



Rossmoor IN News



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Monroe Township, New Jersey

JUNE 2022

Voting keeps our voices heard

By Linda Bozowski

Two important dates need to be marked on our calendars: Tuesday, June 7, and Tuesday, Nov. 8. These dates represent the primary and general elections, both of which are important to all of us in New Jersey and in our country. We will be voting for members of the House of Representatives in the primary and general elections this year and for members of the Monroe Board of Education in the November general election. Candidates will be listed on the sample ballots that will be mailed before each election.

Monroe Township is in the 12th Congressional District. We are currently served by Representative Bonnie Watson Coleman, Democrat, who is seeking re-election to the two-year term. Darius Mayfield, Republican, is also seeking election for that seat. Subject to the results of the June primary election, other candidates may be contenders for our 12th District seat.

Because voting regulations have changed, following is a summary of key dates that may enable you to cast your vote more easily. The information is presented for each upcoming election. Additional information is available on the Middlesex County Board

of Elections website.

Primary Election, June 7

Since registration dates have already passed in May, here are the important dates in June.

Early voting locations will be open on Friday, June 3, and Saturday, June 4 (10 a.m. to 8 p.m.), and on Sunday, June 5 (10 a.m. to 6 p.m.). No appointment is necessary for early voting on Sunday. The location for early voting in Monroe Township is the Monroe Public Library, according to the Middlesex County Board of Elections website.

In-person voting on Tuesday, June 7, shall be done at your designated polling place, which is listed on your primary election sample ballot.

Voting By Mail: If mailed through the U.S. Postal Service, the ballot must be postmarked by 8 p.m. on June 7 (Election Day). If using a drop-box (Monroe Public Library), it must be deposited by 8 p.m. on June 7 (Election Day). The ballot may be taken to the Board of Elections office in East Brunswick by 8 p.m. on June 7 (Election Day).

General Election, November 8

Voter registration: Deadline is Tuesday, Oct. 18. Potential

(Continued on page 2)



A new morning breaks on the golf course.

Photo by Alan Kobezek

Gastroesophageal Reflux Disease (GERD)

By Kaytie Olshefski,
BSN, RN-BC

Gastroesophageal Reflux Disease (GERD), also known as acid reflux and acid regurgitation, is the abnormal backflow or reflux of stomach acid into the esophagus. Approximately 20 to 40 percent of the adult population in the United States has experienced GERD symptoms. The sphincter (think of it as a one-way valve), is a specialized muscle that relaxes to allow food that has been swallowed to pass into the stomach. It then tightens to prevent the back flow of acid into the esophagus.

In people who have GERD, the sphincter relaxes between swallowing, and the stomach contents and acid flow back into the esophagus. Stomach acid is needed to digest food. The lining of our stomachs has special cells that protect the stomach

from the effects of the hydrochloric acid, but the esophagus does not have these specialized cells. The esophagus becomes inflamed and irritated when the acid flows up from the stom-

ach.

The esophagus lies right behind the heart and people describe the burning pain of the esophagus in the center of the chest as "heartburn." It

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Ukrainian children are being fostered in New Jersey

By Carol De Haan

News reports tell us that several million Ukrainian people have fled their war-torn homes, most of them women and children. With its large population of people with Ukrainian or Eastern European heritage, New Jersey has been a place of refuge for many of them, especially for unaccompanied children seeking relatives.

Local Boards of Health throughout the state have programs to provide health

care to the uninsured. So when the foster families wish to enroll these children in school, they are told to first obtain evidence of all the usual childhood vaccinations. Many of these children are then taken to their local Board of Health for the necessary immunizations.

A friend who works for a local Board of Health tells us that every week, a handful of youngsters are brought in. They range from kindergar-

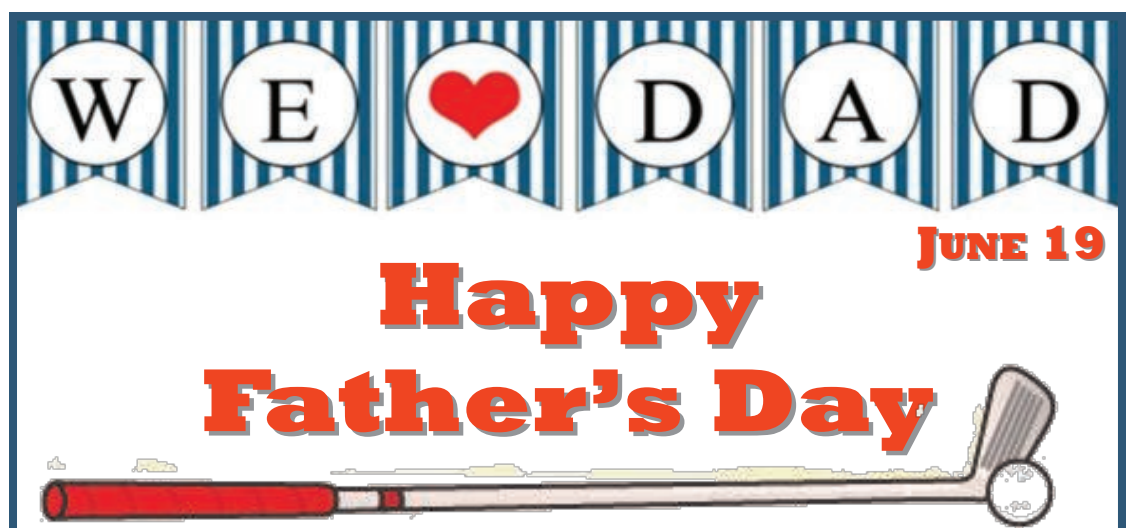
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Cherry blossoms galore..... Photo by Tom Teaman

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at the governors' meeting

May 19, 2022, Meeting RCAI Annual Meeting

Mr. Daniel Jolly, President of RCAI, welcomed the forty-eight Delegates along with the residents in attendance and called the RCAI Annual Meeting to order at 9:00 a.m. on Thursday May 19, 2022, in the Clubhouse Ballroom. The meeting was also simulcasted as a webcast via Zoom to the residents. Mr. Jolly stated that the principal business of the meeting was to elect the officers for Rossmoor Community Association, Inc., known as the Executive Committee.

The Minutes of the previous RCAI Annual Meeting of May 20, 2021, were unanimously approved.

Mr. Jolly stated that the Notice of Annual Meeting of the Association was distributed on May 3, 2022, and he con-

firmed that a quorum of 50% or more Delegates were present.

Board Secretary, Robert Gleason announced that there was one candidate for President, Mr. Jolly, there were no further nominations from the floor therefore, the Secretary cast the necessary ballot. Mr. Jolly was elected President for a one-year term.

Mr. Jolly then announced that there was one candidate for Vice President, Mr. Gurriero, there were no further nominations from the floor therefore, the Secretary cast the necessary ballot. Mr. Gurriero was elected Vice-President for a one-year term.

Mr. Jolly then announced that there were two candidates for Treasurer, Mr. Craven and Ms. Sforza, a third candidate was nominated from the floor,

Mr. Bloom. Ballots were collected and the vote count was 23 votes for Mr. Craven, 23 votes for Ms. Sforza and 2 votes for Mr. Bloom. Since there was tie vote a second ballot was provided to the 48 Delegates. The final vote resulted in 25 votes for Mr. Craven, 21 votes for Ms. Sforza and 1 vote for Mr. Bloom. 1 delegate did not vote. Mr. Craven was elected Treasurer for a one-year term.

Mr. Jolly then announced that there was one candidate for Secretary, Mr. Gleason, there were no further nominations from the floor therefore the Mr. Jolly cast the necessary ballot. Mr. Gleason was elected Secretary for a one-year term.

Mr. Jolly announced that there would be a short recess before the commencement of the Board of Governors monthly open meeting. The meeting was adjourned at 9:30 a.m.

RCAI BOG Monthly Meeting May 19, 2022

The meeting was called to order at 9:45 a.m. by newly re-elected President, Mr. Dan Jolly. Newly re-elected Secretary, Mr. Robert Gleason called the attendance roll. A motion was made to approve the Minutes of the April 21, 2022, meeting; motion was seconded, and the motion passed 18-0. Mr. Jolly thanked all the Directors for their volunteerism and support over the past year.

Since Mr. John Craven had
(Continued on page 17)



Congratulations to the RCAI executive committee elected May 18, 2022. From left are VP Sal Gurriero, Secretary Bob Gleason. President Dan Jolly, and Treasurer John Craven.

Open RCAI Meetings in June

Board of Governors Meeting...9 a.m.
Thursday, June 16

The meeting will probably be held via Zoom

Please watch Channel 26 for any changes
or cancellations.

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.

Bits & Pieces

By Sue Ortiz

Have you ever found a four-leaf clover?

When you're out for your daily walk, take note of the clover growing along the edge of the sidewalk. Maybe, just maybe, that deep, dark patch of green trefoils will hold a special treasure—that elusive quatrefoil anomaly also known as the four-leaf clover!

While there are several varieties of clover that always have four leaves, only the common white clover, *Trifolium repens*, produces the four-leaf mutant. By tradition, such leaves bring good luck to their finders, especially if found accidentally. Legend has it that each leaf represents something: the first is for faith, the second is for hope, the third is for love, and the fourth is for luck.

You shouldn't have to look hard for a four-leaf clover. If you are lucky, it will pop out as if it is the only clover growing in that spot. Remember that spot. Most likely, if you revisit that same patch in a day or two, you'll find another lucky clover. It's in the genes of that particular clover's root to produce those multiple-leaf plants.

Through the years, I have found five-, six-, and even seven-leaf clovers. It's always been easy for me to find them. There they are, waving at me, waiting for me to pluck them from the earth and collect them in a miniature bouquet of greenery. Once home, these treasures are pressed in all sorts of books: My first child-

hood collection is preserved in my Little Golden Books "Raggedy Ann and Andy"; I now use blank journals to keep my newest finds. I keep them all.

Recently I was talking to a writer friend who also finds four-leaf clovers. She made the observation that she finds spelling mistakes just as easily. I, too, can easily "see" misspelled words. Guess some people just have the knack.

My yard may be sparse of trees, shrubs, and flowers, but the clover is abundant. I believe it's going to be a banner year for four-leaf clovers: I have been finding three or four of them every day in my back yard.

St. Patrick's Day may be long past, but clover season is just beginning. Good luck!

B&P

According to Wikipedia, the most leaves on a white clover ever recorded are 56, discovered by Shigeo Obara of Hanamaki, Iwate, Japan on May 10, 2009.

It's estimated that there are about 10,000 three-leaf clovers for every four-leaf clover.

