



What you should know about the Johnson & Johnson COVID-19 vaccine

By Kaytie Olshefski, BSN, RN-BC

The Johnson & Johnson (J&J) COVID-19 vaccine was developed by Janssen Vaccines, a pharmaceutical division of J&J, to prevent COVID-19 in individuals 18 years of age and older. The vaccine is also referred to as Janssen COVID-19 Vaccine and was voted unanimously for Emergency Use Authorization (EUA) on February 28.

The J&J vaccine differs from the Pfizer and Moderna COVID-19 vaccines in that it is given as a single vaccine, not a two-step series. After receiving the single dose, efficacy of the J&J vaccine is 66% against moderate to severe illness and 85% effective against severe disease. In clinical trials, the J&J COVID-19 vaccine was tested in South America and Brazil. Protection starts about two weeks after receiving the vaccine. The storage of this vaccine is easier for outpatient sites; the vaccine is not kept frozen but is stored in the refrigerator at 36°F to 46°F.

The J&J COVID-19 vaccine is not manufactured using mRNA technology, as are the Pfizer and Moderna vaccines. The J&J COVID-19 vaccine is manufactured using a viral vector, which means that a piece of protein is taken from the surface of the COVID-19 virus. The protein is combined with the modified adenovirus, is from a large family of viruses that includes the common cold. This modified adenovirus is used to shuttle instructions of

the protein spike to the cells. This vaccine cannot give you a cold or COVID-19. Like Pfizer and Moderna vaccines, the J&J vaccine helps your immune system recognize the COVID-19 virus by producing antibodies to protect you from future infections. These three COVID-19 vaccines do not have preservatives, antibiotics, or adjuvants in them. J&J has been doing research on adenovirus-based vaccines and has developed the Ebola vaccine using adenovirus. They are concurrently doing clinical trials in making adenovirus vaccines for HIV, Zika, and malaria.

The side effects of the J&J vaccine are like the Pfizer and Moderna vaccines. Side effects include pain at the injection site, headache, fatigue, fever, muscle aches, nausea and possible swelling and redness at the injection site. In the clinical studies, some patients reported severe allergic reactions including anaphylaxis.

If you receive the J&J COVID-19 vaccine and experience side effects such as a fever, take Tylenol to bring the fever down. If you develop generalized body aches and/or headache, take what you would normally take for a headache such as Tylenol or ibuprofen.

If you develop an adverse reaction to the vaccine, call your physician and inform him or her of what you are experiencing. Follow the advice of your doctor in what to do. If you develop an adverse reaction after receiving the vaccine, even if you are unsure if it was the vaccine that caused the adverse reaction, it needs to be reported to the Vaccine Adverse Event Reporting System (VAERS). To report an adverse event, please visit

(Continued on page 15)



Daffies in full bloom visited by little concrete critters.

Mayor Dalina proposes creation of Township Economic Development Advisory Board

Mayor Stephen Dalina has announced that he is proposing the creation of a Monroe Township Economic Development Advisory Board and will work with Township Council to move this forward. The purpose of the advisory board is to promote economic growth and job creation by aligning local business leaders with elected officials to maximize the talents of the community and its workforce. The Mayor will present an ordinance establishing this advisory board to the Township Council for introduction at its May 3 meeting.

“We want to work collaboratively with Monroe’s business leaders to attract businesses that will add to the Township’s already strong and diverse economic community. It also important for all of us to support existing local businesses that have been impacted by the pandemic,” said Mayor Stephen Dalina. “This initiative will dovetail with our Master Plan efforts – where the Township is exploring appropriate plans for all types of land use, particularly commercial activity. Of course, new business opportunities in the Township lead to property tax relief, from non-residential tax revenue, and that’s a win for everyone.”

According to the Mayor’s vision, the Economic Development Advisory Board will formulate and recommend policies and programs to the Township Council that encourage desirable new businesses to establish roots in

Monroe while providing valuable resources to existing Monroe businesses. The Board also will study challenges faced by commercial enterprises in similar communities and propose potential solutions.

If approved by the Township Council, the Economic Development Advisory Board will consist of nine volunteer members, with two co-chairs, composed of both Township residents and business leaders.

“This is yet another way for more residents and businesses to share ideas and plan for the future of our great community,” Mayor Dalina said. “Monroe Township has a wealth of business knowledge and talent just waiting to be shared. This new advisory board will provide a conduit for the



Stephen Dalina

business community to have a louder voice.”

Interested business owners and residents are invited to complete the downloadable application found at

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Important notice about income tax filing

The IRS has extended the 2020 federal income tax filing, payment, and IRA contribution deadlines from April 15 to May 17, 2021.

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SPECIAL ZOOM MEETING
of Owners and Stockholders
Wednesday, May 5th at 10:00 am
Regarding the RCAI Tort Immunity Amendment

Reminder
Ballots **MUST** be received by
Tuesday, May 4th at 5:00 pm

Ballots may be mailed to
RCAI Tort Immunity Amendment,
2 Rossmoor Drive, Monroe Township, NJ 08831
OR
hand delivered to the Administration office
OR
deposited in any Rossmoor payment box at the
Clubhouse or Village Center

Passing the amendment is a critical first step to possibly reopening the outdoor amenities

at the governors' meeting

at the governors March 25, 2021

The RCAI Board of Governors Zoom meeting was called to order at 9:00 a.m. on Thursday, March 25, 2021, by Mr. Daniel Jolly, President. The Zoom meeting was open to Owners and Stockholders that wished to participate.

The Minutes of the Board of Governors meeting on February 25, 2021 were approved 18-0.

The following resolutions were approved by the board:

- A. Resolution #21-05, Authorization to Purchase a Replacement Server for the Maintenance Office
- B. Resolution #21-06, Final Accounting of Mutual Domestic Water Line Repairs in 2020
- C. Resolution #21-07, Removal of Retired Items from the RCAI Property List
- D. Resolution #21-08, Authorization to Contribute to the New Jersey Community Associations Political Action Committee
- E. Resolution #21-09, Authorization to Purchase Chemical Analyzers for the Main Pool and Hot Pool

Participants questions regarding street sweeping, re-opening, and debris around the Community were answered.

There was no further business for the Board to discuss and the meeting was adjourned at 9:25 a.m.

at the governors April 15, 2021

The RCAI Board of Governors Zoom meeting was called to order at 9:00 a.m. on Thursday, April 15, 2021, by Mr. Daniel Jolly, President. The Zoom meeting was open to Owners and Stockholders that wished to participate.

The Minutes of the Board of Governors meeting on March 25, 2021, were approved 17-0.

The guest speaker, Annette Murray, CPA, with WilkinGuttenplan presented the results of the RCAI 2020 Audit. The board had planned for a break-even budget in 2020 and the year ended with a \$356,174 surplus mainly due the mild winter last year. She also explained that \$300,000 of the 2020 surplus and an additional \$300,000 from previous years' surpluses was transferred from the Operating Fund to the Reserve Fund at the end of the year lowering the 2021 contributions to the fund to offset the increase in Carrying Charges in 2021. She was pleased to report that RCAI is in a healthy financial position and received a "clean" audit report.

Mr. Raymond Bridy, Head Golf Professional, reported on the increase in current golf memberships and rounds of golf as compared to previous years, the completion of the pavilion and the

improvements to the Pro Shop while it has been closed to the public.

Mr. Georg ("Bob") Buskett, Operations Foreman, reported on the paving schedule for Sussex Way, the Mutual concrete replacement project, line painting and the final phase of the HVAC replacement project in the Clubhouse.

Mr. Thomas Tucci, Golf Superintendent, reported on the condition of the golf course, current projects and staffing. He also explained the need for a new pump station for the irrigation system due its age and the problems with the current pump station. Mr. Tucci and his staff were thanked for assisting the RCAI snow removal crew in the height of a large snowstorm this winter when several staff members were unable to work due to exposure to the corona virus and had to quarantine. Mr. Tucci was also thanked for his 30 years of dedicated service to the golf course.

Mr. Gerald McQuade, RCAI Treasurer, reported on the financial analysis for the period ended February 28, 2021 and the positive variance to date.

The following resolution was approved by the board:

- A. Resolution #21-10, Authorization to Replace the Golf Course Pump Station for the Irrigation System

Participants' questions regarding the RCAI tort immunity amendment, and the Governor's Executive Orders that are still in place with restrictions and strict rules to reopen any of the amenities were answered.

There was no further business for the Board to discuss and the meeting was adjourned at 9:40 a.m.

