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 standing-room-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 older-style thermostats, the LIN-Slats 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 residents tripping over a five-foot ladder,” he said. Batteries should be replaced twice a year, and tested once a month.

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,

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. Dieder Thomson at the end of April, 2018. Prior to the arrival of this church’s former minister, however, Pastor Robin served as the interim minister. (Continued on page 23)

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 McOlivin 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 Rossmoor Vets and our firefighters are pleased to lend their support to such a worthy cause.

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VOLUME 55 / No. 5 Monroe Township, New Jersey May 2019

PRSRRT STD ECRWSS U.S. Postage PAID EDWM Retail Monroe Twp., NJ 08031
The Rossmoor News

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 A. President
Ms. Sisid Mitchell, Council Chair, Rossmoor Community Church ("RCC"), and a guest of the board's reported that due to the retirement of Rev. Reverend Dr. Dierdre Thompson, the RCC formed a Pastor Search Committee. The Committee recently called Reverend Roderick Bacon Hoff to be their guest 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 en- gineer prior to becoming an ordained minister of the United Church of Christ. Ms. Mitchell emphasized all the help in attendance be their guest pastor. The Rossmoor News

May 2019

Bits & Pieces
Sue Ortiz

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

News Board: Joe Conti, Chair Carol De Haan Myra Danon Walter Gryskiewicz Joe Conti, Chair

Open RCAI Meetings in May

Election of Officers

Thursday, May 16

Thursday, May 9, 9 a.m.

Standing Committee Meetings

President Dan Jolly and the Board voted to order at 9 a.m. by Mr. Daniel A. President

Election of Officers

Thursday, May 16

Board of Governors Annual Meeting...9 a.m.

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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 Gor斯基, Acting Superintendent Dr. Doré 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 reason for such an ambitious project. Financial and program data were offered and residents had opportunities to query the speakers.

The Board of Education 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. Mail-in votes, which represented 20% of the total, had a negative edge of about 100 votes. The remaining 55% of the vote 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 trailer fees and causes more overcrowding. Interested residents were invited to contact Board President Kathy Koldan 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 you were not able to attend your Mutual meeting or forgot to do so, please reach out to your directors and alternate directors present and let them know how much you appreciate what they do for us.

Q: How do residents receive copies of their Mutual and RCAI 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 Wiklen and Gutterplan, 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 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.

Are we earning an “F” in recycling?

By Carol De Haan

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 fussy

They will not take just any...
that it is OK to toss into the recycling dumpster a plastic bag full of bottles and cans. With the plastic bag in the recycle dumpster, the recycling facility will not have to spend time opening the bags to separate items they don’t want.

**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 Prulli
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 election, I have worked on and have never received this type of bill. We have searched the N.J. State Statutes as to its legality and only statute to be remotely involved would be N.J.S.A. 19:4-54, 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 is in my District #3, $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 costs affecting our tax structure.

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

- **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 mail-in ballots.** We would need to see the precise number mailed in District #3.
- ** Regiment book was useless, to call the phone number we had. No one 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 printing company 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 you 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
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 our 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 on a re-design 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, parents and seniors.

Unfortunately, for the tenth consecutive year, myidal aid remains flat with no increase from the State of New Jersey. Last year, I made sure the fight with Assembly Speaker Craig Coughlin to reverse this on the house floor and avoid a steady tax credit for seniors and disabled. We succeeded and our residents received $3.3 million in 2018.

I am pleased to learn that I am a deliberate decision paid to our residents. They are 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 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 price-competitive with other stores in the area.

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

By Linda Buzowska

We’ve added a new business to our Rossmoor Community. A few months ago, The Pantry at Rossmoor, a small but well-stocked 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 co-owner 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, owners 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 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 price-competitive with other stores in the area. All Rossmoor residents receive a 10% discount on their purchases, which are frequently priced below items in other stores. Besides that discount, they offer an additional 10%.
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 environ-
ment.

Please call or register online at 
www.monroetwplibrary.org

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, Car-
mine Tomasulo. 

After basic training at Fort 
Dix together, they were as-
signed 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 Ord-
inance. We both 
went to Automo-
tive High, so we had a back-
ground of me-
chanics,” Nobile said.

At Aberdeen, the two men 
received 16 weeks of 
track and 
wheelied vehicle 
repair instruction. 
When they got their orders to go 
overseas, they 
thought they 
would be to-
gether, however 
Nobile was sent 
to Korea and Tomasulo was 
sent to Okinawa.

Frank and Yvonne Nobile pose for a 
photo in their Mayflower Way home. 

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 
much of the time. The last 
few months were spent 
sleeping in a Quonset hut. 

He described the weather 
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 
poor,“ he continued. “Today, South Korea is 
booming. Then, even the 
the hills and mountains were 
barren of any trees. Just 
rolling hills all over and 
pretty high.”

Much of his service was 
the Demilitarized 
Zone, which had been es-
tablished two years earlier.

Although Nobile did not 
see any North Koreans, one 
may have seen him too 
close. “I was out one Sun-
day 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 
poor hearing. Work on 
the tanks was done in a 
Quonset hut, open on 
both ends.

“We used to pull the en-
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 muf-
fiers. It was very dramatic.”

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

SUNDAY OPEN HOUSE
at Seabrook

Get an inside look at vibrant 
retirement living on the Jersey Shore. 
Come and tour our beautiful campus 
and maintenance-free homes. Experience 
top-notch amenities and discover dozens 
of exciting clubs, classes, and activities.