B&P

"I'm looking over a four-leaf clover that I overlooked before..." — Mort Dixon (American songwriter, 1892 - 1956)

"What a miserable thing life is: you're living in clover, only the clover isn't good enough." — Bertolt Brecht (German poet, 1898 - 1956)

Voting

(Continued from page 1)

voters must meet five eligibility qualifications, outlined on the Board of Elections website. Voters may register by any of four different methods:

- online at voter.svrs.nj.gov/register (allow enough time for your data to be confirmed)
- by mail, in any of five different languages
- in person at the County Clerk's office or at the Board of Elections in East Brunswick
- through N.J. Motor Vehicles when applying for or renewing your driver's

license

Early voting: Sunday, Oct. 29, through Sunday, Nov. 6. Additional detailed information will be provided soon.

Voting By Mail: Deadline is 3 p.m. on Monday, Nov. 7. In-person submission of mail-in ballots to the County Board of Elections is 8 p.m. on Nov. 8 (Election Day). More info to follow.

Key message to all residents

It is our opportunity, in this country, to voice our opinions. One important way that we are able to do so is by exercising our right to vote. Every election is important.

Ukrainian

(Continued from page 1)

ten through high school age. Many speak English, and translators are provided for those who do not. The children are all cooperative and polite. Our friend says they still seem frightened, an understandable reaction, given that these kids have been through what no young person should ever have to endure.

Those of us who live in senior communities are in no position to adopt a refugee child, but we can help those who do. UnicefUSA.org does

a great deal to help children in perilous danger and its overhead is minimal, meaning 96% of donations go directly to needy victims.

As well, the Ukrainian Orthodox Church USA in South Bound Brook, N.J., collects donations to furnish medical services to injured Ukrainian people. Its address is P.O. Box 495, South Bound Brook, N.J., 08880. Do not be deterred because you cannot send a whopping big check. Many small contributions are the equal of one blockbuster. Remember, it was itty-bitty dimes that finally beat polio.



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

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

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

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Board of Ed extends acting superintendent contract

By Linda Bozowski

In a previously unscheduled meeting on Thursday, May 5, the Monroe Board of Education voted to extend the contract of Acting Superintendent Chari Chanley, the former principal of the Monroe Township Middle School. Chanley was appointed to this position of acting superintendent on Nov. 10 following the resignation of previous Superintendent Dr. Dori Alvich, whose resignation

was effective Nov. 1, 2021. The new extension of this contract goes through Aug. 12 or until a permanent superintendent is named and assumes the position. This extension, which represents a second extension of the contract, is subject to the approval of the Commissioner of Education. The Board's attorney has been authorized to request this approval. Many members of the pub-

lic spoke at the Board meeting and expressed their views on this matter as well as the continued suspension of Board Secretary and Business Administrator Michael C. Gorski, CPA, who has been with the school district for the past 22 years. Gorski's suspension was continued by the Board, and Assistant Administrator Laura Allen, CPA, was moved into an acting Business Administrator position until June 30.

The Board vote, following a lengthy closed session, was split on these matters.

Changes in upcoming school construction referendum

By Linda Bozowski

The Monroe Board of Education Building, Grounds and Transportation Committee met on May 3 and reviewed proposed construction plans for an upcoming referendum. The previous details of that recommendation by the DI Group, architects and planners assisting the Board, were presented in the April edition of the Rossmoor News. Since that preliminary plan was presented, the Board has received additional demographic information, which led to the revisions that were discussed at this recent committee meeting.

In summary, the recommendations for a major remodeling and addition to the Applegarth School remain as originally presented. The classrooms being added there are expected to house 475 more students than are currently served. The revisions discussed at the early May Committee meeting related to a redistribution of classrooms between the Middle and High School buildings on Perrineville and Schoolhouse Roads.

According to the information presented at the meeting on May 3, and then confirmed with the school district's Director of Facilities Gerald Tague, the Middle School, originally slated to have 32 classrooms added, will instead grow by 17 regular classrooms and two small group classrooms. The high school was expected to be

expanded by six classrooms, but will, instead, have 21,700 square feet of classroom space added, composed of 17 new general use units and two small group classrooms. The new classrooms being added to the two buildings are expected to be able to accommodate approximately 800 additional students. While this extra space is significant, it does not fully address the overcrowding situations at these schools. A Buttler-type building will be assembled, as was originally proposed, and will become a weight room and physical activities space.

The costs of these additions and renovations are expected to remain in the general price range as was originally identified, approximately \$105 to \$108 million. Because the revised recommendations are considered relatively minor, the DI Group expects that an April 2023 referendum can be presented for voting, subject to approvals by the county and state Departments of Education. An additional construction project may be needed within the next several years.

The DI Group proposal offered to the Board of Education in February can be viewed on the BOE website <https://www.monroe.k12.nj.us>. Members of the public are invited to attend Board of Education meetings to ask questions or to discuss the proposed plans.

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REMINDER!

When you are ordering goods to be delivered or a taxi to come to your home, please remember to tell the person who takes the order that the driver must use the North Gate (Forsgate Road) entrance. It would be helpful for the driver to put "1 Rossmoor Drive" into his or her GPS.

Only bar-coded resident vehicles can use the South Gate (off Prospect Plains

Road) and East Gate (Applegarth Road). Big delivery trucks have a terrible time trying to back out if they mistakenly enter these resident-only gates. (Remember the broken fence at the South Gate a few years back?)



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

It's not complicated

By Myra Danon

When did we stop reading and heeding signs? Signs impart necessary information for various reasons, one of which is to prevent injury, or worse. Temporary conditions such as construction in places that require lane closings, deer crossings, icy bridge conditions, no turning-right-on-red are just a small part of the necessity of so many notices. And yet, people turn right on red, speed on icy roads, and expect the deer to cross the road near the signs.

Our community informs residents and visitors entering the North gate by installing an unusually large STOP sign, in addition to a Drive Safely sign. Once inside, posted 25 mph speed limits are visible as well as additional STOP signs in various locations.

Rossmoor residents and visitors have been ignoring the instructions on those signs for a long time. The danger of ignoring these simple messages poses obvious danger to drivers who ignore them and to all who are vulnerable because drivers ignore them. Many of us have heard one resident's explanation of entering the community without the thought of obeying the first stop sign, the unusually large one, was, "I thought the sign was for people who didn't live here." Needless to say, that response received a great

many comments, none of which I will repeat. Another example of a frequently ignored sign is the one that reminds dog owners to curb their dogs. Clearly this task is frequently ignored, and it is not because the signs are not repeated often enough or in enough places. This notice appears in this publication, is repeated at Mutual meetings, and is discussed among neighbors whose shoes tell the "tail."

Not last and not least is the total disregard of the condition of many of the recycling bins in too many areas of our community. The bins are overflowing, not only with the unrecyclable products, but stuffed way beyond what the bins can hold. The covers are forced upright, which leaves the bins totally uncovered, and if containers are not rinsed thoroughly it becomes an eyesore, and is an open invitation to vermin. Whatever cannot be jammed further is left standing or leaning on the concrete outside in whatever order the resident places it, and piles up until the following weekday when the collection truck arrives.

The instructions for these collections are repeated in The Rossmoor News and posted on the front of the bins themselves, with text and pictures. In fact, the last issue of "Your Middlesex" included these instructions

with accompanying pictures, but nothing seems to have changed.

Although not in the category of speeding, it is a responsibility that one should accept, especially when one moves into a community. Benefits that are a part of community living, come with a responsibility: respect other people who live in the same community and follow some very basic rules. If the huge bin is already full when you recycle, do something else temporarily and return at another time, perhaps one or two days after the collection truck has left. It's not complicated.

Take heed of the types of items that are permitted for recycling and those that are not. The DON'T items outnumber the DO items, so please take a moment to read the sign prominently displayed on the front of the bins. How many other ways can it state that plastic bags are NOT to be placed here? Hopefully, now that these bags are no longer provided by supermarkets, there will be fewer all around.

Are people from some Mutuals really exporting their clutter to other Mutuals — in cars, in vans? Really? Of all the restrictions there are in the township, in the state, in the government, is this such a difficult limitation? Can we start thinking of others, respecting the needs and rights of others?

It's not that complicated.

What on earth is Splunk?

By Thomas De Haan, N.J.

Office of Information Technology

It's a software company, founded in 2003 in San Francisco, Ca., that develops and licenses sophisticated programs for searching, monitoring, and analyzing machine-generated data via a Web-style interface. This software can capture, index, and correlate real-time data in a searchable repository, from which it can generate graphs, reports, alerts, etc.

What is this to New Jersey?

In the State of New Jersey, we have used Splunk to identify fraudulent unemployment claims. In the past two years, it has pinpointed several hundred thousand fraudulent online claims which we have since shut down. Our small team of three computer techies has saved billions of dollars that might otherwise have been stolen from the Unemployment Insurance Fund by tech-savvy fraudsters.

How do you do this?

We analyze patterns from Splunk's massive data base. For example, if we identify a hundred unemployment claims from one address, which turns out to be a one-family house, we know that something is amiss.

Similarly, if we receive unemployment claims from

"Albert Smith," "A. Smith," "Albert Bernard Smith," "A. Bernard Smith," "A. B. Smith," "Bernard Smith," and "B. Smith," several alarms go off and prompt us to look for possible fraud.

Where does Splunk get all this data?

Do you remember all those user agreements you had to sign before you could get access to various sites on the Internet? Did you read them, including all 20 or so pages of small print? Most of them allow your Internet usage to be recorded. So somewhere, out there in computerland, is a stored record of all your online activity just waiting to be accessed.

Splunk, with its enormous accumulation of online data, helps us identify patterns and make connections that might otherwise not be obvious.

Protecting our interests

We hope that the public realizes that many New Jersey State employees are conscientious, ethical, and looking out to protect our financial interests. In all our 50 states, New Jersey is a leader in detecting this kind of fraud. Other states have approached us to learn how we obtained such remarkable results. We are happy to be helpful.



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Center for Spine Care



Spring has sprung and it's time for a new nail color

By Linda Bozowski

(To our readers: We try to include a bit of levity from time to time in our paper. We hope that, while providing information, we can generate a laugh or two.)

Now that spring is sort of here, many readers might decide it's time to make a spring-like appearance. We swap out some of the clothing in the closet, research new sandals, purchase a brighter purse, and maybe switch up the nail color we've been wearing through the winter. Maybe it's time for a pale or bright pink, or a fun pastel like lavender or mint green.

But beside the change in color, perhaps it might be helpful to have a better understanding about the nail colors we use. So let's get better informed and maybe learn some things that might enhance our nail health and beauty.