Bits & Pieces

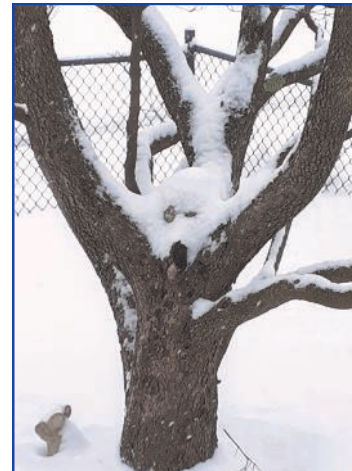
Sue Ortiz

They are watching us.

No, I'm not talking about Big Brother in George Orwell's "1984."

Humans have an inclination to see faces where there are none. "Face pareidolia" is the phenomenon of seeing faces in ordinary objects such as rocks, trees, boxes, landforms, and wallpaper patterns. Pareidolia, once believed to be a symptom of psychosis, is now considered to be a normal human tendency.

For example, a tree with three conspicuous knots nestled halfway up the trunk looks like it is staring down in disbelief at the state of the neighborhood. Once you know it's there, you will always see it. Maybe you'll hasten your steps next time you pass it.



My tree was just as surprised as me at the last snow storm!

The "Man in the Moon" has been staring back at us for eons. It wasn't until the late 1950s that we found out it was Jackie Gleason all along. The "Face on Mars" is a strange land formation in the Cydonia region of Mars that was first photographed by the Viking 1 orbiter in 1976. The 1.2-mile-long mesa looks like a humanoid face staring out into space. Since then, there have been many theories about the "face." Is it a natural formation or was it built by aliens? The jury is still out on this one, although ancient astronaut theorists believe it was built by Martians. Humans have been seeing faces, animals, and other earthly entities up in the heavens every night. Constellations such as Cassiopeia, Orion the Hunter, and Ursa Major all represent living (or mythical) beings.

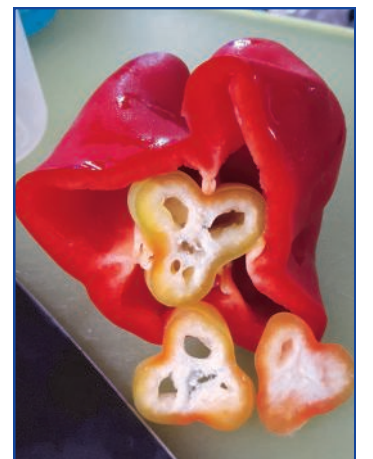
Big faces, small faces, teeny-tiny faces. It's a kind of visual illusion.

New Hampshire's "Old Man of the Mountain" was one of more famous rock formation pareidolia, until the distinguished face crumbled to dust a few years back. These types of rock faces are also called "mimetoliths," from the Greek words *mimētes* (an imitator) and *lithos* (stone).

Look up at the clouds, and you'll see facial profiles, bodies, dogs, and monsters. A favorite Peanuts comic from

1960 has Charlie Brown, Lucy, and Linus lying on a hill, watching the clouds drift by. Lucy asks the group what they saw in the cloud formations. Linus, being the little philosopher that he is, said he saw a map of the Caribbean, a profile of painter Thomas Eakin, and a biblical scene that included Paul the Apostle. Lucy then asked Charlie Brown what he saw. After hearing Linus's response, his answer was, "Well I was going to say I saw a ducky and a horsie, but I changed my mind!"

Check your salad. Those sprinkles of oregano and black pepper might just be smiling back at you. "Oh, no! Don't eat me!" That red pepper or tomato you just sliced open might be growling, "You want a piece of me?" And, don't even think of eating that piece of toast that looks like Jesus!



Darth Pepper

The neighbor's shrub looks like it has the weight of the world on his shoulders. "What are you staring at? You'd grow a unibrow, too, if you just stood in one place for 30 years."



Mr. Grumpy Shrub

You might see an unhappy box awaiting its fate by a dumpster. That growling face on the carpet is warning you not to step on him, or else! You're stuck in a traffic jam, and the rear end of the car in front of you is laughing at you, as if to say, "I may be slow, but I'm ahead of you."

According to research published in the journal "Psychological Science," our brains process "pareidolia faces" the same way as we do real ones. Although human faces all look a bit different, all consist of a basic pattern of eyes, nose, and mouth. It's this basic pattern that draws us to look for

(Continued on page 3)

Open RCAI Meetings in May

Thursday, May 20

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

Election of Officers

Followed by the Board of Governors Meeting
ZOOM Meeting

Please watch Channel 26 for any changes or cancellations



News Board:

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

Editorial Assistants

Alex Monaco
Linda Monaco

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

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

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

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Monroe Twp., NJ 08831

E-mail:
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May is a month of celebrations

By Anne Rotholz

May 1 or Mayday marks the beginning of summer 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 all eight major points. They celebrated with dancing, music and bonfires.

Some festivals to mark the beginning of summer were the Roman festival in honor of Flora the goddess of flowers, the Celtic festival Bealtaine and the Germanic St Walpurgis Night (Walpurgis was the English noblewoman who brought Christianity to Germany and the surrounding countries).

In more recent times, May 1 has been associated with the Maypole Dance, the crowning of a May Queen and May Processions.

Mayday also celebrates the workers of the world and some countries have declared it a national holiday in their honor. It was widely celebrated in this country in the early part of the 20th Century but it became less popular later because of a perceived connection to socialism. In 1955 the Catholic Church established May 1 as the Feast of St. Joseph the Worker.

The arrival of May gives us many reasons to celebrate here in Rossmoor. After a year that has been particularly difficult because of COVID and a cold, snowy winter we can look forward to warm sunshine, green grass, lots of colorful flowers and mornings filled with birdsong.

Local farmers will be working long days to produce fresh, healthy fruits and vegetables for us to enjoy as we go through the remainder of the year.

The May calendar has many events to celebrate. Here are a few of my favorites. May is Garden for Wildlife Month. Gardening for

wildlife may sound like a challenge, but that is not so. Wildlife needs three things to survive: shelter, water, and food.

Almost all residents have shrubs or flowers growing by their homes. These plants give shelter to small animals, birds, bees, butterflies and insects. You may not have a birdbath but every time you water your flowers and bushes you are providing water for birds and insects. If you watch quietly, you might notice some of them waiting for you to finish, so that they can take advantage of the opportunity to get some moisture.

I am always intrigued by the robins. They stay at a safe distance but once I am finished, they swoop in. They are interested in the worms that come to the surface to avoid drowning.

Providing food may require a little more planning, but even if you do not plant anything special you will get insects, butterflies and bees coming to enjoy whatever plants and flowers you have. With a little coaxing you can attract some special visitors.

Plant some zinnias (they are easy to grow from seed). Later in the season when they bloom, let them go to seed. You will soon have an army of goldfinches coming to feed on them. A few years ago, I planted a sea holly. This perennial grows in poor soil and requires very little water. It looks like a thistle and it has a beautiful blue flower. It attracts tiny bees that I have never seen any place else. Plant a butterfly plant or bush and you will get lots of butterflies.

May 16 is Love a Tree Day. Here in Rossmoor, we are very proud of our beautiful trees and we are well aware of how beneficial they are to our environment. It is painful to see how many of them have been lost due to the winter storms and for other reasons.

We can show our trees that we care about them by giving them water as



needed (about twice a week when the weather is very dry). We can talk to them and become protective of them. After all the ancient Druids believed that every tree has a spirit.

On May 16, residents could show their love for our trees by becoming tree huggers, so go ahead, pick out your favorite tree and give it a hug!

May 30 is Water a Flower Day. No matter how many beautiful plants we buy for our beds they will grow and produce flowers only if we water them. Gifts of flowers for Easter or Mother's Day often come in baskets and need frequent water to survive and flourish. If they are placed outside which they usually are, you might consider watering them twice a day.

Last year we had one of the most colorful summer showings here. Many residents could not go to work so they had more time to plant flowers and shrubs and to take care of their three-foot beds. While I do hope that the coming months will be better for all, I look forward to another beautiful season here.

Happy gardening to all!

Advisory Board

(Continued from page 1)

<https://www.monroetwp.com/index.php/boards-commissions>. Submissions may be sent to the Municipal Clerk by mail at the Administrative Offices, email preid@monroetwp.com or fax to 732-521-3190.

All submissions will be retained for a maximum period of one year from the date of filing.

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Bits & Pieces

(Continued from page 2)

faces in common objects. Computers recognize faces, too, using this pattern, plus the uniqueness of each face. My smart phone's screen unlocks only after it recognizes my face. Scary, huh?

