



Rossmoor IN News



VOLUME 58 / No. 5

Monroe Township, New Jersey

MAY 2022



Happy Mother's Day — May 8



Lunch with good friend, Bob Huber

On April 5, we had the pleasure of meeting our dear pal, Bob Huber, for lunch at a restaurant in Somerset, N. J., not far from where Bob now lives. At the event were Joe Conti, Carol DeHaan, Jean Houvener, Anne Rotholz, Linda and Alex Monaco. We were all happy to see Bob still sparkling with humor and good vibes that we remember from his many years and all the popular articles he contributed to *The Rossmoor News*.

In the photo shown on the foldout, Bob (on left) works with another good friend who is, alas, no longer with us, Bill Strecker, as they compose lyrics and music for a Rossmoor Players presentation. What a talented team!

Electric Bill Distress

By Thomas Curry,
RCAI General Manager
CMCA, AMS, PCAM

Ever since Monroe Township ended its relationship with the third-party electrical supplier Constellation Energy, the RCAI administration offices have been receiving resident inquiries regarding exorbitant electric bills. If you are experiencing the same problem, you must carefully check your JCP&L bill and contact JCP&L Customer Service. Their number is 1-800-662-3115.

If you contracted with a third-party provider, the information will appear on the first page of your bill below a section called **Charges from JCP&L**. That section will be titled, **Billing Information**

for: Constellation Energy, or First Energy, or one of a dozen different third-party electric suppliers that targeted Monroe residents when the Township ended their relationship with Constellation. The example JCP&L bill below does not utilize a third-party electric supplier.

If you accepted a third-party electric suppliers offer, or if you continued with Constellation Energy, you need to check the JCP&L bill to compare what the third-party supplier is charging you per KWH (kilowatt hour). If a third-party supplier appears on your bill, JCP&L will include a note on the first page of the bill under **Messages**. It

will provide a comparison basic generation service rate from JCP&L. The bill below has a similar message but since this account doesn't have a third-party supplier, it is just informational.

If you're not utilizing a third-party supplier and your bills are still too high you need to evaluate your home.

- Have you completed the simple measures?
- Are all your light bulbs LED bulbs?
- Do you have a programable thermostat? Is that thermostat properly set to reduce temperatures when you're not in the

(Continued on page 3)

Rossmoor's soup lady

By Rosemary Masella

Nancy Fichtelberg is known as The Soup Lady. She is a very special person, filled with compassion for her Rossmoor community and her neighbors.

Nancy wanted to help when Hurricane Henri hit and parts of Rossmoor were severely flooded. She started bringing food to the people who were affected by the flood. Then, at Christmas time she dressed up as Santa and brought cookies she baked to the flood victims. Then she thought what else can she do? She saw a need and decided to do something about it.

She started making soup. Nancy now makes 70 cups of soup a day. She tries to cook every day, waking up at 3:30 a.m. to start and cooking till 6 p.m. She is committed to giving soup to people who need it, and to people



Soup Lady Nancy Fichtelberg

who would like to have a hot bowl of soup. Nancy makes chicken soup, vegetable soup, bean soup, chili, and pasta with meatballs. Chicken soup is the favorite.

Nancy feeds 300 people a week. She is always giving; she gives meals that she makes for her family and to residents.

(Continued on page 3)

St. Peter's Church, Spotswood, supports refugees

By John Hamilton

As we have watched the war rage on in Ukraine, our thoughts are with those who are caught up in unspeakable acts of terrorism, as well as those who are fighting to maintain their freedom and independence. Many have had to flee Ukraine to start a new life elsewhere, some of them right here in New Jersey. This is the perfect opportunity to introduce you to an organization that will assist many refugees of war: Interfaith-RISE.

Interfaith-RISE's origins can be traced to a project started by a youth group at the Reformed Church of Highland Park in response to the Syrian refugee crisis in 2015. The positive feedback from that project led the pastor, Seth Kaper Dale, to initiate a coordinated effort to work with other churches, temples, mosques, and civic groups in the area to provide housing and support for refugees settling in the state. From those humble beginnings, I-RISE has grown to

become one of the most important refugee resettlement organizations in New Jersey.

At the time that Interfaith-RISE was starting to take shape, I became aware of the magnitude of the refugee crisis, especially in Syria, through the work of actress Milana Vayntrub (known to most of you as Lily in the AT&T commercials). Milana had been a refugee herself, coming here from Uzbekistan as a child just before the fall of the Soviet Union. Her insight as to what it is like to go through the refugee process resonated with me.

I was looking for ways to help when, in Feb. 2016, the Episcopal Diocese of New Jersey hosted a workshop in which local refugee resettlement organizations were invited to describe their work. A representative from the Highland Park group spoke at the workshop.

Afterwards, my parish, St. Peter's Episcopal Church in Spotswood, decided that rather than reinvent the

(Continued on page 3)

Inside this issue

Bits & Pieces	2	RCAI Meeting.....	2
Clubs	15	Recycling Information	
Culinary Corner	14	Waste Management .	19
Health Care Center	17	Religious Organizations.	17
Month in Pictures.....	12	Transportation Tidbits ...	19
New Neighbors	14	Website Notice.....	2



The Tulips are up!

at the governors' meeting

At the Governors Meeting: April 21, 2022

The meeting was called to order at 9:00 a.m. by Mr. Jolly. Mr. Jolly announced the Standing committee meetings will begin in May. As per his March 16 statement at the Governors Meeting of March 16, 2022 the Maintenance Committee will meet on the second Thursday of each Month, beginning May 12, 2022. The second Community Affairs committee will hold quarterly meetings in January, April, July, and December. The Finance Committee will meet twice per year once in March or April to review the Annual Audit and again in October or November during Budget preparation season. Each Mutual should choose a director as a representative.

Financial Report - Guest Speaker:

The guest speaker, Annette Murray, CPA, with Wilkin & Guttenplan, P.C., presented the results of the RCAI 2021 Audit. The board had planned for a break-even budget in 2021 and the year ended with a \$31,114 surplus in the operating fund. The December 31, 2021, Replacement Fund balance was \$1,565,212.00 which represents an increase in the fund to 6.5% of the total replacement reserve. She was pleased to report that RCAI is in a healthy financial position and received a "clean" audit report.

Ms. Murray was then asked, and she answered several specific questions

regarding the audit from BOG members and the public in attendance.

RCAI Management Report:

Mr. Curry Highlighted the monthly management report provided to the BOG. Highlights included a recent push for more residents to utilize ACH payments for carrying charge payments. He reported on March statistics showing an increase in the Coop and Condominium closings and contracts. He noted that the Hot tub /Spa Pool renovation will be completed for the Memorial Day pool opening. He mentioned that the Club Expo will be held a day earlier than previously planned. It is now scheduled for on April 29, 2022. He also reported on the status of several projects including the Tennis and Pickleball court construction and repairs. He noted that our former assistant Golf Pro, resigned and we have hired a new Assistant. Our Golf Pro Shop is now stocked with new inventory, Mr. Curry encouraged all to stop by. The NJPGA Jr. Tournament will be held at Rossmoor's Golf Course. He noted the upcoming road project Rossmoor drive from Applegarth to the four-way stop sign on Old Nassau will begin on April 28, 2022.

Mr. Curry announced that there will be a Planning Board Meeting in Monroe Twp., on April 28, 2022, at 6:00 p.m. at the Monroe Municipal Building. A builder has notified Rossmoor neighboring homes of multiple variance requests for construction of 8600 square feet building on Prospect Plains Road adjacent to Oxford and Redding lanes. Rossmoor Residents are encouraged to attend the meeting.

Directors' and Residents' Comments:

- The Board was questioned

when the repairs on the Pickleball Courts will be completed. E7R manager, Ms Barnard explained that is scheduled for the end of May requiring proper temperatures for the surface repairs.

- The Board was asked to consider Roxbury Lane as a no parking zone. The Board will refer this to the Maintenance Committee.
- The Board was asked to recognize Mr. Frank Nobile on the Pickleball court, A bench with plaque are in progress.
- There was a discussion of the two Resolutions that Mutual 10 has recently passed. These include bird feeders and potted vegetable gardens. Mutual 10 will share their Resolutions with any interested Mutu-als.
- The Trunk sale and paper shredding will take place on June 11, 2022.
- There was a discussion on the \$10 fee for lost pool passes, the Board was asked to reconsider this policy.
- The Curiosity Shop located on commercial property outside of Rossmoor but very visible to all entering the front gate has been notified by Monroe Township to clean up the outside of their business.
- Speeding through the Community was discussed, message boards were suggested. Monroe Township Administrator, Mr. Allen Greenburg will work with Mr. Curry on this issue.
- A Resident requested the BBQ grills and tables be set up on the Patio. This will be done the second week of May 2022

There was no further business for the Board to discuss Bill Bloom made a motion to adjourn, Sal Gurriero second, and the meeting was adjourned at 10:11 a.m.

Bits & Pieces

By Sue Ortiz

I was putting away freshly washed bed linens, after successfully folding a fitted sheet, when I began thinking of other everyday things that make me happy and bring me joy. Here are some highlights from my list:

Crawling into a freshly-made bed and cocooning myself under the covers. A good night's sleep. Dreams of far-away places and fun times with friends. Sleeping in...to 7:30 a.m.

Fluttering curtains when the windows are opened for the first time after a long, dark winter. Air conditioning on a sweltering day. Lying in a hammock under an azure sky filled with puffy white clouds. The fresh smell of ionized air after a thunderstorm. Finding a penny in a rain puddle. Stargazing with dad. The morning after a nighttime snowstorm, when the world is bright and *fresh*. And not having to rush out to shovel all that white stuff. Pink sunrises and orange sunsets.

The hum of night bugs and twitter of mockingbirds lulling me to sleep. Being greeted each morning by squirrels, waiting at my back door, asking for peanuts. Watching the littlest of birds alight upon the feeder I just filled and hung in the blooming dogwood tree. A new bird on a leafy tree limb singing a pretty song — just for me — inspiring me to get out my vintage Audubon bird identification book to find out to which species it belongs. The sound of two or more crows "talking" to each other from a distance. (Are they gossiping about the neighborhood?) A tulip sneaking a peek to see if it's time to emerge. Springtime! Mother Nature in all her glory.

A day at the beach. Driving on some hidden local roads with the late afternoon sun streaming through the trees. Stopping for lunch at an out-of-the-way diner. Knowing there's a place to park the car after a long day. That new car smell. A full tank of gas.

A tall glass of ice water with a splash of lemon. The aroma from a fresh can of coffee. Fresh orange juice

with lots of pulp. Mom's split-pea soup and a slice of buttered Italian bread. A freezer stocked with home-made dinners. A dish of Ben & Jerry's with hot fudge, whipped cream, and cherry on top for dessert.

A pencil with a sharp point and a pen with ink that flows like melted chocolate. Filling in that crossword puzzle...in ink...with no mistakes. The crackle of a new book. Learning a new word. And knowing how to spell it. Knowing the difference between it's and its. Finally starting that novel everyone wants you to write. Finishing this column. And now that I mention it, a piece of chocolate.

The start of a new season of your favorite television show. Meeting a new neighbor and deciding she's a keeper. A good friend who is willing to help swish out water from the laundry room after the pipes burst during the cold snap. Finding a good plumber. Finding a 20-dollar bill in the spring jacket that you haven't worn since last May. That giddy feeling when all the bills are paid for the month. And having some change left over for a bit of fun.