Historical information and ingredients

China originated the use of nail polishes around 3000 B.C. Around 600 B.C., the royal Zhou Dynasty used gold and silver, but red and black gradually replaced the metallics. Later, during the Ming Dynasty, nail polishes were often made from blends of beeswax, egg whites, gelatin, and other ingredients. Egyptians of lower class used pale colors, while the upper classes used reddish brown solutions made from henna. Mummified pharaohs were also adorned with henna-colored nails.

Fast forward to the early 1800s in Europe, where it was observed that Greek women painted their nails "dingy pink," which was their custom. Polishes in use around that time were made of lavender oil, bergamot, carmine, and oxide tin.

Modern nail polishes are made of various polymers dissolved in an organic solvent. Acrylics, plasticizers, and other chemicals are added, designed to increase strengthening or hardness or to extend the "life" of the polish. Dyes and pigments for coloration, opalescent pigments for shimmer, adhesive polymers for enhanced longevity sticking to

the nail, and various thickening agents are frequent additives. An ultraviolet stabilizer is usually added so that the polish resists color changes when exposed to sunlight. (Who would have thought of that!)

Time for the polish

Manicures can be done in salons or at the kitchen table. Sometimes we make the time for a professional to massage our cuticles, buff the nails to make them smoother, massage lovely lotions into our skin, and then apply the various ingredients that leave our hands looking glamorous and well cared for. Or sometimes we hastily apply a coat of quick-drying polish so we can get on with our day or evening looking a little bit more put together.

So at the salon or in the kitchen, what can we apply to our nails? How about base coat as a starter. Base coat, as the name implies, goes on first to a clean nail and serves as the foundation for the polish that follows. Many base coats have additives that smooth out the nail and have strengthening additives. They often prevent staining of the nail by the polish, add moisture, and help the polish adhere to the nail, extending the life of the manicure. All good benefits, and usually worth the extra five minutes or so that this step adds to the procedure.

The polish selected may be one of many finishes. There are 17 principal finishes available, including shimmer, glitter, frost, crème, iridescent, matte, cracked, holographic, and glass-flecked. We'll pass on the other nine choices for now. It's good to keep in mind that the finish selection that you make may be adorning your hands for a week or two. Enough said.

A gel polish is a whole other product that may be chosen for its enhanced hardness and longevity, often as long as two weeks before chipping begins. A gel polish does not dry as a "regular" polish does – it must be cured under ultraviolet light, which lengthens the time at a salon. Removal of gel polish is more complex. We'll get to that shortly.

Top coats are the potential finishing touches to the polishing process. Top coats are generally clear and are often quick drying. The purpose is to protect and increase the longevity of the nail polish that has been applied. They also aid in the drying process of the polish underneath, making it harden more quickly.

Other enhancements to fingernails

Decals, glitter, jewels, and color swirls can be added to fingernails during or after the main event. There are even magnetic products available as add-ons. Some polishes are made especially for men, giving their hands a more finished appearance. French manicures, long popular, remain in the forefront of nail care. And there are polishes available that change color when exposed to the sunshine.

Removing nail polish

Acetone is the principal ingredient in most nail polish removers. Ethyl acetate, which often contains isopropyl alcohol, is an alternative formula for those who are sensitive to acetone. Cotton balls or pads are usually soaked with the liquid remover, but paper towels, tissues, or soft cloths may be used instead. Some polish removers are available in tubs, in which the finger is inserted and moved around until the polish has been dissolved. Gel polishes may require soaking the nails in acetone for an extended period of time (five to ten minutes) until the product has been dissolved.

Health concerns

Although the topic is disputed, it is generally agreed that regular users of nail products are not a high risk for health harm. The key issue is how much risk are salon professionals being exposed to, since they are breathing fumes from the products through the course of their workdays. There are no clear regulatory guidelines at this time, although use of formaldehyde in products is limited.

In the meantime, enjoy the spring time and perhaps change your nail color. And don't forget about your toenails!

Got pain? Get AMP'D!! Alternative Medical Pain Docs Dr. Sang H. Song, D.O.

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Also at: 241 Forsgate Dr 107, Jamesburg, NJ 08831
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Point Nemo

By Anne Rotholz

Have you ever wondered where all the objects that come back from space end up? I thought (or didn't think) about it for a long time before I decided to find out. I must confess that I do not recall having heard of Point Nemo until more recent years.

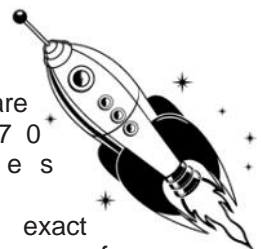
Point Nemo is the most remote place on earth. Not a physical point, it is an *Oceanic Pole of Inaccessibility*, meaning that it marks the farthest location in an ocean to the nearest coastline. The region with this name is 34 times the size of France. Located in The Southern Pacific Ocean the closest land mass is The Pitcairn Islands

that are
1,670
miles
away.

The exact location of Point Nemo was found in 1990. It was calculated in 1992, using specialized computer software. Nemo is the Latin word for "No one." The point was named for Jules Verne's famous sea captain in "Twenty Thousand Leagues Under the Sea."

Space "junk" had always been a major problem for space agencies. Decommissioned space stations, old satellites, and other space debris needed to be carefully

(Continued on page 6)



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Point Nemo

(Continued from page 5)

returned to earth without causing damage on reentry. Even small pieces of space junk left in orbit could cause extreme damage.

Point Nemo lies in a very remote area of the Southern Pacific where ocean currents are so weak that there are not enough nutrients to support much in the way of marine life. The closest humans are not in boats on the ocean but rather in the space station 258 miles above the earth!

A location far from human life and with very little in the way of marine life is just what

space agencies were looking for. They now had a space cemetery!

In recent years approximately 300 pieces of space junk, mostly American but some Russian in origin, have been sunk in this watery grave. NASA plans to make it the final resting place for the current space station when it is decommissioned around the year 2030.

Point Nemo is important to the space program for another reason. It is used to calculate the trajectory of reentry during the reentry process.

Johnny-on-a-Pony,

By Allan Kaufman

It's June. The weather is great so we should all take advantage of the National Play Outside Day, celebrated

on June 4.

Given our age, there are still plenty of activities we can enjoy outside. For

me, it's golfing, walking, a n d s w i m -

ming. Perhaps I will try to play Pickleball, for the first time, in the fall. For others, tennis, shuffleboard and bocce ball take up their time.

But there were games we played



Stickball

as kids, games that did not require much equipment, that are rarely, but mostly not played today. We relish the times we spent outside, where time was not an issue for us but only an issue for our moms. We did not wear a watch. We only came home when our mom yelled to us through our window. So here are the games we played as kids. Oh, to be able to go back in time and do this again.

Johnny-on-a-Pony: Members of one team crouch in a line, arms locked around one another's waists. There is one team member lined up against the wall, the anchor. Usually there are five or six members to a team. The other team attempts to jump on the "pony," one player at a time. Once all members make it on top, they must shout "Johnny on a pony, 1, 2, 3" three times and must complete this before the other team on the bottom can shake them off. I remember that each team always had a heavier team member, and he always was the last to jump on the "pony."

Stickball: Just like baseball, only using a broomstick for a bat. That and a rubber ball called a Spalden was all that was needed. The game was played in either the street or in a schoolyard. In the schoolyard we used some chalk to draw a batter's box. In the street, hitting the ball past selected manhole covers determined if it was a single, double, etc.

Ringolevio: is a children's game which originated in the streets of New York City, where it is known to have been played at least as far back as the late 19th century. It is one of the many variations of tag. It requires close teamwork and near-military strategy.

American activist and author Emmett Grogan wrote a fictionalized autobiography called "Ringolevio," which was published in 1972. Grogan wrote: "It's a game. A game played on the streets of New York, for as long as anyone can remember. It is called Ringolevio, and the rules are simple. There are two sides, each with the same number of players. There are no time limits, no intermissions, no substitutes and no weapons allowed. There are two jails. There is one objective."

The game typically splits players into two teams, one of "hunters" and one of "prey." A confined area called "jail" is marked. Games often have set boundaries of how far from the jail pursued players can go.

The goal of the hunting team is to catch the "prey" by

(Continued on page 7)



Johnny on a Pony

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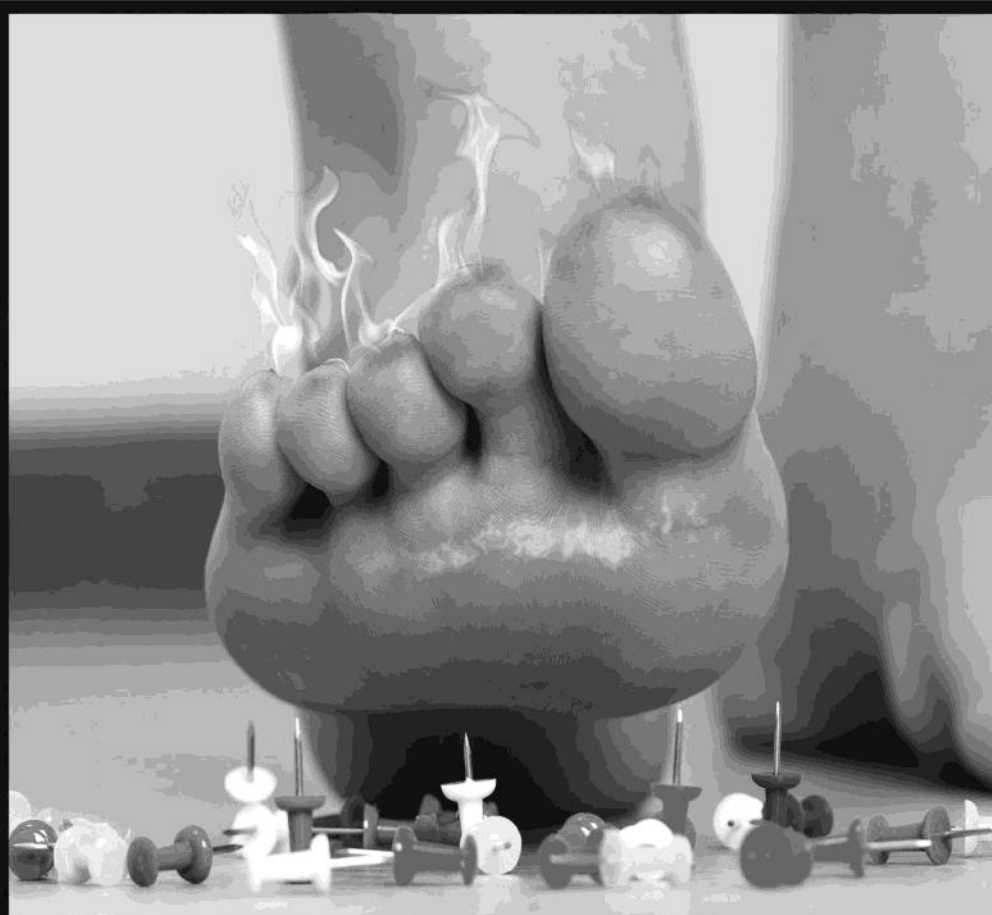
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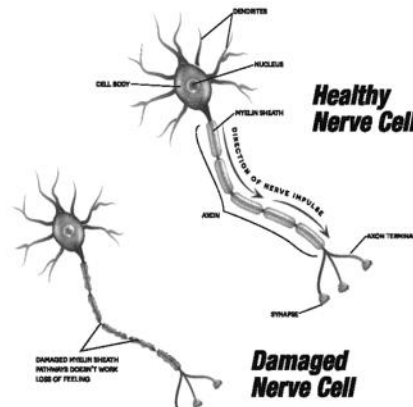
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AllCure Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves. The 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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Mutual Funds vs. ETFs

The growth of exchange-traded funds (ETFs) has been explosive. In 2005, there were less than 500; by the latter half of 2021, there were over 8,000 investing in a wide range of stocks, bonds, and other securities and instruments.