There are several social media sites dedicated to "things with faces." I'm in a fun Facebook group where members share their pareidolia pictures, and I post pictures of my "faces," too. I've included a few of mine herein for your enjoyment.

Don't blame me if you start seeing faces on your bath-

room floor, your neighbor's tree, the clouds, your dirty laundry, or even in your dish of ice cream. Don't become paranoid. Don't look away. Enjoy the distraction. But you will start seeing them everywhere!

B&P

"Vision is the art of seeing what is invisible to others." – Jonathan Swift (Irish writer, 1667-1745)

"Discovery is seeing what everybody else has seen, and thinking what nobody else has thought." – Albert Szent-Gyorgyi (Hungarian scientist, 1893-1986)

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Is it possible?

Did the Greeks build a computer 2,000 years ago?

By Carol De Haan

Indeed, they did, claims Professor Tony Freeth, of University College London, who headed an international team of researchers who used computers to recreate the missing parts of the "Antikythera Mechanism." They concluded that it worked as an analogue computer to predict eclipses and other astronomical events.

This is its story

In the Aegean Sea south of mainland Greece and north of the island of Crete lies the island of Antikythera. In 1901, near there, working at a depth of 150 feet, sponge divers reported artifacts strewn on the sea floor, suggesting an old shipwreck. Working with the Greek Education Ministry and the Royal Hellenic Navy, divers brought up bronze statues, 36 marble statues of gods and heroes, a bronze lyre, and some ancient glassware. These items and other common artifacts were taken to the National Archeological Museum in Athens where they remain today.

In 1902, archeologist Valerios Stais noticed that a corroded piece of bronze from the wreck had a gear wheel embedded in it, along with inscriptions in Greek. It was about as big as a shoebox. Only the front of the mechanism and some connected parts survived. It was thought to be a mechanized clock or perhaps an old astrolabe, used for navigating before the sextant was invented.

Diving to depth of 150 feet was hazardous and therefore infrequent. Nevertheless, over the years a few more expeditions added to our knowledge of the site, but two world wars and some

economic crises intervened to slow investigations.

By 2005, Professor Freeth, who taught mechanical engineering, put together a team of mathematicians and archeologists from Greece, from the United Kingdom, and from the United States. They analyzed data from X-rays of the 82 remaining fragments that represented only about a third of the original mechanism. Using computer modeling to compensate for the missing two thirds, they simulated the probable functions of the mechanism. Reconciling their findings with the scientific inscriptions engraved on the mechanism, they were sure they had the answer: Yes, the Antikythera Mechanism was indeed a 2,000-year-old Greek analogue computer!

Scientists now hope to build a full-scale replica of the device, using modern materials.

What was it doing at the bottom of the Aegean Sea?

Do you recall how the Nazis went around their conquered territories confiscating works of art and high culture? That's exactly what those ancient Romans were up to, because they were besotted with Greek culture. Since it was a Roman ship that went down, historians suggest that Romans were absconding with some priceless Greek loot. It took a storm in the Aegean to sink that ship and preserve this example of the genius



Antikythera mechanism

of our far distant antecedents.

Was the Antikythera Mechanism one of a kind?

Not at all. It must have been the culmination of a long tradition of Greek mechanical engineering, because it involved over 200 bronze moving parts in the size of one of our shoe boxes. Only a sophisticated engineering industry could have produced it. We do not know if Archimedes had a hand in its construction, but he surely was involved in the development that led to it.

Assembling over 200 bronze parts in such a small mechanism means that each part was tiny and thin, so that few to none of them survived. It was only at the bottom of the sea that this partially intact device wallowed in mud, waiting for two millennia to be discovered.

After the fall of the Roman Empire in A.D. 476, complex

Monroe Township Partners with Local Pharmacy to Deliver COVID-19 Vaccines to Homebound Residents

On April 26, Monroe Township EMS crews, accompanied by Township police officers and OEM, transported pharmacists from Texas Road Pharmacy to the homes of ten Township homebound residents who each received their first dose of the Moderna COVID-19 vaccine. Second dose appointments for in-home delivery already are scheduled for

these individuals.

"This morning was a big step in our fight against COVID-19 and keeping our residents safe. The Township Council and I are thrilled that the first ten doses of the coveted COVID-19 vaccine were delivered to our homebound residents," said Mayor Stephen Dalina. "On behalf of the Council and from the bot-

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Bob's Almanac—May 2021

By Bob Huber

It's the merry month of May, the true arrival of spring in most people's minds. Spring lambs are gamboling on the green, and in many locations, there are special events to celebrate the arrival of the new growing season, such as dancing around the Maypole.

No one knows for sure why lambs gambol, but it appears that they're simply having fun. The source of Maypole dancing is equally obscure. Historians believe the custom began with ancient Germanic cultures as a spring celebration. Sigmund Freud felt that the dance had a sexual connotation (he would), with the Maypole being a phallic symbol around which young maidens danced to promote fertility.

Whatever the reason, most people look forward to May for its warmer weather and the bounty Mother Earth will bring forth. We also look forward to putting more than a year of COVID confinement behind us.

May is also an important month for harboring many events which have illuminated and altered our times. A short list includes

May 4, 1494 - Columbus discovered Jamaica on his second voyage to the new world.

May 6, 1937 - The German dirigible Hindenburg crashed and burned in Lakehurst, N. J., killing 36 of the 97 people on board. The tragedy doomed the future of airship travel.

May 8, 1884 - Harry S. Truman was born. One of the few American presidents not to have had a college education, he was faced with some of the most difficult decisions of his time, including dropping atomic bombs on Hiroshima and Nagasaki in Japan to end World War II.

May 10, 1869 - the East Coast and West Coast of the United States were united by the railroad. The final golden spike was driven into place at a ceremony in Promontory Point, Utah.

May 12, 1607 - the first permanent English settlement in the new world was established in Yorktown, Va.

May 15, 1804 - the Lewis and Clark expedition opened the upper Midwest for further exploration and eventual settlement.

May 20, 1862 - President Lincoln signed the Homestead Act, opening millions of acres of government land for settlement.

May 24, 1844 - Telegraph inventor, Samuel Morse, sent the first official Telegraph message from the Capitol building in Washington, D.C., to Baltimore, Md.

May 25, 1787 - the first Continental Convention took place in Philadelphia with delegates from seven states forming a quorum.



Gamboling with the lambs or dancing around the Maypole may not be your style, but do something! May is a great time to get out of the house and enjoy what the season has to offer. And if you do feel inspired to make your own contribution to the season, why not plant a few flowers? Mother Earth would be pleased and so would your neighbors.

Grandpa's WWI reunion

By Ken Thomas

My grandfather served under General Pershing in World War I. He fought in the battle of the Argonne Forest and in other places we read about in history books. Not many of his original Company survived the war. Grandpa never talked about his time in the army, so we were surprised to hear about the reunion of these veterans, officers, and enlisted men.

Grandma told us this particular reunion was special, because Grandpa would be hosting the reception after their meeting, a reunion honor. A general, whose name I can't remember, would be the guest speaker. We, the grandchildren, volunteered to serve these men and their families at the reunion reception.

The general spoke about all the men who served, the battles, heroism, and sacrifice. It was a history lesson for the grandchildren and

many others in the audience. A few of the veterans spoke also. Of course, Grandpa proudly introduced us to everyone. Most of these men at the reunion were in their 70s. Gray was the color of the day, but the smiles and every genuine "good to see you" lit up the auditorium.

Soon everyone moved toward the elevators to get to the large room Grandpa had reserved for the reception. About ten times, a veteran said "Tommy, Tommy" while shaking his head in a conversation with Grandpa. Thomas was my Grandfather's last name, but why "Tommy, Tommy" and the head shaking?

I was the oldest of the grandchildren, so my job was the bartender, offering alcoholic drinks. My younger sister and brother served the catered soft drinks, food and dessert. The veterans and their wives filled the room. Again, I was overwhelmed by their comradeship and caring

for each other during the reception, but the "Tommy, Tommy" question bugged me.

I listened as the soldiers talked to each other. Some relived parts of those terrible days; "Do you remember?" "I was scared too." "I'll never forget." Then I realized why Grandpa did not talk about the war. Those days could only be shared by those who fought the battles and survived. "Tommy, Tommy" entered my head and heart as I listened.