Good health, a loving family, and good friends. Being kind to others. Laughing until it hurts. A day without stress. What brings you joy?

B&P

"Off with you! You're a happy fellow, for you'll give happiness and joy to many other people. There is nothing better or greater than that!" —Ludwig van Beethoven (German composer, 1770-1827)

"The present joys of life we doubly taste by looking back with pleasure on the past" — Marcus Aurelius quotes (Roman emperor, best known for his Meditations on Stoic philosophy, AD 121-180)

"Where there is joy there is creation. Where there is no joy there is no creation: know the nature of joy." —Veda Upanishads (c. BC 800-, Hindu Poetic Dialogues on Metaphysics)

Our Website

Go to rcainj.com to access the Rossmoor website.

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



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Anne Rotholz
Linda Bozowski
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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.

Editorial Office:
2 Rossmoor Drive,
Monroe Twp., NJ 08831

E-mail:
news@rcainj.com

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Visit the Rossmoor website at www.rcainj.com

Open RCAI Meetings in May

Thursday, May 19
Board of Governors Annual Meeting...9 a.m.
Election of Officers
Followed by the Board of Governors ZOOM Meeting

Please watch Channel 26 for any changes or cancellations

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

Electric Bill

(Continued from page 1)

- home or when you're asleep?
- Have you reduced heat in rooms that you don't regularly utilize?
 - Do you let the winter sun shine in and warm your rooms or are your blinds shut?
 - If you have storm windows, are they closed or are your screens still in place as if it was summer?

Simple changes can make a great difference. To go further you will need to evaluate the efficiency of your windows and doors. When you

replace appliances, you'll need to evaluate them carefully to choose the most energy efficient. A large and expensive step would be to hire and pay for your own contractor to install additional attic insulation. Because the attic is Association property, that step would require Mutual Director approval and RCAI Homeowner Work Request/Permit approval before it could be undertaken. Don't be afraid of third-party electric supplier contracts; some are really good, but you have to compare especially in today's market. The Rossmoor Community Association Inc. (RCAI) recently negotiated with sev-

eral companies to gain a new commercial contract, not available to homeowners, with a third-party electric service provider. The contract was for all RCAI common facilities and all 18 Mutual's common area electricity. Ninety-nine separate electric meters were combined into one third party contract. The third-party contract sets a standard Kilowatt hour rate for 43-months. JCP&L utilizes the standard KHW rate in each bill. RCAI then pays all 99 bills for the Mutuals accordingly. Over the life of the 43-month contract we will save over \$40,000 as compared to the next third-party suppliers bid or current JCPL rates.

Soup lady

(Continued from page 1)

A few volunteers also make soup and help with deliveries. Nancy sometimes uses her own money to buy supplies, but many township residents donate supplies, not just Rossmoor people. She sometimes cries because she is so overwhelmed by the support she gets. Her six-year-old grandson is impressed by her kindness and he loves to help her deliver the soup. Generosity runs in her family. Nancy watched her Mom feed many people. Her nephew, Paul Kanitra, who is the mayor of Point Pleasant, N.J., just came back from



Nancy Fichtelberg's grandson Gavin delivers soup to our seniors.

Ukraine and Poland, where he helped the people caught in the war. He even cooked

for them. Nancy is a wife, mother and grandmother with a busy life who still has time to be a blessing to our community. In her spare time Nancy loved to go skydiving. She is passionate about eagles and nature and goes to Maryland where there are hundreds of eagles. I asked why she is so passionate about cooking for seniors? She said "I feel blessed to be able to do it." If you would like to contribute supplies, all donations will be appreciated. Call Nancy at 732-501-6773. You can also check on Facebook, the Rossmoor residents' page, and Soups for Seniors. We are so blessed to have Nancy in our community.

St. Peter's

(Continued from page 1)

wheel, we should join forces with an already active group. Because it was geographically close, the Highland Park venture made the most sense to me. Thus began my involvement with the group that would eventually become Interfaith-RISE. When I first began volunteering, the organization was relatively small, although many religious and civic groups had already pledged support. About a year into my involvement, after the group had adopted the name Interfaith-RISE, the directors secured an affiliation with USCRI, a much larger organization in Washington, D.C., that receives cases directly from the State Department. That development resulted in a rapid increase in the number of cases I-RISE took in. It also required a more professional approach to case documentation to comply with State Department requirements. The caseload also increased as comparable groups in New Jersey were forced to close. As a result, Interfaith-RISE expanded to settle families not only in Central Jersey, but South Jersey as well. For the past six plus years, Interfaith-RISE has settled refugee families from all over the world. Most of these families had to wait five to 10 years, or more, to have their cases heard before their refugee status was approved. For countries in the

Middle East, refugee movement pretty much came to a halt in 2017 due to the enactment of new U.S. policies. The exception to this has been Special Immigrant Visa (SIV) cases, involving those people who gave assistance to the U.S. military during the wars in Iraq and Afghanistan. In reward for their valiant service, these individuals are usually fast-tracked. When U.S. troops pulled out of Afghanistan in 2021, Interfaith-RISE received a record number of refugee cases, giving us new challenges in finding suitable housing, services, and employment opportunities for these people. We anticipate that a similar situation will soon unfold as displaced Ukrainian families make their way to our shores. My role with this special organization has primarily involved transportation to doctors, social security offices, work interviews, etc. I have also participated in some airport pickups for new arrivals. When the pandemic hit, I was forced to suspend my active participation, but I have recently resumed work with the agency, and am currently the primary contact for an Afghan SIV case in Sayreville. I find this work extremely fulfilling and I am gratified to be part of such a caring organization. For anyone who would like to learn more about the work of I-RISE, or who might be interested in providing financial support, I urge you to visit interfaithrise.org for more information.

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Monroe Township school budget awaits review and approval

By Linda Bozowski,

(The information presented below is excerpted from the power-point presentation made to the Board of Education at its March meeting. For more details, please visit the Board of Education website – the address is at the end of this article.)

Each year school districts throughout the state start and then labor over a very comprehensive and complicated task – developing their school budgets. Here in Monroe Township, the formal budget development process began last November, although certainly discussion of spending needs did not wait until that first formal meeting. The formal and final acceptance and adoption of the 2022-2023 budget is planned for Saturday, May 14, according to the district's budget calendar. But between November and May, there have been and will be many meetings and discussions in an effort to reach an accord that provides for the needs of our students while fitting within the constraints of state mandates and township affordability.

The budget process – Participation by many

To kick off budget planning for the following year, the Board of Education takes a hard look at the urgent issues that require its attention as well as the opportunities

for further enhancing education in the district. They use these two disparate book-ends of information to develop the new years' budget philosophy. Keeping in mind variables such as projected enrollments, state aid, projected tax revenues, and facilities' needs, preliminary numbers are developed, and potential spending plans are created for the schools in the district.

Because the needs of students, faculties, and facilities are different for the various levels of our school children, the preliminary budgets are reviewed by four separate groups: the lower elementary, upper elementary, middle school, and high school segments. Keeping in mind that certain portions of the budgets are non-negotiable, e.g., replacement of school busses or repairs in the various buildings, administration and staff at all of the school levels consider the needs of their students. In some instances, more or specialized teachers and other staff may be required, perhaps textbooks have to be replaced or supplemented, furnishings may require repair or replacement, the school grounds may require safety upgrades. All of these factors are part of the budget deliberations.

In addition to the school-level budget development,

administration must incorporate state-mandated requirements for new or expanded programs and facility upgrades designed to keep our buildings safe for their occupants (think air exchange systems or cleaning supplies). The changing needs and expanded requirements for special education students must be incorporated into the process. As additional advanced technology is developed, our district must ensure that school records are kept safely and accurately through hardware and software upgrades.

By early December, the compilation of this data from many resources is handed off to the Business Office and the formal budget development proceeds.

How the numbers are formalized

March is a significant month in the budget process, because in early March the Governor's office presents its budget address. As part of its budget development process, the State often revises school funding formulas and may reallocate funds to districts based on changes in student population, district financial growth and needs, recalculation of prior budgetary calculations and distributions. The State Aid contributions to the various districts in New Jersey are generally released in the week follow-

ing the governor's budget address, so that offers districts one more piece of the puzzle that can be added to their individual district budgets.

By early March, districts have had an opportunity to firm up their estimations of projected student enrollment and of projected local tax school revenues. So it was in early March that a preliminary budget was presented to the Monroe Township Board of Education. Following that presentation, the preliminary budget was submitted to the Middlesex County office of Education as well.

So what are our numbers?

We will get to the nuts and bolts – the numbers – shortly. However, we need to take a look at some key budget planning issues that were factors in our budget development here.

Five key factors were considered: our aging facilities, expected increased enrollments, New Jersey mandated learning standards, the ratios of students to teachers, and the tax impact of the budget on the community. It is important to acknowledge that about 85% of school funding is provided through tax revenue, and that 60% of our property tax bills go to providing education in Monroe Township. In addition, our Board of Education has, over many years, employed the philosophy that our school budgets would not

be increased beyond the 2% spending cap imposed by the state some years ago.

So what is required spending in the 2022-2023 proposed school budget?

- We must purchase six new 54 passenger buses with cameras (\$690,000) and two 20-passenger vans with cameras (\$130,000) to replace vehicles that are now overaged.
- We expect to spend \$900,371 on new instructional and support staff.
- We will spend about \$168,684 on textbooks and \$2,173,123 on technology (lease/purchase)
- Program additions and changes mandated by the Department of Education.
- Professional development and memberships, various other programs

Capital expenditures will include:

- \$1,680,000 to replace HVAC equipment in the Middle School performing arts center.
- \$150,000 for special needs classroom renovations of the Home Economics Lab at the Middle School.
- \$50,000 creation of two general education Graphic Arts classrooms at the High School to accommodate special needs students.

School system revenue – Local and state

With the expansion of the

(Continued on page 5)



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A fable through the ages

By Myra Danon

I first heard this from my mother who heard it from someone from her family. It was most likely repeated hundreds of times throughout the ages.

Long before Mother's Day was proclaimed, this tale about a mother and son began like others that were about family; a young man and his mother lived together in an atmosphere of love and respect. One day, a young woman appeared and upon meeting this very kind and caring young man, probably gainfully employed as well, decided she wanted him for her husband. The plot thickens.

She pursued him aggressively toward that goal, and very shortly thereafter, she told him she would be his wife. Flattered by her attentions, as young men often are, he proposed, and she accepted. He was smitten. She then told him he must prove to her that he loved her and only her. He swore that he did, but she demanded more. He had to prove his love by cutting out his mother's heart and bringing it to her. *The proof is in the cutting.* Telling wasn't enough; it had to be show and tell.

He was shocked, terrified, and appalled, but in a rela-

tively short time, he agreed. He waited until his mother was asleep and did the deed. In his haste to prove his love to his girlfriend, he ran with his mother's heart through the forest so fast that he kept stumbling and tripping. As he struggled to maintain his balance, the voice coming from his still-warm mother's heart said to him, "Don't run so fast, my child, you'll hurt yourself."

Johnny Cash, in his narration of almost the same tale, "A Mother's Love," said this story originated in Nazareth thousands of years ago. According to Cash, the son was very sad when he heard his girlfriend's demand. He may have cried. He did as he was told anyway.