At first glance, ETFs have a lot in common with mutual funds. Both offer shares in a pool of investments designed to pursue a specific investment goal. And both manage costs and may offer some degree of diversification, depending on their investment objective. Diversification is an approach to help manage investment risk. It does not eliminate the risk of loss if security prices decline.

Structural Differences

Mutual funds accumulate a pool of money that is then invested to pursue the objectives stated in the fund's prospectus. The resulting collection of stocks, bonds, and other securities is professionally managed by an investment company.

ETFs work in reverse. An investment company creates a new company, into which it moves a block of shares to pursue a specific investment objective. For example, an investment company may move a block of shares to track the performance of the Standard & Poor's 500. The investment company then sells shares in this new company.

ETFs trade like stocks and are listed on stock exchanges and sold by broker-dealers. Mutual funds, on the other hand, are not listed on stock exchanges and can be bought and sold through a variety of other channels — including financial professionals, brokerage firms, and directly from fund companies.

The price of an ETF is determined continuously throughout the day. It fluctuates based on investor interest in the security and may trade at a "premium" or a "discount" to the underlying assets that comprise the ETF. Most mutual funds are priced at the end of the trading day. So, no matter when you buy a share during the trading day, its price will be determined when most U.S. stock exchanges typically close.

Tax Differences

There are tax differences, as well. Since most mutual funds are allowed to trade securities, the fund may incur a capital gain or loss and generate dividend or interest income for its shareholders. With an ETF, you may only owe taxes on any capital gains when you sell the security. (An ETF also may distribute a capital gain if the makeup of the underlying assets is adjusted).

Determining whether an

ETF or a mutual fund is appropriate for your portfolio may require an in-depth knowledge of how both investments operate. In fact, you may benefit from including both investment tools in your portfolio.

Amounts in mutual funds and ETFs are subject to fluctuation in value and market risk. Shares, when redeemed, may be worth more or less than their original cost.

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.poltziner.com or call us at (732) 296-9355.

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Mutual funds and exchange-traded

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Johnny

(Continued from page 6)

grabbing hold of them and performing a chant. This chant varies between regions, with different versions of the game using chants such as "chain chain double chain, no break away" and "Ringolevio, 1-2-3, 1-2-3, 1-2-3." If the pursued person breaks free at any point during this brief recitation, the person is not caught and can still play. If the chant is finished, the hunter takes the prey to jail.

The goal of the pursuing

team is to catch all the members of the other team, and "capture" them in the jail/base. The team being pursued tries to avoid capture and, if possible, free their jailed comrades. The game ends when one team has caught all the members of the opposing team, at which point the teams change their roles.

Other outside games included skully, stoop ball, and kick the can. It's time to get outside and play, starting on June 4. Take advantage of the weather and your memories.

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Planes, trains, autos

By Ken Thomas

Planes, trains, automobiles and other modes of transportation can add up to an interesting vacation. My wife, my son and I planned this trip back to the city where we were married, a destination wedding in Charleston. Grandma and grandpa would join us. I told my young son the trip would be an adventure. A few problem situations occurred, confirming adventure with a capital A.

- Typically, we were almost late for our flight. Typically, our **plane** flight was delayed an hour.
- We paid for a **rental car**, got an upgrade and headed for Charleston, stopping for bread and milk at the nearest mall.
- CRUNCH! An **SUV** hit us in the rear. We got out of our car. He got out of his SUV. The driver said, “no damage,” ran back to his SUV and drove away. Stunned, we were just able to catch his license number

and shocked, we inspected the big dent in our car. After police, insurance and rental phone calls, we met grandma and grandpa at the rented beach house on Isle of Palms.

- With so much to see, we bought all day tickets from the Charleston Maritime Taxi Service, a **pontoon boat**. On the way to the first stop, dolphins circled. My son screamed each time they surfaced.
- The first stop was the Charleston Market, an unending line up of vendor booths. Now my wife screamed, her fingers itching to empty her purse, grandma too.
- Unfortunately, the market was 5-6 blocks from the waterfront. Grandpa just had a knee replacement, so we flagged down this **rickshaw** type vehicle, a small three-seater carriage, pulled by a bicycle, peddled by a strong college teenager. We walked while

grandma, grandpa and my son took a bumpy ride to merchandise madness.

- With an armful of packages and grandpa's knee to consider, we hopped on the Charleston **trolley**, which was actually a ride-free bus. We got on at the second stop as the trolley loop was just beginning. We circled the back streets of the city before exiting back at the waterfront again.
- The second **water taxi** stop was the Charleston Aquarium. There were no modes of transportation in this water filled building unless you'd consider hitching a ride on the hammerhead shark my son discovered.
- Back on the pontoon boat, we docked near two huge ships; the Aircraft Carrier Yorktown and the Destroyer Laffey. Touring, we could only imagine traveling in these huge **naval vehicles**.
- Grandpa and I boarded one of my favorite vehicles, a **golf cart**. Grandpa's new knee and my lousy golf swing made it through 18 holes without a serious incident.
- One evening we stepped up into a **horse drawn wagon** for a Haunted Cemetery tour, a little too scary for my son; me too! A short tour on a train with wheels was more comfortable.
- A **John boat/Punt boat** took us around Cypress Gardens. The Cypress trees were amazing. Don't miss the butterfly room.
- Charleston is a tourist's dream. The trip home was uneventful except for the policeman, who gave our **taxi** driver a ticket for speeding.

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

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News
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The needle nurse

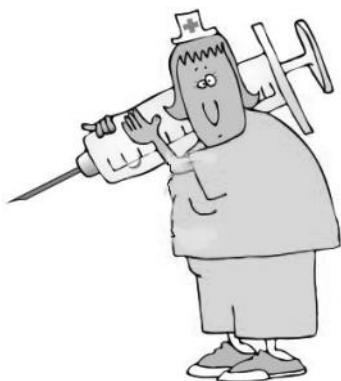
By Ken Thomas

Determining a blood type is an important piece of life information. The number is not requested as often as the telephone or social security digits, but they are useless during a serious injury. Drawing blood for this analysis or to obtain medical information is a process for children of all ages. A person called a nurse has been trained to accomplish this task. Today, assistant nurses or medical technicians have also been trained and included to maintain the fear associated with the process. Their apparel is limited to three solid colors; blues, greens and whites. Their shoe type and design are a peek at personalities and souls. An aura of determination surrounds them. No patient dares to confront a nurse. A needle nurse is a displeased DI in disguise.

One of my least favorite medical activities is a "Blood Test." This procedure requires a needle nurse and

begins with her introduction, "my name is," during initial contact. Frankly, the cause of my trepidation does not have to be formal. He or she is armed with sterilized bags of weapons. The victim is immediately asked to select their battleground, left arm or right arm. After some close scrutiny, poking, and squeezing, the nurse agrees with the choice, but her constant negative left to right head movement is not encouraging. Next, she applies a tourniquet. This barbaric elastic weapon helps expose a barely visible target called a vein by substituting for a hang man's knot.

A vein bullseye is difficult, so the target area must be clear and clean, needle nurse's rule #3A. She swabs. What is this physical action? What could a swabber accomplish? The nurse and victim examine a patch of skin without dirt together. Suddenly, the nurse reaches into her sterile bag holster



and removes her main weapon, a huge needle with a plastic tubular attachment. Tension in the room increases. This needle nurse offers her first battlefield warning, "just a pinch" and begins to count, 3-2-1. The needle spear is aimed towards the vein with 30-40% accuracy. The wounded victim's painful response is repeated over and over as the spear is sadistically wiggled to find the targeted vein. A "miss" is finally declared and the attack is repeated on another battleground.

After a bullseye, the victim can watch, while the plastic tubular attachments fill with blood. These samples will be sent to a lab for two weeks of prescribed analysis. Life expectancy is the patient's patience. The battle has ended, but not the bleeding. A chunk of gauze is taped over the bullseye to prevent the last dregs of blood in the vein from escaping. The nurse will always say "thank you" for the blood – medical manners. Responses are not usually, "You're welcome." During a recent hospital stay, the doctor ordered blood tests to monitor my progress. Every time I fell asleep, a new assailant attacked. The numerous chunks of gauze on my arms glorified my participation in blood tests for everyone to see. I will be awarded a Purple Heart on Tuesday. Have you ever removed tape from hairy arms?

This is tough - part four

By Tom McMahon
(aka J.T. Brian)

A few months ago, I must have done something to impress our Chair, Joe Conti. He approached me with an idea that, perhaps, I would like to contribute to the Rossmoor News on a regular basis. I asked Joe what kinds of things would I do, and he said I could interview folks. That hit a chord, and I gleefully looked forward to 'hiring' on as a regular. You know how time sort of speeds up and months come up and then disappear into history as quickly as can be? Well, that happened in my case, and I never started my new career interviewing members of the public. Until now! I present my first two interviews for your consumption.

The first person I approached asked not to be identified. All I can say is he was a male and rather tall. I came right out and asked him if he knew me. He said no, and that I should be happy he stopped to talk with me. My next question got a curious look and response in return. I asked him if he was familiar with author J. T. Brian. He stepped back, and said 'Oh, yeah. I know that guy. He still owes me money. Why, that son of ... !' Unfortunately, at that precise moment the tape in my machine split and I had to end the interview. Needless to say, allow me to assure all of you, he is a big fan of J. T. Brian, as we shared a laugh and I hurried away. Fast!

After pondering my situation for about 30 seconds, I next decided to interview the very same J. T. Brian, with whom I am immeasurably acquainted. Here are excerpts from this rather long and involved interview.

ME: Mr. Brian, how did you acquire your writing name ... you know, your nom de plume?

