news isn't quite as good, but in most cases long -term gains still are taxed at just 15%. And even if you're in the top income bracket of 39.6%, your maximum tax rate on long-term capital gains is 20%.

Suppose you're a joint filer with taxable income of \$100,000 this year. That puts you in the 28% bracket. Harvest a long-term capital gain of \$10,000 from a securities sale, and you'll owe tax of \$1,500. That compares with a tax bill of \$2,800 if you realize a \$10,000 gain on short -term holdings.

But even long-term gains count as "net investment income" (NII) and could be subject to an additional 3.8% surtax. That tax applies to your NII or the amount by which your modified adjusted income exceeds \$200,000, or \$250,000 for those who file jointly, whichever is less. That extra tax could reduce the advantage of harvesting long-term gains.

And if you do realize a long -term gain, think twice before taking a loss on another holding to offset that gain. Capital losses are more valuable if they're used to absorb highly taxed short-term gains. If you've already taken a loss, you may want to consider whether it would make sense to use it by harvesting

(Continued on page 14)

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A new way to say "Thanks"

By Carol De Haan

As a group of Asian elephants passed through the rural countryside of India, their baby elephant tumbled into a hole in the ground. Try as they might, the mature elephants could not rescue their little one. In their distress, the elephants began non-stop trumpeting. It was a mighty ruckus.

Villagers heard the cries and came out to see what was wrong. They, too, could not get the baby elephant out of the hole. So, they sent a messenger to another village to ask for their backhoe. It took 48 hours for the slowmoving vehicle to reach the scene of the problem. All this while, the elephants must have understood that the villagers were trying to help they stood by patiently.

The backhoe operator feared that starting to dig near the hole would cause the ground to collapse and might kill the baby elephant. So he began moving earth about 15 feet farther away. Gradually, he dug a channel toward the baby. Eventually the little one was able to scramble out, to the great joy of its elephant family and the villagers alike.

The elephants surrounded their baby and resumed their journey over the countryside. They waded through the nearby shallow river. On the far side of the river, however, the entire troop of elephants paused and turned around to look back at the villagers.

At that point, as if on cue, every single elephant raised its enormous trunk high in the air and held it there, undoubtedly signaling their gratitude to the kind-hearted villagers who had saved their baby from certain disaster.

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Science fiction?

(Continued from page 12)

day.

How about faster-than-light travel, AKA Star Trek's warp speed? It may be feasible in the near future, creating a bubble in which to travel. Personally, I think we have it now - just think of the time it takes for the SUV driver behind you to hit his horn when the light turns green - definitely warp speed.

Now for some quickies -Star Trek holograms of the 1970s became Mariah Carey holograms in five cities in 2011. Geordi La Forge's visor allowed him to see, and we now have the Argus II Retinal Prosthesis System that allows sight. The hologram "Touch Screen" in Minority Report is now a fact thanks to MIT.

In 1997's "Fifth Element," cigarettes have large filters and very little tobacco. Now we have vaping. (Personally, I do not think this was an improvement).

The Jetson family has a robotic vacuum in 2062. The Roomba has been around since 2002. Star Trek had the PADD (Personal Access Display Device) in the 22nd century. That is a step backward compared to our iPads, Android tablets, and Windows tablets.

Countless sci-fi movies show heat ray guns. The U.S. military has designed one that shoots microwaves, non-lethal but uncomfortable, to disperse crowds. Remember the hover bikes from Star Wars? You will be able to buy one as they are currently in development, that will do 45 MPH and will cost a mere \$85,000.

How about Dick Tracy's wrist radio? We have it now, but better, yet not that many people want it. Professor X wore a helmet designed to increase his telepathy. We now have the Emotiv EPOC which uses brain waves to control several devices including a mouse and keyboard. Remember Star Trek's tricorder? The Scanadu Scout is currently under evaluation by the FDA.

Finally, "Back to the Future II" Marty McFly discovered self-tying sneakers in 2015 (the movie came out in 1989). That became a reality in 2016.

So, is it science fiction or science fact? Just wait a bit. It may begin as fiction but end up as fact.



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Three ways to reduce your skin cancer risk

By Erin Medlicott

May is National Skin Cancer Awareness Month. Skin cancer surgeons and dermatologists who promote skin cancer awareness picked May, because they wanted to make sure we were informed about how to prevent skin cancer before the long summer beach season starts.

Did you know that skin cancer is the most common form of cancer in the United States? In fact, there are more cases of skin cancer diagnosed each year than breast cancer and prostate cancer, combined. It is so common that one in five Americans, including all races, all colors and all skin types, gets it.

Here are three tips to reduce your skin cancer risk, so you'll be protected not just for Memorial Day, but all summer long.

1. Use Sunscreen - The Right Way.

When buying sunscreen creams, lotions or sprays, choose a product labeled "broad spectrum," which protects against UVA and UVB rays. Pick a sun protection factor ("SPF") of at least 30. If your skin is fair, freckled or sensitive, use SPF 50. Follow the directions. Don't forget your ears and the back of your neck. Check the label for how often to reapply; if you are out in the sun, it is usually somewhere around two hours.

Remember -- just because it's overcast or cloudy outside, that doesn't protect you from the sun's damaging ultraviolet rays. If you are not sure whether to use sunscreen or not, check the "UV Index" on the Environmental Protection

Agency's website, www.epa.gov/sunsafety. If the index is 6 or over, use sunscreen. Cover up and wear sunscreen when the index is high, even on gray days.

2. Cover Your Head.

There are a few ways to keep the hot sun from hitting your head. When you are sitting by the Rossmoor pool, try to grab a seat at a table that has a shade umbrella. If vou are outdoors enjoying the good weather, look for some tree shade. Or, you can wear a sunhat, not only for shade, but to keep the dangerous UVA and UVB rays from hitting your scalp. Broad rim hats will do the trick. Also, there are companies who manufacture clothing and hats with sun protection built in.

3. Make an appointment for a skin cancer screening.

A skin cancer screening is a visual inspection of your skin by a medical professional. No blood work is conducted at a screening.

If you have not been screened before, here is the procedure. Before the screening, you'll remove your clothes and put on a medical exam gown. First, the doctor will ask if you have anything that you are particularly concerned about, like a mole, or a red bump, or an itchy area, etc. Then the doctor will look at every part of your body, including less visible places like your scalp -- even the soles of your feet. The entire screening usually takes just 15 minutes or less.

There are several places in our neighborhood that perform skin cancer screenings. Regular self-skin exams and a yearly examination by a dermatologist are helpful tools in the prevention of skin cancer.

I wish you all good health and have a happy and safe summer!

The times, they are a-changing!

By Dierdre Thomson

I like to spend quiet time at the Freehold Mall. Part of the time I just observe the people going by. Other times I read, or I sit there and think and observe what has been happening in my life, in Rossmoor, and in other closely related ways.

A year has gone by since I stepped down as Pastor of the Rossmoor Community Church (RCC). A lot has happened in that year. The Physical/Spiritual Exercise class that Kahlil Carmichael and I led has ended. After a six-month leave of absence, our RCC organist, Cecile Wang, came back for a short time before leaving for a new position in Princeton.

Kevin Gunia, who filled in during Cecile's absence, is graduating from college and has stepped down as accompanist for the Rossmoor

Chorus. Those of us who were privileged to enjoy his concert can see that Kevin will be continuing to move forward with a wondrous tal-

The Rev. Robin Bacon Hoffmann became the substitute pastor until the end of 2018. Some people might feel a bit down because of all the changes, but God knows what we need. RCC has called the Rev. Robin Bacon Hoffmann to be Pastor to the congregation. Cecile has her new position and Kevin is on his way to an exciting future.

What about Kahlil and me? After a period of taking a break from the busy-ness of being a pastor, I have begun to get involved again. Kahlil and I made a good team when we led the physical/ spiritual exercise group. Now I am assisting Kahlil at Live Well Church.

There is also something else going on. We know that RCC has been a part of the community for over 50 years, and hopes to continue for at least another 50 years. The Live Well congregation is entering its 10th year hoping to reach, like RCC, at least another 50 years. The Live Well congregation has been looking for a church building of its own. They have always had to rent space in commercial buildings.

On Sunday, March 24, I was fortunate to be present when the congregation of Live Well Church was informed that their offer of a down payment to purchase the church property in Windsor, N.J. was accepted. The little white church, less than a half hour away in Windsor, would be theirs in which to worship and serve God. The property also includes a cemetery and a manse.

Things change. Sometimes we wonder why, but if we take time and think about it, we find that change can be good. In fact, change can be very good.

Sound Advice

(Continued from page 13)

a short-term gain.

These rules could change, if and when Congress passes any of the tax reforms currently being debated. As possible changes come into focus, we can help you decide whether to make specific transactions you're contemplating this year.

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

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Store Hours: Tues-Friday 10am-6pm; Sat 12pm-4pm 1 Rossmoor Dr. Bldg. 2, Monroe Twp. NJ 08831 609-921-4508 / www.RossmoorPantry.com

to put into this little building!

Rossmoor Clubhouse News May 2019

SWEET SUMMERIME

Dance Party with DJ Jean Marie

Friday, May 31
7PM Ballroom \$10pp

CALL IN ON 5/2 AT 12:15 PM

WELCOME

Clubhouse

Open daily, 8am - 10pm

E&R Office

Open Monday-Friday, 8:30am - 5pm E&R Office Closed daily from

12 noon-1pm 609-655-3232

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

ON SALE - NOW & UPCOMING

EVENTS

WINE & DESIGN-Pair of Wine Glasses

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

"LET'S LUAU" HAWAIIAN LUNCHEON

Monday, July 15 at 12:30pm, Ballroom, \$24pp ON SALE MAY 9

TRUNK SALE & SHREDDING PARTY

Saturday, June 1, 9:00am to Noon (Rain Date: 6/2) Clubhouse Lot, \$5 per car / One car per manor On Sale Now

"A STAR IS BORN" SUNDAY MOVIE LUNCHEON

Sunday, June 9 at 12:30pm, Ballroom, \$15 On Sale Now

BEATLES TRIBUTE SHOW by Maggie Worsdale

Thursday, September 12 at 7:00pm, Ballroom-\$10 On Sale Now

EXCURSIONS

ALVIN AILEY DANCE CO. at NJPAC-SOLD OUT

Saturday, May 11 at 8PM, \$110pp

TIME CHANGE: Bus departs poolside at 6:30PM

SANDS-BETHLEHEM, PA

Tuesday, May 21, \$25pp—Bus departs poolside at 9AM \$20 slot play, \$5 voucher
On Sale Now

"TO KILL A MOCKINGBIRD" - SOLD OUT

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

RIVER LADY LUNCH CRUISE & SMITHVILLE VILLAGE

Thursday, August 22, \$90pp

ON SALE NOW—Meal selection required at sign-up

CANCELED-"OVER THE RIVER" AT HHPH

Tuesday, June 4, \$103

Hawaiian Luncheon

Monday, July 15 12:30PM Ballroom \$24pp

Menu includes grilled chicken with mango salsa,
BBQ ribs, coconut shrimp, luau ham, pork fried rice,
beef with broccoli, Kona salad and more!