I wondered if this powerful theme was present in other cultures, and indeed it was. Bikram Choudary, an Indian-American who promoted his own style of yoga, wrote about this tale that was very similar, except for one detail. Recounting the events as he heard it, this mother responds to her son's plight by telling him her happiness depends on his happiness. Because she loves him, she is content to die. She tells him that she will help him remove her heart and will lie down so as to make the

deed easier for him. She even hands him the knife. They are in this together. He runs to his girlfriend with the heart, and as he approaches her doorway, he falls. The heart flies out of his grasp, and as he strains to catch it, the heart's voice asks, "Are you all right? Are you hurt?" Although the end result was the same, this mother's response was very different from the story I originally heard, which raised even more questions about this mother.

Jose La Villa Tierra, a poet from Atimonan, Quezon, Philippines, wrote about the same heartless son and his heartless mother, in his poem, "Ballad of a Mother's Heart." This son's tears, or lack thereof, were not mentioned and neither was the abettor mother.

Mothers are as different as grains of sand. These tales tell us a whole lot about mothers; it tells more about sons, methinks.

School budget

(Continued from page 4)

previous budget with the 2% cap, the district's local tax levy will increase to \$112,427,989. Since our state aid was increased by \$1.7 million compared to last year's allocation, the state contribution for the new budget will be \$9,601,594. The district's budget also includes various grant funds, income from the Falcon Care program, contributions, and other miscellaneous sources of income.

How we spend budget money

The tentative budget approved by the Board of Education at its meeting on March 15 was composed of two components: general spending and debt service (repayment of previous borrowings). The amount approved totaled \$146,770,998. The biggest ticket item in the district's school budget is, not surprisingly, instruction — general and special education. That component of the budget accounts for nearly 53%. Employee benefits is the next largest chunk, coming in at almost 22%.

We will spend just under 5% on transportation, 3% on administration, 7% on debt service, and the small remainder on athletics, grants, capital projects, and miscellaneous items.

It is worth noting that the district has taken advantage of refinancing opportunities to decrease interest and other debt service, to the tune of several million dollars over the past several years. We also save

money through services shared with other districts. In the Board's website presentation, which details the various shared services in which we participate, the tally of the project savings for the coming budget year amount to \$3,407,050. The most notable item is a shared agreement with Monroe Township for replacement of track turf, valued at about \$1.5 million. The district is also enjoying shared savings related to various insurance coverages, including workers compensation, and property and casualty lines.

What will this budget do to our taxes?

The good news, despite the large numbers discussed in the Board's website data, which has been summarized here, is that the average home valued at about \$332,000 will see a tax decrease of \$9.08. While that decrease is not as significant as what was presented in 2022, it is more welcome than the increases we have experienced in recent years.

The full-blown presentation regarding the upcoming budget can be viewed on the Board of Education website www.monroe.k12.nj.us

Several public budget hearings were scheduled during April. There is a public hearing scheduled for Monday, May 9, according to the calendars presented on the website, and there is also an opportunity for input at the Board of Education meeting on Wednesday, May 11.

Public input is always welcome.

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SS Great Eastern



The Great Eastern

Library of Congress (LC-DIG-pga-02349)

By Jean Houvener

On January 31, 1858, the largest ship ever built up until that time was launched. It was designed by the renowned Isambard Kingdom Brunel, and was intended to be his crowning achievement. Originally named *Leviathan* and affectionately called "Great Babe" by Brunel, the ship was almost

700 feet long and 82 feet wide. The plan was for the ship to carry enough coal to easily transport 4,000 people to Australia or India without needing to stop for coal refueling, but could instead hold more coal than it needed. It would be 1899 before a longer ship would be built and 1913 before a ship with a greater capacity was built.

Born in 1806 Brunel was named for his father Marc Isambard Brunel, a distinguished French civil engineer who had relocated to England, and for his mother Sophia Kingdom. At a very young age Brunel was taught by his father in his early years and apprenticed to him after completing his formal schooling by 1822 at a boarding school in Hove, the University of Caen, and the Lycée Henri-IV in Paris. Qualified as a civil engineer, like his father, he began his career working on the Thames Tunnel. In 1828 he was seriously injured during an incident of severe flooding in the tunnel that killed two men. In 1833 he was appointed the chief engineer of the Great Western Railway. Many of the structures and bridges he designed for GWR are still in existence and use today. His designs to use broad gauge because he thought it would give a smoother ride at higher

speed was overridden and the designs changed to standard gauge.

Brunel felt that the logical end of the railroad in Wales should be continued via a large steamship to carry passengers to destinations across the sea. The Great Western Steamship Company was formed to carry out that vision. The *SS Great Western*, designed by Brunel, made its maiden voyage in 1838. Based on his calculations, Brunel thought a larger ship would be able to carry more cargo or people using less fuel proportionately. At the time this ship was the longest ship in the world at 236 feet. This ship was built of wood, but with iron reinforcements. Brunel himself missed the launch as he had been injured during a fire on the ship as it returned from its fitting out.

The ship was outfitted with four masts for sails, and steam-powered paddle wheels. It proved the theory

and also showed that steam could reliably and more quickly transport passengers or cargo between Bristol and New York. The ship was a commercial success. The next ship Brunel designed would be iron rather than wood and would also have a propeller-drive to move the ship. This time it was over 300 feet long. *SS Great Britain* was launched in 1843.

In 1852, Brunel began his most audacious design for the *SS Leviathan*, larger and in many ways more experimental than the previous ships. Originally intended to carry passengers, it was luxuriously outfitted. This ship would have both a single propeller and two 55-foot paddlewheels to drive the ship. Four steam engines for the paddles and one for the propeller, fueled by coal, would power the ship. It was also designed with six masts and sails. Later it was found that the steam system and sails could not be used at the same time, as that would set the sails on fire. The hull was a double hull of iron plates and divided into bulkheads. The double hull design was not to be used again for 100 years.

The high cost overruns ultimately bankrupted the Eastern Steam Navigation Company, and she was sold to the Great Eastern Ship Company and renamed *Great Eastern*. The company also refitted her to run from Southampton to New York rather than Australia. Originally scheduled to launch on Nov. 3, 1857, the ship proved too big for the mechanisms to launch. Brunel decided to try again on Jan. 30, hoping to make use of the tide in that launch, as well as setting up numerous chains, jacks, rams, and windlasses, acquired at considerable cost, to help the launch along. High winds delayed the launch to Jan. 31, which was successful.

Again, cost overruns overtook the investors in the new company and again the ship was sold. One investor proposed that the ship could be used as a giant battering ram by the Royal Navy. Once again fitted out by the new company, she headed out for trials Sept. 5, 1859. Brunel was on board for final inspections before the setting out, but collapsed with a stroke. On Sept. 9, off Hastings, a heater attached to one of the boilers exploded because a valve had unintentionally been left closed. This caused six deaths and great damage. The double hull of the ship and the bulkheads limited the amount of the damage, but perhaps in distress over the bad news, Brunel died on Sept. 15.

The ship's maiden voyage finally began on June 17, 1860, with 35 paying passengers. While all went well from an engineering and mechanical standpoint, and the ship successfully docked in New York on June 28, the ship did damage a wharf. The company had expected to make money by offering tours of the ship to New Yorkers for

(Continued on page 7)



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Great Eastern

(Continued from page 6)

\$1. New Yorkers felt that was overcharging, since comparable tours on other ships cost only 25 cents, so they did not attend in the numbers expected. The crew also took passengers on a trip to Cape May and back, but did not have enough provisions or bathrooms for a comfortable trip. Further tours were somewhat more successful. Still, it was not enough to make the trip profitable.

In 1861, the ship was again refitted, this time to carry troops and horses to Canada to reinforce against a possible invasion by U.S. troops. Later that year the ship was caught in a major hurricane and suffered great damage, with both paddle wheels torn off, sails stripped, and rudder bent and shredded by the propeller. By 1862, the ship had actually begun to be profitable. With a storm off New York, the captain decided on Aug. 17, 1862, to approach the city by way of the Long Island Sound, rather than by Sandy Hook. The ship hit an uncharted rock, later called the Great Eastern Rock. While the ship made it successfully to New York, it eventually became obvious that the hit had caused damage. As it happened, the strength of the outer hull had prevented the inner hull from being breached. Given the size of the Great Eastern, there were no drydocks big enough to hold her, so the repairs had to be done by workers in a cofferdam, costing the company more money. The ship was again set for sale.

Early efforts to lay cables across the Atlantic had been met with limited success. The weight of the cables in order to survive and to transmit signals required two large boats to cooperate in the laying of the cables. Cyrus West Field felt that the enormous size of Great Eastern would enable her to more easily hold all the required cable without a second ship. This turned out to be a successful role for the ship, beginning in 1866 with the first successful laying of a trans-Atlantic cable. The ship was able to lay cables across the Atlantic, around Europe, and in the Indian Ocean. The cables through the Suez Canal were taken by a smaller ship since there was great concern that the Great Eastern would not successfully get through.

While sold and resold for various purposes not worthy of her engineering genius, in the end she was sold for scrap in 1888. It took some 200 men 18 months to break up the well-built ship. Various pieces were sold or landed in museums. While brilliant as an engineering exercise, the ship designed by Brunel was in many ways ahead of her time. There was no infrastructure to support her. Designed for a different purpose, it was not really truly fit for the purposes it was used for.

Bye-Bye plastics

By Carol De Haan

Effective May 4, 2022, New Jersey grocery stores larger than 2,500 square feet will no longer pack your purchases in single-use plastic carryout bags. They can, however, provide you with, or sell you, reusable bags.

Of course, you can always go grocery shopping by taking with you any old single-use plastic bags that you might have saved at home from previous purchases.

Other stores, such as pharmacies, retail stores, and restaurants can offer you single-use paper bags for

your purchases.

Plastic straws? Since last November, you get a plastic straw only if you ask for one when eating out.

No grumbling, please. This is part of an effort to clean up our environment and it needs to go global. Every day, multiple tons of plastic trash are dumped in our once pristine oceans, and this stuff kills vast numbers of ocean-dwelling species, whales in particular.

For more information, visit GET PAST PLASTIC or call the New Jersey Department of Environmental Protection at 609-984-4250.

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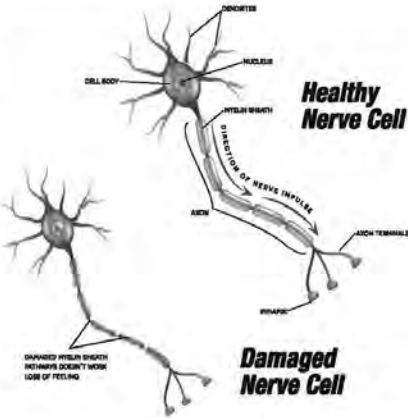
Peripheral Neuropathy is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

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AllCure Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be felt on the first few visits. This treatment restores, stabilizes, and rebuilds the nerves in your extremities. Treatment has also been effective in addressing painful symptoms of arthritis, MS, and other forms of chronic pain. Patients generally feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

HOW DO YOU KNOW IF YOU HAVE NERVE DAMAGE?

Peripheral neuropathy is the consequence of damage to your peripheral nerves. There are over 100 different kinds of peripheral nerve disorders or neuropathies – some are the result of a disease like diabetes, while others can be triggered by a viral infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage. Many people suffer with pain for years, not realizing that their symptoms may be due to Peripheral Neuropathy. Symptoms start gradually, then get worse, including numbness, burning or tingling sensations and sharp, electrical-like pain. Treatment options have been limited to a small assortment of pain medications, which can lead to further issues. Ignoring the problem or masking the symptoms has never been a viable solution. If you suffer from any of the aforementioned symptoms, we can help.