BRIAN: I named myself after my kids, Jennifer, T.J. and Brian.

ME: Very interesting. And how do they feel about your use of their names.

BRIAN: I started using the names when they were very small, and told them outright I didn't care if they felt good or lousy about it. To this day, they refuse to discuss the matter, but I do know my daughter has been on the phone with an attorney. Go figure.

ME: Speaking of action involved with the name, how's the book coming?

BRIAN: This interview is over!

Pretty meaty stuff, eh Joe?

Let me leave you with the following excerpt from the actual book "Hamilton Avenue." This should hook all of you.

"In 1969, as mankind took its first steps on the moon, the two-year-old boy was adopted by a loving and caring couple. The promise of a wonderful life overcompensated for the loss of any familial relationship to the boy."

There are 124,761 more words that are as good or even better in some cases. If that doesn't hook you, what will?

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Family is everything

**Family group***By Deborah Baldwin*

Do you have a close-knit family that gets together frequently? Or is your family far-flung with phone/video calls and social media holding you together? How well do you really know your family members? Family History Day is on June 14, and it is a good time to connect with kin both for social and health reasons.

Now that the pandemic has eased a bit, it might be a good time to plan a family reunion. What to do, what to do? How about a picnic or barbeque? Or maybe a two hour Zoom luncheon? Of course, people will need to provide their own lunch. Be sure to adhere to any health and safety precautions whether this occurs virtually or in-person.

Wait, what do we do or talk about? My family reunions include a picnic/potluck lunch, games, and sharing stories of real-life happenings, some funny, some not so much. Now my generation is the older one as all our parents, aunts, and uncles are deceased. It's left to us to pass down stories our elders told us and to share our own experiences with the younger members of the family.

You could collectively work on or update a family tree. It's also the perfect time to interview each other about your family's history, especially health information. Depending on the location, you might visit the neighborhoods you used to live in. Sharing your favorite recipes is a fun activity, especially for the dishes brought to the potluck. Make a list for everyone to exchange contact information and birthdays.

Are you ready to honor your familial history now?

CULINARY CORNER

By Sidna Mitchell

Glutton for gluten-free desserts

About the only warmth in returning from sunny Florida to chilly New Jersey was the thought of having Easter dinner with my daughter and family and having granddaughter Maggie spend her Easter break with me while her mother traveled to Mumbai, India, on business. When I asked what I could contribute to the dinner, my daughter suggested a gluten-free dessert since my son-in-law is a celiac.

Searching the Internet for gluten-free desserts, I found three that would probably work. The chocolate lasagna, burnt custard and luscious lemon cream pie that I could turn into a parfait all sounded delicious. I started with the chocolate lasagna—who doesn't like chocolate and besides, what an intriguing title?

While the recipe sounded

simple enough, it was very time-consuming. Also, I had so much of the crushed gluten-free Oreos and chocolate pudding that I had to make another and easier dessert. I never got around to making another dessert to take. Back at Rossmoor, Maggie and Ken decided my easier layered dessert of crushed Oreos, chocolate and vanilla puddings was better than the chocolate lasagna.

The luscious lemon cream recipe was made for a couple of friends after Maggie returned home. Oh, wonderful! Indeed, this rec-

ipe would make a divine pie but I just served it in individual parfait dishes with several left over for Ken and me days later.

Gluten-free items are now much easier to find in the supermarket. In fact, Florida stores have whole sections of gluten-free items. Additionally, in a recent issue of "Southern Lady" magazine, gluten-free recipes were highlighted in the index.

Recently, I tried a recipe that I didn't realize was gluten-free. This is perfect for a roast beef sandwich or with leftover meat sandwiches.

Roasted Red Pepper Aioli

1 teaspoon butter
1 tablespoon finely chopped shallot
1/3 cup mayonnaise
1 tablespoon creamy prepared horseradish

In a small pan, melt butter over medium heat. Add shallot, cooking until tender, stirring occasionally five to seven minutes, and reducing heat, if necessary.

Let cool.

In a small bowl, stir together mayonnaise, horseradish, sauteed shallots, roasted red peppers, salt and black pepper until combined.

Use immediately, or cover and refrigerate until needed, up to a day in advance.

NOTE: I was in a hurry so I just chopped the shallot and combined that, uncooked, with all the ingredients. Also, I used pimiento instead of roasted red pepper. This was delicious on leftover pot roast for a sandwich.

Check <https://www.allrecipes.com/article/what-is-aioli/> for more information of aioli.

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

Culinary Corner

1 tablespoon finely chopped roasted red pepper
1/8 teaspoon salt
1/8 teaspoon ground black pepper

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Walkers, Don't Forget

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



Clubs and Organizations



By Linda Bozowski

You'll be in for a musical surprise when you attend the June 3 Music Association performance at the Meeting House. The Frisson Ensemble, composed of eight musicians playing various instruments, will offer an evening of exciting music from various genres – pop to classical to rock. Instruments that we may hear could include a violin, viola, cello, double bass, flute, oboe, clarinet, bassoon, and or piano, or any combination of the aforementioned.

Frisson artists travel around the U.S. and other locales, covering 25 cities each year. One of the Ensemble's claims to fame is that they perform works that are not often performed, by composers we may not be so

familiar with. We may enjoy some Samuel Barber or Haydn or Schubert, or maybe we'll hear works by Max Reger, or Ludwig Spohr, or Leos Janacek.

The program will begin at 7:30 p.m., in the Meeting House. We will observe masking preferences and those attending will be required to sign their acknowledgements regarding COVID vaccinations.

Previous season subscribers who have not been refunded for the season that

(Continued on page 14)



Frisson Ensemble

(s)milestones



NEW NEIGHBORS

By Christina Smith,
Resident Services Manager

Sandra Stark-Huock, 493B Somerset Lane, formerly of Edison, N.J.

Joanne and Wes Traskiewicz, 529A Old Nassau Road, formerly of Monroe Twp., N.J.

Michelle and Peter Riccardi, 96D Glenwood Lane, formerly of South Plainfield, N.J.

Maria Romanello, 204N Rossmoor Drive, formerly of Metuchen, N.J.

Javier and Silvia Pozotrigo, 148B Old Nassau Road, formerly of South Plainfield, N.J.

Patricia Johnson and Theodore Handerson, 455A Roxbury Lane, formerly of Bloomfield, N.J.

James and Maria Martin, 438B Newport Way, formerly of Levittown, Pa.

Francisco and Eleanor Grijalva, 136B Plymouth Lane, formerly of Rahway, N.J.

Sharon Meisels, 395B Orrington Lane, formerly of Kew Gardens, N.Y.,

Margarie Smith, 399A Newport Way, formerly of Old Bridge, N.J.

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

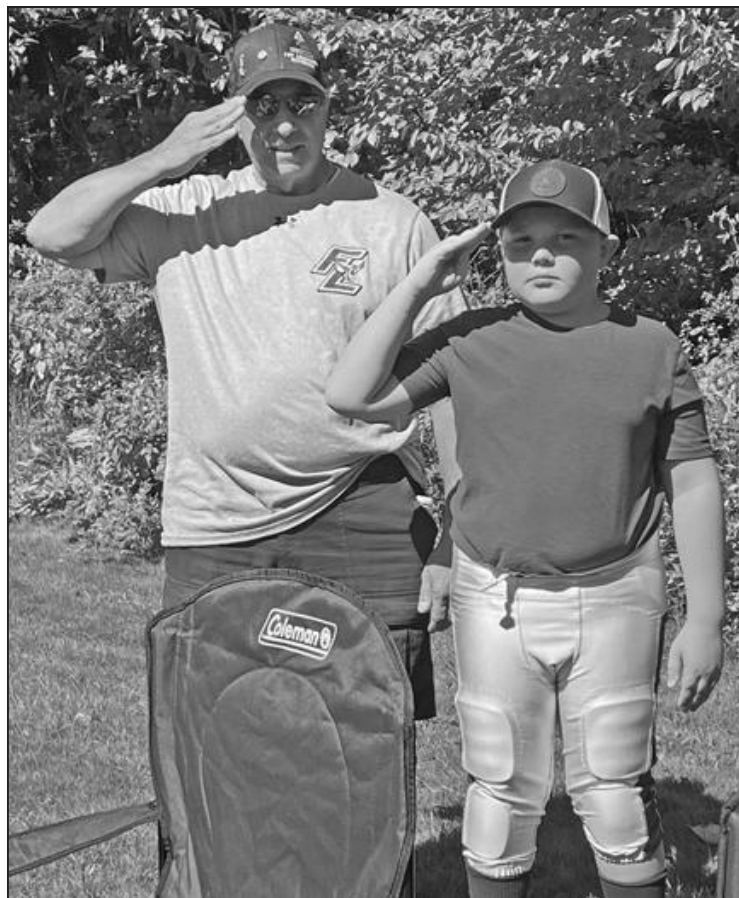
Margaret McEvoy, 193B Mayflower Way, formerly of Glen Gardner, N.Y.

Marcelo and Lina Valenzuela, 181A Rossmoor Drive, formerly of Garwood, N.J.

Enjuang and Mei-Chuan Fong, 192-O Malden Lane, formerly of Rahway, N.J.

Janet Katz, 154A Providence Way, formerly of Parlin, N.J.

Wai Cheong and Yin Sum Mak, 392-O Orrington Lane, formerly of East Brunswick, N.J.



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This month in pictures

By Joe Conti and Walter Gryskiewicz

The Activities Expo was crowded with visitors. We browsed before the crowds. Here’s a sampling.



The directions to the booths



Golf Course



Some of the Woodshop projects.



One of our original plays



Our Chorus



Pickleball



Always looking for articles and photos



Catholic Society



Jewish Congregation



Indian- American Group

More photos from the Activities Expo 2022



A view of our Veterans Group activities



Rossmoor Jewish Congregation table with Cindy Sigl, left, and Helene Gray
Photo by Jessica Roberts



Ladies displaying the Indian American Club activities.



Rossmoor Computer Club members, from left are: Steven Gray, Cathleen Norback, Domenica Pavone and Paul Pittari
Photo by Helene Gray



Dance Club President Armen DeVivo and Treasurer Lucille Ricci at Club Fair
Photo by Judy Perkus


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Rossmoor will send robocalls in case of bad weather or emergencies

The Rossmoor administration will send automated robocalls to residents' telephones whenever it is necessary to advise about predicted snow storms, severe weather warnings, or other emergencies.

If you are not home to answer, a message will be left in your voice mail or on your answering machine.

Please be sure to check your phone or answering machine. All necessary information will be included in the message so you will not need to call the office in return.