Get Your Friends and Family!

This event will not include a formal marketing presentation, 
but sales associates will be on hand to answer your questions.

Sunday, May 5, 2019
Tours scheduled at 11:00 a.m. and 1:00 p.m.
3000 Essex Road 
Tinton Falls, NJ 07753
Call 1-800-471-6394
for more information and directions.

The Rossmoor NEWS
MAY 2019

Getting to know our veterans
By Chris Donahue

Tours scheduled at 11:00 a.m. and 1:00 p.m.
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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 high.

"We had a tank retriever on shore and they payed-out 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 on St. Patrick's Day in 1955 in Florida this past February, "We had a wonderful reunion," Nobile said.

Carmine Tomasulo at Fort Dix in 1955. Photo courtesy of Frank Nobile

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

Buckingham Place Adult Medical Day Center & Home Care Services

Family Owned & Operated for over 15 years!

Buckingham Home Care Offers: Care in the comfort of your home. Licensed Home Health Aides with personal care, transportation, shopping, errands and more. Background checks are performed on all home health aides. Families are able to do Interviews with caregivers to ensure their comfort level. Call to Schedule a Complimentary RN Health Assessment!!

Buckingham Adult Day Center Offers: Socialization, Transportation, Hot meals, Group Activities, Music, Alzheimer’s Programs, On-Site RN, assistance with medications. Come visit our team at our Medical Day Care Center in Monmouth Junction to see our quality of care and service in action. Complimentary Guest Days!

334-329-8954 Ext. 1

Adult Day Care & Home Care Services
700 Woods Lane, Monmouth Junction, NJ
(Located on Rt. 522 at Oldwoods Senior Housing, between Rt. 1 and New Road)

Free Living Trusts and Will Seminars Reveal... Reasons Your Family May Never Receive Your Full Estate

AT THE SEMINAR, WE WILL DISCUSS:

- The advantages and disadvantages of Wills and Living Trusts.
- How to benefit from your Estate if you become incapacitated during your lifetime.
- How to take advantage of the elimination of the New Jersey Estate Tax.
- How to protect your family and wealth from predators and creditors after you are gone.
- How to avoid family members fighting over money after you are gone.
- How to pass on not only money and property, but also wisdom, values and life lessons to the generations that follow.

"Free Consultation - Bring Your Calendar!"

To see how proper Estate Planning will benefit you and your family, all seminar attendees will receive a FREE (one-hour) consultation and a $50 credit on a consultation. Refreshments will be served at all workshops.

Colts Neck

Colts Neck Inn
350 Wagon Road
212-544-2200
Monday, May 6th
10:00 AM - 12:00 PM

Freehold

Riverview
300 Wagon Road
212-544-2200
Monday, May 6th
10:00 AM - 12:00 PM

Monroe

Ramada Plaza Hotel & Conference Center
212-544-2200
Monday, May 6th
10:00 AM - 12:00 PM

Law Offices of
Levine, Furman & Rubin, LLC

212-544-2200

7
Jamestown

By Jean Houvenno

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 settlements 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 kingdom 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 as 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, and found 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 War, who ordered them all back 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 turn a profit. The new governor, 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 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 repre- sent the people and to deter- mine 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- tion.

In 1624, following various problems with the Virginia Company, James I claimed the Virginia colony as a royal colony, revoking the charter of the company. Jamestown served as the capital of the Virginia colony until 1699 when the capital was moved to Will- iamsburg. Gradually the site was abandoned. In 1996 excavations were begun to locate the original fort and the settlement. Part of the fort 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.
trash are suffering from some debris. It is likely that all Baleen whales we toss into the ocean. It is small fish. Obviously, they nutritious plankton, krill, and the oceans to filter in vast chomp down on food, as do have big mouths, they do not ing 80 plastic bags. 48 pounds of plastics in her found in Sardinia. She had with her dead fetus was gun to calcify. Some of the plastic had been said Museum personnel. That unfortunate creature. from grocery bags, inside City Museum found 88 pounds of plastic, much of it in the Philippines in March. By Carol De Haan
Fionn: MacCumhail’s poem in praise of May Day
By Anne Rotholz

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 Beltaine; 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 1,100-pound Cuvier’s beaked whale washed up on a beach in the Philippines in March. Authorities from the Davao City Museum recovered 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 been calcified.

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 chew their 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 ingesting plastics 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. Five massive gyres float in our oceans:

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 Philip- pines, 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.

Who is 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 fatwa. Mother Nature has doomed 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 furni- ture, 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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Cleveland in 1999. History, and was returned to the Anchorage Museum of History, and was exhibited for five months in the Cleveland Museum of History. Balto's experience. When he and Balto arrived, the doctors in Nome ending the diphtheria epidemic and saving many lives.

To the dogs! Fewer accidents caused Gunnar's team to arrive late getting to the last transfer site. A book and an animated movie were based on Balto's story. When Balto and Gunnar's sled reached the rest of the country, 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 saving many lives.

News of the emergency and the dog sled relay had reached the rest of the country. Balto and Gunnar's success 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 animated movie were based on Balto's experience. When Balto died in 1933, his preserved 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.