On Sale Thursday, May 9

Pick-Up Information



Photos will be taken on the following days:
Tuesdays from 1:30p-4:30p
Wednesdays from 1:30p-4:30p
Fridays from 9:30a-4p

Passes will be available for pick-up on or after Wednesday, May 8.

CULTURAL

AFRICAN HERITAGE GROUP

"Summer Festival BBQ," June 15, 3:00pm, BR On Sale 5/13

AVIATION GROUP

2nd Wednesday, 1:30pm, Ballroom "Beyond a Year in Space"

BOOK DISCUSSION GROUP

Thursday, May 16, 3:00pm, Dogwood "Measure for Measure" by W. Shakespeare

CURRENT EVENTS ROUNDTABLE Mondays, 10:30am, Maple

GERMAN AMERICANS

Last Thursday, 1:30pm, Cedar KOREAN AMERICANS

Canceled - Saturday, May 22, 5:00pm

LATINO/HISPANIC-AMERICANS Wednesday, May 29, 6:00pm, Gallery

POLISH AMERICAN

Friday, May 3, 1:00pm, Maple

PROGRESSIVE GROUP

Thursday, May 16, 6:00pm, Cedar

RECIPE GROUP

Wednesday, May 8, 6:30pm, Maple

VETERANS GROUP

Tuesday, May 14, 10:00am, Ballroom



THE ARTS

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

ART CLASS/WORKSHOP

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

CERAMICS STUDIO

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

POTTERY

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

RUG HOOKING GROUP

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

OPEN WOOD CARVING WORKSHOP Fridays, 9am-12pm, Woodshop

Monitor present. Supplies on your own.

WOODSHOP

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



CARDS & GAMES

BANANAGRAMS

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

BRIDGE

Contact Clubhouse

CANASTA & MAHJONG

Contact Clubhouse

MAY I

Contact Sophie Prata.

MAH JONG

Beginners and experienced players wanted. Contact Linda DeMorato.

MEN'S POKER

Contact Alan Lasky.

NINTENDO Wii

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

PINOCHLE

Please call E & R if interested.

POKER

Contact E&R

POOL ROOM

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

GET MOVING!

CHAIR YOGA

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

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

FITNESS CENTER ORIENTATION

Tuesday, June 19 at 10am, Fitness Center RSVP your attendance to E&R

HEALTHY BONES

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

OPEN EXERCISE DVD

Monday, Thursday, 9:30am, Hawthorn's Saturday, 9:30am, Maple

Exercise at your own pace. No Instructor. DVDs are selected from our current collection. No charge or sign-up required.

T'AI CHI by Siobhan Hutchinson Next series of dates to be determined

Next series of dates to be determined.

WALKING GROUP (Weather Permitting)

Mondays, 9am, Front of Clubhouse

Walk the 1 mile or the 2.5 mile loop around Old Nassau. Bring water and wear comfortable shoes.

YOGA

Wednesday, 9:30am, Cedar

Resident instructor conducts the class. No Charge. Bring floor mat. SPACE LIMITED.

ZUMBA

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

DID YOU KNOW?

Rossmoor has a shopping bus that can take you to your favorite food stores, local pharmacies and more.

We also offer occasional special excursions to shopping malls and specialty stores. This bus runs Monday through Friday.

Our next special trip is Hamilton Market Place on Monday, May 13th.

> Want to learn more? Call E&R at (609) 655-3232

Want to reserve your seat?



SPORTS FUN!

OCCE

Season begins the week of May 6th.

CROQUET

New Players Welcome. Call Betty Anne Clayton.

HIKERS

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

PICKLEBALL

Clinic for Novice and New Players. Thursday, May 23rd at 10am, Courts. Sign-up at E&R

SHUFFLEBOARD

Senior Tournament-5/29

TABLE TENNIS

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

TENNIS

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



MOVIE CORNER



"A WRINKLE IN TIME"

Rated PG / 1hr 50m / No Charge

Sunday, May 12 1:30pm Ballroom

Tuesday, May 14 1:30pm & 7pm Ballroom

TUESDAY MYSTERY MOVIES

May 7 at 1:30pm and 7pm May 21 at 1:30pm and 7pm

Movies are subject to change.

SAVE THE DATE FOR UPCOMING ATTRACTIONS ...

AN INTIMATE EVENING WITH BOB DENSON-JUNE DATE TBD

MOVIE IN THE PARKING LOT

Tuesday, August 27th

SUMMER POOL PARTIES

July 12 - DJ Jeff

August 9 - TBD

July 26 - DJ Mel

August 30 - Let's Be Frank Band

"AIN'T TOO PROUD" THE LIFE & TIMES OF THE TEMPTATIONS Wednesday, October 23rd at 2PM—ON SALE 8/20

Here are some other events to look forward to—Dates to be determined. Kid's Day . Car Show . "GOTCHA" Gift Steal Night

LIBRARY ON LOCATION

"SIERRA LEONE'S REFUGEE ALL STARS" Wednesday, May 15 at 1PM, Ballroom

A group of courageous musicians form a band in a West African refugee camp to keep their hope alive. Film by Zach Niles and Banker White [2007, 78 min.]

"RAIN IN A DRY LAND"

Wednesday, May 22 at 1PM, Gallery

Two Somali Bantu families transition from years of civil war and refugee life to resettlement in Springfield, MA and Atlanta, GA. A film by Anne Makepeace. [2007, 82 min]

No Charge—Program is in collaboration w/ Monroe Twp. Library & PBS

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

COLOR WARS

What is it? Color Wars is a competition where participants are divided into teams and assigned a color. Teams compete against each other in challenges and events to earn points.

RSVP Your Interest and Event Selection to E&R Bocce . Putting . Shuffleboard . Pickleball . Bean Bags Ring Toss . Ping Pong . Jenga . Hit-The-Penny . Ladders



Jim Wilson, Producer of NBC"s "The Today Show" and Rossmoor resident, joined March's Veteran's Group meeting to share his experiences working in news for almost 40 years.



Bob Denson, life-long musician and educator, joined residents at our Clubhouse for an intimate evening of music from the 50's through 70's. Keep an eye out for his return in June! You want to be there.









Members of our Veteran's Group joined Monroe Township's Fire Department on the Turnpike Overpass to pay tribute to fallen FDNY member and U.S. Marine Sgt. Christopher Slutman killed in Afghanistan.



In April, we heard the evolution of an icon on Broadway at The Cher Show. Residents enjoyed lunch in NYC, then made their way over to the Neil Simon Theater.





MAY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Ticket Sales Today! Get Your Tickets Now!	Events or trips marked * require tickets or prior registration		1 "Pretty Woman" on Broadway 2:00pm Mutual 11 Annual-BR	9:00am Agenda Committee-VC	3 7:30pm Music Assoc. Concert –MH	4
5 <u>1:00pm</u> Mutual 17 Party—BR	6 10:00am Mutual 7 Annual—BR 10:00am Mutual 5 Meeting—VC	7 1:30pm Mystery Movie-GL 7:00pm Mystery Movie-GL	8 1:00pm Aviation "Beyond a Year in Space" - BR 6:30pm Recipe Exchange—MP 7:00pm Mutual 4 Meeting—VC	9 9:00am Committee Meetings-VC	10	Alvin Ailey at NJPAC 10:30am Music Assoc. Rehearsal –MH
12 1:30pm "A Wrinkle In Time" Movie -BR Molher Day	Golf Outing 1:00pm Healthcare Lecture-MP	14 1:30pm "A Wrinkle In Time" Movie –BR 2:00pm Golf Committee-VC 7:00pm "A Wrinkle In Time" Movie –BR 7:00pm Great Decisions-CD	15 1:00pm Library on Location-BR	16 9:00am Board of Governors- BR* (Location Change)	17 10:30am Music Assoc. Rehearsal –MH	Spring Classic Pickleball Tournament*
Spring Classic Pickleball Tournament* Rain Date	20 Golf Outing	21 Sands Bethlehem, PA* 1:30pm Mystery Movie-BR 7:00pm Mystery Movie-BR	22 1:00pm Library on Location-BR	23 10:00am Pickleball Clinic-C*	24 6:30pm Bingo—BR	25
26	27 MEMORIAL DAY	28 12:30pm Memorial Day BBQ – BR* 7:00pm Great Decisions-CD	29	30 6:30pm Wine & Design–GL*	31 7:00pm Dance Party w/ Jean Marie -BR*	

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

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

ROOM KEY			
BR	Ballroom	н	Hawthorn
С	Court	MP	Maple
CD	Cedar	мн	Meeting House
сн	Clubhouse	МНР	Meeting House Parlor
CFT	Craft	TR	Terrace
DW	Dogwood	RR	Red Room
GL	Gallery	VC	Village Center
GR	Game		

This month in pictures

Photos by Joe Conti and Walter Gryskiewicz



Firefighters from the District #3 Firehouse pose in their red shirts.



- 15

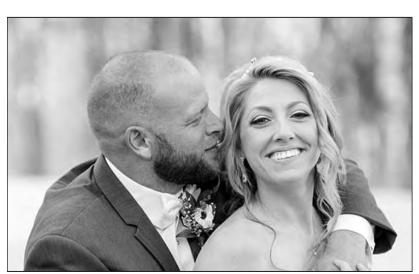
"Remember Everyone Deployed" shirt sponsored by Firehouse District #3



Comedian Doug Karpf and singer Jerry Spathis entertained at the Italian-American Club Comedy Night.



Another musical couple also featured at the I-A entertainment.



Congratulations to Frank and Melissa (Vacariello) Barnard, E&R With Norman Perkus in the back at the Manager, on their wedding.



Emerald Society sponsored the St. Patrick's mass. From left are Claire Kelly, Lucille Conti, Fr Lance McGrath, Joan Carragher, Mary Leone, Dan Jolly.





Guess who at the Purim Celebration??? **Photo by Steve Grey**

Toad suck daze

By Bob Huber

We have reached May, the fifth month of the year, when nature bursts into bloom. This also applies to human nature, as human activity appears to reach a fevered pitch. People who keep track of such things tell us that there are more than 500 nationally recognized events and commemorations scheduled this month. Your Rossmoor News Editorial Board diligently scans this list for items that may be of special interest to our readers. One particular item caught my eye as I surveyed the list: Toad Suck Daze, the first weekend in May.

Since 1982, people from all over the country have

WARNING Attention, Runners, Bike Riders and

Pedestrians

Be sure to wear reflective gear when out in the community at night.

gathered in Conway, ARK., on the banks of the Arkansas River, to attend this festival, spawned from an old folk tale about people in those parts who used to suck on toads.

No one actually sucks on toads at Toad Suck Daze, or anyplace else, for that matter. The event is more like a county fair with all sorts of activities, especially great Blue Grass music concerts, but behind every folk tale, there is usually a kernel of truth

The Colorado River toad (Bufo Marinas Secretes) is a large greenish bumpy creature that secretes a powerful hallucinogen from the glands that cover its body. Sometime in the dim past, certain native tribes discovered they could take a real trip by merely licking the toad. Even some wild and domesticated animals followed the practice. One lady who lived in toad country reported that her dog, Bruce, often came waddling home, totally stoned, after a toad licking expedition. The term "Toad Suckers" apparently once referred to the drunken boatmen who hung around the banks of the Arkansas River in Conway.