Noticing a quiet veteran sitting alone, I walked over to offer him a drink. We talked for a few minutes and I asked him about the "Tommy, Tommy" thing. He told me about the heroism of my Grandfather: his bravery, fearless fighting, his friendship, and his luck. My Grandfather had saved this man's life and others in the room. "Tommy, Tommy" and the shaking of the head was their

(Continued on page 6)

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Oxygen

By Jean Houvener

Most of us learned in high school biology that the earth's atmosphere contains 21% oxygen. We might well be excused for thinking that has been true for most of earth's history, but that is in fact not the case. The current atmosphere also contains 78% nitrogen and .9% argon, as well as only small amounts of trace gases, the most prevalent of them being carbon dioxide at .038%.

The earliest atmosphere was likely hydrogen, helium, and gases containing hydrogen. This atmosphere was blown away by solar wind. Eventually the earth developed its magnetic field, which protects our atmosphere from the solar wind. The second early atmosphere dates from around 4.5 billion years ago. At that time water vapor and later carbon

Reunion

(Continued from page 5)

way of showing respect for the unbelievable things he did during the war.

My respect for Grandpa also increased as the veteran talked. One Tommy and the shaking of the head would have probably been enough, if my Grandfather's name wasn't really Thomas Thomas.

Later, Grandpa told us how proud he was that his grandchildren served his friends. Some occasions are very special, significant and thousands celebrate. Grandpa's WWI reunion doesn't quite meet any of those criteria, but his grandchildren will never forget this remarkable man, a Thomas. We loved him.

dioxide constituted larger portions of the atmosphere and nitrogen became the predominant element. Methane and ammonia were also present. There was virtually no oxygen.

As the earth cooled and volcanic activity lessened, the water vapor turned to liquid, creating the seas, and the carbon dioxide tended to dissolve into the water. The atmosphere became almost entirely nitrogen. The activity of clashing continents and volcanic release of various nutrients gave rise to organisms that took in carbon dioxide and water, used the sun's energy, and created glucose and released oxygen as a toxic waste product.

This began around 2.5 billion years ago, initiating the Great Oxygenation Event. Over the subsequent time to the present, the amount of oxygen has varied considerably. The earliest known organisms were cyanobacteria, such as stromatolites, which live in shallow seas. As some organisms developed photosynthesis, the amount of oxygen released increased. This was particularly true as new organisms evolved into land plants and greatly accelerated the process. Finally, over the same period, multi-celled organisms developed to make use of the oxygen, bringing it in and with water and other nutrients releasing energy and carbon dioxide, making a cycle of mutual benefit between plants and animals. The first multi-celled organisms are found in the fossil record around 635 million years ago.

The oxygen levels peaked in the carboniferous period, 350 to 300 million years ago, at around 30 to 35%, giving rise to gigantic dragonflies and millipedes. It has fluctuated over this time period returning to lows of around



10%, when there is very little evidence of wildfires. The increased oxygen also gave rise to wildfires. Fire needs oxygen, which was now abundant, and fuel, which plants provided. As oxygen levels have shifted between only 10% and over 30%, the frequency of wildfires has also decreased or increased accordingly.

The presence or absence of ferrous oxide in the layers of earth give an idea of the presence or relative absence of oxygen. These are complex operations, including the movement of tectonic plates, from a single large continent to multiple continents, cooling and heating of the earth, glaciation, fire, and changes in the percent of carbon dioxide, all involved in the shifts, with life adapting or perishing accordingly.

If we had Mars's atmosphere, the air would be only around 1% of what we have on earth, and mostly carbon dioxide, and temperature from -81°F, compared to Earth's average 57°F. If we had Venus's atmosphere, the air would be exceedingly dense and thick, again mostly carbon dioxide with sulfuric acid, and temperatures of 847°F, and air pressure 90 times Earth's.

Organisms have come and gone as the levels of oxygen have risen and fallen, and other events have occurred. Interesting and humbling, humankind is a mere dot at the end of this point in evolution.

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I couldn't believe it

By Ken Thomas

She joined my Sunday School class late that year, the youngest student. Her "thank you" prayer was barely audible. Even during introductions, she spoke very quietly. That Sunday, the class was really into the lesson: voices rising, opinions argued and beliefs questioned. Our new classmate looked like she wanted to find an escape route. The make-up of the class was going to be a problem for her also. The two other girls were seniors and the remaining four boys were not introverted teenagers.

Talking with her after class, she was so sad, she was so shy. Her Mom and Dad introduced themselves and promised their daughter would attend class every Sunday morning. I wondered if they had a clue. Sometimes words fail me with parents.

The next four to five weeks were awful for both of us. The other boys and girls almost ignored her. I tried everything to make her smile and relax, but I'm not a child expert and probably did it all wrong.

The first Sunday she expressed an opinion during class, I nearly dropped my Bible. Unfortunately, the lesson was cut short for Junior High/Senior High Choir rehearsal.

As I watched, the Choir Director handed out music and positioned the teenagers on the altar steps of the church. He played the organ. They sang. He played the organ and urged them to sing louder. They sang. None of those "theys" included my shy young student. No sound came from her place on the steps. She looked as if she was going to cry at any minute; agony for her, agony for me. I called her from the choir and we went to the back of the church in the last pew. Then, she cried.

During the next two years, she grew and matured, so a small portion of her shyness went away. More girls joined the class and three of the older boys went off to college, which improved her comfort level. Although less nervous, she was still so very shy and quiet. Any contribution in class or a smile from

her was a sunny Sunday morning for me, and the sun did not shine often.

The Junior High/Senior High Choir always remained a problem for her. Always hidden in the back row of the choir, she never looked up from her music and I never heard her voice. When she graduated high school as valedictorian and went on to college, I smiled four Sunday mornings in a row for her.

Years later, my wife and I moved to Virginia (new job). We still kept in touch with all our church friends. One December, we were visiting New Jersey and decided to attend the Christmas Eve program at our old church. During the service, a young woman left the choir loft and stood altar center in front of the congregation. The organ played an introduction to "Ave Maria" and she began to sing. Her beautiful, angelic voice filled the church. Guess who it was? I could not believe it!

When a shy, quiet little girl joins the choir, we all sing.

It shouldn't be this hard

By Allan Kaufman

I've been working in the pharmaceutical industry my entire career. As such, I've been very fortunate that I have been provided with a company car for the past 44 years. The cars have typically ranged from a 4-door sedan to an SUV. At times, based on my performance, the car choices were upgraded. The cars were always in the mid-price range. With some companies, like my current one, I do not have to pay for anything. With some of my other companies no more than \$50 a month was taken out of my paycheck. A small price to pay when I didn't have to pay for gas, tolls, repairs or insurance.

That all came to an end on April 30 when my current company decided to close down our fleet car program. I work for a small company where only nine of us were given cars. Going forward the company is going to provide us with a monthly stipend.

Right now, my time working in the field has been limited due to the pandemic, but I thought this new policy would be fine. For the two or three days a month I'm going to be in the field I would use my wife's car. When I told them that my wife had a 2011 car, they said, the reimbursement would only be good for a car that was no more than five years old.

I started to sweat.

When we purchased my wife's car, I'm sure that I had a friend or son-in-law go with me to finalize the purchase. Basically, I have not purchased a car since gas was 57 cents per gallon. That was my first car when I got married and my good friend sold me his car. I have not purchased a car in 44 years.

I've done some due diligence and it is a royal pain in the butt trying to read the fine print. The deals vary from dealership to dealership. I have to read the fine print; print that is printed in 0.5 font. Superman couldn't read the print with his X-ray vision. If you come in before the second Thursday of the month, and Thursday is followed by a Friday, then the car is free. But you have to read the fine print.

When I go into a dealership, the word "sucker" is tattooed on my forehead. Yet, by the time you read this I will have, most likely, leased a car. My wife likes the idea of getting a new car every three years. It will be an SUV, probably a Honda CRV, top of the line EX-L. It's good that my daughter has a friend who is one of the general managers at one of the local dealerships. I need to convince my daughter to join my wife and me at the dealership. I don't want the salesman to say, "Who did you say you are?" More sweating.

I shouldn't have to worry about such nonsense. I should have a sign on my sweater saying, "Take pity on me!" It shouldn't be this hard.

I can be reached at allan.kaufman0125@gmail.com. Your comments are always appreciated.



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Stuart Z. Goldstein was one of the longest serving PR Spokespersons on Wall Street. He served as Managing Director of Corporate Communications & Public Affairs for the Depository Trust & Clearing Corporation (DTCC) in New York, the largest trade clearing house (\$5 trillion daily) and central securities depository in the world.

Mr. Goldstein has co-authored two books explaining the inner workings of U.S. Capital Markets, numerous articles in PR trade magazines and his byline on public policy issues has appeared in newspapers, e.g., USA Today, the Washington Times, the Star Ledger, Trenton Times and Global Financial Markets magazine. Mr. Goldstein is a resident at Regency at Monroe.