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Indian American Club will celebrate Heritage Day at the Senior Center

By Govinda Rajan

The Sixth Annual Asian Heritage Day of the Indian American Club will be celebrated in a grand manner at the Monroe Township Senior Center Auditorium on Sunday, June 26.

Guru Swathi Atluri, founder of Siddhendra Kuchipudi Art Academy, will present an Indian Classical Dance ensemble on the occasion.

Grant funding for the event is provided by the Middlesex County Board of County Commissioners through a Grant Award from The Middlesex County Cultural and Arts Trust Fund.

Details will be posted on Channel 26 during the second week of June.

Residents in large numbers stopped by at the Indian American Club table at the Activities Expo and checked out the wide array of activities the club has to offer.

The mission of the Indian American Club is to engage



Ladies of the Indian American Club

Italian American Club news

By Tony Cardello

The Expo on April 29 was a success for the club. We signed up 50 new members due to the increase in new residents who heard that we have a great club in this community.

The membership meeting on May 18 was well attended and all were entertained by the return of Bruce Copp, an original member of the Elegants, whose hit song was "Little Star."

The next meeting will be on June 15, at 7:30 p.m., in the Ballroom.

Bingo will be played on Friday June 24, at 6:30 p.m., also in the Ballroom.

Our most popular social event, Rossmoor Downs, was held on Saturday May 21 and was a complete sell-out. As usual, we had a lively crowd who cheered for their horses as they ran to the finish line.

We plan another bus trip to the Wind Creek Casino in Bethlehem, Pa., on June 17. The cost will be \$25, with \$25 back in slot money.

Music Association

(Continued from page 11)

wasn't completed will be invited to join the program at no additional charge. New visitors and guests will be charged the traditional \$15 entrance fee. All guests are asked to check in at the entry desk and to sign the mandatory COVID paperwork.

The Association will send invitations for next season's subscription series shortly. The upcoming season will be exciting and should be pleasing to our subscribers and guests. More information will be presented in the Rossmoor News and on Channel 26.

our community in social and educational activities, promoting the culture and heritage of India and its diversity.

Since its formation in 2014, we have been conducting various activities for the physical and mental well-being of residents.

At the Expo, we displayed posters explaining various Indian festivals, traditions, and customs. Our activity, "How to wear a saree," was appreciated by the visiting ladies. Sarees worn by them were given to them free as keepsake.

First Dance Club dance of the summer

By Judy Perkus

Come to the first dance of the summer on Saturday, June 25, at 7 p.m. in the Clubhouse Ballroom. The Rossmoor Dance Club and its friends will be dancing to the music of Peter Lieberman. The decorations will have a Hawaiian theme. Everyone is welcome. Send your reservation check made out to the Rossmoor Dance Club to Armen DeVivo at 449B Roxbury Lane. The cost is \$8 a person for members and \$10 a person for non-members. Annual membership is \$7.50 per person, \$15 per couple.



Refreshments include coffee, tea, soda, and cake (sugar-free available). Call Armen at 609-655-2175 for more information.

SAVE THE DATE: Saturday September 24 is the date of the Anniversary Dinner Dance.

Rossmoor Dance Club June 25 Dance

RESERVATION DEADLINE: June 15

Name: _____

Phone # _____

Address: _____

PAID-UP Member(s):

\$8 per member \$ _____

\$10 per non-member \$ _____

2022 MEMBERSHIP DUES:

\$7.50 PER PERSON, \$15 PER COUPLE \$ _____

TOTAL: \$ _____

Please send your check made out to the
Rossmoor Dance Club to
Armen DeVivo at 449B Roxbury Lane. 609-655-2175

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the Community



Rossmoor Democrats: an intrepid group

By Mike Markel, club president

"Neither rain nor gale nor chill of winter shall stay these trusty members..."

Well, you know the story.

Saturday, May 7, was the spring day from hell. Bone-chilling, icy-damp, with a mean wind whipping the trees around and pounding the early flowers to smithereens. Who would even think of going out on such a morning?

Rossmoor Democrats, maybe?

Yes, it turned out that's exactly who did come out for our brunch and membership drive. We filled the Ballroom around 10 a.m. with over 60 happy people, all enjoying coffee, bagels and pastries, to say nothing of smiles and cheerful greetings going around. We appreciate that Council members Terry Van Dzura, Rupa Siegel, and Elizabeth Schneider joined

us for this event, along with County Commissioner Charlie Kenny. Our thanks to them.

We are pleased to announce 16 new members, which brings our paid membership to over 120 people. We gave out "Rossmoor Democratic Club" mugs to members and also blue and yellow lapel ribbons to acknowledge our solidarity with the incredible bravery of Ukrainian freedom fighters.

Our next meeting will be on Wednesday, May 18, at 7 p.m., in the Gallery. Our good friend, Assemblyman Dan Benson, will speak about his past accomplishments in the New Jersey Assembly, as well as his current efforts.

Come and join us for this informative, congenial evening among friends. You'll be glad you did.

The Players

By Sue Archambault

Unfortunately, you know by now that we postponed our "This & That" show in April. Since this is a very popular program of ours, we have decided to do "This & That (Part Deux)" on Thursday, July 14, and Friday, July 15. This show will include music, both vocal and instrumental, skits, jokes, dances, and original poems.

After this, our next presentation will be in September when we will perform our original musical comedy by Jim Wilson, titled "What's Next." This show is a sequel to "What's Up," performed by The Players the last time we were able to present a play.

The Players' last monthly meeting took place on Monday, May 23. We watched a

DVD of "Over Easy," an original musical comedy by the talented team of Bob Huber and Bill Strecker.

Our next meeting will take place on Monday, June 27, in the Gallery at 7 p.m. Joe Conti will lead participants in the reading of a play titled, "Beyond a Reasonable Doubt." This play was written by Nathan Mayer, a former



Rossmoor resident, and was performed at the Paper Mill Playhouse. It follows a mystery who-done-it format with several plot twists. All are welcome to attend this entertaining event.

IMPORTANT NOTICE

Motorists must obey the rules of the road while driving within the community including, but not limited to, observing the posted speed limits, No U-Turn, Yield, and One Way signs; stopping for pedestrians; making a full stop at all stop signs; and exercising extreme caution when entering RCAI streets from lanes or other areas without stop signs.



Religious Organizations



Proud grandmother Lucille Conti is seen with her grandson Frank Gargano.



Interfaith Day of Prayer Guest Speaker Frank Gargano

Shavuot- The Festival of Weeks

By Allan Kaufman

The festival of *Shavuot* celebrates the giving of the Torah at Mount Sinai and encourages us to embrace the Torah's teachings and be inspired by the wisdom Jewish tradition has to offer.

Shavuot is the Hebrew word for "weeks," and it marks the conclusion of the Counting of the Omer. Its date is directly linked to that of Passover; the Torah mandates the seven-week Counting of the Omer, beginning on the second day of Passover, to be immediately followed by *Shavuot*. This counting of days and weeks is understood to express anticipation and desire for the giving of the Torah. On Passover, the people of Israel were freed from their enslavement to Pharaoh; on *Shavuot*, they were given the Torah and became a nation committed to serving God.

Shavuot, like many other Jewish holidays, began as an ancient agricultural festival that marked the end of the spring

(Continued on page 16)

Catholic Society

By Lucille V. Conti

The Catholic Society is planning to celebrate a Healing Mass, which will include the Sacrament of the Anointing of the Sick on Thursday, June 16 at noon in the Meeting House. Father Charles O'Connor, Pastor of St. Cecelia's Parish will be the Celebrant. PLEASE NOTE THE TIME.

We also wish to invite those who showed interest in the Catholic Society at the EXPO to our next Council Meeting, which will be held on June 14 at 1:30 p.m. in the Gallery. Please RSVP to me at (609) 860 -1084, so we can prepare for refreshments accordingly.

We look forward to getting acquainted with you so we can get your ideas as to what you would expect from gathering as a "Club". Hope to see you soon. Until then we wish you good health and God's blessings.

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By Allan Kaufman

June Services:

- Monday, June 6 Yiskor Services 10:30 a.m. Meeting House
- Friday, June 10 Sabbath Services 7:15 p.m. Meeting House
- Friday, June 24 Sabbath Services 7:15 p.m. Meeting House

Meet and Greet:

Wednesday June 15 Open House – Meet and Greet 7 p.m. Meeting House

Torah Study:

- Saturday, June 11 – 10 a.m.
- Saturday, June 25 – 10 a.m.

Torah Studies will be held in the Dogwood Room 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.

Meet and Greet at Rossmoor Jewish Congregation

By Allan Kaufman

The Rossmoor Jewish Congregation will host a Meet and Greet on Wednesday, June 15, at 7 p.m. in the Meeting House. This event is open to the entire Rossmoor community that wants to learn more about the Congregation, its organization and membership, as well as the activities sponsored throughout the year. Most important, you can learn about the spiritual connection the Congregation provides.

There is no charge to attend and refreshments will be served.

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Mayor Dalina Introduces 2022 Municipal Budget with No Tax Increase

Monroe Township Mayor Stephen Dalina is proposing a 2022 municipal budget that keeps the municipal tax rate flat at \$.490 per \$100 assessed value, the same rate as 2021.

This would be the second consecutive year without an increase to the municipal tax rate and continues Mayor Dalina's focus on affordability, property tax relief, and ensuring Monroe remains with the second lowest overall effective tax rate in Middlesex County for the coming year.

The proposed budget was introduced in May at a Township Council meeting. A public hearing is set for June 1 to discuss it. As part of the new spending plan, residential water and sewer

rates will remain flat and continue to be among the lowest in the entire region.

"Between the impacts of Covid-19, and some economic uncertainty, many residents have tightened their belts, and my job as Mayor is to do the same to keep our community affordable," Mayor Dalina said. "This is my second budget as your new mayor, and I have painstakingly evaluated our balance sheet, our spending, our debt, and made the adjustments necessary to develop a responsible budget proposal that provides services but keeps municipal taxes flat."

Among the factors that led to a flat tax rate are:

- A \$13 million decrease in the Township's statutory

debt over the past five years, resulting in a \$600,000 decline in the Township's debt service.

- With a strong AA+ bond rating, the Township refinanced existing debt, saving several million dollars.
- The Township aggressively pursued federal CARES Act funding, American Recovery Act Funding, as well as State grant funding, which helped keep tax rates flat and provided a modest surplus increase.
- Monroe expanded shared services efforts.
- Commercial ratables are being added, thus stabilizing residential municipal taxes for future years.

Monroe residents also deserve credit for the town's budget success, Mayor Dalina said.