Mother Goose Day

By Anne Rotholz
May first has been designated as Mother Goose Day. Famous but mythical, Mother Goose is the author of a collection of fairy tales and nursery rhymes. Over the years, these nursery rhymes have been read by children and also played an important role in their development. They introduced us to reading and literature and enhanced their innate sense of humor. While technology and modified 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 more intelligent read them more 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 from A to the next team at passing the package of serum using many dog sled teams in a long-distance relay. Even two dog sled teams could not safely do the journey; even two dog teams didn't have much of a chance and would take too long. Balto, a rescue dog before his time, made history when he singlehandedly reached Nome. The closest supply of medicine was more than 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 much time. It was decided to move the serum using many dog sled teams in a long-distance relay. Each team would travel no more than 100 miles, passing the package of serum to the next team at scheduled transfer sites along the route. 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, untested age, Balto was not well known in Alaska. Blizzards, whiteout conditions and a treacherous trail.

The mushers at the site thought that something had happened to Gunnar and were asleep when he and Balto arrived. 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 saving many lives.

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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 official 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.

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 26 people were killed and 26 were injured. Later, William Charles Macready was heard to remark on "the vulgarity of American life."

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.

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 - 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 6, 1856 - Sigmund Freud was born in Moravia. Though Freud's methods were immediately rejected by his prime minister, he eventually became recognized as the father of modern psychoanalysis.

May 11, 1888 - Golda Meir (Israel Isidore Baline) 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 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 Shepard was the first American to fly into space. The sub orbital flight lasted 15 minutes.

May 6, 1837 - 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 lightning.

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May 6, 1898 - 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.

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A Crowning Achievement

By Myra Danon

I collect crowns. I have so many crowns that I lost count. I have some of them for a long time, I've acquired others in the last month, and I have some that are only a few years old. I just got a new crown one last month. It's just a rough guess, but I probably own more crowns than most other people. I am not 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 crown or a filling. The initial preparation, Dr. De Sade put the cold and unwelcome instrument on my teeth, then to anesthetize me. "You will not feel a thing," he reassured me as I gagged. "I know the risk; moving my vocal cords so I 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 intraoral camera and then make 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 space to clear the surface of the tooth. Another factor is the condition and the proximity of the crown to the mastication. Present in the images are all the hills and valleys, nooks and facets of the crown with accompanying measurements. He studied these images and made a few adjustments, 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 excised 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 longest news was all of 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 transfer tray. It seemed like a matchbook cover to smooth out the craggly 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. Tenley, a recent graduate from the University of California, Los Angeles (Hero is his middle name) returned, took in glove, and perforce my chair and quickly sealed it to the waiting tooth. Wow! Perfect!

For the procedure, CEREC is mobile and can replace the crown that day. During the preparation of the receiving tooth was the middle name, he excised himself and headed down the hall to his lab to make the new crown. The CEREC procedure is between $800 and $1700, depending upon several factors, one of which is the condition and therefore the preparation of the receiving tooth. Another factor is the condition of the tooth. Dr. Tenley campaigns for the use of CEREC 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 a CEREC repair. In my book of values, a calm, comfortable experience gets a high rating.

Yes, Rossmoor has "angels"

By Anne Rotholz

I thought 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 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 bank.

I thought to myself, "We have such helpful, kind people here." I would like to tell you about an "angel" in our community whom I have 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.

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The Rossmoor NEWS

MAY 2019

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. Perhaps we can take a peek into the future using my crystal computer ball.

Let's begin with some of the easier fictions from our recent history. Captain Kirk in Star Trek often asked “Computer” for information; now we have Alexa, Google, Siri and Cortana to answer our questions. (Imagine the fight they would disperse within a cell."

To have the basic idea -- 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 Aronajut, was not built until 1888, which earned the inventor, Simon Lake, a congratulatory telegram from the inventor as the basis for the cell phone.

If you remember reading “War of the Worlds,” the first book written by H. G. Wells in 1898, you might remember the story about the Martians, tally. We don’t have that but we do have more modern technology (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, The Different Kinds -- that is defined maybe. Camouflage has reached the point where a person becomes very difficult to see. Not exactly invisible but very close.

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 sentence is a whole different picture. It may happen. What about a Robocataplyse where we find sentient robots pitying against humanity. Yes, it is possible. But also depending on who you ask but don’t worry as these machines, to be effective, will need much more lasting batteries than we have to.

(Continued on page 15)
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 have you considered the sale of assets that have gained in value, keep in mind that long-term capital gains can offer tax advantages as well.

Current losses 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 in 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 securities you've held longer than one year—are taxed at different rates.

You usually offset long-term gains with long-term losses, and short-term gains with short-term losses. But this is not always the case, especially if the gains from one asset cannot be offset against the losses on another asset. In these cases, long-term gains can be offset against short-term losses to maximize the amount of favorable gain you can report.

Under special rules, if you're in one of the two lowest ordinary income brackets of 10% and 15%, your 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'd owe tax of $3,000. 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" to those with modified adjusted gross 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 absorbed on 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 a long-term gain instead. (Continued on page 14)

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 it will work just fine. If we had a warp drive, we could get to the other side of the galaxy in no time at all. After all, the universe is infinite and there are many planets out there that we don’t know anything about yet.

Now for some quickies – Star Trek holochrons of the 1970s became Mariah Carey’s holo-chrons in five cities in 2011. Geordi La Forge’s visor allowed him to see, and now we have the Argo II Retinal Prosthesis System that allows sight. The holo-gram “Touch Screen” in Minority Report is now a fact thanks to MIT.