His first non-fiction book, **Moe Fields** (aka Murray Goldman), is a gripping narrative about a father's fighting spirit and determination to save his family and inspire his sons to succeed.

Goldstein applies his gift of storytelling to bring us the story of Moe Fields, growing up during the Great Depression — from his teens as a Golden Gloves boxer, to his career as a Bootleg fighter in Brooklyn for money, to being a WWII sailor whose most prideful moment was meeting FDR, to overcoming prejudice and building one of the largest plumbing businesses in New Jersey.

When a health crisis hits Moe, and later, a drunk driver causes a horrific car accident, crippling his wife, they are both left to deal with a lifetime of disabilities. But Moe digs deep to turn tragedy into triumph.

We all have our Moe Fields. This treasure of a book is a poignant and thought-provoking memoir that captures the enduring power of role models in our lives.

Goldstein has written a life-affirming story that's hard to put down—and hard not to talk about.

At a time when we need heroes, this book celebrates the strength of family, faith—and the enduring legacy we leave our children.

Toad Suck Daze

By Bob Huber

Somehow, we've managed to make it to the month of May, the fifth month of the year, when nature bursts into bloom. This also applies to us humans, as our 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



anyplace else, for that matter. The event is more like a county fair with all sorts of activities, especially great Blue Grass music concerts, but behind every folk tale, there is usually a kernel of truth.

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

My own introduction to

"toad suckers" came in the late 1960s when I engaged the popular artist, musician, composer, poet and author, Mason Williams, to host and narrate a TV Documentary I was producing. We were meeting at his home in Los Angeles to go over the script. During a break in the proceedings, Mason picked up his guitar and began to play and sing the most ridiculous and delightful little ditty I ever heard. He called it "How 'bout Them Toad Suckers." He asked me how I liked it, and I told him I thought it was great, but would it play to the sophisticated Broadway crowd? It surely did when he introduced it a short time later on "Saturday Night Live." Mason Williams had a hit on his hands.

There can be no doubt that Williams' simple country tune was, in part, the inspiration for the annual Conway festival which was established more than a decade later.

Just in case the delights of May urge you to establish your own Toad Suck Daze,

please be advised that to the best of our knowledge there are no "suckable" toads in or around Rossmoor, and experimentation could be deadly! Many species of

toads secrete chemicals that are highly toxic, so leave toad-sucking celebrations to the folks in Conway and to Mason Williams.

Visit Bar Harbor

By Ken Thomas

We were young, newly married without an extra dollar for a weekend movie. However, we found a used camper for sale, which was nothing more than a metal box with canvas on each side. Our first big trip was Arcadia National Park, Bar Harbor, Maine. With hopes of seeing spectacular spectacles, we started up the coast. Many signs for whale watching lined the roadside.

Finally, I decided whale watching was in the budget somewhere. The captain of our boat took us out of the harbor toward the open sea. Soon, we could see them: four whales straight ahead, blowing water, diving and actually talking whale talk.

The captain steered the boat among these huge mammals. He remained calm and told us not to be frightened. "They're just showing off." When a whale sounded alongside the boat, everyone gasped and stepped back. He was bigger than our boat by an "X" number of feet, many X's. Always start a vacation with whales.

We toured the sights in Bar Harbor. Each day, we passed many lobster shacks. Our budget didn't include lobster, but the prices in those shacks were not budget busters. For many of our meals, we ordered three dozen steamed clams (shared) and a lobster each. Bar Harbor was beautiful, just as advertised. Many boats were anchored in the harbor, lined up like soldiers in a military camp, all sizes and shapes.

The day before starting home, the budget was again dented. We went fishing. My wife selected a small rental and another couple signed on with us. Early the next morning, we met Captain Jack and he pointed out our places on his boat. The cursing began. From his first greeting through the next three hours, every other word was triple "X." Supposedly, sailors have a salty vocabulary, but Jack could fill the salt-shaker. My wife gave me that "Are you going to let this jerk talk like this?" look. Was I supposed to shake the "X" words out of his vocabulary manually?

Other fishing boats were circling, but we headed in another direction. Captain Jack cut the engine and helped set the fishing lines. Shortly, all the rod lines were taut. The fish had found us. My wife reeled in fish after fish. She kept our captain very busy unhooking fish and again baiting her lines.

Soon, fishing went from fun to work. Both camping couples couldn't keep the fish, so our captain would profit from our catch. Penitent, he helped my wife onto the dock with one less curse than I would have expected. She gave him a snappy salute.

Before leaving Bar Harbor, we stopped at our favorite lobster shack and splurged: four dozen steamed clams and a lobster weighing about three pounds. The budget was now truly busted. The size of the lobster also busted our appetite, so we gave our leftovers to a surprised father and mother with three kids sitting next to us. The father responded with words rated "G."

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Clubs and Organizations

Book Discussion and Writers Groups are still meeting

By Norman Perkus

The Book Discussion Group continues to meet virtually once a month on the third Thursday of the month. On May 20, at 3 p.m., they will discuss "I'll Tell Them I Remember You" by William Peter Blatty.

Contact Norman Perkus for the complete list of books for the year and for the access code for the Zoom meeting.

The Writers Group has also been meeting monthly over Zoom. The next meeting will be on Thursday, May 27, at 10 a.m. Contact Norman for more information.

Dance Club wants to dance

By Judy Perkus

Last month, you received a letter from RCAI with a ballot enclosed asking you to vote yes or no. As we understand it, the purpose of this vote is to amend RCAI bylaws which will allow the Board of Governors to consider opening up activities within Rossmoor.

Dance Club President Armen DeVivo urges you to vote yes on this ballot and return it ASAP, if you haven't yet done so. We are looking forward to more normal times when most everyone is fully vaccinated and we can be together indoors.

Players Pastimes

By Sue Archambault

This past October, 2020, the Players decided to experiment with an outside event in Thompson Park, since our Rossmoor facilities were closed. Our first outdoor Open Mic program took place on a beautiful day, as we were able to take advantage of the rain date provided by the Middlesex County Parks events coordinator in the covered pavilion Section 4B.

There were quite a few performers who presented songs, poems, amusing anecdotes, and jokes as well. In light of this successful venture, The Players are planning on utilizing Thompson Park this month (May, 2021) for another Open Mic program.

Dates cannot be requested before April 15, so check Channel 26 for updated information. We are hoping to be granted a date in the second or third week of May. All Rossmoor residents and friends are invited to attend.

If you would like to perform a song, you will need to have a CD or music on your cell phone, (Bluetooth capable), as accompaniment.

Any questions, call Sue Archambault at 201 981-5959.



CULINARY CORNER

By Sidna Mitchell

Try these authors' recipes

Reading is one of my favorite pastimes and obviously in this COVID-19 pandemic, I've had plenty of time to go through many books. I particularly like mysteries—not the gory, violent types but simple ones. Culinary mysteries, especially those by Laura Childs, are definitely entertaining and complete with recipes. In her "Lavender Blue Murder" that I read back in the winter, she had a couple of recipes that I wanted to try — pear butter and Parmesan and prosciutto puff baby.

Childs' tea-series books take place in Charleston, S.C., one of my favorite cities where there is so much history. She also writes a scrapbooking series, situated in New Orleans, another one of my favorite places.

Dorothea Benton Frank, another favorite writer, has most of her stories centered around Charleston and its islands such as Folly Beach, Bulls, Pawleys, Sullivan's, and Isle of Palms. While she mentions meals in her books, unlike Childs, she doesn't include recipes at the end of each book. In "The Christmas Pearl," however, Frank did include recipes — crab soup, potato salad, red rice, corn fritters, shrimp Creole, light fruitcake, and Finnish pancake, for example.

The Parmesan and prosciutto puff baby and the Finnish pancake are both similar to the recipe for the apple Dutch baby recipe I offered back in November so I'll hold off on sharing those.

Unfortunately, Dorothea Benton Frank died in 2019 so we can't expect any more of her excellent Southern tales or recipes. Her corn

bread recipe in "The Christmas Pearl" is very much like that of my Mississippi grandmother so it must be "a Southern thing." Here's my version of Frank's corn bread recipe that I tried recently for croquet friends.