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It was a lifetime ago

By Allan Kaufman
It was May 8, 1970, some 52 years ago that the New York Knicks won their first NBA title defeating the Los Angeles Lakers four games to three. It was the culmination of an amazing regular season where they won 60 of

82 games. A solid roster of future Hall of Famers, Willis Reed, Walt “Clyde” Frazier, Bill Bradley, Dave DeBusschere and coach Red Holzman, personified what playing team basketball was about. They anchored the league’s best defense.

After winning their two division playoff series, they faced the Lakers in the finals. I couldn’t wait. I was fortunate to purchase tickets for all four home games, sitting in the blue seats along with the other crazy fans. Three games were memorable.

In game three, with the Knicks leading by two points with seconds to go in the game, Lakers guard, Jerry West hit a desperation buzzer-beating, 60-foot shot to tie the game at 102 and force overtime. The game was played prior to the three-point line, so his shot only counted for two points. In game four, with the series tied 2-2, Willis Reed suffered an apparent series-ending

leg injury. The Knicks put together a game plan featuring a combination of players taking turns playing against the Laker’s superstar, Wilt Chamberlain.

They moved the ball around the court on offense, outscoring the Lakes in the fourth quarter, 32-18. And lastly, in game seven, with Reed just a shell of himself, but doing enough to hit the first two shots of the game and with that the Knicks were on their way to the championship. Walt Frazier had one of, no, he had the greatest seventh game of any player in NBA history. He scored 36 points, had 19 assists and six steals. I’ve seen, in person, Reggie Jackson’s three home run performance in the 1977 World Series and Phil Simm’s Super Bowl win, but Frazier’s still is the best.

Yes, they did win their second championship, two years after their first one, but injuries and age caught up with my favorite sports team of all time, and they were never able to recapture the magic of those years, and for the last 50 years, with the exception of some of the Patrick Ewing years, they have been impossible to watch. May 8, 1970. It was a lifetime ago.

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



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This is tough - Part three

By Tom McMahon (aka J.T. Brian)
And yet another month has slipped into the past. Yes, fans, it is that very type of writing that will propel the unpublished novel in question to finally get published, sell a million copies and be picked up by a major Hollywood studio to go into production as soon as possible. Even in the authors’ lifetimes!

By now you should have done one of two things. You are sitting there reading and questioning what transpired in the last four weeks. Or you threw the paper down and went outside to visit any neighbor you could find just to avoid reading the rest of this column.

If you need a refresher, the two previous articles in this series appeared in the February and March issues of the Rossmoor News, pages 9 and 11 respectively.

Okay, I’ll pretend interest is high, and launch into the diary of events over the month of March that actually occurred. And there ya go. An easy log to chew on, ingest and later, in the bathroom, wave goodbye and farewell. “What? You wrote nothing, you nut?”

And that’s the point. Nothing happened. The most writing I have done in four weeks ap-

(Continued on page 9)

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The *Endurance* has been found

By Carol De Haan

It's taken 107 years. She's lying four miles from where she sank, and 10,000 feet below the surface, but she's there and, amazingly, mostly intact. The researchers who found her on March 9 were astonished to see that her wooden hull and decking had not disintegrated. They speculated that the icy waters of

Antarctica's Weddell Sea did not support the kind of bacteria and other sea life that might have eaten away the timbers. **Why is this shipwreck important?** Mostly for the astonishing courage and leadership of its captain, Sir Ernest Shackleton, who saved his crew of 56 and brought them home alive in



Ernest Shackleton

This is tough

(Continued from page 8)

pears in this column right now. I am ashamed. Bewitched, bothered, and bewildered as well, but I may have to pay royalties to use that one. Yes, fans, it happens more than once on the road to spelling glory. The famous writers' block. There is a reason why the 'writers' in that phrase has its punctuation mark at the very end. Writers' Block hits every writer. Ever born. In any century. In any culture. Oh, I have excuses. Alibis. Actual reasons why this happened to me. Meanwhile, the co-author has been working overtime writing, re-crafting, and bugging the hell out of me, knowing that I am lying to him saying I am too busy. Busy with what? For what? For whom? Woe, I say, woe is me. And the awaiting public who will pay good money to follow the exploits of the folks who inhabit "Hamilton Avenue." I will recount for all of you a year-by-year sequence in

the life of this American soon-to-be classic. In the 1980s, I wrote some disparate stories that were to be later combined into "Hamilton Avenue," (which, in the beginning was titled "Korin"). In the 90s, I met Dave, the co-author, handed him a 74,000-word novel, and the two of us expanded the story to 124,000 words that we passed in front of 93 literary agents. From 2000 until mid-2021, nothing happened. And then I took a bath. Yes, in that very bathtub "Hamilton Avenue" was re-born and resuscitated. And now it's in reverse. By spilling my guts, I am placing myself on a guilt trip so I have to do something in April. Yes, I now have to come up with stuff for the May column. So put your seat belts on and look forward to laughing at, crying over, and questioning the action in the future of this column. Damn, I'm getting excited just thinking about it. Until I hit the bathroom again.

spite of impossible odds after nearly two years in frozen Antarctica. **The age of Antarctic exploration** In 1901, England's Royal Geographic Society sent Commander Robert Falcon Scott, on the ship *Discovery*, to Antarctica for scientific and geographical research. Shackleton served on this expedition. In 1907, during the *Nimrod* voyage, Shackleton and three companions nearly got to the South Pole. They also climbed an Antarctic volcano. For these advances, Shackleton was knighted on his return to England. In 1911, the race to find the South Pole was won by Norwegian Roald Amundsen, ending the multi-national competition. **Nevertheless, one more voyage** In December, 1914, Shackleton led another expedition to Antarctica, hoping to cross that frozen continent overland. He

(Continued on page 11)

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It's finally over

By Allan Kaufman

It took almost six years and countless lives, but on May 8, 1945, Germany surrendered to the Allied forces signaling the end of World War II. While most will remember the V-E date, there are some events leading up to the end of the war in Europe.

In January, the Red Army began the liberation of many of the concentration camps. Beginning with Auschwitz on January 27, the soldiers moved to the Monowitz, and Birkenau camps as well. Battle hardened soldiers who were used to death were shocked by the Nazi's treatment of prisoners. As the camps were being liberated a lasting image is of Pfc. Abraham Mirmelstein of Newport News, Va., holding the Torah as Capt. Manuel M. Poliakov, and Cpl. Martin Willen, of Baltimore, Md., conduct services in Schloss Rheydt, former residence of Dr. Joseph Paul Goebbels, Nazi propaganda minister, in München-Gladbach, Germany on March 18, 1945. They were the first Jewish services held east of the Rur River and were offered in memory of soldiers of the faith who were lost by the 29th Division, U.S. 9th Army.



The Allied forces began to take large numbers of Axis prisoners. The total number taken on the Western front in April 1945 was about 1,500,000. In the three to four months until the end of April, over 800,000 German soldiers surrendered.



Under the picture the caption is: An American soldier of the 12th Armored Division stands guard over a group of German soldiers, captured in April 1945, in a forest at an unknown location in Germany.

On April 25, Italian partisans liberated Mi-

lan and Turin. Mussolini was captured by the partisans on April 27 and executed on April 28 in the town of Giulino. On April 29 all of the Fascist Italian armed forces surrendered. On April 30, following Mussolini's execution, and with his escape route cut off to the Americans and with the Soviets surrounding Berlin, Adolf Hitler committed suicide rather than face the same fate as Mussolini.

Around the time of Hitler's death, German forces in Italy surrendered. The document of surrender was one where the Germans agreed to a ceasefire on May 2. Accordingly, nearly 1,000,000 German troops in Italy and Austria surrendered unconditionally to British Field Marshall Sir Harold Alexander. The battle of Berlin ended on May 2. General Helmuth Weidling, the German commander of the Berlin Defense Area surrendered to the Red Army.

The end was near, as German forces surrendered in Denmark and the Netherlands on May 4. The next day German forces in Bavaria surrendered. More Germans surrendered as the first week of May came to an end. Finally, on the morning of May 7, General Jodl signed an unconditional surrender document for all German forces to the Allies, including General Dwight D. Eisenhower. The surrender was to go into effect on May 8.

The celebrations were loud with thousands taking to the streets. For a few minutes we forgot that the Pacific theatre was still taking its toll on American lives and would for another three months. But for those, like the ones celebrating, it was finally over.



“What's in a name?”

By Myra Danon

My husband had a wonderful mother-in-law, but I didn't. I am a fine mother-in-law too; ask anyone, especially my children and their spouses. I follow the unwritten rules of the in-law handbook and keep my opinions to myself and resist the temptation that sometimes occurs when I think how helpful those opinions could be. I know better. Because walking on eggshells is not my style, I don't enter that chicken coop. I'd rather glide.

Based on the significance of Mother's Day, I was curious to see if a day signifying Mother-in-Law's Day was an event with its own date. It is; much to my surprise, the American Society of Florists deemed National Mother-in-Law Day to be the fourth Sunday in October. My friend observed

how close that date is to Halloween. Hmm. Not wanting to entertain that idea, much less mark that date, I read on and discovered something else that did not bring a smile to my face but may to some others.

I introduce you to the common snake plant that is also called the Mother-in-Law's Tongue! Apparently, someone suggested that the sharp spike of the leaves was similar to the sharp tongues of women. Imagine that.

Several other physical characteristics of this plant are described, such as stiff leaves that look and feel leathery and stand straight up from the soil—like a general — obviously a subjective description. This plant has been around for years, doesn't need much light or water; in fact, it doesn't even wither in

drought conditions. It adapts to virtually any soil even when salty. Originally from the deserts of southern Africa this amazing plant is durable, but it does not fare well if rotting roots and crowns are present and is in real trouble with spider mites.

According to Texas University's Department of Plant and Soil Science, the MiL Tongue has some features that are more than worrisome. It is toxic to dogs, cats, and humans when ingested. The sap is numbing and, if swallowed, has been known to cause pain and speech loss in addition to rash, vomiting, and diarrhea.

Sometimes, although rarely, the plant can flower; however, while doing so it spreads above and below ground out of control. Be-

(Continued on page 11)

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The Endurance

(Continued from page 9)

sailed to South Georgia Island with two ships, the *Endurance* with 28 men, 70 sled dogs, and one cat, and the supply ship, *Aurora*, also with 28 men and large quantities of fuel, preserved food, and other necessities. The *Aurora* sailed to the far side of the continent to set up support stations for the explorers as they neared the last half of their undoubtedly exhausting 1,800-mile trek.

The *Endurance* sailed to the Weddell Sea, the point for their intended departure on dog sleds. Within a few weeks of arrival, however, crew members saw that their ship was now frozen fast in ice floes. They waited until spring thaw, in Sept. 1915, hoping the ship could float free. Instead, they saw abnormal pressure on the ship's hull, as sea water began pouring in. By October, the order was "abandon ship," and all hands worked to unload their supplies onto the ice.

Knowing they would never complete their intended mission, and with no hope of being rescued while facing eventual starvation, they shot the animals, and set about doing what they could to keep themselves alive. It was Shackleton's requirement that his officers work just as hard as his deck hands, a valuable rule when facing a crisis.