"Despite the challenges many of our residents faced this past year, remarkably, the Township achieved more than a 99% tax collection rate, which helps keep taxes low and stable," he added. I would also like to thank the Township Council for their partnership in managing this and previous Township budgets, as the municipality remains on solid financial footing."

day is reflected in the custom of decorating the synagogue with fruits and flowers and in the names *Yom ha-Bikkurim* ("Day of the First Fruits") and *Hag ha-Qazir* ("Harvest Feast").

Today, it is a celebration of Torah, education, and the choice to participate actively in Jewish life. *Shavuot* will be celebrated on Sunday, June 5.

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

Shavuot

(Continued from page 15)

barley harvest and the beginning of the summer wheat harvest. In ancient times, *Shavuot* was a pilgrimage festival during which Israelites brought crop offerings to the Temple in Jerusalem.

During the Temple period, the first fruits of the harvest were brought to the Temple, and two loaves of bread made from the new wheat were offered. This aspect of the holi-

June at the Monroe Township Public Library

Book Café

Wednesday, June 1 at 11 a.m. and 1 p.m. and Tuesday, June 7 at 11 a.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.

New York Book Discussion

Tuesday, June 7 at 11 a.m. Join us for third and final of a three-part book discussion series about New York: The Novel by Edward

(Continued on page 17)

Sports News

Croquet Club begins season 33

By John N. Craven

Season 33 opened with a members meeting in the Gallery at noon on April 23, followed by a sumptuous lunch planned by Social Chair Carol Towlen. Opening Day play followed at 2 p.m. on the court adjacent to the Clubhouse.

Season 33 promises to be fun-filled for the club members. Every Friday from April 23 to Oct. 28, there will be Golf Croquet, followed by "Attitude Adjustment" between 5 and 8 p.m. The annual Golf Croquet Match with Meadow Lakes is scheduled for a Tuesday in June.

The Annual Golf Croquet Tournament will begin, Friday/Saturday, Sept. 9 and 10. Wrapping up the season will be an in-costume Halloween Play in October.

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

Get to the Grill for Fresh, Homemade Flavor



Grilled Quinoa Paella

Grilled Quinoa Paella

Prep time: 20 minutes
Cook time: 30 minutes
Servings: 6

- 2 bags Success Tri-Color Quinoa
- 4 cups chicken broth
- 1 cup canned diced tomatoes
- 1 cup frozen peas
- 3/4 teaspoon smoked paprika
- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 1 teaspoon paprika
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 onion, sliced into 1/4-inch rounds
- 1 red bell pepper, halved
- 4 boneless, skinless chicken thighs
- 12 ounces medium shrimp, peeled and deveined
- 2 cured chorizo sausages
- 1/4 cup finely chopped fresh parsley
- 3 tablespoons lemon juice

Preheat grill to medium-high heat; grease grates well.

Prepare quinoa according to package directions, substituting chicken broth for water. Drain, reserving 1 cup chicken broth.

In large saucepan, stir diced tomatoes with reserved chicken broth; bring to boil. Cook 3-5 minutes, or until thickened slightly. Stir in quinoa, peas and smoked paprika. Cook 1 minute. Cover and let stand 10 minutes.

In small bowl, stir olive oil, garlic, paprika, salt and pepper. Brush marinade over onion and red pepper. Toss half of remaining marinade with chicken and remaining marinade with shrimp.

Grill chicken 6-8 minutes per side, or until well-marked and internal temperature reaches 165 F. Grill sausages, turning occasionally. 6-8 minutes, or until well-marked and heated through. Grill shrimp 2-3 minutes per side, or until well-marked and cooked through. Grill red pepper and onion 2-3 minutes per side, or until well-marked and tender.

Chop chicken, sausage, red pepper and onion into bite-size pieces. Stir into quinoa mixture. Stir in shrimp, parsley and lemon juice. Serve warm or at room temperature.

FAMILY FEATURES

Once the weather warms and the patio beckons, it's time to break out the grill for home-cooked meals in the great outdoors. When your family tires of baked dishes and stovetop recipes, the smell of fresh flavors on the grates offers the reprieve of something new.

For your next cookout with loved ones, enjoy all the flavor and none of the hassle with Grilled Quinoa Paella. Made with Success Tri-Color Quinoa and its boil-in-bag process that takes just 10 minutes, you can celebrate more moments around the grill and spend less time in the kitchen.

If you're the kind of person who struggles deciding between proteins, this recipe is for you as it's loaded with chicken, chorizo sausage and shrimp. Combined with an array of veggies, it's ideal for sharing with family and friends.

When the occasion calls for a meatless meal, this Mexican Grilled Corn Salad serves as a crowd favorite at barbecues or as a simple weeknight dinner. Grilled corn, sour cream, mayonnaise, feta cheese and chili powder are tossed with sweetly aromatic Success Jasmine Rice that cooks up soft and fluffy for a uniquely delicious flavor.

Find more inspiration to light up the grill at SuccessRice.com.

Mexican Grilled Corn Salad

Prep time: 15 minutes
Cook time: 10 minutes
Servings: 4

- 1 bag Success Jasmine Rice
- 3 ears corn
- 1/4 cup lime juice
- 3 tablespoons mayonnaise
- 2 tablespoons sour cream
- 1 clove garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon lime zest
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon ground cumin
- 1/3 cup finely crumbled feta cheese
- 2 green onions, thinly sliced

Prepare rice according to package directions. Set aside and allow to cool completely.

Preheat grill to medium-high; grease grates well. Grill corn 10-12 minutes, or until well-marked and tender. Allow to cool slightly. Slice corn kernels from cobs and reserve.

In medium bowl, stir lime juice, mayonnaise, sour cream, garlic, chili powder, lime zest, salt, pepper and cumin. Add rice, corn, feta and green onions. Toss well.



Mexican Grilled Corn Salad

Public Library

(Continued from page 16)
Rutherford. We will discuss the 20th & Early 21st Century (pages 551 to the end). Reserve a copy through our online catalog, at the Welcome Desk, or by calling the library. The ebook and audiobook are available through eLibraryNJ using the Libby app. This is a hybrid program. *Registration is required. Join us via Zoom or in person. Please register with a valid email address to receive a link to the Zoom meeting. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Caregiver Support Group
Wednesday, June 8 at 11 a.m. A Caregiver Support Group will be meeting at the Library monthly on the second Wednesday of the month. Kat Verdi, Certified Alzheimer's and Dementia Care Trainer, of The Gardens at Monroe will lead the group. Her mission is to educate, empower and encourage caregivers. All are welcome. Registration is not required.

Genealogy Club
Wednesday, June 8 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.

International Film Discussion
Thursday, June 9 at 2:30 p.m. Hosted by the Friends of the Monroe Township Library. This month we will watch and discuss "My Best Friend" 2018, Spanish Drama/Romance 1hr 30m. Lorenzo lives a sheltered life in Argentine Patagonia. After an accident, his family takes in the son of a good friend. Although the two boys have nothing in common, they form a friendship that turns into something more. This film is available to stream for free with your library card online at <https://monroetw.kanopy.com>. Watch the film at your leisure and join us on Zoom for a discussion. Registration is not required. Please visit the Library's website at <http://www.monroetwplibrary.org/virtual-programs> for meeting ID and password information.

Cyber Security Class: How to Recognize Scams
Thursday, June 9 at 3 p.m. Volunteers from the National Opposition Against Tech Scams will be here to teach you how to recognize and safely react to internet scams like pop-ups and "virus" notifications. Registration required. Register online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

World Wide Knit in Public Day
Saturday, June 11 from 11 a.m. to 3 p.m. Spend an afternoon socializing with local stitchers on the same day as other Knit in Public Day

events all around the world! Knitters, crocheters, cross stitchers and needleworkers of all skill levels are welcome. Drop in anytime between 11 a.m. and 3 p.m. Bring your own supplies - yarn, crochet hooks, knitting needles, etc. No registration required.

Writers Group
Tuesdays, June 14 & 28 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>.

Boheme Opera NJ Getting to Know You
Wednesday, June 15 at 1 p.m. Boheme Opera NJ returns to Monroe Township Library this spring with a live musical performance featuring the music of Rodgers & Hammerstein's Broadway productions such as Oklahoma!, The King and I, South Pacific and The Sound of Music. 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, June 16 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 Summer Getaways. 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.

Open Sewing
Thursday, June 16 from 6:30 p.m. to 8:30 p.m. Students will bring their own projects on which to work - there is not a planned project; everyone will be working on their own. Students must take the Meet Your Sewing Machine class or have prior machine sewing knowledge to take this class. Ages 18 and over.

Space is limited. *Registration is required. This program will be held in-person. Register in advance at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Sit-N-Stitch
Friday, June 17 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 re-

(Continued on page 19)

At the governors' meeting

(Continued from page 2)
just been elected Treasurer, General Manager Tom Curry provided a brief Treasurer's report. He reported discussed the March 31, 2022, the RCAI budget variance report. There is a year-to-date surplus of \$317,586 compared to a budgeted year to date surplus of \$25,078 or \$292,508 better than budgeted.

Mr. Curry then provided a brief synopsis of the monthly management report provided to the BOG. He discussed the April Co-op and Condo closing, contracts and requested Condo questionnaires for prospective mortgages. He reported that the Maintenance Department completed and billed 779 work orders in the month of April. He noted that the Pool will be ready for the season, however the Spa opening

has been delayed due to weather. The upcoming events in the E&R Department including trips are picking up. The Club Expo was held on April 29, 2022, forty-two clubs participated in the Expo. The Health Fair was also held with an impressive turn-out. Our Pro Shop is stocked with new inventory, Mr. Curry encouraged all to stop by. The Under Armor Juniors Tournament at Rossmoor's Golf Course was very successful.

- New Business:**
- Resolution #2022-20 – Authorization to purchase and install surveillance cameras at gated entrances a was approved 18-0.
 - Resolution #2022-21 – Authorization for paving a Golf Cart Path was approved 18 -0.
 - Resolution #2022-22 – Au-

- thorization for repaving/reconstruction/seal coating various RCAI roadways was approved 18-0.
- Resolution #2022-23 – Authorization to proceed with 2022 refurbishment project. Which will complete the hallway painting in the Clubhouse was approved 18-0.
 - Resolution #2022-24 – Replacement of Pro-Shop HVAC system was approved 18-0.
 - Resolution #2022-25 – Topographic study of retention pond and storm sewer system in Mutuels 4, 4B, 4C and 17. After much discussion was approved 17-1.

There was no further business for the Board to discuss a motion to adjourn was made at 10:35 a.m.

HEALTH CARE CENTER NEWS

By Kaytie Olshefski RNC, BS

(Continued from page 1)
may start in the upper abdomen and radiate to the neck. Because of the location of the pain, it is difficult to distinguish it from chest pain. If the chest pain lasts more than a few minutes, do not try to diagnose and treat it yourself; seek immediate medical evaluation to rule out a heart attack. Once it has been determined the pain is not from your heart, a work-up for GERD will begin.