In 1989’s “Fifth Element,” cigarettes have large filters and very little tobacco. Now we have vaping. (Personally, I don’t think I was the only one who thought 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 currently are 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 triborder? The Sca-nadus 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 it will end up as fact.
Three ways to reduce your skin cancer risk

By Erin Medcalf

Memorial Day – Honor and Remember

With fewer homes on the market than last year, homes are selling faster and at top dollar! If you are thinking about selling, now is the time! Contact me today for a complimentary home valuation!

By Dionne Thomson

Spring is in the air, and we are out in the sun. It is the perfect time to think about how often to reapply; if your skin is fair, freckled or has moles, you are at a higher risk for skin cancer. About one in five Americans, including all races, all colors and all skin types, gets it.

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.

2. Cover Your Head.

Remember – just because it’s overcast or cloudy outside, that protective layer doesn’t shield 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 5 or greater, use sunscreen. Cover up and wear sunscreen when the index is high even on a cloudy day.

3. Make an appointment for a skin cancer screening.

A skin cancer screening is a visual inspection of your skin by a medical professional. The importance of early detection cannot be overstated. Every year, Americans develop over a million cases of skin cancer before the long summer sun sets another. It 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.

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Rossmoor Clubhouse News
May 2019

SWEET SUMMERTIME

Dance Party with DJ Jean Marie
Friday, May 31
7PM Ballroom $10pp
CALL IN ON 5/2 AT 12:15PM

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, $150pp - 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

Let’s Luau!
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

POOL PASS PHOTOS & 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
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 25, 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 1
Contact Sophie Prato.

MAG JONG
Beginners and experienced players wanted.
Contact Linda DeMarco.

MEN’S POKER
Contact Alan Lasky.

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

PINOCCHLE
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. 9am–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®
Saturday, 9:30am, Maple
Exercise at your own pace. No Instructor.
DVs are selected from our current collection.
No change or sign-up required.

T’ai Chi® by Siobhan Hutchinson
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 (629) 655-3232
Want to reserve your seat?

SPORTS FUN!
BOCCIA
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 50min / 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.

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**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

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**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&G**
Boas, Puttng, Shuffleboard, Pickleball, Bean Bags, Ring Toss, Ping Pong, Jenga, Hit-The-Penny, Ladders

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**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 Mal  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

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**FYI**

- **CONTACT THE CLUBHOUSE** for information regarding events and trips.
- **EVENT REMINDERS**: Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per member 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.

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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.

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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.

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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.

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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.
# MAY 2019

## Events and Activities

<table>
<thead>
<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>5</td>
<td>1:00pm Mutual 17 Party—BR</td>
<td>10:00am Mutual 7 Annual—BR</td>
<td>1:10pm Mystery Movie—GL</td>
<td>1:10pm Library on Location—BR</td>
<td>9:00am Music Assoc. Concert—MH</td>
<td>10:10am Music Assoc. Rehearsal—MH</td>
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<tr>
<td></td>
<td>10:00am Mutual 5 Meeting—VC</td>
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<td>2:00pm Mystery Movie—GL</td>
<td>9:00am Board of Governors—BR* (Location Change)</td>
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<tr>
<td>12</td>
<td>1:10pm Golf Outing—BR</td>
<td>1:10pm “A Wrinkle In Time” Movie—BR</td>
<td>1:10pm Library on Location—BR</td>
<td>10:10am Spring Classic Pickleball Tournament*</td>
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<td></td>
<td>1:00pm Healthcare Lecture—MP</td>
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<td>2:00pm Golf Committee—VC</td>
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<td></td>
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<td>2:00pm “A Wrinkle In Time” Movie—BR</td>
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<tr>
<td>19</td>
<td>Spring Classic Pickleball Tournament*</td>
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<td>1:10pm Library on Location—BR</td>
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<td></td>
<td>2:00pm Mystery Movie—BR</td>
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<tr>
<td>26</td>
<td>Golf Outing</td>
<td>Sands Bethlehem, PA*</td>
<td>6:30pm Memorial Day BBQ—BR*</td>
<td>6:30pm Wine &amp; Design—GL*</td>
<td>7:00pm Dance Party w/ Jean Marie—BR*</td>
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## Independence Clubs

<table>
<thead>
<tr>
<th>Club</th>
<th>Day</th>
<th>Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chorus</td>
<td>Wed</td>
<td>4 pm</td>
<td>MH</td>
</tr>
<tr>
<td>Church Discussion</td>
<td>Tues</td>
<td>1:30 pm</td>
<td>MHP</td>
</tr>
<tr>
<td>Computer Club</td>
<td>3rd Mon</td>
<td>10 am</td>
<td>GL</td>
</tr>
<tr>
<td>Dance Club</td>
<td>Last Sat</td>
<td>7 pm</td>
<td>BR</td>
</tr>
<tr>
<td>Emerald Society</td>
<td>4th Wed</td>
<td>2 pm</td>
<td>BR</td>
</tr>
<tr>
<td>Indian-American</td>
<td>Sun</td>
<td>9:30 am</td>
<td>GL</td>
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<tr>
<td>Italian-American</td>
<td>3rd Wed</td>
<td>7:30 pm</td>
<td>BR</td>
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<tr>
<td>Players</td>
<td>Last Mon</td>
<td>7 pm</td>
<td>GL</td>
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<tr>
<td>Torah Study</td>
<td>Sat</td>
<td>10 am</td>
<td>CD</td>
</tr>
<tr>
<td>Women’s Guild</td>
<td>3rd Thurs</td>
<td>1:30 pm</td>
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## Meeting House Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Catholic Society Mass</td>
<td>2nd Thurs</td>
<td>7 pm</td>
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<tr>
<td>Jewish Congregation Sabbath</td>
<td>2nd &amp; 4th Fri</td>
<td>7:15 pm</td>
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<tr>
<td>Community Church &amp; Communion</td>
<td>1st Sun</td>
<td>11 am</td>
</tr>
<tr>
<td>Community Church Worship</td>
<td>2nd &amp; 4th Sun</td>
<td>11 am</td>
</tr>
<tr>
<td>Community Church Fellowship</td>
<td>3rd Sun</td>
<td>11 am</td>
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## Room Key