My own introduction to "toad suckers" came in the early 1960s when I engaged the popular artist, musician, composer, poet and author, Mason Williams, to host and narrate a TV documentary I was working on. We were meeting at his home in Los Angeles to go over the script. During a break in the proceeding, he picked up his guitar and began to play and sing the strangest and most delightful little ditty I had ever heard. He called it "How 'Bout them Toad Suckers." He asked me how I liked it, and I told him I thought it was great, but would it play to the sophisticated Broadway crowd? It surely did when it was released a short time later into the mainstream of pop music on "Saturday Night Live." Mason Williams had another hit on his hands to go along with "A Classical Gas," a song which already topped the charts among both pop and classical music fans.

Now that the world has been introduced to toad sucking, a word of caution is required. To the best of my knowledge, there are no "suckable" toads in or around Rossmoor, and experimentation could be deadly. Many species of toads secrete a chemical that is highly toxic. Leave toad sucking to the folks in Conway, Mason Williams, and Bruce.

Musings and Memories

By Betty Emmons

Porches

It is the middle of summer as I write this and my memory has taken me to think on my porches and the important past they played in our lives over the years.

Remember the stoops of long ago when people would gather on the steps in early evening for a breath of fresh air and news of the neighborhood? Usually this was part of the apartment dweller's life. Since I never lived in an apartment, I never experienced the comradery of ethnic or mixed neighborhoods. But from the little I know about the people who live there, they had a unique life style where families gathered to discuss issues, celebrate whatever, and come together in times of need. Bonds were made that still exist. Stories are still being passed down from generation to generation.

Next, I think about the house where I was raised. It had a friendly front porch where family and friends would gather to talk about everything or simply sit and watch the locals pass by. Now, in my mind's eye, I can still see that porch with the green and white striped awnings, offering a quiet respite to those who come to sit and relax for a little while.

Then came the time of Cape

Cod developments where patios took the place of porches and people gathered there to sit around and just to talk, have a drink or enjoy a barbeque. Not the gracious gatherings of the past, informal and very much enjoyed, as a new way of life.

But, be that as it may, I realize I haven't told you of my favorite porch memory. The memory of my mother's home which had a screened-in, wrap -around porch. It had wicker furniture and lovely potted plants. Dark green awnings offered shade and framed the picture of a very gentle way of life. This was my Oma's house and I now realize I was privileged to enjoy this wonderful porch while growing up. I didn't know it at the time but I do now. I see all the McMansions being built, and I wonder is BIG really better?

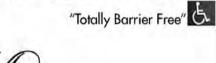
How fortunate I have been to see these changes and to reflect on the porches of the past. So, to sum it up, let me say, stoops, porches, patios, or grand entrances without a porch all say the same thing: WELCOME!

Porches are an unusual subject, I admit, but I hope that you have enjoyed this piece and that it has brought back some memories of your own, because there really is joy in remembering.

M. David DeMarco, *President*, N.J. Lic. No. 3203 Thomas J. DeMarco, *Manager*, N.J. Lic. No. 4651 Peter S. Winther, *Director*, N.J. Lic. No. 4763 Jennifer L. Burry, *Director*, N.J. Lic. No. 5172

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Tourette Syndrome – some basic facts

By Linda Bozowski

Tics - irregular sounds, eye blinking, small muscle spasms. These repetitive involuntary physical manifestations may be evidence of a neurological disorder known as Tourette Syndrome. The disorder was identified and named for Dr. George de la Tourette of France in 1885. Because the symptoms may be mild, Tourette Syndrome (TS) is often not diagnosed in its early stages. May marks the beginning of Tourette Syndrome Awareness Month, a disorder that receives little attention but which can be disruptive to the lives of those who have it.

More often a disorder among males, with a four to one ratio of males to females,

TS is frequently noted in childhood, often between the ages of three to nine years. Symptoms are often at their worst during the teenage years and then may diminish, although many patients have symptoms throughout their lives.

Symptoms can be simple or complex. Sudden brief repetitive movements may include eye blinking, facial movements, shoulder shrugging or jerking. Repetitive throatclearing, grunting and sniffing may occur for no discernible reason like allergies. Among the more complex tic symptoms are combinations of the simpler tics, but may also include more actively physical movements including hopping and jumping. Some patients experience loud vocalizations or repetitive sounds or swearing. Tics may be more frequent when the patient is excited or anxious. Sadly, these tics are not controllable by the patient.

There is no known cause for Tourette Syndrome. Research suggests that malfunctioning neurotransmitters within the brain may be among the causes, but more study is needed to clearly identify the source of the malfunction.

Some patients with Tourette Syndrome have other neurobehavioral problems, including inattention, diminished impulse control, hyperactivity, problems with school subjects and generalized anxiety. While the Tourette symptoms in many young patients lessen as they move toward adulthood, some of the other conditions persist

and may require additional monitoring and support.

Diagnosing Tourette Syndrome is not an easy task, since there are no blood tests or lab studies that clinically define the disorder. Ultrasound or magnetic imaging may be performed to rule out other disorders or diseases but tic symptomology of at least a year is generally regarded as the standard in narrowing down the illness. Adults who were previously undiagnosed may exhibit symptoms, since the disorder doesn't necessarily terminate at adulthood.

There are no specific treatments for Tourette symptoms because as a rule, the tic symptoms do not cause physical impairment. In patients whose daily functioning is affected by Tourette symptoms, some medications typically used to treat psychotic and non-psychotic disorders may be used to relieve symptoms. Side effects are of concern and medications must be closely monitored.

Currently, genetic and neuropathology studies are underway since Tourette Syndrome affects children most frequently. Concern about overmedicating patients with ADHD or tics is helping to move research forward, and additional efforts are being made to ensure that children receive appropriate placement so they may succeed in their educational efforts.

Additional information is available through the Tourette Association of America and the Child Neurology Foundation.





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New Neighbors

By Christina Smith, Resident Services Manager

Christina Huang, 769 Rossmoor Drive, formerly of East Windsor, N.J.

Rose Ann Caggiano, 104B Glenwood Lane, formerly of Staten Island, N.Y.

Murray Greenberg, 21B Bradford Lane, formerly of Somerset, N.J.

Robert and Melissa Cron, 259N Old Nassau Road, formerly of Edison, N.J.

John Tucker, 79A Amherst Lane, formerly of North



Plainfield, N.J.

Howard and Thomas Parusa, 58N Fairfield Lane, formerly of E. Brunswick, N.J.

Helene Manley, 279B Milford Lane, formerly of Matawan, N.J.

Candy Bredt, 120N Rossmoor Drive, formerly of North Brunswick, N.J.

William and Denise Searight, 653N Yorktowne Lane, Browns Mills, N.J.

Letters to the editor Where are the trees?

I'm sure there's a good reason for cutting down some of the trees in Rossmoor, but I feel they're going way beyond the laws of moderation. Part of Rossmoor's attractiveness and charm is the community's beautiful trees. I'm afraid I'll go out one day and see a red ribbon around my house and car!

John Del Masto **Providence Way**

For Dan Jolly,

Thank you so much for the hot water in the Clubhouse. You are a man of your word. Rene Cook

CULINARY CORNER

By Sidna Mitchell

Cake

In doing research for my Colonial Cooking presentations. I came across some history of Florida Cracker cooking that was similar. While in Florida, I checked

out books on the habitat and the foods for Crackers. Although the Crackers were in Spanish Florida and the U.S. territory about a century later, their accommodations and food were much like that of our early settlers. (Crackers is now often a derogatory term for

poor folks, primarily in Georgia and Florida.)

In a cookbook titled "Cooking Then and Now" from nearby Historic Spanish Point, first inhabited by Native Americans, I found recipes that I'm not about to try: raccoon with red wine, and roast possum. Several recipes, however, contributed by members of the Gulf Coast Heritage Association, did sound intriguing.

Since our croquet club was hosting a National Association Croquet Tournament and I was helping with hospitality, I decided to try a pepper cookies recipe that sounded easy. Preparation was simple enough but the results had to be thrown out. The recipe called for two tablespoons of freshly ground pepper. I like spicy foods but these cookies were inedible and I only used one tablespoon of freshly ground pepper instead of the called-for two tablespoons. There must have been a misprint -- perhaps two teaspoons not two tablespoons of pepper.

Try a Little Tea

Lime Tea Cake

11/2 cups all-purpose flour

6 tablespoons butter, room

1½ teaspoon baking

temperature

powder

1 cup sugar

Culinary corner

1½ tablespoons grated lime rind (about two limes) 2 large eggs 2/3 cup milk 2/3 cup chopped

walnuts

Preheat oven to 350 degrees.

Stir flour and baking powder together.

In another bowl, beat the butter, sugar and lime rind. Beat in the eggs, one at a time, until blended.

Stir in flour mixture, in three additions, alternately with milk, just until dry ingredients are moistened.

Stir in nuts and mix well.

Pour into four small greased bread pans and bake for approximately 35 minutes or until a toothpick comes out clean.

Serve warm with butter or at room temperature. Deli-

NOTE: The original recipe said this made one loaf; but for us old folks, I made the four little loaves.

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for

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Looking for a few good people

The Computer Club needs a few people willing to com-

mit two hours per week acting as a monitor in our Lab. No

experience necessary, as we give you training, if needed.

Are you willing to meet new people and help your

neighbors? Are you able to share your skills and learn new

ones? Do you want to be part of the best computer club in

Come to our next general meeting on April 15 at 9:30

all the senior villages? All it takes is a little commitment.

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I forgot that recipe but I did I can be reached via e-mail at sbmcooks@aol.com. make lime tea cakes, actually bread, with success.

Monroe Township Ranked Among Safest Cities in America by 2019 SafeWise Report

Safest in Middlesex County, Fourth in New Jersey and 12th in Country

Monroe Township on April 5 announced its top ranking in the 100 Safest Cities in America 2019 Report by SafeWise, a leading resource for home safety and security.

According to the report, Monroe Township ranked 12th safest city in America, fourth safest city in the state and the top safest city in Middlesex County.

"There's nothing more important than the safety of all of our residents, businesses and visitors to Monroe Township. We are committed to keeping crime rates very low - zero is our ultimate goal - and continue to allocate the appropriate resources toward that mission," said Mayor Gerald W. Tamburro. "I think all would agree that the Monroe Township Police Depart-

ment is top notch and their creative initiatives toward safety and community engagement are unparalleled.

The Monroe Township Police Department recently announced a voluntary security camera registry where businesses and residents provide access to their outdoor surveillance footage that could aid police investigations and expedite consequences for offenders while deterring future unlawful activity. Those with security systems are encouraged to join the registry and are invited to contact the MTPD at 732-521-0222.

