Focus on: Groups and Clubs
Polish-American group

By Jean Houvener

In spite of turnover in recent years for many reasons in the Polish-American group, this intrepid group gathers every first Friday of the month at 1 p.m. in the Maple Room. At a recent meeting there were new members as well as news of old members who have moved. Appropriately, the meeting starts with a prayer to Our Lady of Czestochowa.

The members have various stories and information to share. The first involved a recent show that discussed Dr. Eugene Lazowski, who in the 1940s founded the residents of different villages in Poland with typhoid vaccine, which made it appear that the villagers had an active typhoid epidemic. While the villages were quarantined, it kept the Nazis out of the villages, keeping them safe from deportation to concentration camps. In this way the doctor saved thousands of people.

Another member shared her interest in the history of the village of Gwozdziec, which was burned down during the occupation by the Nazis. The recreation was based on pictures from the time, and students, who were trained and had to show proficiency in order to participate, did the work using the original tools and techniques available when the roof was first created. The Synagogue, originally built in 1640 had many renovations, but the elaborately decorated roof dated from 1729. The recreation is exhibited in the POLIN Museum of the History of Polish Jews in Warsaw.

Another member was reading a book that referenced Lech Walesa, and wondered what Walesa is currently doing. Another was reading the book “Lilac Girls” by Martha Hall Kelly, a novel following a number of girls through World War II. And, yes, there were Polish jokes. If you want to hear them, you will have to join in and visit this group.

Refreshments were served. Cards were sent to members who were ill. The group also celebrates with regular luncheons, the spring lunch being postponed for some of the members to return to health. For questions, contact Annette Sowa.

A guide to the new rules on tax deductions in 2018

Norman J. Politziner, CFP® President of NJP Associates

Congress is widely expected to consider extending the 7.5% threshold or making it permanent.

Alternative minimum tax. This very unpopular parallel tax system has been reinvented and will zap fewer Americans in 2018. The AMT started in 1982 as an effort to reduce loopholes open to ultra-high-income earners, but its net gradually spread.

Thank you to all for the Memorial Day Service

By Alyce Owens

Dear Chorus Friends,

I’m forwarding the email below from Diane England, who as a representative of the Community Church was instrumental in planning the Interfaith Council Memorial Day Service in which we sang on Monday. It speaks for itself, and I second every word. I realize that some of our Chorus members were not able to sing with us on Monday — all for good reasons I know — but I thought that you should share in this gracious appreciation from Diane because of your dedication and importance as valuable members of the Chorus.

There is no doubt that the Chorus and the War Letters Chorus were key in making this a truly memorable day for all who attended.

Thanks again.

(Continued on page 2)
Peace on Earth.” In fact, as allowed by “Let There Be this year was far superior. I did last year, but I do believe fitting music as well. I will and the chorus to ensure and Alex to read the letters — event. You did an excellent ble, but such a well-received to make this year’s Memorial called and expressed my +ors meeting at 9:00 a.m. with News board: Joe Conti, Chair Carol De Haan Myra Danon Bob Huber Jean Houvener Anne Rotholz Linda Bozowski Walter Gryskiewicz Editorial Assistants Alex Monaco Linda Monaco The Rossmoor News a monthly periodical is mailed to every home within the Rossmoor community. News items are welcome. Appropriate news items from outside organizations will be considered as space permits. All copy and pictures are subject to editing and are accepted with this understanding. Letters to the Editor must be emailed to PES@rcainj.com and clearly marked Rossmoor News. Editorial Office: 2 Rossmoor Drive, Monroe Twp., NJ 08831 Email: rnws@rcainj.com The Rossmoor News and Princeton Editorial Services (PES) are not liable for any typographical or printing errors that may appear, including in the display or classified advertising, over the cost of the space of the advertisement. The advertisements here are, to the best of the publisher’s knowledge, accurate representations of the products and services offered. However, no endorsements are intended or implied. Cancellation of an advertisement is at the discretion of the publisher. Email display ads to: pescmd@aol.com Telephone: 732-761-8534 © 2018, PINECUT EDITORIAL SERVICES, INC. The deadline for The Rossmoor News is the 7th of every month. So, you ask yourself, “What is so special about today?” It’s a mid-summer kind of day; mockingbirds sing har- morning; rustling leaves crown caw to each other across town, and bumble- band were a bit aimless as I walked out of the house, and the smell of some kind of sandwich cooking was in the air. And, of course, the warm sunshine and the gentle breeze made for a pleasant day. But in this case, it took a vi- trols. A vote was taken and the motion passed 18-0. The Board authorized resolution # 18-13 to Authorize the Purchase of a Table- Top Spin Grinder for the Golf Course. A vote was taken and the motion passed 18-0. The Board authorized resolution # 18-14 Authorization to Engage the Services of FWH Associates for Engi- neering Services and Over- sight of the Bid Process for the Cladding Replacement on the Meeting House Stee- ple. A vote was taken and the motion passed 18-0. The meeting was ad- journed at 7:20a.m.