<table>
<thead>
<tr>
<th>Room</th>
<th>Description</th>
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<tbody>
<tr>
<td>BR Ballroom</td>
<td>H Hawthorn</td>
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<tr>
<td>C Court</td>
<td>MP Maple</td>
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<tr>
<td>CD Cedar</td>
<td>MH Meeting House</td>
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<tr>
<td>CH Clubhouse</td>
<td>MMB Meeting House Parlor</td>
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<tr>
<td>CFT Craft</td>
<td>TR Terrace</td>
</tr>
<tr>
<td>DW Dogwood</td>
<td>RR Red Room</td>
</tr>
<tr>
<td>GL Gallery</td>
<td>VC Village Center</td>
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<tr>
<td>GR Game</td>
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This month in pictures
Photos by Joe Conti and Walter Gryskiewicz

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

“Remember Everyone Deployed” shirt sponsored by Firehouse District #3

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

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

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

Congratulations to Frank and Melissa (Vacariello) Barnard, E&R Manager, on their wedding.

Hadassah and Alec Aylet in costume with Norman Perkus in the back at the Purim Celebration. Photo by Steve Grey

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 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 anywhere 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 Marinens Secretes) is a large greenish bumpy creature that secretes a powerful hallucinogen from the glands that cover its body. Some-time 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 stunned, after a toad licking expedition. The term “Toad Suckers” apparently once referred to the drunken boatin-ers 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 strongest and most delightful little ditty I had ever heard. He called it “How ‘Bout them Toad Suckers.” How he asked me how I liked it, and I told him I thought it was great, but would I play to the sophisticated Broadway crowd? It sure did when it was re-released a short time later into the mainstream of pop music on “Saturday Night Live.” Mason Williams had manifested on his hands to go along with “A Classical Gas,” a song which already topped the charts. It was a big hit and classical music fans were over the moon.

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 experimenta- tion could be deadly. Many species of toads secrete a chemical that is highly toxic. Leave toad sucking to the experts in Conway, Mason Willi-AMS, and Bruce.

Our Porches

**By Linda Bozowski**

Tics — irregular sounds, eye blinking, small muscle spasms. These repetitive invol-untary movements or manifes-tations may be evidence of a neurological disorder known as Tourette Syndrome. The disorder was first defined and named for Dr. George de la Tourette of France in 1885. Before then, the symptoms of what is now known as Tourette Syndrome (TS) is often not diagnosed in its early stages. Many doctors perform to rule out other disorders or diseases but tic sympto-matology of at least a year is generally accepted as the standard in narrowing down the illness. Adults who were teens during the 60s and 70s may exhibit symptoms, since the disorder doesn’t necessarily manifest during childhood.

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

Currently, genetic and neu-ropathology studies are under-taken in an attempt to better understand Tourette Syndrome affects children most fre- quently. Concern about over-medication of patients with ADHD or tics is helping to move research forward, and additional efforts are being made to provide the best possible care for patients who receive appropriate placement so they may succeed in their educational efforts.

Additional information is avail-able through the Tourette Asso-ciation of America and the Child Neurology Foundation.
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, business 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 Department 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 732-521-2222.

“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 an 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/.”

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. As 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 Mastro

Providence Way

For Danolly,

You thank so much for the hot water in the Clubhouse. You are a man of your word.

Rene Cook

Culinary Corner

By Sidna Mitchell

Lime Tea Cake

1 ½ cups all-purpose flour
1 cup sugar
3/4 cup butter, room temperature
1 cup milk
2 large eggs
1 ½ tablespoons grated lime
2/3 cup milk
1 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.

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. Delicious.

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

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

While in Florida, I checked cooking that was similar. I came across some Colonial Cooking presentations, 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. I forgot that recipe but I did make lime tea cakes, actually bread, with success.
Italian American Club News

By Tony Candelo

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 Roosmoran 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

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 classical music to diverse audiences. The Foundation’s mission is to make live classical music a part of the fabric of everyday life for under-served 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 Mstislav Rostropovich, 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 abundance of 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, “Romance” 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 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 Gouz, Su has extensively 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.

Drachman’s Grand Piano, Ms. Su won first prize in the Taiwan Cultural Cup International Piano Competition. On the collegiate level, Ms. Su 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 Harison 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 NTISO 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 Chidash Academy and is guest instructor for various programs.