"This ranking is a testament to the men and women who patrol the streets of Monroe day and night, as well as their supervisors and commanding officers," Mayor Tamburro said. "We welcomed three new officers to the police force earlier this month and we will continue to evaluate our human resources to ensure our police department has the staffing and other resources needed to be successful."

The ranking is based on analysis of FBI crime report statistics and population data for 2017, the most recent year for which data was available.

Review the full report at http://www.safewise.com/ safest-cities-america/.

SAVE THE DATE! Game Day

May 23, 11:30 a.m. 4 p.m. **Sponsored** by the **Rossmoor Jewish** Congregation





IMPORTANT NOTICE

Motorists must obey the rules of the road while driving within the Community including, but not limited to, observing the posted speed limits, No U-Turn, Yield, and



One Way signs; stopping for pedestrians; making a full stop at all stop signs; and exercising extreme caution when entering RCAI streets from lanes or other areas without stop signs.

Clubs and Organizations

Italian American Club News

By Tony Cardello

The variety show that was presented on April 13 was a great success. The comedian and singers who performed were terrific and the setting brought us back to the days of The Copacabana. It was a true nightclub experience.

The month of May brings the club to our most popular social event of the year, The Rossmoor Downs. It will be held on Saturday evening, May 11, in the Ballroom starting at 6 p.m. at which time the horses will leave the barn and head to the starting gate. There the crowd will bet their favorites and cheer with great enthusiasm as they head to the finish line.

The next regular membership meeting will be on Wednesday evening May 15 at 7:30 p.m. Please note the change of time from the previous meetings.

Bingo will be played on Friday evening, May 24, at 6:30 p.m. in the Ballroom. Please note the change in days from Thursday to Friday evening.

Donations of \$200 each were made to The Stephen Siller Foundation and The American Parkinson's Disease Association.



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Cellist Evan Drachman and Pianist Wan-Chi Su to perform at the Meeting House on Friday, May 3

By Faith Knabe



Cellist Evan Drachman

Cellist Evan Drachman, Founder and Artistic Director of The Piatigorsky Foundation, has combined musical talent with artistic vision to create a rich and varied career. Drachman spends much of his time performing recitals, concerti and chamber music in the United States and abroad. As Artistic Director of The Piatigorsky Foundation, he has become one of this country's most respected authorities on the presentation of live classical music to diverse audiences. The Foundation's mission is to make live classical music a part of the fabric of everyday life for underserved communities throughout the United States. The organization is named for Drachman's grandfather, cellist Gregor Piatigorsky.

Drachman received his BMA from The Curtis Institute of Music in 1988. His teachers have included Luis Garcia-Renart, Orlando Cole, Laurence Lesser, William Pleeth and Stephen Kates. In 1994, Drachman performed with the Odessa Philharmonic in Odessa and Kiev. In 1997, at the invitation of Rostropovich, Mstislav Drachman traveled to Russia to perform as soloist with the St. Petersburg Symphony under Maestro Rostropovich.

In 1999, Drachman recorded his first CD, "A Frog He Went a Courting," with pianist Richard Dowling. The Baltimore Sun's Steven Wigler wrote of the recording: "Drachman possesses in abundance two qualities for which his grandfather was revered: the ability to make the cello imitate the human singing voice and, even more important, the ability to tell a story." Following this success, Drachman and Dowling released two more recordings titled, "Infinity" in 2004 and "Romance and Revelation" in 2007. In 2012 Evan Drachman released "Full Circle" with pianist Victor Santiago Asuncion. Their latest recording should be available by the end of 2017.

This season, Drachman will be performing works by Bach, Beethoven, Schumann, Chopin and Grieg. His travel schedule will include tours of Washington, Louisiana, Texas, Florida, North Carolina and Montana.

Evan Drachman currently lives in Maryland with his wife Joan and their two sons, Eli and Oliver.

Internationally acclaimed pianist Wan-Chi Su has performed as a soloist and chamber musician in Asia, Europe, and throughout the United States. She has performed at major venues including Weill Recital Hall at Carnegie Hall, Salle Cortot in Paris, and Taiwan National Concert Hall. Recently, Su served as a guest artist with Symphony in C. in New Jersey, for their Virtuosi series, and presented a solo recital for the prestigious Sunday at Three series in Maryland. In duo with cellist Ismar Gomes, Su has extensively



Pianist Wan-Chi Su

toured the eastern United States, presenting multiple concerts in Florida, Maryland, Massachusetts, New York, Ohio, Pennsylvania, and Virginia. This has included the Harbor Front concert series, Encore concert series, Youngstown State University, Loyola University, Old Town Hall, the Odean Chamber Music series, the Barns of Rose Hill, and a host of other notable venues.

Additionally, she is sought after for collaborations with venerated musicians, which have included members of the Baltimore Symphony Orchestra, Michael Kannen, Joe Burgstaller, Seth Knopp, and others. Steeped in a broad array of styles, Ms. Su also collaborates regularly with the dance department at the Peabody Institute (both performing and arranging music), accompanies dozens of instrumental and vocal recitals each year, and has served as music director for the Episcopal Church of the Holy Covenant since 2013.

Decorated with numerous awards, Su won first prize in the Taiwan Cultural Cup Invitational Piano Competition. On the collegiate level, she won first prize in the Taiwan National Student Music Competition in Piano. She has also been a semi-finalist in the San Jose International Piano Competition, the Art of Duo Competition, and the Liszt-Garrison Duo Competition, and a finalist in the Harrison L. Winter Piano Concerto Competition. Further, she has been invited to numerous international music festivals, including the Taos School of Music, the Beethoven Institute, both the Icicle Creek Piano Festival and the Icicle Creek Chamber Music Festival, the NTSO International Piano Program in Taiwan, and the Paris Piano Program in France.

As a dedicated educator, Su currently serves on the piano faculty of the Park School of Baltimore, provides lessons through Artist Music, and maintains a small private studio. She also teaches for the Ohr Chadash Academy and is guest instructor for various programs.

Born in Kaohsiung, Taiwan, Ms. Su began piano

(Continued on page 19)



Players Pastimes

By Sue Archambault

The Players "Just Music" show, took place on Thursday, April 25 and Friday, April 26. The program featured the Players performing a variety of songs as solos, duets, and group numbers. The audience seemed to enjoy the show and the refreshments that followed.

PLEASE NOTE: Due to the Memorial Day holiday. The Players monthly meeting will not take place on the last Monday of the month in May. Instead, the meeting will take place the week before on Monday, May 20. The audience will be treated to a DVD of a



television program written and produced by our own Bob Huber. The program is a historical review of America in the years prior to the Revolutionary War. Actor Brock Peters, best known for his film role in "To Kill a Mockingbird" and his starring parts in both the stage and film versions of "Porgy and Bess." narrates the film. Bob will introduce the program. The meeting will take place at 7 p.m. in The Gallery. All are welcome. It should prove to be a most illuminating and enjoyable time for everyone.

By Judy Perkus

Join the Dance Club for a Fifties Hop on Saturday April 25, at 6:30 p.m. in the Ballroom. We'll give a prize for the best fifties costume. Music by Carmine who plays all kinds of dance music. We will have hot dogs with the trimmings, soda, coffee, tea, and cake (sugar-free available). All Rossmoorites, singles as well as couples, are welcome.

Dance Club hosts a Fifties Hop

Please send your reservation check made out to the Rossmoor Dance Club (\$14 a person for paid-up members; \$16 a person for nonmembers) to Armen DeVivo at 449B Roxbury Lane by

Annual Membership is \$7.50 per person, \$15 per couple. Call Armen at 609-655-2175 for more information.



Ann Azzinaro, former head of the Dance Club, celebrated her 92nd birthday at the dance on March 30.

ROSSMOOR DANCE CLUB

May 25 Dance



RESERVATION DE	ADLINE: WAT 15
Name:	
Phone:	
Address:	
PAID-UP Member(s):	@\$14 = \$
Non-member(s):	@\$16 = \$
2019 ANNUAL DUES: \$7.50 PER P	ERSON, \$15 PER COUPLE
Membership Dues:	\$
TOTAL:	\$

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



Players celebrated St. Patrick's Day in costume with an open mic party.

"Just for the Fun of It," come and sing along with the Chorus, Sunday, May 19

By Alyce Owens

If you were there last year, we don't have to tell you what a great time was had by all at the first Spring Sing-Along sponsored by the

Music Association

(Continued from page 18)

lessons at age four. She earned a bachelor's degree in piano, minoring in French horn, at the National Kaohsiung Normal University in Taiwan, followed by a Master of Music and a Graduate Performance Diploma at the Peabody Conservatory, studying with Seth Knopp. She is currently a doctoral candidate at Peabody, under the tutelage of Benjamin Pasternack, and has had masterclasses with Leon Fleisher, Richard Goode, Gil Kalish, Jane Coop, and Xak Bjerkan. She has received the institute's Clara Ascherfeld Award in Accompanying twice, the Ranney Prize in Chamber Music, the Gutman Memorial Prize in Piano, and several named scholarships.

Rossmoor Chorus last May. "It was such a great success, we're doing it again and hope that even more people will come and join us to share happy memories of times gone by and songs remembered," said Janet Wilson, director of the Chorus. Come take a walk down memory lane with us as we remember and sing together the songs we fell in love to. Maybe we'll even sing an old favorite like "Let Me Call You Sweetheart" that you learned as a kid when your family gathered around the piano on Sunday afternoons. Or was I the only one whose

family did that?

The nostalgia of music from the past warms our hearts like nothing else. Perhaps the strains of "Moon River" will trigger a happy memory of a special moment in time when Andy Williams set the stage for romance. Maybe it was the band playing "I'm in the Mood for Love" at your senior prom. Or the many wonderful songs from Broadway like "Climb Every Mountain" or "Oh, What A Beautiful Morning" that will remind you of special friends and days gone by. These fond memories make us feel

(Continued on page 20)



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The Rossmoor Chorus

Chorus

(Continued from page 19) good, and we should conjure them up more often.

That's just what we hope to do when you become part of the "Just for the Fun of It!" Sing-Along at 2 p.m. on Sunday, May 19, being held this year in the Clubhouse Ballroom. Grab a friend or two and come sing the songs we grew up with. Everyone remembers the words to Dean Martin's "Everybody Loves Somebody Sometime," or "You'll Never Walk Alone." We promise you'll have fun spending the afternoon with other people who enjoy singing, too. And afterward you'll have the opportunity to get to know individual members of the Rossmoor Chorus at a Meet and Greet, with light refreshments and congenial conversation.

At the piano and leading the Sing-Along will be Janet Wilson, the director of the Rossmoor Chorus, which is sponsoring this event. Both Janet and husband, Jim, are also active members of Rossmoor Players -- Janet as Music Director, singer and piano accompanist, and Jim singing and playing key roles in recent years in the wonderful productions, and now writing the script and music

for this October's musical "What's Up?" which he is also directing.

Here's an invitation for you from Chorus Director Janet: "We're a group of people who just enjoy music, and each other. Though the Rossmoor Chorus sings once a month at the Community Church service, we are a chorus for all of Rossmoor, and beyond. Recently we had delightful experiences performing at Monroe Village, the Merwick Care and Rehabilitation Center, and The Elms of Cranbury.