Cast Iron Skillet Corn Bread

- 1 cup flour
- 1 cup cornmeal
- 1 tablespoon baking powder
- 2 tablespoons sugar
- 1 teaspoon salt

Preheat oven to 450 degrees. Combine all the dry ingredients in a mixing bowl. In another bowl, mix the egg, milk and Mazola oil. Pour wet ingredients into the dry and mix well. Put the melted butter in a cast iron skillet and place in the hot oven. When the butter sizzles, add the corn bread mixture. Bake for 25 minutes until the edge is crispy and the top is golden brown. Remove from oven and flip the corn bread onto a plate for serving. Serve with more real butter, pork chops, blackeye peas and collard greens.

NOTE: I just put about two tablespoons butter or bacon fat in a cast iron skillet and place it in the oven. When the butter melts, I remove the skillet and add the cornbread batter, making sure it completely covers the bottom of the skillet.

I can be reached via email at sbmcooks@aol.com.

Culinary Corner

- 1 egg
- 1 cup milk
- 2 tablespoons Mazola oil
- 2 tablespoons butter, melted

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This month in pictures

By Joe Conti and Walter Gryskiewicz

Faces

By Sue Ortiz



Albert Einstein or Walter Matthau?



Please let me in ... I'm freezing my flaps off.



My cup of hot chocolate was happy to see the light of day!

Spring colors

By Y. A. Lee



Spring full of life



Spring life and death

Religious Organizations

A bit of Jewish comic trivia

By Adrienne Brotman

One of my very good Rossmoor friends recently shared this email with me from one of her friends. I thought you might find it interesting.

Subject for this email is Corona Therapy. According to a UC Berkeley Professor of Humor, a known fact is, that while Jews make up two percent of the population of the United States, there was a time when they made up 50 percent of the famous comedians.

Do you remember the old Jewish Catskill Comics of the Vaudeville, entertainment in the United States and Canada from the early 1880s until the early 1930s? Do these names ring a bell: Shecky Greene, Red Buttons, Totie Fields, Joey Bishop, Milton Berle, Jan Murray, Danny Kaye, Henny Youngman, Buddy Hackett, Sid Caesar, Groucho Marx, Jackie Mason, Woody Allen, Lenny Bruce, George Burns, Allen Sherman, Gene Wilder, George Jessel, Alan King, Mel Brooks, Phil Silvers, Jack Carter, Rodney Dangerfield, Don Rickles, Jack

Benny, Mansel Rubenstein and so many others?

Do you remember this famous joke, "I just got back from a pleasure trip; I took my mother-in-law to the airport."? I'm sure many of us have fond memories of these famous individuals and I'm sure we remember some of their comic classics.

The congregation, at this time, will be zooming Sabbath services, Friday, May 14, and Friday, May 28, at 4:30 p.m. Torah Study will be zoomed at 10 a.m. on Saturday, May 15, and Saturday,

May 29. There will be a Zoom Yizkor, memorial service, Tuesday, May 18, at 10:30 for the holiday of Shavuot. This is the day the Jews were said to be given the Law at Mount Sinai. Please check Channel 26 for updated information.

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

A Message from High Tech Landscapes, Inc.

- We have completed bed edging throughout the community.
- Mowing has started
- The next round of fertilization will start end of May/early June. This will be a liquid application of broadleaf weed control with crabgrass preventer using an herbicide with a high potassium formula that will provide broadleaf weed control in warmer weather and a granular application of fertilizer.
- Carport cleaning will start this month.
- Summer flowers will be planted later in the month.
- Spring pruning of the smaller shrubs will start around mid-May/June.
- Please call the East Gate phone and leave a message with any questions or concerns at 609-655-5134. Don't forget to leave your phone number.
- Please tune to Channel 26 for any new updates.

Please note that all of the above is weather pending.

New Neighbors



By Christina Smith, Resident Services Manager

Troy and Cassandra Germain, 166A Portland Lane, formerly of South Plainfield, N.J.

Sharif Malikah, 251A Mystic Lane, formerly of Brooklyn, N.Y.

Lionel and Carrol Bannister, 146B Old Nassau Road, formerly of Milltown, N.J.

Alonso and Carmen Peralto, 196B Mayflower Way, formerly of Jamesburg, N.J.

Barry and Patricia Feeney, 70A Gloucester Way, formerly of Sayreville, N.J.

Johnny and Angela Eng, 185C Providence Way, formerly of East Brunswick, N.J.

Lee and Beverly Webb, 370C New Bedford Lane, formerly of Plainfield, N.J.

Bruce Gessin and Patricia Walters, 494B Newport Lane, formerly of Hackensack, N.J.

Susan Donvito, 108P Hanover Lane, formerly of Garden City, N.Y.

Philip and Scott Fisher, 729A Mount Vernon Road, formerly of Las Vegas, Nev.

Denis Cheng, 605N Winchester Lane, formerly of Baldwin Park, Calif.

Gloria Henry, 340F Narragansett Lane, formerly of Newark, N.J.

James Speight and Amy Cucurullo, 207D Madison Lane, formerly of Elizabeth, N.J.

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Spring clean your home inside and out

Spring cleaning isn't just about purging dirt and grime. It's also the perfect opportunity to take inventory of items around your home. As you tackle this season's cleaning, look for ways to improve your overall living space, from getting rid of things you no longer need to adding items that can work harder for you.

Consider these ways to tackle your home inside and out this spring.

Make organizing easier. As you clean each space, look for easy ways to reduce unsightly messes and improve organization. If your entryway always becomes a jumbled pile of shoes and coats, consider adding a storage bench and hooks to bring some order to the area. If accumulated items are in the living room, add a storage chest or large baskets to store them when not in use. If tools and equipment make the garage unusable, install shelving units to keep everything in place.

Eliminate the excess. Spring cleaning is also an opportunity to declutter and make way for something new, either by donating or selling unused things. Whether it's last season's fashion and accessories or unused tech and fitness gear, that item you never used – or haven't used in a while – may be exactly what someone else is looking for. Online platforms can make the process easy and be a way to earn extra cash or help fund other home upgrades. Look for marketplaces that help you maximize your return; eBay, for example, is giving sellers 200 free listings every month, meaning you only pay after your items sell.

Reimagine your living space. If one area is becoming too crowded or doesn't serve your needs, consider items you can repurpose for another part of the home. For example, move an unused chair in your living room into a bedroom to create a reading area. Keep your focus on function as you make changes that accommodate your lifestyle.

Make smart additions. Once you've cleared your space, and sold things you no longer need, you can convert that extra cash into reliable home appliances and

tech. this will help take your spring cleaning to the next level. You can make your money go further by choosing certified refurbished products; some marketplaces like eBay offer inventory that has been professionally inspected by the manufacturer, or a manufacturer-approved vendor, to look, feel and work like new.

Commit to revisiting regularly. It's easy to let clutter and disorganization slide when you get busy with life's demands. Once your spring cleaning and reorganizing is complete, commit to reassessing your home on a monthly or quarterly basis so you can make small adjustments along the way, rather than face a major project every year.

Shop Smarter

Considering refurbished products for your shopping list can expand your options and make it easier to pursue

top-of-the-line brands without going over budget. From tech and small kitchen appliances to outdoor power equipment, you can discover a breadth of items often in like-new condition.

Shop for Multi-Purpose Items: When upgrading your arsenal of gadgets, tools and small appliances, look for items that can serve multiple purposes. For example, many vacuums can transform into steamers or include mop attachments and some pressure cookers can also be used as air fryers.

Keep Sustainability in Mind: Keeping functionality in mind and buying like-new items not only saves you money now and in the future but can also help protect the planet by extending the life of products and reducing unnecessary waste.

Learn more about buying refurbished at eBay.com/CertifiedRefurbishedHub.

Healthier home

(Continued from page 12)

concern many homeowners reported. According to the survey, 49% of respondents are concerned about reducing dust, pollen and other indoor pollutants as part of their filter maintenance.

In addition to changing air filters on a frequent basis, air purifiers and humidifiers can help make the air inside homes fresher, cleaner and more comfortable. For example, third-party testing has shown the Carrier Infinity Whole Home Air Purifier inactivates 99% of select viruses and bacteria trapped on the filter, such as those that cause common colds, streptococcus pyogenes and human influenza. The purifier was also tested by a third party against the murine coronavirus, which is similar to the human coronavirus SARS-CoV-2 that causes COVID-19. In that testing, the purifier inactivated 99% of coronavirus trapped on the filter.

Update fire protection. Since the pandemic began, people are also more concerned about fire safety precautions in their homes, such as smoke detectors and fire extinguishers. Smoke alarms should be installed on each

level of your house and inside each bedroom. Test smoke alarms monthly and replace batteries as needed. In addition, install a fire extinguisher on each level and consider one for the kitchen, as well. Make sure to check extinguishers routinely and replace every 10-12 years.