Born in Kaohsiung, Taiwan, Ms. Su began piano

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Pianist Wan-Chi Su

(Continued on page 19)
Players Pastimes

By Sue Archambault

The Players “Just Music” show, took place on Thurs-
day, April 25 and Friday, April 26. The program fea-
tured the Players performing a variety of songs as solos,
duets, and group numbers. The audience seemed to
enjoy the show and the re-
freshments that followed.

PLEASE NOTE: Due to the Memorial Day holiday,
The Players monthly meet-
ing 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

 televison program written
and produced by our own
Bob Huber. The program is
a historical review of Amer-
ica in the years prior to the
Revolutionary War. Actor
Brock Peters, best known
for his film role in “To Kill a
Mockingbird” and his star-
ning 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.

Dance Club hosts a Fifties Hop

By Judy Perkus

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

Please send your reserva-
tion check made out to the
Rossmoor Dance Club ($14
for a person for paid-up mem-
bers; $16 a person for non-
members) to Armen DeVivo
at 449B Roxbury Lane by
May 15. Annual Membership is $7.50
per person, $15 per couple.
Call Armen at 609-655-2175
for more information.

Music Association

(Continued from page 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
Rossmoor Chorus last May.
“J ust for the Fun of It,” come and sing along with the Chorus,
Sunday, May 19

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

ROSSMOOR DANCE CLUB

May 25 Dance
RESERVATION DEADLINE: MAY 15

Name: ___________________________ 
Phone: ___________________________
Address: ___________________________
PAYED-UP Member(s): $14 x $______
Non-member(s): $16 x $______
2019 ANNUAL DUES: $7.50 PER PERSON, $15 PER COUPLE
Membership Dues: $______
TOTAL: $______

Please send check made out to
the Rossomoor 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
Chorus

(Continued from page 19)

Chorus 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.

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...
Discover our township’s past at Women’s Guild meeting

By Diane England

Some 114 men set off from the 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 that war. The remaining names belong to individuals who served in Korea, Vietnam, the Cold War, and the War on Terror.

Are you wondering why there are no 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 speak 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 there at all three of these events. But in case we don’t, we’d like to 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.

Computer Club Meeting May 20

By Steve Gray

The Computer Club is very happy to have Chief Administrator Peter J. Gasiorek 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.

By Joe Wilson

The March meeting was well attended. There was a good turn out for the April meeting as well. Hopefully, we will have another large turnout for the May meeting.

The May 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

By 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 winter residences, we are looking forward to greeting friends and newcomers in the Gallery Room and welcoming everyone home again.

The Democratic Club would like to thank everyone who participated in making 2018 a great year for the club. We participated in a variety of activities that contributed to the Blue Wave, and heard excellent content in programs throughout the year. High lights 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 earned benefit payments. Freeholder Shantil Narra illuminated the detailed legal work which culminated in the Middlesex County Police regarding interaction with Homeland Security. We also enjoyed social events such as the May meeting with several other talented musicians from the top rated NJSO.

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.

Fire escape planning tips: Electrical and heating safety.

Kitchen fire safety

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.

MIDDLESEX/MONMOUTH GASTROENTEROLOGY

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Religious Organizations

Catholic Society News
By Lucille Conti
The Prayer Shawl Ministry will gather on Thursday, May 9 and 23 in the Craft Room.
Th. 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.

“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 be served.

Democratic Club
(Carried from page 21)
Bagel Rally, and the Holiday Shopping Spree fund raiser.

Come one, come all, join the fun. All welcome - ladies and gentlemen. Reservation deadline is May 9. The cost is $18 per person. Reservation forms can be found near the EAP office and should be mailed to Janet Goodstein, 338N Narragansett Lane. For more information please call 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 Oneg. 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.

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May 23 Game Day
Reservation Deadline: May 9
Sandwich choices:
Egg salad, Grilled Vegetables, Tuna salad
Name(s), phone # and sandwich choice

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.

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 townships’ 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.

The Rossmoor NEWS
MAY 2019
9-Hole Golf news
By Mary Shine

Opening day was Tues-
day, April 9, with a fun step-
away scramble, followed by a
delicious Korean lunch.
Pastor Robin was also the
minister. And from there, she
looked into seminary—
common element.

Pet reminder
Residents have an obliga-
tion to immediately clean up
after their pets on all com-
mon elements. Waste should
be removed/disposed by
placing it in a sealed, non-
leak proof container. Please
do not dispose of pet waste
in any catch basin, deten-
tion basin, or other
detention basin, or other
waste in any catch basin,

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

New pastor
(Continued from page 1)

Pastor Robin hosted house concerts in her home with nationally
 touring contemporary folk per-
formers (she continues to support musicians as
much as she can), she
most often now can be
found strumming and
 sing-
ing children’s songs.

In time, these young chil-
dren will undoubtedly learn
that their grandmother is an
ordained minister of the
United Church of Christ
(UCC) with a Master of Div-
inity degree and a Master of
Theology in Ethics from
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waste in any catch basin,
Autoimmune Diseases

By Kayte Olshetski, 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 auto-immune 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 and starts to attack healthy cells. Simply put, 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 connection 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 divert the body from a well-known, safe path. The triggers are essentially 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 the 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. Obesities is linked to rheumatoid arthritis and psoriasis, for example. Studies show that obesity has a significant impact on autoimmune disease.