Chorus rehearsals are held at the Meeting House each Wednesday from 4 to 5 p.m.

(except for a summer hiatus in July and August) and are open to all residents. The ability to read music is not necessary, just the love of it. For those who would like to learn more about reading music, workshops are given for chorus members.

So, whether you'd like to join us in singing, or prefer just to be a listener, we invite you to come and bring a friend to this Sing-Along on May 19 at 2 p.m. -- "Just for the Fun of It!" And if you enjoy it, the Chorus will be happy to accept your donation of \$5 or whatever you wish to contribute to help support the group.

Come and hear local high school's percussion ensemble

By Diane England

Are you scratching your head wondering what instruments you can expect to hear if you attend this concert sponsored by the Women's Guild on Tuesday night, May 21, at 7 p.m. in the Meeting House? Everyone is welcome to attend this free-of-charge concert. I'll share some of them in the next paragraph, but even after I name them, you'll probably still have no idea as to the music you're likely to

hear at this concert. So why not just plan to attend and allow yourself to experience a new kind of musical treat?

When we speak of a percussion instrument, we're talking about any instrument that makes a sound when it is hit, shaken, or scraped. Also, think of these as the instruments that keep the rhythm or make special sounds-often adding excitement to the piece being played. For example, the bass drum is a percussion instrument typically used to accent strong points in the music; often, you'll hear it combined with the crash of a cymbal, another percussion instrument which adds further color to the performance. In addition to these percussion instruments, there are others that are tuned and sound different notes such as the piano, xylophone, marimba, vibraphone, glockenspiel, and

keyboard. When you attend this concert, you'll want to watch and see if, during the course of one musical piece, any students play different instruments. See, so often percussionists do. What are examples of additional instruments they might play other than those already mentioned? Perhaps Kettle drums which can be different sizes and tuned to different pitches (including during the course of a performance). Still others are the triangle, the

(Continued on page 22)

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Emerald Society's spring activities

By Joan Avery

Dan Jolly arranged another trip to the Sights and Sounds Christmas Show with dinner at Good and Plenty in Lancaster, Pa. on Dec. 10. Everyone signed up early in order to secure the trip. The cost is \$115. Very festive.

Gary Morten entertained the members of the Emerald Society in April. A representative from the Make-a-Wish Foundation will give a presentation at the May meeting. Billy Phillips will be the entertainer in June.

In July, a representative from the Monroe Township Police Department will be here to discuss fraud. There will be a trip to the Crystal Point Yacht Club in Point Pleasant on June 19 for a wonderful lunch and show. This always popular event.

Dan announced that the Catholic Society which Mass, was hosted by Emerald the Society, was attended by 105 people, which outwas standing.

The Emerald Society voted to give \$200 to the American Cancer Society.

See you at the



meeting on May Dan Jolly and members of the Emerald Society celebrated St. Patrick's Day at Doolan's Shore Club.

Discover our township's past at Women's Guild meeting

By Diane England

Some 114 men set off from Jamesburg-Monroe-Helmetta area to serve in World War I. Fifteen of them never returned. The war itself ended on Nov. 11, 1918, and American Legion Star Post 127 in Jamesburg was granted its charter approximately 10 months later. (The American Legion had been founded earlier that year.) You'll meet its current commander on May 16, at 1:30 p.m. in the Ballroom when Allan E. Brown will speak about the history of Jamesburg and Monroe.

Because Commander Brown will be speaking shortly before Memorial Day, in the course of his talk he'll definitely discuss the still rather new memorial at Veterans Park, located at the intersection of Lincoln, East Railroad, and Stockton Avenues. If you've been there, you know there are 350 names of both living and deceased individuals inscribed in the monument's five slabs of granite from Vermont. Actually, the names of men and women who served in World War II fill three and a half of those slabs. But then, over 10 percent of the Jamesburg population participated in The remaining that war. names belong to individuals who served in Korea, Vietnam, the Cold War, and the War on Terror.

Are you wondering why there are not names for those who served in World War I? Well, that's because a World War I memorial has been in this same park since 1920. By the way, since Commander Brown will address Veterans Park during his presentation, we invite those who have served in the armed forces to join us if they wish.

This will be the final regular meeting of the Guild's 2018-2019 year, thus, at this meeting the Board for the 2019-2020 year will be installed. Also, if you have not yet purchased a ticket for the Scholarship Luncheon on Thursday, June 6, at noon in the Ballroom, you'll want to do so at this meeting. Once

again, you can expect to enjoy the same tasty hot buffet from Twin Oaks Catering which members continue to rave about. Also, you'll be glad to know the ticket price will once again be \$15. Please be prepared to pay by check.

Let me also remind you that the Women's Guild will be holding a very special free concert this month on Tuesday, May 21, at 7 p.m. in the Meeting House. The Monroe Township High School Percussion Ensemble will perform. You can read a separate article about it in this edition of the Rossmoor News.

The Guild's leadership hopes to see you at all three of these events. But in case we don't, let us thank you now for your support of Guild events this year. And certainly, we hope to see you in September when we kick off our 2019-2020 year on September 19, at 1:30 p.m. in the Ballroom with what we anticipate will be another entertaining fashion show. Meanwhile, watch for your membership renewal card this summer.

Coming spring concerts

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

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

Computer Club Meeting May 20

By Steve Gray

The Computer Club is very happy to have Chief Administrator Peter J. Gasiorowski of Fire District #3 talk to us about fire safety for seniors. We are proud to offer this program in the interest of public safety and hope that it will be well attended. There will be a short DVD presentation covering: Smoke alarms

Fire escape planning Tips for smokers Electrical and heating safety Kitchen fire safety What to do if there is a fire

This will be followed by a question and answer period. The meeting will be on Monday, May 20, at 10 a.m. in the Gallery. Coffee, cake, and good conversation begins at 9:30 a.m. Hope to see you there.

Democratic Club News

Bv Catherine Hunt

Greetings from Rossmoor's Democratic Club. Please be invited to our 2019 opening meeting on Monday, May 13, at 7 p.m. Now that freezing weather is over and people are returning from their winter residences, we are looking forward to greeting friends and newcomers in the Gallery Room and welcoming evervone home again.

The Democratic Club would like to thank everyone who participated in making 2018 a great year for the club. We participated in activities that contributed to the Blue Wave, and heard excellent content in programs throughout the year. Highlights included our June Ice Cream Social featuring Andrea Miller, a dynamic speaker from Social Security Works. We learned that Social Security funds are kept in a Federal Trust, which protects our hard-earned benefits from being used for anything but our earned benefit payments. Freeholder Shanti Narra illuminated the detailed legal work, which culminated in the Middlesex County Policy regarding interaction with Homeland Security. We also enjoyed social events such as the Summer Potluck, Fall

(Continued on page 22)



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Religious Organizations

Catholic Society News

By Lucille Conti

Holy Mass and the Litany of the Blessed Virgin will be celebrated on Thursday, May 9, at 1:30 p.m. in the Meeting House. (Note the new time.)

Father Charles O'Connor, Pastor of St. Cecilia's Parish will be the celebrant and Ms. Carol Baldessari will be the cantor/guitarist. Your presence is important to us, as we will celebrate the Eucharist as a community here in Rossmoor.

- The Prayer Shawl Ministry will gather on Thursday, May 9 and 23 in the Craft Room.
- The Chaplet will be recited on Tuesday, May 21 at 3 p.m. in the Dogwood Room.
- Our next Council meeting will be on Tuesday, May 7, at 1:30 p.m. in the Meeting House parlor.



Fr. Lance McGrath celebrated Holy Mass for the Catholic Society's St. Patrick's Day celebration.

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800-609-3696 www.wecollectjunk.com "I Can Only Imagine," a film starring Dennis Quaid and Trace Adkins will be shown in the Gallery on Friday, May 24, at 2 p.m. This film is the true story behind "Mercy Me's" beloved hit song, which illustrates the power of forgiveness and God's love. All are welcome. Refreshments will follow.

Democratic Club

(Continued from page 21)

Bagel Rally, and the Holiday Shopping Spree fund raiser.

On our May agenda, we will announce the results of our election of officers and the schedule of club meeting dates and events. Following our program, we will adjourn to light refreshments and time to chat, reconnect, and share perspectives and views.

As always, we welcome residents to become members of our Democratic Club. Dues are \$15 per year. Contact our Secretary, Catherine Hunt, at 609-409-8626 to learn more about Club membership and to receive the 2019 brochure complete with event dates, plus more. Our Membership Chair, Rosa B. Harris, will be present at the May meeting to answer your questions. Be sure to look for us on Facebook and join our group, The Democratic Club, and watch Channel 26 for all upcoming meeting announcements.





Come one, come all, join the fun

By Adrienne Brotman

The Jewish Congregation will be sponsoring a *Lag B'Omer* Game Day on Thursday, May 23, 11:30- a.m. to 4 p.m. in the Ballroom.

You may ask yourself what is *Lag B'Omer*? Between Passover and the Jewish holiday of *Shavuot* Jews count the 49 days between these two holidays. They are considered days of mourning in, remembrance of the 24,000 disciples of Rabbi Akiva, a great scholar, who died in a plague between Passover and *Shavuot*. On the 33rd day, *Lag B'Omer*, it is said the plague came to an end and thus the mourning period ended.

Lunch will be served. A sandwich choice of either egg salad, tuna salad, or grilled vegetables, will be offered along with a beverage, fruit, and dessert. Mah Jongg, Bananagrams, Bridge, Canasta, etc., will be played. If you choose, you can color or knit or crochet or just come and socialize. A silent auction is also planned with a portion of the proceeds to be donated to Make-A-Wish-NJ.

Come one, come all and join the fun. All welcome - ladies and gents. Reservation deadline is May 9. The cost is \$18 per person. Reservation forms can be found near the E&R office and should be mailed to Janet Goodstein, 338N Narragansett Lane. For more information please contact Janet at 609-395-1015.

Sabbath Services will be held on Friday, May 10 and Friday, May 24. The Torah Reader on May 10 will be Jeff Albom and the Lay Reader will be Janet Goodstein. On May 24, the Torah Reader will be Bob Kolker, and the Lay Reader will be Jeff Albom. Services are in the Meeting House and start promptly at 7:15 p.m. The Congregation will sponsor the Onegs. All are welcome.

All members are urged to attend the Annual Meeting on May 15 at 1 p.m. in the Gallery to vote for the new slate of officers. Refreshments will be served.

If you would like more information about the Congregation, please contact Karen Seiden, membership chairperson.

May 23 Game Day

Reservation Deadline: May 9 Sandwich choices:

Egg salad, Grilled Vegetables, Tuna salad Name(s), phone # and sandwich choice

2	
2	_
	2

4.____

5._____

Game._____

\$18 per person (Checks Only) Please submit one check per table or enclose all checks in one envelope.

Send your reservation form and check(s) made payable to the Rossmoor Jewish Congregation to Janet Goodstein, 338N Narragansett Lane, Monroe Township, NJ 08831.