Install carbon monoxide alarms. Another cause for concern amid COVID-19 is the potential for dangerous levels of carbon monoxide (CO) in homes. CO alarms should be installed on each level of the home and outside sleeping areas, and it's important to test them monthly. Consider installing alarms with a 10-year battery, such as the Kidde Wire-Free Interconnect 10-Year Battery Combination Smoke & CO Alarm for less hassle. It offers wire-free interconnect capability, a voice warning feature that accompanies the loud alarm tone and verbal announcements such as "replace alarm" at the end of the alarm's life.

To learn more about creating a safer, healthier home, visit carrier.com/healthyhomes.

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How to combat social isolation

Even before COVID-19 limited social contact with friends, family and colleagues, many adults experienced loneliness and depression due to limited contact with others. Now, a year after the pandemic forced many people into even greater levels of isolation, the issue of social isolation is especially prevalent in Americans over the age of 50.

Despite the physical implications of a global pandemic, research shows the mental health stakes are high, too. A nationwide survey, commissioned by Barclays, found that half of Americans over the age of 50 said the isolation from their friends and family has been more challenging than concerns over health risks they may face.

Social isolation has provided plenty of time for Americans to reflect on their priorities. The majority of Americans surveyed (90%) have re-evaluated their post age-50 goals and put spending more time with family at the top of their lists. In fact, the most common first thing 50-plus Americans will do once COVID-19 is over is to see and spend time with their families (41%).

"While restrictions are beginning to ease, many older



adults are still isolated from friends and family, and that takes a toll on their mental well-being" said Lisa Marsh Ryerson, president of the AARP Foundation. "We must do all we can to help older adults, who have suffered greatly during COVID-19, strengthen the social connections that are so essential to their ability to lead longer, healthier lives."

For example, AARP Foundation's Connect2Affect platform equips older adults with the tools they need to stay physically and mentally healthy and connected to their communities. The AARP Essential Rewards Mastercard from Barclays is helping fund the foundation's work to increase social connection with donations based

on new accounts and eligible purchases, up to \$1 million annually.

A little creativity and a commitment to filling time productively can help reduce the strain of being alone until it's safer to resume social activities.

Use technology to connect with loved ones. Video chats and traditional phone calls can help you feel connected even when you can't be together in person. While a drop-in call can be fun, consider arranging regular visits with kids and grandkids. If you schedule calls throughout the week, you'll have something regular to look forward to and can benefit from a check-in that affirms everyone is healthy and safe.

Make time for physical activity. Staying closer to home may mean you're not getting the exercise you once did, but it's important for your health to stay active. Regularly using your muscles helps keep your body strong, and even light physical activity a few times each week can help keep your cardiovascular system fit for better heart health. Regular exercise can also provide a range of positive mental health outcomes, including reduced stress, anxiety and depression, and improved memory.

Volunteer in your community or consider virtual volunteering. Helping others is a way to release feel-good endorphins for yourself. While your limited social calendar may afford you some extra time, inquire with local nonprofits about how you can contribute to their causes. Especially as funding for charitable organizations has dropped, volunteers are still essential to most nonprofit organizations, whether the help comes in person or virtually. Even from a distance, you may be able to help with tasks like making calls to donors, assisting with mailings or planning fundraising campaigns.

Learn a new hobby or skill. Another way to fill your free time, and reap some positive energy, is to explore a new hobby or skill. The personal satisfaction of learning and focusing your mental energy on something that interests you can help offset the disappointment of being away from those you love.

Find more resources that support older adults at connect2affect.org.

(Family Features)
Photo courtesy of Getty Images

STEVE MOSKOWITZ



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HEALTH CARE CENTER NEWS

What you should know about the J&J vaccine

(Continued from page 1)

vaers.hhs.gov. Once on the site, choose either the online report or download the PDF form to report the adverse event. If you need further assistance, call VAERS at 1-800-822-7967.

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

There is no data available on the efficacy and safety of completing the second dose of either Pfizer or Moderna vaccines with J&J COVID-19 vaccine.

If you are having difficulty in getting an appointment for the COVID-19 vaccine, the Monroe Township Mayor's Office has set up a new program called "Vaccine Angel" to assist residents in finding a site. To call the Mayor's Office, please dial 732-321-4400, ext. 114.

The New Jersey Department of Health has a phone line for seniors who are 65 or older. Call 856-249-7007 between 8 a.m. and 8 p.m. to register, schedule, or reschedule a COVID-19 vaccine appointment.

At the time of this writing, the Monroe Township Mayor's Office is launching a program for homebound seniors. If you or someone you know cannot get to COVID-19 vaccination site, please call Monroe Township at (732) 521-4400, Ext. 114 for more information.

Saint Peter's University Hospital, as part of its continued outreach to the Monroe community, is offering the Moderna COVID-19 vaccine by appointment to eligible Monroe seniors at vaccine clinics held at the hospital. The number of appointments is dependent on the amount of vaccine given to the hospital by the state of New Jersey. Dates for vaccine clinics and the link for registration are emailed to eligible Monroe seniors when vaccine becomes available. Given the limited supply of vaccine, registration will close when all the available appointments have been filled. There is no wait list.

Do not hold out for a specific vaccine – take whichever COVID-19 vaccine is being offered, whether it is manufactured by Pfizer, Moderna, or J&J. These three vaccines provide

good protection from COVID-19 and keep people from becoming seriously ill.

Update on the J&J vaccine

I would like to bring you up-to-date on the J&J COVID vaccine. It was put on hold in an abundance of caution and was under investigation because six women, ranging in age from 18 to 48, developed a rare type of blood clot within six to 13 days after vaccination. This was out of 7.2 million J&J shots already administered.

By late April, a panel of Federal Health experts had reviewed the incidents and authorized resumed administration of the J&J vaccine, with a warning to women aged 18 to 50 to remain

alert to possible symptoms. These could include a severe headache, abdominal pain, leg pain, and shortness of breath.

If you have had the J&J vaccine and develop any of these symptoms within three weeks, please contact your physician.

Please note

Printed copies of the May edition of *The Rossmoor News* are available for pick up at the Village Center by calling Administration at 609-655-1000.

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Protect Your Health with a Heart-Smart Eating Plan

FAMILY FEATURES

As people have spent more time at home, many have rediscovered the simple joy of home-cooking and stumbled upon a secret weapon for health at the same time. By making smart, intentional decisions from breakfast to dinner and every meal (and drink) in-between, they are supporting strong bodies.

A heart-smart eating plan is especially important for more than 30 million people in the U.S. living with type 2 diabetes who are at double the risk for heart disease and stroke compared to those without diabetes, according to the American Heart Association and American Diabetes Association's Know Diabetes by Heart initiative. When managing diabetes and heart health, building a consistent eating plan with the right balance can be a powerful tool.

Healthy eating provides benefits for the whole family whether members are managing existing health conditions or not. This recipe for Baked Parmesan Chicken is packed with 30 grams of protein in each serving yet delivers only 280 calories. For a tasty way to increase vegetable intake, try pairing the no-sugar chicken dish with Green Beans with Mushrooms and Onions.

A key to feeling your best begins with the first meal of the day. Start the morning on a nutritious note with this Ham and Broccoli Frittata – a low-sugar, low-fat, low-calorie alternative to traditional fat- and sugar-laden breakfast foods. With this recipe, you're setting yourself up for a healthy day and getting the energy you need to live it to the fullest.

Find more recipes and learn more about managing the connection between diabetes and heart health at [KnowDiabetesbyHeart.org/Recipes](https://www.knowdiabetesbyheart.org/Recipes).

Baked Parmesan Chicken

Recipe courtesy of Know Diabetes by Heart
Prep time: 15 minutes
Cook time: 18 minutes
Servings: 4 (3 ounces chicken per serving)

- Cooking spray**
- 1 large egg
 - 1 tablespoon water
 - 2 teaspoons olive oil
 - 1/3 cup finely crushed, low-sodium, whole-grain crispbread
 - 1/3 cup shredded or grated Parmesan cheese
 - 2 tablespoons minced fresh parsley
 - 1/2 teaspoon ground oregano
 - 1/4 teaspoon pepper
 - 4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded, flattened to 1/4-inch thickness

Preheat the oven to 400 F. Lightly spray a 13-by-9-by-2-inch baking dish with cooking spray.

In a shallow dish, whisk the egg, water and oil. In a separate shallow dish or pie pan, stir together the crispbread, Parmesan cheese, parsley, oregano and pepper. Dip the chicken in the egg mixture then in crumb mixture, turning to coat at each step and gently shaking off any excess. Using fingertips, gently press the coating mixture so it adheres to the chicken. Arrange the chicken in a single layer in the baking dish. Lightly spray the chicken with cooking spray.