Marooned on an ice floe, the crew saw that it, too, was breaking up. Their only hope

to live would be to reach solid ground on Elephant Island, 346 miles away. They made it, in five lifeboats, after a week of wild storms on the high seas. But the problem with Elephant Island was its remoteness from shipping lanes, making rescue unlikely. Their sole chance for survival would be to reach the whaling station on South Georgia Island, their original point of departure, 720 miles away in a turbulent ocean.

A desperate ploy

Shackleton picked the five strongest men of his crew for the dangerous voyage to get help. He picked the least damaged of their lifeboats, the 20-foot "James Caird," which the ship's carpenter rebuilt, reinforced, and waterproofed as best he could, using oil paint and seal's blood. Shackleton packed it with supplies for only four weeks, knowing that if they failed to reach South Georgia Island, they would never survive to reach the next landfall, the coast of South Africa.

Land HO!

After three weeks sailing in the tempestuous South Atlantic Ocean, the current miraculously took the tiny lifeboat within sight of South Georgia Island. Understand that this was pure luck – the men had no way to steer their boat, only oars that were useless in a violent, stormy sea. They waited out another storm for 24 hours before they managed to land on the island's deserted south shore.

That shore was rocky and mountainous. Shackleton and his two strongest men undertook the 32-mile trek over the cliffs to the whaling station, walking for 36 hours.

Two men from the whaling station happened to be out and about as Shackleton and his companions eagerly staggered toward them. To Shackleton's dismay, both men let out shrieks and ran for cover.

Little did the *Endurance* men realize how terrifying they must have looked: emaciated, probably filthy, with long unkempt beards, and tattered clothing. Staggering across an

uninhabited island, they might have been taken for invaders from outer space.

Rescue

The whalers sent a boat to rescue the three men left on the south shore of the island. Then Chile sent a naval vessel to pick up the 22 men left on Elephant Island, as well as the crew of the *Aurora* in McMurdo sound, which had succeeded in carrying out their depot-laying mission. After three long years, the crews of both ships returned to England in May, 1917, thanks mostly to the nautical skill and devotion to his men of Sir Ernest Shackleton.

Last voyage

World War I and the Russian Civil War intervened, but by 1921, restless Shackleton was at it again. He sailed for Antarctica with many volunteers from his *Endurance* voyage. He reached South Georgia Island, where, in January 1922, he suffered a fatal heart attack, probably from an undiagnosed genetic defect. He was only 47.

His wife, Emily, and his three children asked that his remains be buried on South Georgia Island, which had been such an important place in his life. Evidence of the devotion of his crew members can be seen in that the ashes of Shackleton's first mate, Frank Wild, were taken – 72 years after Wild's death – to be interred next to Shackleton's grave.

Honors

Ernest Shackleton has been honored in Ireland, the land of his birth. Books have been written about his extraordinary accomplishments. Documentary films and TV shows followed. He was made an Officer in the Order of the British Empire. A BBC poll ranked him 11th among 100 greatest Britons. He has been decorated by Denmark, Sweden, France, Italy, Russia, Prussia, and Belgium, partly for his navigational skills, but also for his unassuming, brotherly relationships with his crew members, which may have saved them all.

A name

(Continued from page 10)

cause it fights to survive, it has been described as aggressive, which may be a negative description of a plant in the horticultural world. Perhaps this activity of *sansevieria trifasciata*, as it is also named, is another reason for its alias of Mother-in-Law Tongue. Some people may be tempted to note similarities where none exist.

On the bright side, it has a positive effect on our immediate and long-term health when it becomes a veritable hepa vacuum cleaner of the air we breathe. The process begins by taking young and small plants outside and watering them only every fourth day of the week where they build their roots and leaves and rhizomes. After four or five weeks, they can be brought inside where they provide oxygen during the day and at night, improving the quality of sleep. The plant removes toxins that are present in the air, one of which is formaldehyde.

Perhaps it is something that might be welcome in one's home for a while? Perhaps it would be understandable if some people decided to note similarities.

"What's in a name? That which we call a rose (Mother-in-law tongue) by any other name would smell as sweet." Excuse me, Will. Mothers-in-law are also mothers.

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This month in pictures

By Joe Conti and Walter Gryskiewicz



The Dance Club returns after the pandemic break



At the dance.



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Sound Advice

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

Retirement seen through your eyes

How do you picture your future? Some see retirement as a time to start a new career. Others see it as a time to travel. Still others plan to spend more time with family and friends. With that in mind, here are some things to consider.

What do you absolutely need to accomplish? If you could only get four or five things done in retirement, what would they be? Answering this question might lead you to compile a "short list" of life goals, and while they may have nothing to do with money, the financial decisions you make may be integral to pursuing them.

What would revitalize you? Some people retire with no particular goals at all. After weeks or months of respite, ambition may return. They start to think about what pursuits or adventures they could embark on to make these years special. Others have known for decades what dreams they will follow ... and yet, when the time to follow them arrives, those dreams may unfold differently than anticipated and may even be supplanted by new ones.

In retirement, time is really your most valuable asset. With more free time and opportunity for reflection, you might find your old dreams giving way to new ones.

Who should you share your time with? Here is another profound choice you get to make in retirement. The quick answer to this question for many retirees would be "family." Today, we have nuclear families, blended families, extended families; some people think of their friends or their employees as family.

How much do you anticipate spending? We can't control all retirement expenses, but we can manage some of them. The thought of downsizing your home may have crossed your mind. One benefit of downsizing is that it can potentially lead to no mortgage or a more manageable mortgage payment.

Could you leave a legacy? Many of us would like to give our kids or grandkids a good start in life, but leaving an inheritance can be trickier than many realize. Tax laws are constantly changing, and the strategies that worked years ago may have more limited benefits today.

Keep in mind this article is for informational purposes only and is not a replacement for real-life advice, so make sure to con-

sult your tax or legal professional before modifying any part of your overall estate strategy.

How are you preparing for retirement? This is the most important question of all. If you feel you need to prepare more for the future or reexamine your existing strategy in light of recent changes in your life, conferring with a financial professional experienced in retirement approaches may offer some guidance.

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

For more information, questions, or comments, we encourage you to visit our

website at www.politziner.com or call us at (732) 296-9355.

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In Memoriam

John C. Vergano

John C. Vergano, 80, passed away on Wednesday March 16, at his residence in Monroe Twp. John was born in New York City and raised in Teaneck. He lived in Randolph and Parsippany before settling in Rossmoor. In 1999, John was employed as an engineer for J.P. Morgan until his retirement in 2002.

He was a chartered member and active parishioner of Nativity of Our Lord RC Church in Monroe Twp., serving on the accounting committee and taking part in weekly collections. John was a 4th Degree Knight, Color Core member and financial secretary for the Knights of Columbus Council 14658 in Monroe Twp. He was also a member of the Immaculate Conception Assembly in Spotswood. He was a member of the Kiwanis International and in charge of the food pantry. In 2015, John was awarded Citizen of the Year by the Kiwanis.

John also served as a Mutual Director at Rossmoor for 18 years.

John is survived by his loving wife of 21 years, Maureen Hoehn, by four sons: Scott and his wife Samantha, Steven and his wife Akina, Sandy and his wife Jill, and Sefton; by a step son, Paul Hoehn and Jean; a brother, Peter Vergano and his wife Kathy; and six grandchildren, Norma, Aven, Lyra, Neve, Zachary and Preston.

John F. Russo

John F. Russo, 93, died Thursday March 17, at Care One, East Brunswick. He and his wife, Evelyn, moved to Rossmoor from Brooklyn 27 years ago.


John was an Army veteran who had served in the Korean War as a private first class. He had been employed as a woodworker for over 50 years and was the owner of Clover Woodworking, Brooklyn. He was a former parishioner of St. Ephrem's RC Church, Brooklyn. John enjoyed playing golf and was a passionate Yankees fan. He was a long-time member and an officer in Rossmoor's Italian-American Club. John was a pleasant man and a good neighbor who will be missed by his many friends.

He was predeceased by his brother Ronald and his sister Camille. Surviving are his wife of 60 years, Evelyn Machado, his sons Dean, and John Jay and his wife Linda, his daughter Tammy Russo and her husband Roger Pineda, and his four grandchildren, Jonathan, Matthew, Eden, and Rene Russo.

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CULINARY CORNER

By Sidna Mitchell

Clearing results mean meatloaf

As Ken and I got ready to leave warm, sunny Florida for chilly New Jersey, I tried to clean out the refrigerator and the pantry. By the way, the early — in my opinion — return to the Garden State is Ken's idea. He wants to be back to see the budding trees and the flowers and to work on the garden. Frankly, I think it's too chilly to head home where I have to pull out the winter clothes again.

The last few days in Paradise meant getting together with friends from croquet and church. I even managed to get Ken to attend a church brunch the week before we left.

We also made sure we went back to the Gasparilla Mallet Club for a farewell to our friend Lucinda who was moving back to Kentucky, her home state, after many, many years. She noted the realtor reminded her that people move from Kentucky to Florida, not the other way around.

We also celebrated Carl Kruse's birthday early along

with that of our New Hampshire friend, Jim. I was tempted to make the seafood gnocchi that Jim particularly loves, but we decided it was easier for Ken to grill steaks.

Now back to clearing out the fridge and pantry. I had ground beef and ground pork in the freezer that would be perfect for meatloaf. Here's my recipe.

Meatloaf

1 1/2 pounds meatloaf mixture
2 garlic cloves, minced
1 medium onion, finely chopped
1/4 cup finely chopped green pepper
1 egg

Culinary Corner

1/4-1/2 cup breadcrumbs
1/2 teaspoon seasoned salt
dash of garlic salt
teaspoon freshly ground black pepper
3-4 slices bacon
2 tablespoons butter

Mix all the ingredients together except the bacon and the butter, kneading with your hands until the mixture is well blended.

Form into a long loaf, pressing firmly to keep its shape.

Arrange three slices of bacon on the bottom of a loaf pan. Place the meatloaf on top of the bacon and overlap the bacon slices on top of the meatloaf. Add a fourth bacon slice across the top, if desired, and secure with toothpicks. Top with slices of butter.

Bake at 325 degrees for 1 1/2 to 1 3/4 hours, basting occasionally, or until the meat is cooked through. The meatloaf should be moist when sliced.

Serve warm with mashed potatoes, green beans and/or a tossed salad.

Serves four to six.

NOTE: If there are any leftovers, do what we did the next day. Refrigerate the leftover meatloaf to make a sandwich on white bread with mayonnaise and sliced onions.

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

League of Women Voters offers program on May 23: Focus on human trafficking

By Linda Bozowski,

On Monday May 23, the League of Women Voters of Monroe Township will offer a program at 7 p.m. at the Monroe Township Library. The topic of this presentation

is Human Trafficking in New Jersey — its prevalence, prevention, and support and aid available for victims.

The Injury Prevention Coordinator at Robert Wood Johnson University Hospital, Diane Starace, will present information about the pervasiveness of this issue in New Jersey. Many of us do not realize how widespread this problem is and how it affects women and children as well as men and boys. Although human trafficking is generally thought of as sexual in nature, it can also include workplace and other labor abuses. Teen-

agers and other young people who are feeling unloved or alone may also become victims of trafficking in any of its forms.

Starace will offer information about the NJ Coalition Against Human Trafficking, a ten-year-old organization with supporting organizations all over the state. She will also speak about other programs available in New Jersey to help current and potential victims of trafficking.

Please join in this informative session. Membership in the League is not a requirement — the session is open to the public at no cost.