For more information; call Janet at 609-395-1015

Ensemble

(Continued from page 20) snare drum, maracas, the tambourine, a gong, castanets, chimes, or a celesta.

Doesn't this sound like it should be an interesting concert? And what an opportunity this is to meet some of our township's youth. By the way, the Women's Guild is offering a scholarship this year to a college-bound senior intending to study music. Frankly, that's why we offer this concert. Please, come out and support these young people. Perhaps this way they'll agree to come back next year.



REASONABLE RATES

SPORTS



Croquet Club begins season 30

By John N. Craven

The Croquet Club members would like to express its sincere condolences to the family of Lucy Poulin, a charter member of our club, who passed away earlier this year. Lucy was a mainstay of the club and beloved by all who knew her. She will be missed.

Season 30 opened with a members' meeting in the Gallery at noon on April 27, followed by a sumptuous lunch planned by Social Chairs Ellen Frankel and

Grace Gambino. Opening day play followed at 2 p.m. on the court adjacent to the Clubhouse.

Season 30 promises to be fun-filled for the club members. Every Friday from May 3 to Oct. 25, there is Golf Croquet, followed "Attitude Adjustment" between 5 and 8 p.m. The annual Golf Croquet match with Meadow Lakes is scheduled for Tuesday, June 25.

The Annual Golf Croquet Tournament will begin Fri-

day, Sept. 13. Wrapping up the season is "in costume" Halloween Play on Oct. 31.

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



MEET & GREET

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

Join us for a glass of wine or soft drink

Thursday, May 16th – 3:00pm

Cedar Room - Rossmoor Clubhouse R.S.V.P. Mary Shine - 609-655-4518

Joyce Cassidy - 609-619-3618

9-Hole Golf news

By Mary Shine

Opening day was Tuesday, April 9, with a fun stepaway scramble, followed by a delicious Korean lunch. Thank you, Soonja Nam and your committee, for coordinating the luncheon.

Please remember our second annual Meet and Greet party will be held on Thursday, May 16, in the Cedar Room at 3 p.m. All members are invited and encouraged to attend. All new female residents should have received an invitation to this social event. A copy of the invitation appears in this section of the Rossmoor News.

Ted Servis, the Rossmoor golf pro, has announced that the first ladies' golf clinic will be held on Wednesday, May 22, at 9 a.m. Please be sure to sign up at the Pro Shop as space is limited. Always check Ted's column, "Golf Course Highlights," for dates of the monthly clinic.

Details of membership to the golf club can be obtained by contacting Ted or Ray at the golf pro-shop. For more



information on joining the 9-Hole Women's Golf Association, please contact Membership Chair, Mary Shine at 609-655-4518, maryshine1@verizn.net or President Joyce Cassidy at 609-619-3618, joyce3206@aol.com.

All tee times begin at 8:30 a.m. Please arrive at the proshop at 8 a.m.

We look forward to a warm-sunny-fun golf sea-

New pastor

(Continued from page 1)

pastor. Furthermore, she has stood in the church's pulpit in more recent years on many Sundays when Pastor Dierdre wasn't scheduled to preach.

Throughout all this time, Pastor Robin was also the chaplain for the continuing care retirement community, Meadow Lakes, in East Windsor. Since she was actually there for well over two decades, Pastor Robin is certainly both knowledgeable and comfortable working with individuals in their retirement years, guiding them with some of the special needs people at this stage of life may face that younger people most likely would not. So, we're excited about having her as our new pastor in part because we believe her presence and leadership will benefit not only RCC, but the entire community.

This mother of two married adult daughters, Megan and Bethany, is also the grandmother to Bethany's two children, a 3-year-old boy and a 5-year-old girl. Pastor Robin currently is enjoying sharing her latest hobby, breadmaking, with her grandchildren. She claims she most likes to make a simple "Bloomer" loaf, a basic oblong white bread, because it's so wonderful toasted.

Pastor Robin also shares her love of music with her grandchildren, pulling out a guitar-an instrument she has been playing since her teens-to do so. While for

many years Pastor Robin hosted house concerts in her home with nationally touring contemporary folk performers (she continues to support musicians as much as she can), she most often now can be found strumming and singing children's songs.

In time, these young children will undoubtedly learn that their grandmother is an ordained minister of the United Church of Christ (UCC) with a Master of Divinity degree and a Master of Theology in Ethics from Princeton Theological Seminary. They may never become excited that she once served as a volunteer comptroller for the United Church of Christ Central Atlantic Region, as well as both a board member and secretary for the UCC New Jersey Association.

However, the leadership of Rossmoor Community Church certainly is excited. After all, while RCC is an ecumenical as opposed to a UCC church, it is nonetheless loosely affiliated with this conference. The church leadership is also pleased that Pastor Robin is a longtime member, as well as past president, of the Windsor Hightstown Area Ministerium, an interfaith group. Really, don't you imagine she should be a great fit for our increasingly diverse community where, fortunately for all of us, there has been an Interfaith Council almost since Rossmoor's founding?

Pastor Robin's grandchil-

dren might also be surprised to learn, as you likely will be, that she was a chemical engineer before she became a minister. And from there, she moved on into computersshe even had her own computer consulting firm for six years. Actually, it was her pastor who convinced her to attend seminary—fortunately

There will be a reception to welcome Pastor Robin in the near future. We hope many of you will come out to meet her at that time. So, be watching this newsletter as well as Channel 26 for the announcement of this event. Meanwhile, feel free to come to any church service on Sunday morning at 11 a.m. in the Meeting House. Oh, and remember how Pastor Robin loves music? Well, sometimes she asks the organist to give her a certain key, and then she proceeds to sing the Benediction!

What a delight it is for us to welcome this multi-talented and accomplished new pastor. Won't you join us in doing so, too?

Pet reminder

Residents have an obligation to immediately clean up after their pets on all common elements. Waste should be removed/disposed by placing it in a sealed, nonabsorbent, leak proof container. Please do not dispose of pet waste in any catch basin, detention basin, or other common element.

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HEALTH CARE CENTER NEWS

Autoimmune Diseases

By Kaytie Olshefski, BSN, RN-BC

Autoimmune diseases are the third leading chronic disease in the United States. They affect 50 million Americans, 75% of whom are women.

Our immune systems are highly sophisticated with specialized cells. A healthy autoimmune system can tell when bacteria have invaded the body. Simply put, our autoimmune system is our first line of defense in protecting the body against invaders. Occasionally something happens in which the immune system gets crossed signals and starts to attack healthy cells, thinking it is fighting an invader. In other words, the body starts attacking itself. When this happens, the body produces immune cells and autoantibodies to fight this foreign invader.

An autoimmune disease makes the person more vulnerable to infections because it is already on the attack fighting off what the body believes is an infection.

What causes the immune system to get off track and attack its own healthy cells? The National Institute of Health has made a connec-

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tion between genetics and the environment as to what could cause the body to do this. They know the body needs a "trigger" to set off the process. Some triggers occur when the body, for some unknown reason, recognizes a virus or a drug as being foreign. Another trigger occurs when the body cannot differentiate between a foreign substance and substance that is very similar to the body. If an injury releases fluid into the bloodstream, that could stimulate an abnormal immune reaction. Other possible triggers are an infection, a parasite, some cancer cells, exposure to environmental toxins, allergies, and stress. Ongoing studies are showing risk factors to specific autoimmune conditions. For example, a low vitamin D level may be a trigger for multiple sclerosis. Obesity has been linked to rheumatoid arthritis and psoriasis. Stress and anxiety have shown to be a trigger for autoimmune conditions. Once the immune system returns to normal, symptoms subside as the body is no longer attacking itself.

Diagnosing an autoimmune disease is difficult due to the overlapping of symptoms. An autoimmune dis-

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ease usually goes undiagnosed for five to six years with someone seeing as many as five doctors before a correct diagnosis is made. Risk factors include women of childbearing age, family history of autoimmune disease, environmental exposure to a trigger. Studies show additional risk factors in people of certain races or ethnicity who are more prone to developing autoimmune diseases.

There are more than 80 different types of autoimmune diseases. Autoimmune diseases can target organs, tissues, blood vessels, skin, and cartilage. This disorder causes the immune system to react slowly or it may cause it to become overactive. Autoimmune diseases typically cause inflammation and tissue damage. Other symptoms include pain, muscle aches, fatique, and lowgrade fever. Autoimmune symptoms unfortunately come and go with flare-ups.

Some of the common autoimmune diseases are Type I diabetes where antibodies attack and destroy pancreatic insulin producing cells. In rheumatoid arthritis, the antibodies attack the joints causing inflammation, pain, and swelling. If left untreated, there is permanent joint damage. Lupus attacks tissues throughout the body affecting the joints, lungs, blood cells, nerves, and kidneys. In psoriasis, the autoimmune system is overactive and stimulates the skin cells to reproduce rapidly causing plaques that are silvery, scaly and itchy. Ulcerative colitis and Crohn's disease are inflammatory bowel diseases. In this autoimmune disease, the body is attacking the lining of the intestines causing episodes of diarrhea, rectal bleeding, abdominal pain. fever, and weight loss. In Hashimoto's disease, the immune system attacks the thyroid gland leading to symptoms of fatigue, constipation, weight gain, depression, dry skin, and sensitivity to cold. In myasthenia gravis, the antibodies attach to nerves that make it difficult to stimulate muscles causing weakness.

Treatment of an autoimmune disease is focused on

controlling the autoimmune reaction. Immunosuppressant medications are given to decrease the inflammation and to suppress the immune system. There are things one can do to help keep the body from overreacting. Maintaining a healthy lifestyle may keep the autoimmune system in check; eating a healthy balanced diet is advised and avoiding foods shown to cause inflammation. Foods one should cut back on or avoid that causes inflammation are sugar, artificial sweeteners, refined carbohydrates, trans fats, processed foods, alcohol, and caffeine. Maintaining a healthy weight, managing stress and anxiety, and getting to seven to eight hours of sleep a night may help prevent flare-ups.

In our lecture series from Saint Peter's University Hospital, Thomas Bertini, physical therapist of Strive Physical Therapy, formerly Forsgate Physical Therapy, will speak on "Coping with Pain and Stiffness? Living with it is not Your Only Option" on Monday, May 13, at 1 p.m. in the Maple Room. If you are interested in attending, please call the Health Care Center at 609-655-2220 or stop by to sign up.

Dr. Aijaz Hussain, gerontologist and internist from Saint Peter's Physicians Associates, will be speaking on "Osteoporosis" on Friday, May 31, at 10:30 a.m. at Monroe Township Senior Center sponsored by Saint Peter's University Hospital. Please call the Monroe Township Senior Center if you would like to attend, 609-448-7140.

Our health fair date is set for Friday, June 14, in the Ballroom and Gallery. Like last year, we will raffle off beautiful gift baskets using your sign-in ticket when you come to the health fair. You do not have to be present to win. There are going to be screenings and information for you besides lots of giveaways from vendors, so, mark your calendar for Friday, June 14.