Other symptoms of GERD include regurgitation of a sour or acidic taste in your mouth or throat, difficulty or painful swallowing, postnasal drip, a persistent lingering dry cough, hoarseness, wheezing, or feeling that something is stuck in your throat. Heartburn is usually worse after eating and the pain can last as long as two hours. Lying or bending down can bring on heartburn or make it worse. A complication of GERD is developing asthma, bronchitis, or pneumonia.

There are several contributing factors that may weaken or relax the esophagus sphincter, including obesity, poor posture, and alcohol consumption. Smoking, including exposure to secondhand smoke, can also be a contributing factor. Foods that relax stomach muscles, or that stimulate stomach acid, are chocolate, garlic, onions, caffeinated drinks, spicy foods, spearmint, and peppermint. Acidic foods such as citrus fruit and tomato-based foods found in spaghetti sauce, salsa, chili and pizza are contributing factors. Eating large meals prior to going to bed will aggravate GERD. Hiatal hernias, diabetes, and rapid weight gain are medical risk factors. Medications may contribute to weakening or relaxing the esophageal sphincter. Medications that treat asthma, high blood

pressure medications, allergy medications, pain medications, sedatives and anti-depressants may cause GERD.

If your symptoms occur frequently, disrupt your sleep, interfere with your work and activities, or if the symptoms are not relieved by self-care measures, visit your physician. Your doctor can usually diagnose GERD by your symptoms. Inform your physician of the over-the-counter medications you have taken. There are times your doctor may refer you to a gastroenterologist, a specialist who treats diseases of the stomach and intestines. Chronic GERD left untreated can lead to esophageal damage such as inflammation, esophageal ulcers, and stricture (narrowing), bleeding, scarring of the esophageal tissues, and esophageal cancer.

The goal in the treatment for GERD is to reduce the reflux, relieve symptoms and prevent damage to the esophagus. Over-the-counter antacids such as Gaviscon, Maalox, Mylanta, and Tums are effective when taken one hour after meals or two hours after your prescribed medications or at bedtime. These antacids neutralize the acid in the esophagus and stomach and stop the feeling of heartburn. Side effects from antacids include diarrhea from the magnesium salt, and aluminum salt can cause constipation.

People who have kidney disease need to speak to their doctor, as consuming too much magnesium can cause serious complication to the kidneys. If you use these antacids for more than three weeks, let your doctor know. Tagamet, Pepcid, Zantax, and Axid are Histamine-2 receptor blockers (H-2 blockers) which need to be taken at least one hour before meals to reduce acid

production. H-2 blockers are recommended for chronic reflux and heartburn. Nexium, Prevacid, Prilosec, Protonix, and Aciphex are proton pump inhibitors (PPIs) and they block the production of a protein needed to produce stomach acid. Proton pump inhibitors need be taken on an empty stomach 30 to 60 minutes before eating.

There is surgery for GERD, but it is the last resort when all other options such as lifestyle and dietary changes do not manage symptoms. Changing your lifestyle habits will help to relieve reflux symptoms. Try to maintain a healthy weight and eat small, frequent meals instead three big meals. Eat slowly and chew your food thoroughly. Avoid foods that relax the lower esophageal sphincter such as chocolate, caffeine, alcoholic beverages, fatty foods, and peppermint. Avoid foods that irritate esophageal lining such as citrus fruits, juices, tomato products, and peppers, and cut out trigger foods. Stay upright for 45 to 60 minutes after eating; avoid eating three hours before going to bed. Wear loose clothing since wearing tight clothing around the waist will squeeze your stomach and push the acid into the esophagus. Raise the head of the bed by six to eight inches. Propping yourself up on pillows will not help because you will slide back down. Stop smoking as smoking weakens the lower esophageal sphincter. Take prescribed acid reducing medication as directed.

If you are experiencing GERD for a period of weeks and not getting relief from over-the-counter medications, see your physician. He or she will diagnose your symptoms and prescribe medications to help relieve the symptoms.

What You Need to Know About Cholesterol: Stay in control to help prevent heart disease, heart attack and stroke

Understanding and improving cholesterol is important for people of all ages, including children and teens. Maintaining healthy cholesterol levels can help keep your heart healthy and lower your chances of getting heart disease or having a stroke.

High cholesterol usually has no symptoms. In fact,

about 38% of adults in the United States are diagnosed with high cholesterol, according to the American Heart Association. Understanding what cholesterol is, the role it plays, when to get screened and how to manage it are important aspects of protecting your overall health and prevent a heart attack or stroke.

Understanding Cholesterol

A waxy, fat-like substance created by the liver and consumed from meat, poultry and dairy products, cholesterol isn't inherently bad for you. In fact, your body needs it to build cells and make vitamins and other hormones. However, too much cholesterol circulating in the blood can pose a problem.

The two types of cholesterol are low-density lipoprotein (LDL), which is considered "bad," and high-density lipoprotein (HDL), which can be thought of as "good" cholesterol. Too much of the "bad" kind, or not enough of the "good," increases the risk of cholesterol slowly building up in the inner walls of the arteries that feed the heart and brain.

Cholesterol can join with other substances to form a thick, hard deposit on the inside of the arteries called plaque. This can narrow the arteries and make them less flexible – a condition known as atherosclerosis. If a blood clot forms, it may be more likely to get stuck in one of these narrowed arteries, resulting in a heart attack or stroke.

Understanding Risk

Your body naturally produces all the LDL it needs. An unhealthy lifestyle can make your body produce more LDL than required. Behaviors that may negatively affect your cholesterol levels include lack of physical activity, obesity, eating an unhealthy diet and smoking or exposure to tobacco smoke.

In addition to unhealthy habits, which are the cause of high LDL cholesterol for most people, some people inherit genes from their parents or grandparents – called familial hypercholesterolemia (FH) – that cause them to have too much cholesterol and can lead to premature atherosclerotic heart disease. If you have a family history of FH or problems related to high cholesterol, it's important to get your levels checked.

Getting Cholesterol Checked

Adults age 20 and older should have their cholesterol and other traditional risk factors checked every 4-6 years as long as their risk remains low. After age 40, your health care professional will use an equation

to calculate your 10-year risk of heart attack or stroke. People with cardiovascular disease, and those at elevated risk, may need their cholesterol and other risk factors assessed more often.

Managing Cholesterol

If you have high cholesterol, understanding your risk for heart disease and stroke is one of the most important things you can do, along with taking steps to lower your cholesterol.

Often, simply changing certain behaviors can help bring your numbers into line. Eating a heart-healthy diet that emphasizes fruits, vegetables, whole grains, lean or plant-based protein, fish and nuts while limiting red and processed meats, sodium and sugar-sweetened foods and beverages is one of the best ways to lower your cholesterol. While grocery shopping, look for the American Heart Association's Heart-Check mark to help identify foods that can be part of an overall healthy eating pattern.

Other lifestyle changes include losing weight, quitting smoking and becoming more physically active, as a sedentary lifestyle can lower HDL. To help lower both cholesterol and high blood pressure, experts recommend at least 150 minutes of moderate-intensity aerobic exercise a week, such as walking, biking or swimming.

For some people, lifestyle changes may prevent or manage unhealthy cholesterol levels. For others, medication may also be needed. Work with your doctor to develop a treatment plan that's right for you. If medication is required, be sure to take it as prescribed.

Controlling your cholesterol may be easier than you think. Learn more about managing your cholesterol at heart.org/cholesterol.

(Family Features)
Photo courtesy of Getty Images



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.

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

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.

Library

(Continued from page 17)
quired. Register at the Reference Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Coffee and a Book

Tuesday, June 21 at 10:30 a.m. We will read and discuss "Suburban Dicks" by Fabian Nicieza. This is book 1 of a new series. From the co-creator of 'Deadpool' comes a hilariously entertaining debut featuring two unlikely and unforgettable amateur sleuths. An engrossing and entertaining murder mystery full of skewering social commentary, "Suburban Dicks" examines the racial tensions exposed in a New Jersey suburb after the murder of a gas station attendant. 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.

"Down by the Riverside" Live Performance

Wednesday, June 22 at 2:30 p.m. Back by popular demand! Reginald Brown will give a live performance of Richard Wright's poignant short story "Down by the Riverside". This is a live performance by the actor and seating is limited. Registration required. Sponsored by The Friends of the Monroe Township Library. Register at the Welcome Desk, on our website at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Short Story Discussion Group

Thursday, June 23 at 2 p.m. We meet in person monthly to discuss one title from The Best American Short Stories of the Century edited by John Updike and one title from The Best American Short Stories edited by Roxanne Gay. This month we will discuss "The Hitch-Hikers" by Eudora Welty and "The Baptism" by Rob Rash. This program will be held in-person at the Library. *Registration is required. Register at the Welcome Desk, on our website at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Skin Cancer Awareness and Screening

June 24 at 10:30 a.m. Braven Health nurses and educators will discuss skin cancer awareness and conduct Dermascan screenings. *Registration is required. Register in advance at the Welcome Desk, on our website at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Farmers Market

Thursday, June 30 from 2 p.m. until 7 p.m. A Farmers Market will be held in the Monroe Library's parking lot on Thursdays from 2 p.m. until 7 p.m. this summer. It begins June 30 and continuing through September 15.

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

COMPUTERS CUSTOM BUILT & REPAIRED - R/JF 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.

ALTERATIONS—Sewing needs. Call Joan. I'm back. Call or text. (732) 402-2553.

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.

CAREGIVER SEEKING private duty. Call (848) 209-7279. Experienced with references.

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

Wanted to Buy

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

For Rent

PARKING SPACE—123B Rossmoor Drive. Call (718) 753-9621.

Transportation

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. \$95 to Newark Airport. \$195 Philadelphia. \$195 JFK. We go almost anywhere. 24/7. Call (732) 803-2521.

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

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

House Cleaning

TINA CLEANING SERVICES—Great prices. Excellent references. Call (203) 501-9245.

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

SAFETY FIRST

Buckle up
for safety

Once again, an "A" for safety!



WE'RE PROUD TO BE AMONG THE NATION'S SAFEST HOSPITALS

For the fourth consecutive time, while continuing to deal with COVID-19, Saint Peter's University Hospital has received an "A" grade for safety. This demonstrates the unwavering commitment by our entire team to deliver the best care to the patients and families we serve.

**To learn more about Saint Peter's University Hospital,
call 732.745.8600 or visit saintpetershcs.com**



Sponsored by the Roman Catholic Diocese of Metuchen

Note: The Leapfrog Group grades hospitals on data related to how safe they are for patients. For more information, visit www.hospitalsafetygrade.org