New Neighbors



By Christina Smith,
Resident Services Manager

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

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

Martin and Deborah Galen, 129B Providence Way, formerly of Dayton, N.J.

Esthel Velazquez, 118N Old Nassau Road, formerly of Rahway, N.J.

Augustus and Margarie Smith, 399A Newport Way, formerly of Sayerville, N.J.

Nora Connaghton, 233C Marblehead Lane, formerly of Matawan, N.J.

Susan Harroun, 454A New Haven Way, formerly of New Hyde Park, N.Y.

Help wanted – The League of Women Voters needs you

By Linda Bozowski

As concerned Monroe Township residents, we want our community to be recognized and respected and to offer opportunities to all of its residents.

One of the ways that we can make sure that these opportunities exist is to participate as members of organizations whose goals we support.

That's why the League of

Women Voters of Monroe Township might be an organization in which you can participate and offer your talents. The Monroe Town-

(Continued on page 16)

Thank you

I would to thank everyone who donated to the Monroe Kiwanis Club birthday baskets. Your generosity and kindness have not gone unnoticed. We not only collected items, many money donations were collected which allowed us to purchase even more supplies. Know that your love and kindness was enjoyed by many who are less fortunate than us. May your life be filled with unlimited abundance. Wishing you a happy spring.

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Clubs and Organizations



The Art Group recently worked on the same still life in various media: drawings, paintings, or colored pencil with different and interesting results.

The Players

By Sue Archambault

April was a full month for The Players. We presented our very popular "This & That" show in the Meeting House on Thursday, April 28, and Friday, April 29. "This & That" included music, both vocal and instrumental, skits, jokes, dances, and original poems. All attendees seemed to enjoy our show. Our next presentation will be in July when we shall do our "Just Music" performances.

The Players' meeting will take place on Monday, May 23, in the Gallery at 7 p.m. We usually meet on the last Monday of the month, but that is Memorial Day, so we will meet the week before.

At this meeting we are going to watch a DVD of "Over Easy." The Players presented this original musical comedy in 2017 written by the talented team of Bob Huber and Bill Strecker. Bob wrote the book and lyrics to



Bill's music. The play centers on the antics of the employees and patrons of a small diner called Mabel's Table. This was a very popular play and will long be remembered. All are welcome to attend this entertaining and fun event.

May Computer Club meeting

By Steven Gray

This month we are happy to have Thomas DeHaan as our speaker. Tom is the team leader of the Splunk Team in

the N.J. Office of Information Technology (as well as the son of Carol DeHaan).

What is Splunk? You will just have to come to the

meeting on May 16 to find out.

I will tell you that Tom has been in the information technology world for the past 25 years. He was in digital test engineering for 15 years prior and has worked with several defense contractors: Dow Jones & Co. and currently with the State in Trenton, N.J.

Not to give anything away but he has also been a large part of the anti-fraud effort in the unemployment insurance program. So come out for a very interesting speaker.

Virus Protection

By Steven Gray

I have two email accounts for personal use. I decided to count the amount of supposed anti-virus and/or warnings I have received since April 1 that all go into my spam folder – and all come from different addresses. McAfee renewal is the clear winner with 16 emails followed closely by my PayPal being suspended 8 times, Norton telling me my anti-virus has expired only twice and Amazon suspending my account once.

All of that is garbage but it can be very confusing and possibly very frightening if you are not aware that these are scams. What are some clues? Aside from misspellings or poor grammar, if the email opens with "hello customer" don't bother reading it. A very quick way to check is to just hit reply and see what address comes up. If the address has a lot of numbers and/or letters in addition to the actual name or if it ends in anything other than PayPal.com, amazon.com, etc. then it is spam. Do NOT

reply to any of these. Just delete them or mark them as spam.

What is a good anti-virus? Our friends at PC Magazine have compiled a list with a rating system. They state that Avast, AVG, and Bitdefender are the top, followed by Avira and Microsoft Defender with Adaware anti-virus and zone alarm bringing up the rear. Do note that at the time of the article these were all free. Also note that, with the exception of Microsoft Defender, they will all try to have you upgrade to the paid version, plus Bitdefender no longer offers a free version.

I also have to point out that both Avast and AVG have had repeated privacy violations; i.e., collecting and selling user information for profit (did you really think it was free out of the goodness of their hearts?). I personally use Microsoft Defender as it is constantly updated and is better than many other (unnamed) anti-virus programs. Oddly, though, C|Net

(Continued on page 16)

The Dance Club is back with a Fifties Hop



By Judy Perkus

On Saturday, May 28, at 7 p.m., the Rossmoor Dance Club, will have a "Fifties Hop." Join us in the Ballroom as DJ Angelo plays all sorts of dance music. Desserts (sugar-free available), snacks, coffee, tea, and soda will be served. All Rossmoorites, singles as well as couples, are welcome.

Please send your reservation check made out to the Rossmoor Dance Club (\$8 a person for paid-up members; \$10 a person for non-

members) to Armen DeVivo at 449B Roxbury Lane by May 18.

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

We were delighted to see many old friends and greet new ones at our first post-COVID dance in April when DJ Erich delighted us with great music and balloons. It was also great to welcome back DJ/Keyboardist Peter Lieberman at our April Spring Dance.

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May 28 Dance

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Greg Policastro, Sal Guerrieo, Melissa Bernard and Tommie Croake at the E&R St. Patrick’s Dance.

Italian American Club

By Tony Cardello

We hope everyone had a happy Easter or a happy Passover. Our membership meetings and Bingo in March and April have been well attended and we thank everyone for continuing the growth of the Club. The membership meeting in April saw the return after two years of singer Bruce Copp, an original member of the Elegants whose hit song was “Little Star.” The next membership meeting will be held on Wednesday, May 18, at 7:30

p.m. Please note the time change for May. Bingo will be played on Friday, May 27, at 6:30 p.m. in the Ballroom. Our most popular social event of the year, Rossmoor Downs, will take place on Saturday, May 21, in the Ballroom at 6 p.m. For the past two years the horses have been grazing and prancing about in anticipation for their run to the finish line. As in the past it promises to be an exciting evening as the crowd cheers for their horses in each race.

You’re invited! Music Association offers a special free concert on May 22

By Linda Bozowski,

Be sure to circle Sunday, May 22, on your calendars! The Music Association will offer an exciting free program featuring renowned pianist and frequent performer Fred Moyer, at the Meeting House, at 3 pm.

For those of you who have been entertained by Moyer at past performances, you will remember his original and amazing invention, the Moyercam. This contraption presents a live view of his hands as they grace the keyboard and projects the images onto the raised cover of the grand piano so that we can all view his deft artistry and astonishing fingering as his hands grace the keys. Moyer provided a concert last year that we were able to view on YouTube on our computers and televisions, but a live performance offers us an even more exciting opportunity to enjoy his expertise and love of music. His repertoire ranges from classical to show tunes to jazz, from performing works by others to performing works of his own creation. As a member of a very much in-demand jazz trio, Moyer partners with a bassist and a drummer. He and his colleagues entertain audiences in the New York metropolitan area, but also travel to offer their talents in schools, retirement developments, care facilities, churches, and concert



Fred Moyer

halls throughout the region, as well as at private parties. A native of Massachusetts and now a resident of New Hampshire, Moyer began his piano studies at age seven. His first “big” performance was with the Boston Symphony Orchestra at the age of 14. He has played with the Boston Pops, at Carnegie Hall, and with numerous orchestras throughout the world. While in high school, he attended the Curtis Institute in Philadelphia and graduated from Indiana University. Moyer has several patents for his inventions, including the Moyercam. He has also collaborated on developing and reproducing the musical scores of a number of well-known jazz musicians, which he is able to perform in the original style, but with his own touches. A performer on more than 20 CDs, Moyer has produced several CDs of his own works. During the COVID shut-down, Moyer produced more than 60 concerts for retirement communities like the program we enjoyed last year. We are happy to welcome him back in person!



The Korean American Group had a monthly meeting on March 19. About 20 members were present and discussed many agenda items. Among the members attending was president Youngae Lee, second from right on second line.



Music Association offers exciting program on May 5

By Linda Bozowski,

In its second presentation of the season, the Music Association is pleased to welcome pianists Olga Vinokur and Dan Gnip to the Meeting House. This duo, prize-winning artists, will entertain us with a variety of classical pieces.



Olga Vinokur

Vinokur has been educated internationally, beginning her studies at age six in Russia, receiving her Bachelor’s Degree at Tel Aviv University, and completing her Masters and Doctoral degree programs at the Manhattan School of Music. Well traveled Vinokur has performed throughout Europe as well as in Israel, Russia, China and Czechoslovakia. The winner of many competitions, her playing has been described



Dan Gnip

by the New York Times as “an exquisite performance.” Also at the piano at the upcoming performance is Dan Gnip, a student at the Specialized High School of Science in the Bronx, New York. Dan is a renowned competitive pianist but also has exhibited his skills as a classical and jazz guitarist. His performances at multiple venues in New York have won him well-earned praise.

Gnip has studied with Vinokur as well as at the Lucy Moses School of Music. The son of Vinokur and occasional rock-band participant, Gnip also enjoys basketball. Please join us at the Meeting House on Friday, May 5, at 7:30 p.m. for this exciting performance. Subscribers from the previous season who have not been refunded will be permitted to enjoy the program at no fee (subject to confirmation at the check-in desk). Non-subscribers will be charged a \$15 ticket fee, as has been the policy in the past. Subscription sales for the 2022-2023 season will be offered in early summer. The six-program season will be exciting and entertaining, and subscriptions are an economical way to enjoy the programs. Watch for subscription news in the Rossmoor News and on Channel 26.

Help wanted

(Continued from page 14) ship chapter was established 30 years ago as a non-partisan community support organization. Its primary objective is to provide information and education about our communities – governmental agencies, services, opportunities to participate in bettering our communities. Volunteerism is not possible for everyone. We all have obligations at home and at work or in other organizations in our communities. The League hopes that its members can spare just a bit of time to help with furthering community betterment. For instance, do you have computer skills? Could you help register new voters? Perhaps you could make some phone calls to remind your neighbors about an upcoming election or speakers’ event. The Monroe chapter of the League of Women Voters is one of many chapters throughout the country. Established 100 years ago as a voting advocacy organization,

Virus Protection

(Continued from page 15) picks Microsoft Defender as the best free anti-virus so pick whose opinion you trust the most. As you are now aware, the Computer Club is back in business. We are still enforcing the use of the Lab for vaccinated members only. The Lab itself has both Windows 10 and Windows 11 computers with a class planned in the near future on Windows 11. We are also planning a class on the basics of LibreOffice, a free alternative to Microsoft Office. The Computer Club needs monitors (an easy job) and anyone willing to give a talk on pretty much anything computer related. Do you have any tech skills? Great – we can use more techs. Like to teach? Contact the Club about setting up a class. Our next general meeting is May 16, hope to see you then.

tion, the League has promoted education and community betterment through its many programs, publications, and educational opportunities. Social opportunities enable members to meet others and exchange ideas. The new membership year begins on July 1. Membership dues are \$60 per year – about the price of a Starbucks coffee once a month. Get to know the Monroe League – come to our monthly meetings or join us at lunch in June. Our next meeting will be held at the Library on May 23 at 7 p.m. – read more about the program in a related article. We will have a luncheon at the Cranbury Inn on Thursday June 16 – feel free to join us, even if you’re not a member yet. More information will be presented in the June newspaper. The bottom line is that the Monroe League of Women Voters wants you – as a member, as a volunteer, as a committed resident of Monroe Township. Please visit our website (LWVMTNJ.ORG) and get to know us. We’d like to get to know you, too!