MAINTENANCE DEPARTMENT

By Dave Salter

Carport Cleaning

The schedule for carport cleaning will be posted daily on Channel 26.

Signs will be posted in the areas 24 hours before the scheduled date for carport cleaning. There will be no parking on the lanes during carport cleaning.

A/C Servicing

It's time to have your air conditioner serviced. Please call our office to be put on the list. Maintenance Department 609-655-2121

Condo (except Mutual 4) \$40 plus tax (per unit) Co-Ops (including Mutual 4) \$45 plus tax

Servicing includes inspection of system, checking Freon levels and filter replacement (Parts, blue mesh filter and Freon are not included in the price).

Yellow Stake & Yellow Ribbon Procedure

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

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

Insects

If you have a problem with insects in or around your manor, please call the maintenance office anytime on Monday. The exterminator is here every Tuesday, and we will have the exterminator treat if applicable.

PTE

Just a reminder for those of you who work or have busy schedules: A homeowner can give the Maintenance Department permission to enter to do work in their manor. We can use a key at the North gate.

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NOTICE TO ALL RESIDENTS

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Walkers, Don't Forget

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



A Message from High Tech Landscapes, Inc.:

By Jeff Voss

We have completed bed edging throughout the community.

Mowing has started.

All driveways, sidewalks, and curb lines were edged in April and we will continue this monthly

The next round of fertilization will start at the end of May to early June. This will be a liquid application of broadleaf weed control with crabgrass preventer using an herbicide with a high potassium formula that will provide broadleaf weed control in

warmer weather and a granular application of fertilizer.

Carport cleaning will start this month.

Summer flowers will be planted later in the month.

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

Please call the East Gate phone and leave a message with any questions or concerns. Call 609-655-5134. Please leave your phone numher

Please tune to Channel 26 for any updates.

Your Garden



By Mel Moss Hostas

The large colorful leaves of hostas are their main attraction, plus the fact that they are very winter hardy, have few insect or disease problems, and adapt well to most soil types as long as they are well drained.

Hostas are native to eastern Asia, mostly eastern China, Korea, and Japan. Some of the plants were brought to Europe in the early 18th century and then eventually to the United States. Today there are about 40 species and thousands of hybridized cultivars: at least 8,000 cultivars and still counting. Plant sizes of these cultivars can range from four to six inches wide and up to four to five feet wide, and with huge leaves.

Hostas are in the Asparagacea family of plants, which includes the asparagus plants that we eat as vegetables. In Japan, hostas are eaten, commonly boiled, fried in tempura, or eaten raw. Here in the U. S., they serve as a vegetable for deer, rabbits, and slugs. So if you see your hostas disappear all of a sudden, you might have a hungry deer in your neighborhood.

Most hostas have broad, flat leaves. However, some varieties have wavy, ruffled, or embossed or pleated leaves. They all have small white or lavender lily-like flowers on 10 to 12-inch stalks in mid to late summer. But it is the leaves that sell the plants. Today's hosta varieties can have green and yellow, or white and yellow, and even blue leaf varieties. Others have red stems with white or gold ribbon-like leaves.

Back in the 1970s when I first sold hostas, there were only the green-and-yellow, or green-and-white leafed varieties. Most of the new varieties have come with the hybridizing done from that time till now.

Although the plants have a tropical appearance, they are rugged and grow well from Maine to Florida. They are drought tolerant but need well drained, highly organic soil. All varieties need shaded growing locations, but should get some sun. The varieties with lighter colored foliage prefer more sun than the varieties with mostly dark green or bluish leaves. None will do well when planted in an all-day sunny area.

The soil should be slightly acidic, which most soils are in our area. Hostas also like highly composted soil, so it will help to add compost or peat moss to the planting area.

Hostas are very resistant to any fungus or insect problems. Although once in a while they can get crown rot if we have an especially long rainy spell. The main problem for hostas is with deer, rabbits, and slugs. They love hostas.

So many new and different looking varieties of hostas are being produced that it is hard to recognize them as in the hosta family. For example, in Brecks 2019 catalogue, they have four hosta varieties listed:

- Raspberry Sundae Hosta

 bright green leaves
 with white variegation
 (normal) but finished off
 with rich red scapes;
- Lipstick Blonde Hosta red stems bearing elongated, lance-shaped yellow leaves. In summer the bare yellow leaves

are vibrant, and little lavender flowers appear;

- White Feather Hosta White leaves emerge in spring. As they mature the leaves transform into a blend of green and cream. It performs best in full shade. Direct sun can burn the leaves.
- Bressingham Blue Hosta

 deeply ridged bluegreen leaves and in midsummer has graceful sprays of white flowers.

If you visit some of your favorite local garden centers this spring, I am sure you will find any number of different types of hosta plants available at reasonable prices.

LWVMT shifts focus to hunger in New Jersey at May meeting

By G. Moore

The Monroe Township League of Women Voters presents "Hunger In New Jersey" as the discussion topic at its general meeting on May 20, at 1 p.m. in the Monroe Township Courtroom. The meeting, which is open to the public, will feature a presentation by Michelle Jansen, director of Schools & Community Outreach at the Community Food Bank of New Jersey.

Despite the fact that it is one of the richest states in the nation, hunger is a significant problem in New Jersey. More than 900,000 New Jersey residents, approximately 10.3% of its population, are food insecure. In Middlesex County, more than

70,000 residents, 8.4% of its population, suffer from hunger. According to the U.S. Department of Agriculture, a food insecure household is one in which the food intake of its members is reduced. and their normal eating patterns are disrupted because the household lacks the resources to obtain food. Plainly put, to be food insecure means there is great uncertainty about the source, the amount, the timing and the content of your next meal.

It is not always easy to identify those who suffer from hunger, but facts indicate that included in the group are many of the working poor, and many veterans, children, and seniors. Since 2001, hunger among seniors has nearly doubled and is expected to continue to rise as baby boomers age. Hunger is not limited to the homeless and unemployed as we might imagine.

The Community Food Bank of New Jersey has been working to address the problem of hunger in New Jersey for more than 40 years. It has grown from a tiny operation out of the founder's car to the largest organization in New Jersey fighting hunger and poverty. The Community Food Bank distributes more than 55,000,000 pounds of food annually. The organization partners with more than 1000 community agencies and thousands of volunteers to bring food and assistance via a multitude of programs in 18 New Jersey counties. We

(Continued on page 27)

May 2019 Calendar of Events for Monroe Township Public Library

All events are open to the public. To register online: www.monroetwplibrary.org

Book Café Poets Corner

Friday, May 3 at 11 am. A workshop and reading group for all ages. Please bring 12 copies of your work. Registration is not required.

Pop-Up Shops

Saturday, May 4: Library Foundation Jewelry Sale

Saturday, May 11: BQ Boutique

The Monroe Township Library Foundation provides Pop-Up Shop rental space on select Saturdays between 10 am and 4 pm. Local residents with their own direct sales businesses (LuLaRoe, Pampered Chef, Tastefully Simple, Rodan & Fields, crafters, e.g.) should visit one of our service desks or our website for an application to rent the Pop-Up Shop space at the Library.

Current Events Discussion Group

Saturday, May 4 at 10:30 am

Enjoy a discussion about global and domestic affairs. Light refreshments provided. Register at the Welcome Desk.

POV Documentary Film

Sunday, May 5 at 10:30 am

2018 spotlight on the struggle for freedom in Cuba today. In a remote Cuban fishing village, a young mother tries a second attempt at escaping to America for a better life. 1h, 23m

This film is presented in collaboration with the award-winning documentary series P.O.V. Registration is not required.

GEN X 1989

Sunday, May 5 at 1 pm. We will shine a spotlight on the biggest events of 1989, our anniversary year. Guest speaker **Krystian Milewski** presents life growing up in West Berlin during the 80s to the city's transformation to a metropolitan hotspot of the 21st century. Registration is not required.

Coupon Club

Monday, May 6 at 1:30 pm. Clip, swap and trade

coupons. Discuss deals, share frugal tips and shopping experiences. Bring a pair of scissors and your stash of non-expired coupons. Registration is not required.

Sewing Class: Make Café Curtains

Monday, May 6, 3 pm to 5 pm. Thursday, May 9, 6 pm to 8 pm. Learn how to sew simple café curtains! Class is 2 hours. **Students must bring 2 yards of fabric to class. Students must also know the size/measurement of the window for which they are making the curtains.** Students must take the Meet Your Sewing Machine class

or have prior machine sewing knowledge to take this class. Ages 18 and over. Register at the Reference Desk, by phone or online beginning Tuesday, April 2 at 9:30 am.

The Great Courses: American Military History

Tuesdays, May 7 and 14 at 1 pm. General Wesley K. Clark (Ret.), former NATO Supreme Allied Commander Europe, presents more than two centuries of America's wars in this DVD lecture series.

May 7: America: Forged in War & George Washington Takes Command

(Continued on page 26)



ROSSMOOR COMMUNITY ASSOCIATION 2019 POOL SEASON

RULES, REGULATIONS, & POOL HOURS

The Rossmoor Community Pool will open Friday, May 24, and close on Labor Day, Monday, September 2.

The Pool will be open daily, in June and July, between the hours of 9:30 am – 8:30 pm

The pool will be open daily, in August and September, between the hours of 9:00 am – 8:00 pm

- Access to the pool and any of the facilities in the fenced area around the pool are permitted only when a lifeguard is in attendance.
- Upon entering the pool area, all residents must register and present their Rossmoor photo ID. Rossmoor photo IDs are nontransferable and expire annually.
- Residents are required to register their personally invited guests and present their Rossmoor photo ID. Guests are required to abide by all established rules and regulations.
- 4. As per New Jersey State Bathing Code: persons showing evidence of communicable infection, sore or inflamed eyes, cold, nasal or ear discharges, or excessive sunburn will not be permitted in the pool area. Persons with open sores, blisters, cuts, and/or bandages will not be permitted in the pool.
- Persons recovering from diarrhea or symptoms of gastrointestinal disease are encouraged to wait seven days before using the pool.
- 6. Showers are required prior to entering the pool.
- Non-slip footwear is recommended on the pool deck and locker room area.
- No animals, except for service animals, shall be allowed within the pool area.
- Food and snacks are not permitted in the pool area. The Clubhouse and Pro Shop Terraces have tables and chairs for residents to use for dining.
- 10.Radios or other music media are not permitted in the pool area, except those equipped to play through earphones.
- 11.Beach towels should be used to cover and protect pool chairs and lounges when sun tan oil/lotions are being used.