Bake for 15-18 minutes, or until chicken is no longer pink in the center and the top coating is golden brown.

Nutritional information per serving: 280 calories; 80 calories from fat; 9 g total fat; 2.5 g saturated fat; 0 g trans fat; 1 g polyunsaturated fat; 4 g monounsaturated fat; 125 mg cholesterol; 340 mg sodium; 530 mg potassium; 18 g total carbohydrate; 4 g dietary fiber; 0 g sugar; 0 g added sugar; 30 g protein; 370 mg phosphorus. Choices/Exchanges: 1 starch, 4 lean protein.



Baked Parmesan Chicken

Green Beans with Mushrooms and Onions

Recipe courtesy of Know Diabetes by Heart
Prep time: 10 minutes
Cook time: 10 minutes
Servings: 4 (1/2 cup per serving)

- Water**
- 8 ounces green beans, trimmed
 - 2 teaspoons olive oil
 - 4 ounces sliced mushrooms, stems discarded
 - 1/2 cup thinly sliced onion
 - 1 medium garlic clove, minced
 - 1/8 teaspoon salt
 - 2 teaspoons fresh lemon juice
 - 1 pinch pepper

Fill a medium saucepan 3/4 full of water. Bring to a boil, covered, over high heat. Cook the green beans, uncovered, 5 minutes, or until tender-crisp. Drain well in a colander.

In a medium nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the mushrooms, onion, garlic and salt 5 minutes, or until the mushrooms are soft and lightly browned, stirring frequently. Stir in the lemon juice, pepper and cooked green beans.

Nutritional information per serving: 60 calories; 25 calories from fat; 2.5 g total fat; 0.5 g saturated fat; 0 g trans fat; 0.5 g polyunsaturated fat; 1.5 g monounsaturated fat; 0 mg cholesterol; 60 mg sodium; 300 mg potassium; 9 g total carbohydrate; 2 g dietary fiber; 4 g sugar; 0 g added sugar; 2 g protein; 70 mg phosphorus. Choices/Exchanges: 2 vegetable, 1/2 fat.



Green Beans with Mushrooms and Onions



Ham and Broccoli Frittata

Ham and Broccoli Frittata

Recipe courtesy of Know Diabetes by Heart
Prep time: 10 minutes
Cook time: 25 minutes
Servings: 4 (1/4 frittata per serving)

- Cooking spray**
- 2 cups frozen fat-free potatoes
 - O'Brien, thawed
 - 6 ounces small broccoli florets, rinsed in cold water, drained but not dried
 - 8 large egg whites
 - 1 large egg
 - 4 ounces lower-sodium, low-fat ham (uncured, nitrate/nitrite-free), cut into 1/4-inch cubes
 - 1/4 cup fat-free milk
 - 1/4 teaspoon pepper
- Preheat the oven to 400 F.

Lightly spray a medium ovenproof skillet with cooking spray. Heat over medium heat. Remove from the heat. Put the potatoes in the skillet. Lightly spray with cooking spray. Cook for 4-5 minutes, or until potatoes are golden brown, stirring occasionally.

In a microwaveable bowl, microwave the broccoli, covered, on high for 3-4 minutes, or until tender-crisp. Drain in a colander. Stir the broccoli into the potatoes.

In a medium bowl, whisk the egg whites and egg. Whisk in the ham, milk and pepper. Pour the mixture over the potatoes and broccoli; stir well.

Bake for 15-18 minutes, or until the eggs are set.

Nutritional information per serving: 180 calories; 30 calories from fat; 3 g total fat; 1 g saturated fat; 0 g trans fat; 0.5 g polyunsaturated fat; 1.5 g monounsaturated fat; 60 mg cholesterol; 460 mg sodium; 570 mg potassium; 17 g total carbohydrate; 2 g dietary fiber; 4 g sugar; 1 g added sugar; 18 g protein; 210 mg phosphorus. Choices/Exchanges: 1 carbohydrate, 2 lean protein.

Monroe Twp. Partners with Local Pharmacy to Deliver COVID-19 Vaccines to Homebound Residents

(Continued from page 4)

tom of my heart, I would like to thank Texas Road Pharmacy for partnering with us on this meaningful initiative. Special thanks to our highly skilled and very compassionate EMS and police crews for supporting these efforts. It's all about working together to help those in need."

Each vial of the Moderna COVID-19 vaccine contains 10 inoculations. The program to deliver vaccines to Monroe homebound residents began with a collection of names from concerned residents throughout the town calling the Mayor's office since the beginning of the State's vaccine rollout. This included the St. Peter's nurses working at each of the Township's adult communities who were asked to submit names of homebound residents. In total, a list of 80 homebound residents in Monroe was compiled.

"I would be remiss if I didn't also thank Point of Care Pharmacy in Jamesburg and the County of Middlesex who initially stepped up to offer the J&J vaccine prior to the unfortunate recall," Mayor Dalina added.

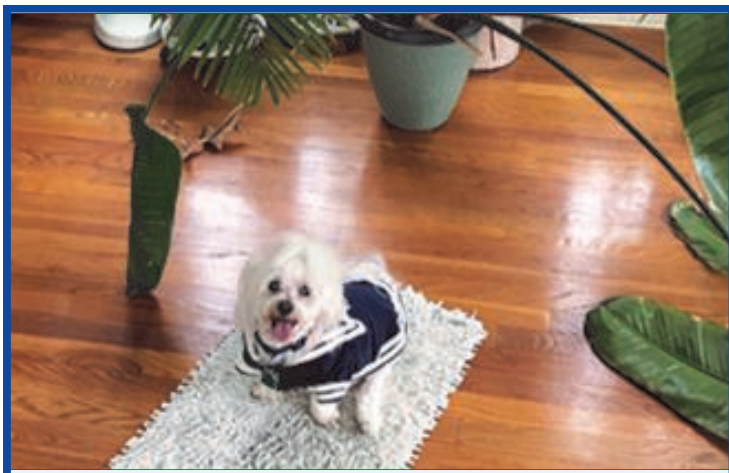
Earlier this year the Township launched the Vaccine Angels program where volunteers secured COVID-19 vaccine appointments for senior residents and those without family support or access to technology. The program resulted in hundreds of appointments for seniors and other residents. The Vaccine Angels program continues to help scheduling vaccines to residents on a regular basis.

Any Monroe resident needing a homebound vaccination or assistance scheduling a vaccination appointment, please contact Eileen in the Mayor's office at 732-521-4400, ext. 114.

Mailing Addresses

If you are not receiving mail from Rossmoor, your Mutual, or *The Rossmoor News*, it may be a matter of our not having your correct mailing address. Many residents, over the years, filed "Winter Address" forms with Administration and failed to specify a return date. If you did not contact us when you returned, it might be possible that we still have an alternate or winter address in our system.

Please contact Resident Services manager, at 609-655-1000, to verify your address.



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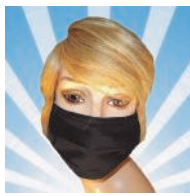
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Recycle information from Waste Management



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

TRANSPORTATION TIDBITS

Important phone numbers:

Rossmoor Bus.....609-655-4401
Hours 10:00 -11:00 a.m. and 2:30 p.m.- 4:00 p.m.

Monroe Township Transportation609-443-0511

Middlesex County

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

St. Peter's University Hospital

On Time Transportation1-800-858-8463

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

Classified Advertising

Home Improvement & Services

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

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

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

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

Tax & Accounting Services

DON'T LET TAX QUESTIONS add to your stress. Call me for a free consultation. In-home accounting services at reasonable rates. Rebecca Bergknoff, CPA. 732-718-4359

Miscellaneous/Services

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

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

Help & Health Services

CARING ELDER CARE – We will help you with the care you need including personal care, household tasks and outdoor errands. Elizabeth (646) 413-0813.

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

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

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

Tax & Accounting Services

DON'T LET TAX QUESTIONS add to your stress. Call me for a free consultation. In-home accounting services at reasonable rates. Rebecca Bergknoff, CPA. 732-718-4359

Transportation

LIMO GUY — Our 19th year. Anywhere, anytime. Lincolns. Local, distance, anything. Call 732-452-9222.

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

Position Wanted

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

House Cleaning

ANA'S CLEANING SERVICES—Free estimates. Great references. Call (732) 599-1106.

SEVERAL YEARS OF HONEST and quality work. Call Laura, 609-902-9951.

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

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