Obesity has been linked to neuromedial arthritis and psoriasis. The body just tends to do things out of proportion. Some people only want to take care of a special bush or a special plant. If you don't want a bush pruned by the landscaper, please let the landscaper know. Please do not have your air conditioner serviced. Please call the Monroe Township Senior Center or the Monroe Township Senior Center sponsored by Saint Peter's Physicians Associates, who will be speaking on "Osteoporosis" on Friday, May 14, 10:30 a.m. at the Monroe Township Senior Center sponsored by Saint Peter's University Hospital.

Who are autoimmune diseases?

Autoimmune diseases develop when the body's immune system attacks its own cells, tissues, blood vessels, skin, and joints. This can happen in any part of the body. The immune system normally helps protect against infection, but when it attacks healthy tissues, it can cause pain, swelling, and damage. Overactive, underactive, and autoimmune conditions are examples of immune system problems.

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. 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 shiny, raised 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 attack 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 inflammatory process and to suppress the immune system. There are things one can keep the autoimmune system in check: eating a healthy balanced diet is advised and avoiding foods that cause inflammation. Foods one should cut out or avoid that cause inflammation are sugar, artificial sweeteners, refined carb, bohydrates, trans fats, proccessed foods, alcohol, caffeine. Maintaining a healthy weight, managing stress and anxiety, and getting enough sleep a night may help prevent flare-ups.

In our lecture series from Saint Peter's University Hospital, Thomas Bertini, physical therapist, will discuss Physical Therapy, formerly Forsgate Physical Therapy, will discuss Physical Therapy and coping with Pain & Stiffness? Living with the bed where they are visible from either direction or additional stakes every six feet or so in between, if needed. The mean month will be touched. Some people only want to take care of a special bush or a special plant. If you don't want a bush pruned by the landscaper, please let the landscaper know. Please do not have your air conditioner serviced. Please call the Monroe Township Senior Center or the Monroe Township Senior Center sponsored by Saint Peter's Physicians Associates, who will be speaking on "Osteoporosis" on Friday, May 14, 10:30 a.m. at the Monroe Township Senior Center sponsored by Saint Peter's University Hospital.

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 month.

The next round of fertilization will start at the end of May and June. This will be a liquid application of broadleaf weed control with crabgrass preventer using a herbicide with a high potas-

sium formula that will provide broadleaf weed control in warmer weather and a more effective application of ferti-

lizer.

Carport cleaning will start next 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 Maintenance Department to make an appointment to work in your manor. We can use a key at the North gate.

Free Estimates Call today for your free estimate on attic insulation, window replacement, and ceramic tile installation.

ATTENDANCE

By Dave Saltier

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. Please do not drive over 5mph while driving.

A/C Servicing

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

Carport Cleaning (reverse) for your Free Service (per unit)

609-655-2121

Carport Cleaning (reverse) for your Free Service (per unit)

Co-Op (including multiple units) $40 plus tax (per unit)

Service includes inspecting

system, checking Freon levels and filter replacement (Part # 675704). The filter Freon is not included in the price.

Stainless 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 landscaping with a stainless steel stake and a yellow ribbon. This is not your only option on Monday, May 13, at 1 p.m. in the Maple Room. If you are interested in learning more, please call the Health Care Center at 609-655-2220 or stop by to talk to the staff.

Dr. Alja Hussain, gerontologist and internist from Saint Peter's Physicians Associates, will be speaking on "Osteoporosis" on Friday, May 31, 10:30 a.m. at the Monroe Township Senior Center sponsored by Saint Peter's University Hospital.

In our lecture series from Saint Peter's University Hospital, Thomas Bertini, physical therapist, will discuss Physical Therapy, formerly Forsgate Physical Therapy, will discuss Physical Therapy and coping with Pain & Stiffness? Living with the bed where they are visible from either direction or additional stakes every six feet or so in between, if needed. The mean month will be touched. Some people only want to take care of a special bush or a special plant. If you don't want a bush pruned by the landscaper, please let the landscaper know. Please do not have your air conditioner serviced. Please call the Monroe Township Senior Center or the Monroe Township Senior Center sponsored by Saint Peter's University Hospital.

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 sign up for the health fair. You do not have to be present to win. There are going to be a lot of new and exciting information for you besides lots of give-aways from vendors, so please mark your calendar for Friday, June 14.
May 2019 Calendar of Events for Monroe Township Public Library

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

Book Café: Poets Corner – May, Day 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: business May, 4: Library Foundation Jewelry Sale
Saturday, May 11: BQ Bazaar

The Monroe Township Library Foundation provides Pop-Up Shop rental space (measured in square feet) between 10 am and 4 pm. Local residents with their own direct sales, bazaars (LaRueRo), 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 in 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. APOV Documentary Film
Sunday, May 5 at 10:30 am
An 1818 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

Sewing Class: Make Café Curtain Panels
Tuesday, May 6, 3 pm to 8 pm. Learn how to sew simple café curtain panels. Class is for 2 hours. **Students must bring 2 yards of fabric to class. Students must also know the size/measurements of the window for which they are designing the curtains. Students must take the following course to register: You Must Sewing Machine class or have prior machine sewing knowledge to take this class. Registration is not required.

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1. Access to the pool and any of the facilities in the fenced area around the pool is permitted only when a lifeguard is in attendance.

2. Upon entering the pool area, all guests must register and present their Rossmoor photo ID. Guests are required to abide by all established rules and regulations.