- 12. There is a 30-minute time limit when using swimming lanes and the lanes are to be shared.
- 13.Only water in nonbreakable containers is permitted in the pool area.
- 14.Pool furniture is available on a first-come basis. Personal furniture is not permitted in the pool area.
- 15.Pool toys—inflatable, plastic, foam, or any other material—and swimming devices such as, but not limited to, swimmees, inner tubes, fins, etc., are NOT permitted in the pool, except for Aqua Aerobic classes. Only US Coast Guard-approved life jackets may be used in the pool as flotation devices, and paddles may only be used for lap swimming. Rossmoor residents may use "Noodles" in the shallow end of the swimming pool (as exercise/therapy tools but NOT as flotation devices) except during special events.
- 16.Card and board games are permitted at the pool after 4:00 p.m.
- 17. Management reserves the right to close the pool at any time.
- 18.Lifeguards are obligated to close the pool in the event of potentially dangerous weather.
- 19.Lifeguards and Pool Staff are required to enforce all Rules and Regulations.
- 20.Persons suspected of being under the influence of drugs and alcohol shall be prohibited from entering the pool area.
- 21. Smoking of any kind, including e-cigarettes, is NOT permitted in the pool area.
- 22.No sitting on the pool entrance steps or ladders.
- 23. Neither diving, running, continual jumping nor "horseplay" is permitted.
- 24. Violators of the Rules may lose their pool privileges.

GUESTS OF THE ROSSMOOR POOL

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

LANE SWIMMING SCHEDULE

Lane swimming is
available on a daily basis,
Monday through Sunday.
The schedule will be
posted on the pool
bulletin board.

Note: Lanes will be removed 15 minutes prior to the start of the Aqua Aerobics classes.

The Rules and Regulations are subject to change from time to time due to E & R

Special Events.

Revised by Board of Governors February 28, 2019

Library

(Continued from page 25)

May 14: Redcoats Fall to the Continental Army & Andrew Jackson and the War of 1812

Each session consists of two 30-minute DVD, followed by a brief discussion and light refreshments. Registration is not required.

Glucose and Cholesterol Screenings

Wednesday, May 8 at 11 am. Horizon Blue Cross/Blue Shield of NJ will be conducting the screenings. Registration is not required.

Short Story Discussion Group

Wednesday, May 8 at 11 am. Leah Wagner moderates a discussion about "Los Angeles" by Emma Cline in Best American Short Stories and "Lucky Dragon" by Viet Dinh in O. Henry Prize Stories. Register at the Welcome Desk.

International Film sponsored by The Friends of the Library

Thursday, May 9 at 2 pm. 2006 Drama (Denmark) A manager of an orphanage in India is sent to Copenhagen, Denmark, where he discovers a life-altering family secret. Rated R, 2 hours

There will be no charge for International Films in 2019 as a 30th Anniversary bonus thanks to the generosity of the Friends of the Library. Registration is not required. Friday Afternoon Movies

Friday, May 10 and 31 at 2 pm. Friday, May 10: The riveting story behind the first manned mission to the moon, focusing on Neil Armstrong and the decade leading to the historic Apollo 11 flight. A visceral and intimate account told from Armstrong's perspective, based on the book by James R. Hansen, the film explores the triumphs and the cost-on Armstrong, his family, his colleagues and the nation itself-of one of the most dangerous missions in history. Biography/Drama/ History, Rated PG-13, 2h

Friday, May 31: The story of the legendary rock band

Queen and lead singer Freddie Mercury, leading up to their famous performance at Live Aid (1985). Biography/Drama/Music, Rated PG -13, 2h 13m

Movies are free. Registration is not required.

POV Documentary Film

Saturday, May 11 at 1 pm. Coming-of-age story about three friends bonding together to escape volatile families in America's Heartland. 2019 Academy Award Nominee, Best Documentary, Winner, Sundance Film Festival, Winner, Critics' Choice Award. 83 minutes.

This film is presented in collaboration with the award-winning documentary series P.O.V. (www.pbs.org/pov). Registration is not required.

Non-Fiction Book Discussion

Monday, May 13 at 2 pm. Join us for a discussion about A Secret Gift: How One Man's Kindness--and a Trove of Letters--Revealed the Hidden History of the Great Depression by Ted Gup. Moderated by Irene Goldberg. Register and reserve a copy at the Welcome Desk.

Tech Express

Wednesday, May 15 from 12 pm to 1 pm. Drop-in with your electronic device to get personalized help from a Librarian. Bring your charged and registered device and necessary passwords. Registration is not required. First come, first served.

Genealogy Club

Wednesday, May 15 at 1:30 pm. Fred Voss, professional genealogist and Ellis Island National Park Tour Guide, will present "Stories from Ellis Island." Mr. Voss will provide an overview of the working of the Island-how immigrants arrived, how they were processed through the different parts of the Island, and what might mean a long stay on the Island or a return-ticket home. He will also dive into those squiggles on the manifest and how to decipher them. Beginner and experienced genealogists are welcome. Registration is not required.

Page Turners

Thursday, May 16 at 11 am. (Continued on page 27)

The Monroe Township Chorus presents "We're Gonna Sing"

By Micki Meyers

The Monroe Township Chorus will present their Sixth Annual Concert honoring America, our veterans and all active duty men and women who still quard us, our flag, and our way of life. The choral performance including sing-a-long songs will express our reverence, respect, and gratitude for the sacrifices the Armed Forces have made to defend and preserve our freedom. If you are a veteran, show your pride by wearing your military decorations, uniform, cap or jacket of your veterans' organization.

The accomplished Monroe Township Chorus will perform this concert under the artistic leadership of director and conductor Sheila Werfel and the very talented music director David Schlossberg. Members of the chorus who reside in Rossmoor are Natalie Becker and Tom Smith.

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

Everyone is invited. Free admission. No tickets are required.

For additional information contact Sheila Werfel, Director at 609-619-3229.

TRANSPORTATION TIDBITS

Important phone numbers:

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

Middlesex County

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

St. Peter's University Hospital

On Time Transportation 1-800-858-8463

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

Classified Advertising

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NAT TRANSPORTATION -

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

LIMO GUY, INC. - Our 17th year. We go to all airports. Late model Lincoln Towncars. Holds four passengers in total comfort and style. SUV's now available with approximately \$40 additional charge. \$75 to Newark, \$155 Philadelphia, \$175 JFK airports. We go almost anywhere 24/7. Call (732) 452-9222.

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

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

Home Improvement & Services

INTERIOR PAINTING - Wallpaper removal. 30 years experience. Please call Ken -Diamond Painting. (609) 655-1525 or (732) 446-0400.

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

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

LEN'S REMODELING AND CONTRACTING SERVICES

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

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

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.

Miscellaneous/ Services

EXPERIENCED TAILOR -Clearbrook resident will come to your home. Alterations at competitive pricing. Natalia (848) 213-6777.

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

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

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

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

TECH BUDDY - Simple stepby-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

Tax/CPA Services

CERTIFIED PUBLIC AC-**COUNTANT** - Want a CPA who comes to your home? Personalized attention to your tax questions or problems at reasonable rates. Rebecca Bergknoff, CPA (732) 718-

Wanted to Buy

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

Help & Health Services

RETIRED NURSE PRAC-**TIONER** available for eldercare in your home. Pleasant, responsible, mature and empathetic. Services include companionship, personal care, appointments, errands, laundry, local trips. I look forward to meeting you to discuss your needs. Contact Alice (609) 206-3080.

AIDE/CAREGIVER - Companionship, meals, errands, scheduling and transportation to doctor's appointments/ recreational needs. Monroe Township resident. References available. Lillian (908) 208-2215.

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

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

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

House Cleaning

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

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

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

LWV

(Continued from page 25) encourage you to attend this meeting to learn more about the Community Food Bank, the problem of hunger and how we all may contribute to bringing solutions.

The League of Women Voters is a nonpartisan political membership organization whose goal is to empower citizens to shape better communities. Visit our website, lwvmonroetwpnj.org to learn more about us and to find our monthly event schedule.

SAVE THE DATE!

Game Day May 23, 11:30 a.m. 4 p.m. **Sponsored by the** Rossmoor Jewish Congregation



Library

(Continued from page 26)

Looking for something to read or add to your reading list? This ongoing event takes place on the third Thursday of every month. Library staff will present and recommend a variety of new titles pertaining to a different topic each month, both new and old titles. This month's topic is International Titles. Light refreshments provided. Register at the Welcome Desk.

Natural and Organic Gardening

Thursday, May 16 at 2 pm. Are you interested in gardening? Do you want fewer chemicals in your life? Nisha Khanna of the Middlesex County Master Gardeners will provide tips and techniques for natural and organic ways to get the most out of your garden. Register at the Reference Desk, by phone or online.

English Tea Traditions and Royal Weddings

Friday, May 17 at 11 am. For centuries the British have had a love affair with tea. All classes, from the aristocracy to the working class, enjoy a nice hot cup of tea. They also enjoy the excitement and fanfare of their monarchs' royal weddings. Learn about English tea traditions and etiquette along with royal wedding customs and ceremonies. Presented by tea historian, Judith Krall-Russo. Register at the Welcome Desk.

International Book Club

Tuesday, May 21 at 10:30 am. This month's title is Victoria by Daisy Goodwin (UK). Drawing on Victoria's diaries, as well as her own brilliant gifts for history and drama, Daisy Goodwin, author of The Fortune Hunter as well as creator and writer of the PBS/Masterpiece drama Victoria, brings the young queen even more richly to life in this magnificent novel. Moderated by Monica Teixeira. Coffee and cookies provided. Register and reserve your copy at the Welcome Desk. How to Break Up with Your

Clutter Tuesday, May 21 at 1 pm.

Professional organizer, author and motivational speaker, Jamie Novak, presents a humorous take on how to part with things you no longer use. Overcome common obstacles to getting organized like keeping clothes you think you'll wear, holding on to treasures and saving items "just in case" you need them someday. Get organized today! Registration is not required.

Happy Gardening Seminar

Wednesday, May 22 at 11:30 am. Prevent injuries from vard work. Join Dr. Karen Kondos for this educational physical therapy seminar to learn ways to reduce risk of injury while doing yard work with the proper use of body mechanics. Register online or at the Welcome Desk.

Classified Information

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

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

RATES

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

Choose any below

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

Rossmoor Resident Telephone Directory

CHANGES & DELETIONS ONLY

Please mail or bring this form to the Rossmoor Community Association, Inc.,

Village Center, 128 Sussex Way, Monroe Twp., NJ 08831 with any changes or deletions to your name, address or telephone listing.

Information as it <u>now</u> appears:

INCIVIL.		
ADDRESS:		
PHONE:		

Changes for the 2019-20 edition:

NAME:

ADDRESS:

1 PHONE <u>OR</u> 1 CELL: _____

If your name, address and/or telephone/cell number is in

All Changes must be received by July 12, 2019

the 2018 edition correctly, it is not necessary for you to complete this form.



PAIN TREATMENTS

The FX 635 Laser by Erchonia provides patients experiencing musculoskeletal pain with a new treatment option. This non-invasive, pain-free, effective solution targets painful areas and improves quality of life without surgery. The FX 635 is the ONLY FDA Market Cleared Laser to provide relief for chronic low back pain, neck pain, and plantar fasciitis, as well as multiple other musculoskeletal complaints. The healing powers of this low-level laser technology can return you to an active life once again, without pain or the harmful long-term effects of pain medication. Please refer to the list of conditions that have had success with this laser.



FX 635 LASER

*Free consulation offer expires 6/1/19.

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