Religious Organizations

Sad News – Covid jitters postpone Spaghetti Dinner till fall!

By Alyce Owens

The cold hard fact is: Covid is still with us! Transmission rates and positive cases are on the rise again and, despite extensive vaccinating, breakthrough cases happen all too often. Much as we try, we all know that “social distancing” is next to impossible at any popular, well-attended affair. This all being said, no one wants to see the popular Spaghetti Dinner become a dreaded “super spreader” event.

That is why the Rossmoor Church Council made the difficult, disappointing decision to cancel its Spaghetti Dinner scheduled for May12, postponing it tentatively to October 20, 2022. After waiting for two and a half years due to Covid fears and restrictions, another six months is a small price to pay for the peace of mind that everyone hopes will exist at that time. We hope you agree.

Be sure to put the new date – OCTOBER 20 – on your fall calendar. Watch the Rossmoor News and channel 26 for dates and times when tickets will be available for this church-sponsored Spaghetti Dinner, all cooked and served by Patrick Donnelly and his wonderful Top Hat Caterers crew. We look forward to seeing you on October 20 in what hopefully will be a safer, more comfortable environment.

Congregation celebrates Purim

By Allan Kaufman

On March 16, the Jewish Congregation celebrated the holiday of Purim.

Congregation members took the morning to bake *hamantaschen*, a triangular filled-pocket pastry.

Larry Epstein read from the *Megillah*, from the Book of Esther, that tells about the salvation of the Jews from the Persian Empire.

Mutual 17: Garage door social media



Upon returning home from rehab, Ernie Mogor found this message on his garage door.

By Carol Mogor

Mutual 17 has a new way of communication. It is the Garage Door Social Media.

I. Ernie Mogor

When Ernie Mogor of 735B Mount Vernon Road was walking with a neighbor from an adjacent Mutual, the neighbor lost his balance and fell back on top of Ernie. Ernie wound up with a broken hip. (The neighbor was not injured.) Ernie had hip surgery and spent several weeks in rehab. He was greeted by this garage door when he returned home.

II. Mary Romano

On March 20, Mary Romano of Mount Vernon Road, turned 100 years old. She received many, many birthday cards and gifts. Mary didn't know how she was going to be able to thank everyone for their birthday wishes. She decided to use the Mutual 17 Garage Door SocialMedia platform to thank everyone.



Mary Romano with her caregiver celebrated her 100th birthday



Mary's thank you to her neighbors

Congregation celebrates in March

By Allan Kaufman

The Rossmoor Jewish Congregation celebrated two special events in March.

First, they celebrated the birth (Oct. 8, 2021) of Caleb Prescott Derris, the grandson of RJC members, Allan and Diane Kaufman. Along with Caleb's other grandparents, Randy and Sandy Derris, his aunts and uncles, his cousins and friends of the family came to hear Torah Reader Larry Epstein chant blessings with Caleb, his brother Simon, and his parents Lori and Shane on the Bima.

At the last service in March, Dolores Greif was honored as she celebrated her 90th birthday. She sponsored the Oneg Shabbat after the service. Friends and family joined in on the celebration. Pictured on her left is her daughter Marci and son-in-law James Friscia and to the right of Dolores is her son Jeff Edelson.

Jewish Congregation

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

By Allan Kaufman

May Services

Friday, May 13 at 7:15 p.m.
Friday, May 27 at 7:15 p.m.
Services will be held in the Meeting House.

Torah Studies

Saturday, May 14 at 10 a.m.
Saturday, May 28 at 10 a.m.
Torah Studies will be held in the Dogwood Room in the Clubhouse.

Annual Meeting

Wednesday, May 11 at 1 p.m.

The Annual Meeting will be held in the Gallery in the Clubhouse.

We respectfully request that only those who are fully vaccinated, with at least two shots, attend in-person services and activities. Any questions should be directed to President Cindy Sigl at 908-962-2754.



HEALTH CARE CENTER NEWS

By Kaytie Olshefski RNC, BS

Spring Allergies

A long-awaited spring has finally arrived, which also means our spring allergies have too. The rain and snow we have had this past winter, along with those random warm days, will cause trees to pollinate earlier and, in turn, make allergy sufferers miserable sooner.

Allergy season starts with tree pollen and is followed by grass pollen in May. Ragweed sufferers will develop symptoms in August, and they will continue into November. Allergies cannot be prevented, but symptoms are controllable. Controlling our environment and minimizing our triggers will make this allergy season a little more tolerable. Some common allergens include grass, ragweed, pollens, wool, dyes, medications, feathers, mold spores, dust mites, insect stings, and animal dander.

How do you know when it's an allergy or when it's a cold? A cold may produce a fever while an allergy does not. An allergy may make you sneeze seven or eight times in a row and your eyes and nose will itch. Body aches may accompany a cold, but not with an allergy. An allergy will come on quickly while it will take a few days for you to experience full-blown cold symptoms.

A seasonal allergy is triggered when a person comes in contact with pollen that the body's immune system mistakes as a foreign invader. The body fights this invader by producing antibodies and releasing histamine. Histamine causes inflammation in your nose, eyes, lungs, skin, and digestive system. Sufferers will have a runny or stuffy nose, will experience sneezing, and have itchy or watery

eyes. Symptoms are worse on windy days when the air carries the pollen far and wide. Allergy sufferers may have noticed they have fewer symptoms after it rains as the rain washes the pollen out of the air. The pollen count is worse in the mornings from 5 to 10 a.m. during the spring and summer.

People, who have a history of asthma may be prone to an asthma attack when in contact with airborne allergens. Asthma is a medical condition that causes a person to have difficulty breathing. Symptoms of asthma include symptoms of shortness of breath, wheezing and coughing. An asthma attack is a medical emergency and needs to be treated immediately.

Most people treat themselves with over-the-counter (OTC) allergy medications. Please be aware when taking over-the-counter medications; read and follow the directions on the medication's box. Antihistamines will help relieve the sneezing, runny nose, and itchy eyes, but they are known to cause sleepiness. Never take an antihistamine if you are planning to drive or operate machinery. Decongestant pills and/or nasal spray decongestants will help to relieve congestion and decrease nasal swelling, making it easier to breathe.

Nasal spray decongestants such as Afrin and Neo-Synephrine relieve nasal stuffiness, but these sprays should only be used for three days. Do not use these nasal decongestants longer than directed as rebound congestion will develop. This means that the nasal decongestant spray that decreased the swelling in your nasal passages and made it easier for

you to breathe is now causing the nasal congestion. You should also be aware that relief from a decongestant spray does not last as long as when you first started using it.

There are over-the-counter steroid nasal sprays to help relieve allergy symptoms. Examples include Nasonex, Flonase, and Rhinocort. Be sure to read and follow the directions on the medication's box. Decongestants may cause insomnia, jitteriness, and heart palpitations. Decongestant nasal sprays should only be used for up to five days. If you are not better in a few days, see your physician.

There are some things you can do to try to control your allergy symptoms. Check the pollen count every day, especially during the spring and summer months. If the pollen count is high that day, limit your time outside and take allergy medication as indicated on the medication label to help control your symptoms. Wear a mask if you are going to be outside, such as in the garden or out for a walk. Keep your home and car windows closed to keep pollen out. Use the air conditioner in your home and car to minimize your pollen exposure. If you have been outside, take a shower to wash the pollen off your skin and out of your hair. Toss your clothes in the washer and dry them in the dryer. If you have a pet and your pet has been outside, wipe its fur down when it comes back in the house.

When should you see your physician? You should see your physician when you are not getting relief from over-the-counter medications, when the medication makes

(Continued on page 18)

Allergies

(Continued from page 17)

you drowsy, or the allergies interfere with your activities of daily living. Allergies could possibly cause more serious conditions such as sinusitis or an ear infection. If a secondary infection develops, such as a fever, difficulty breathing, expectorating yellow-green mucous for more than three days, or if you just

don't feel right, see your doctor immediately. See your doctor if over-the-counter remedies do not relieve your symptoms. Let your physician know what you have been taking.

Please be aware that not everyone should take over-the-counter medications. If you have high blood pressure, diabetes, or heart palpitations, consult with your physician before taking over-the-counter medications. Men with an enlarged prostate should also consult a physician before taking over-the-counter medications.

Allergies are seasonal—expect them to return next year, but at least for this year, maybe you'll be able to get temporary relief of your symptoms.

We will host a Health Fair on Monday, May 2, as a start to getting back to normal. There will be information and giveaways at the fair. Saint Peter's University Hospital will provide each person who comes to Health Fair with a COVID-19 home test kit, two masks, and the latest information about COVID-19. Mark your calendar and we will see you at the fair.

Monroe Township Chorus presents a Hootenanny a Sing-A-Long for everyone and an afternoon of fun and enjoyment

Saturday, June 4, at 2:00 p.m.
Doors Open at 1:30 p.m.
At The Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township
Minimum donation \$5 per person at the door
Children are free.

May at the Monroe Township Public Library

Book Café

Tuesday, May 3 at 11 a.m.
Wednesday, May 4 at 11 a.m. and 1 p.m.
Thursday, May 5 at 7 p.m.

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

BYOB: Bring Your Own Bag –Free Library Tote Day!

Wednesday, May 4.
A ban on disposable bags will go into effect in New Jersey on May 4, 2022. In an effort to help our community prepare for the changeover, the Library will be handing out a free reusable tote on May 4. Visit the Library to pick up yours! While supplies last. 1 bag per person.

Boheme Opera NJ:

When I'm Calling You
Wednesday, May 4 at 1 p.m.

Boheme Opera NJ returns to Monroe Township Library this spring for a live musical performance. Three singers, with piano accompaniment, will perform beloved operatic classics from the Golden Age of Viennese and American operettas such as Merry Widow, Die Fledermaus, Rose Marie and Naughty Mariett. This event is sponsored by the Monroe Township Cultural Arts Commission. This program will be held in person. *Registration is required. Register at the Reference Desk, online at www.monroetwplibrary.org/calendar or at (732) 521-5000.

Sit-N-Stitch

Fridays, May 6 & 20 at 10:30 a.m.

Socialize with stitchers & crafters of all skill levels. Bring your own supplies. This program will be held in person. *Registration is required. Register at the Reference Desk, online at www.monroetwplibrary.org/

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

Writers Group

Tuesday, May 10 from 6 p.m. until 8 p.m.

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

Genealogy Club

Wednesday, May 11 at 2 p.m.

Beginner and experienced genealogists welcome to discuss research, share findings and resources. *Registration is required. Register online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Women in History Book Discussion

Thursday, May 12 at 11 a.m.

This month we will discuss *Lady Clementine* by Marie Benedict. This is a hybrid program. Join us via Zoom or in person. *Registration is required for in-person participation. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

International Film Discussion

Thursday, May 12 at 2:30 p.m.

Hosted by the Friends of the Monroe Township Library. This month we will watch and discuss "Hunt for the Wilderpeople" (New Zealand, 2016). A national manhunt is ordered for a rebellious kid and his foster uncle who go missing in the wild New Zealand bush. Please view the film in advance at your leisure and join us for the discussion. Films are available to stream for free on Kanopy, accessible with your library card online at <https://monroetw.kanopy.com>. The discussion will be held via Zoom. Registration is not required. Please visit the Library's website at <http://www.monroetwplibrary.org/virtual-programs> for meeting ID and password information.