3. 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 Batting Code: persons showing evidence of communicable infection, sore or inflamed eyes, cold, naso or ear discharges, or excessive sunburn will not be permitted in the pool area. Persons with open sores, cuts, and/or bandages will not be permitted in the pool.

5. Persons recovering from diarrhea or symptoms of gastrointestinal disease are being used. through earphones.

6. Those equipped to play the pool area, except those equipped to play the pool area, except service animals, shall be allowed within the pool area.

7. Non-slip footwear is recommended on the pool area. Persons with gastrointestinal disease are encouraged to wait seven days before using the pool.

8. No animals, except for service animals, shall be allowed within the pool area.

9. 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 poolside chairs and lounges when sun tan oils are being used.

12. There is a 30-minute limit when using swimming lanes and the lanes are to be shared.

13. Only water in non-breakable containers is permitted in the pool area.

14. Pool furniture is on a first-come basis. Personal furniture is not permitted in the pool area.

15.池 Toys—inflatable, plastic, foam, or any other material—and swimming devices such as, but not limited to, swimmies, 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 instruction. Authorized Rossmoor residents may use "Noodles" in the shallow end of the swimming pool (as exercise/therapy aids) except during events or special events.

16. Card and board games are permitted at the pool at 2:00 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.


The Pool will be open daily, in June and July, between the hours of 9:00 am - 8:30 pm.

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

27. Guests of the Rossmoor Pool

1. Guests must register their guests at the pool and do not have to remain with guests over the age of twenty-one. Residents assume 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 during Memorial Day, July 4th, and Labor Day Weekend when there is a limit of two guests, including four 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 am—2:00 pm. Children 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.

6. 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.

Library

(Continued from page 25)

The Roscoe Falls Redocs Fall to the Continental Army & Andrew Jackson and the War of 1812.

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

Glucose and Cholesterol Screenings

Wednesdays, May 8 at 11 am.

Horizon Blue Cross/Blue Shield of NJ will be conducting 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 Violent Dirh in C. Henry Price Stories. Registration at the Welcome Desk.

International Film sponsored by The Friends of the Library

Tuesday, May 9 at 2 pm.

2006 Drama (Denmark) A manager of an orphanage in India is sent to Copenhagen, where she discovers a story that enters a life-altering family secret. Rated R, 2 hours

be no charge for International Films in 2019 as a 30th Anniversary bonus for 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 moon 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 Hansen, the film explores the triumphs and the cost—on his family, his colleagues and the nation itself—of one of the most ambitious ventures in exploration. Biography/Drama/History, Rated PG-13, 2h 22m.

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

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

By Nicky Meyers

The Monroe Township Chorus will present their Spring Concert highlighting America, our veterans and all active duty men and women who still guard our flag, and our way of life. The choral performance including choral-singing long songs will express our reverence, respect, and gratitude for the sacrifices the Armed Forces have made to defend 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 reside in Rossmoor are Natalie Becker and Tom Smith.

Who is the keynote speaker and join us on Saturday, June 1, for this wonderful, heart-warming performance. The concerts will begin at 7 p.m. and the concert will begin at 7 p.m. at the Richard P. Grasso Arts Center located in the Monroe Township Middle School, 2101 West Main Road, Monroe Township.

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

For additional information contact Sheila Werfel, Director at 609-619-3229.
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1 PHONE 1 CELL: __________________________

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 books and titles
pertaining to a different topic
each month, both new and old
titles. This month’s topic is
International Water.
Library refreshments
provided. Register at the Wel-
come Desk.

LAW 2018: Backyard Organic Gardening
Thursday, May 16 at 2 pm.
Are you interested in garden-
ing? Do you want fewer chemicals
in your life? Nisha Khanna
of the Middlesex County Master
Gardners 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 Brit-
s have had a love affair
with tea. Our homes,
d from the aristocracy
in the eighteenth
century, have a
rice hot cup of tea.
They also enjoy the
excitement and
flourish of their mon-
arch’s royal weddings.
Learn about English
tea traditions and
 etiquettes along with royal
wedding customs and cere-
monies. Presented by tea
historian, Judith Kral-
Russ, President of the Wel-
come Desk.

International Book Club
Tuesday, May 21 at 10:30
This month’s title is
Victoria by Daisy Goodwin
(UK). Drawing on Victoria’s
diaries, as well as her own
gifts for history and drama.
Daisy Goodwin, author of
The Queen (TV series) and
writer of the PBS
Masterpiece drama Victo-
yria, uses the young
natural riches to life in this
magnificent novel. Moder-
ated by Monica Teixeira.
Phone and register.

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

How to Break Up With Your Clutter
Tuesday, May 21 at 1 pm.
Professional organizer, au-
thor 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, getting stuck on to treasures
and 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 yard work. Join Dr. Karen
Kondos for this edu-
cational physical therapy
seminar to learn ways to re-
duce risk of injury while do-
ing yard work with the proper
use of body mechanics. Reg-
ister online or at the Wel-
come Desk.

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 number.

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

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

The Rossmoor NEWS
MAY 2019
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.

- Lower Back Pain
- Plantar Fasciitis
- Neuropathy
- Neck Pain
- Upper Extremity Pain
- Lower Extremity Pain

*Free consultation offer expires 6/1/19.

350 Forsgate Dr, Monroe Township, NJ 08831 | 732.521.9222