Non-Fiction Book Discussion

Monday, May 16 at 2 p.m.

Join us for a discussion of *The Seine: The River That Made Paris* by Elaine Sciolino. This is a hybrid program. Join us via Zoom or in person. *Registration is required for in-person participation. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

International Book Discussion

Tuesday, May 17 at 10:30 a.m.

We will read and discuss *The Thursday Murder Club*

(Continued on page 19)

ROSSMOOR COMMUNITY ASSOCIATION 2022 POOL SEASON

RULES, REGULATIONS, GUIDELINES & POOL HOURS

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

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

1. Health and Safety Guidelines:

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

2. Lifeguard/Pool Manager:

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

3. Pool Passes:

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

4. Food and Beverages:

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

5. Seating:

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

6. General Rules:

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

7. Lane Swimming:

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

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

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

9. Guests of the Rossmoor Pool:

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

10. Rules Not Followed:

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

Library

(Continued from page 18)

by Richard Osman (British). In a peaceful retirement village, four unlikely friends meet weekly in the Jigsaw Room to discuss unsolved crimes; together they call themselves The Thursday Murder Club. This is a hybrid program. Join us via Zoom or in person. *Registration is required for in-person participation. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Boheme Opera NJ: One Fine Day
Wednesday, May 18, 2022 at 1 p.m.

Boheme Opera NJ returns to Monroe Township Library this spring for a live musical performance. Three singers, with piano accompaniment, will perform iconic arias and duets from operas produced by Giacomo Puccini, from operas such as La bohème, Madama Butterfly, Tosca, Turandot, and others. This event is sponsored by the Monroe Township Cultural Arts Commission. This program will be held in person. *Registration is required. Register at the Reference Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Page Turners
Thursday, May 19 at 11 a.m.

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

Plant Sale
Saturday, May 21 from 10 a.m. until 1 p.m.

The Monroe Township Community Garden will be selling vegetable plants to help you start your home garden. Plants are \$2; all proceeds go back into the community to help support local food pantries. Registration is not required.

Composting Basics
Saturday, May 21 at 11 a.m.

Composting is a win-win for you and the planet; reduce food waste, help fight climate change, and create high quality soil for your garden and other plantings. Learn about the magic of composting and how easy it is to get started in your own backyard, as presented by NJ Organics Recycling Foundation. This event is sponsored by the Monroe Township Environmental Commission. This is a hybrid program. Registration is required. Join us in person or on Zoom. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

CLASSIFIED AD COUPON

Check those publications that apply:

☐ The Clearbrook Courier ☐ The Concordian ☐ Encore Speaks

☐ GW Voice ☐ Regency Reporter ☐ Renaissance Reflections

☐ The Rossmoor News

☐ Check here for all seven publications

Classified deadline: Ads must be received by the 14th of the month preceding publication month.

MAIL TO

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

RATES

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

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

No classifieds accepted by phone or email.

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

MADE PAYABLE TO PRINCETON EDITORIAL SERVICES, INC.

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

Name _____

Tel. # _____

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

PLEASE PRINT YOUR AD ON 8.5 X 11" PAPER

Email your news to:
news@rcainj.com

Contact Waste Management

609-587-1500

ID# 61565342007

for pick up of household items

NO electronics

NO upholstered furniture

No mattresses

Recycle information from Waste Management



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

TRANSPORTATION TIDBITS

Important phone numbers:

Rossmoor Bus.....609-655-4401

Hours 10:00 -11:00 a.m. and 2:30 p.m.- 4:00 p.m.

Monroe Township Transportation609-443-0511

Middlesex County

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

St. Peter's University Hospital

On Time Transportation1-800-858-8463

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

Classified Advertising

Home Improvement & Services

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

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

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

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

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

Tax & Accounting Services

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

Miscellaneous/Services

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

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

HAIRCUTS – done in the comfort of your own home M/F. Covid friendly, fully boosted. For appointment, call (908) 705-7569.

Wanted to Buy

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

Help & Health Services

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

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

For Sale

FURNITURE SALE—All furniture is in excellent condition and clean: Living room, bedroom, dinette w/baker's rack, lacquer bar, accent chairs and tables, lamps, day bed, armoire, grandfather clock, curio and wall accessories. Rossmoor. Call Laura to make an appointment to view what is for sale at (917) 495-9204.

Transportation Services

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

LIMO GUY — Our 20th year. We go almost anywhere. Upgraded SUVs. \$90 to Newark Airport. \$185 Philadelphia. \$195 JFK. We go almost anywhere. 24/7. Call (732) 452-9222 or (732) 803-2521.

BOB'S RIDES FOR CASH—Local, airports, medical appointments, hair salons, NYC., cruises. Call Bob at (609) 819-1240. Concordia resident.

House Cleaning

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

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

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

SAFETY FIRST

Buckle up for safety

WHIP UP A BOUNTIFUL WEEKEND BRUNCH

FAMILY FEATURES

Fresh air, warm sun and delicious foods make brunch a favorite weekend event. Set the stage (and the table) for an inviting experience with recipes that cover all the bases from snacks and desserts to a mouthwatering main course.

Tide the appetite of your guests with Spiced Grass-Fed Lamb Over Hummus served with toasted flatbread or tortilla chips before dishing out Overnight Apple Cinnamon French Toast Casserole for a simple centerpiece. Just as those delectable dishes are vanishing, pull Brown Sugar Pound Cake out of the oven and pair with sweetened whipped cream and fresh fruit for a sweet finishing touch.

Visit Culinary.net to find more ways to broaden your brunch menu.

Wake Up to a Wonderful Brunch

Perfect for any brunch occasion is a delicious dish that can be made a day in advance, simplifying your morning prep before guests arrive with growling stomachs.

Prepared the day before and chilled overnight, this Overnight Apple Cinnamon French Toast Casserole is ready to bake to perfection in the morning with a gooey interior and crisp exterior filled with mouthwatering flavor. Drizzle with glaze then dish out to loved ones for a delicious way to make brunch easy.

Find more breakfast and brunch recipes at Culinary.net.

Overnight Apple Cinnamon French Toast Casserole

- Servings: 12
- Nonstick cooking spray
 - 1 package (20 ounces) French bread, cubed, divided
 - 1 can (20 ounces) apple pie filling
 - 9 eggs
 - 1 cup half-and-half
 - 2 teaspoons ground cinnamon
 - 1 cup powdered sugar, plus additional (optional)
 - 2 tablespoons milk, plus additional (optional)
- Spray 8-by-8-inch glass baking dish with nonstick cooking spray.
- In baking dish, add 10 ounces cubed French bread in bottom of dish. Pour apple filling over bread. Top with remaining cubed French bread. Set aside.
- In medium bowl, whisk eggs, half-and-half and cinnamon. Pour evenly over bread.
- Cover with aluminum foil and chill overnight.
- Heat oven to 325 F.
- Remove foil and bake 50-60 minutes. Let cool 10-15 minutes.
- In small bowl, whisk powdered sugar and milk. Add additional, if needed, until pourable glaze is reached. Drizzle over casserole before serving.

Overnight Apple Cinnamon French Toast Casserole

A Fresh, Flavorful Brunch Bite

Brunch is a perfect opportunity to entertain friends and family with delicious recipes that will delight their taste buds. For example, this smooth hummus is paired with tender New Zealand grass-fed lamb loin chops and fresh toppings for flavor in every bite.

Ready in less than 30 minutes, this Spiced Grass-Fed Lamb Over Hummus recipe is made using Atkins Ranch lamb, which is available at your local Whole Foods Market and hails from New Zealand where the animals are grass-fed 365 days a year and allowed to roam and graze freely over lush green hills and pastures. The result is a lean, finely textured, flavorful meat that tastes just as nature intended.

Visit beefandlambnz.com for more recipes, cooking tips and information.

Spiced Grass-Fed Lamb Over Hummus

- Prep time: 15 minutes
Cook time: 5 minutes
Servings: 4-6
- Lamb:**
- 4 Atkins Ranch grass-fed lamb loin chops
 - 1 teaspoon cumin powder
 - 1/4 teaspoon salt
 - 1 tablespoon extra-virgin olive oil
- Hummus:**
- 1 can (15 ounces) chickpeas
 - 3 cloves garlic, chopped
 - 1/4 cup tahini
 - 3 tablespoons fresh lemon juice
 - 1/2 teaspoon salt

- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 3 tablespoons olive oil

For serving:

- 1 Persian cucumber, small diced
- 1 small tomato, diced
- 2 tablespoons roasted pine nuts (or 2 tablespoons pomegranate seeds)
- parsley, chopped
- lemon wedges
- toasted flatbread or tortilla chips

To make lamb: Remove lamb from bone, dice meat into small cubes and transfer to medium bowl. Add cumin powder and salt. Toss to coat. Marinate while preparing hummus.

To make hummus: Drain chickpeas, reserving 1 tablespoon liquid. Rinse chickpeas under running water then drain.

In bowl of food processor, pulse chickpeas, chickpea liquid and garlic until chickpeas and garlic are chopped.

Add tahini, lemon juice, salt, cumin, paprika and olive oil. Mix until smooth paste forms. Taste and adjust by adding more salt, lemon juice or olive oil, as desired.

Transfer hummus to large platter and spread it out.

In large skillet, heat extra-virgin olive oil over high heat until hot. Add lamb and cook 30 seconds without moving.

Turn lamb over and cook 30-60 seconds, repeating until all sides are browned. Remove from pan and let rest 5 minutes.

To serve, place cucumbers and tomatoes in well of hummus then top with lamb, pine nuts and parsley.

Top with squeeze of lemon juice and serve with flatbread or tortilla chips.



Spiced Grass-Fed Lamb Over Hummus



Brown Sugar Pound Cake

Satisfy Cake Cravings with a Brunch-Worthy Dessert

Whether your brunch feast consists of bacon and eggs, pancakes and waffles or a combination of favorites, you can cap it off with a sweet treat for the perfect ending. After all, no celebration is complete without dessert.

Once the table is cleared of the main courses, dish out decadent bites of this Brown Sugar Pound Cake baked with high-quality ingredients like C&H Sugars to end the meal on a sweet note. Top with whipped cream and your crowd's favorite fruits like strawberries and blueberries or serve the toppings separately for a customizable treat.

Visit chsugar.com for more brunch recipe ideas.

Brown Sugar Pound Cake

- Prep time: 20 minutes
Cook time: 1 hour
Servings: 8
- 1 3/4 cups all-purpose flour, plus additional for coating pan, divided
 - 1 cup packed C&H Light Brown Sugar
 - 1 cup (2 sticks) butter, softened
 - 4 eggs
 - 1 teaspoon vanilla extract
 - 1/2 teaspoon baking powder
 - 1/4 teaspoon salt
 - sweetened whipped cream, for topping (optional)
 - fresh fruit, such as strawberries and blueberries, for topping (optional)
- Preheat oven to 350 F.
- Grease and flour 9-by-5-by-3-inch loaf pan. In large bowl, beat sugar and butter until fluffy. Beat in eggs one at a time. Add vanilla. In separate bowl, combine 1 3/4 cups flour, baking powder and salt. Gradually add to sugar mixture. Pour batter into pan.
- Bake 1 hour, or until toothpick inserted in center comes out clean. Remove from pan and turn out on rack to cool completely.
- Top with sweetened whipped cream and fresh fruit, if desired.