Memorial Day (Continued from page 1) Dear Alyce,

I know I have already called and expressed my thanks to you for all you did to make this year’s Memorial Day service not only possi- ble, but such a well-received event. You did an excellent job of recruiting and rehears- ing with Kevin, Gene, Roy, and Alex to read the letters— as well as working with Kevin and the chorus to ensure fitting music as well. I will send an email to Kevin, but would you please express my thanks to those in the chorus by forwarding this email? 

I enjoyed what the chorus did last year, but I do believe this year was far superior. I liked your choice of having the reading of the letters fol- lowed by “Let There Be Peace on Earth.” In fact, as familiar with that song as I am (I belonged to a church where we would hold hands and end the service by sing- ing this week after week), it nonetheless brought tears to my eyes. I was sitting there on stage blinking and blink- ing since I only had one tis- sue with me. 

We often say at this age, it takes a village because we can’t seem to remember what we need to do and hence, we have to rely upon each other to ensure we fulfill our various commitments. But in this case, it took a vil- lage to put on a wonderful service for the village. And frankly, this probably was a good thing. More people were likely encouraged to come out and partake of the event. Hence, as Judy Perkus said to someone, “It felt like the old days again when people regularly useful to show up for programs such as this.” Needless to say, this brought about good feelings for her. But I think it did for many of the rest of us, too.

Indeed for me, it felt good to sit there on the stage and see essentially a full house of people. It felt good to hear the room filled with song in honor of God, coun- try, peace, and those who gave the ultimate sacrifice for our country. And cer- tainly, the chorus played a most significant role in cre- ating the moment.

So again, please send on this email and let people know how grateful the planing- committee is to all of them. Let them all know we are glad the chorus has survived and grown stronger in recent months. For certainly, those of you in it will have the ability to touch our souls. And yes indeed, you did this yesterday. 

Sincerely,
Diane England REC Interfaith Council Representative Planning Committee Member

The deadline for the Rossmoor News is the 7th of every month.

Letter to the Editor

A fond farewell

For the past seven years, it was a great pleasure to work in ESR and have had so many happy times with all of the wonderful people in this community. Now that I am beginning a new chapter of life, I will forever cherish the memories of Rossmoor and the amazing friends I have made along the way. Thank you all for your kindness and generous wishes.

Erica Harde

Open RCAI Meetings in July

Thursday, July 12
Standing Committee Meetings 9 a.m.
Meeting in the Village Center
Maintenance Committee
Community Affairs Committee
Finance Committee

Thursday, July 19
Board of Governors Meeting 9 a.m.
Meeting in the Ballroom

Please watch Channel 26 for any changes or cancellations.

Deadline for Rossmoor Telephone Directory

From the Rossmoor Phone Book Committee
Just a reminder that if you have any changes you would like put in the 2018-2019 Rossmoor Resident Tele- phone Directory, send the in- formation to us by completing the form in this issue of the Rossmoor News before Fri- day, July 13 by completing the form on page 20 of this issue.

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Alums have lunch with College Dean

By Terre Martin

A group of Rossmoor women gathered for lunch with Douglass College Dean Jacquelyn Litt, Douglass alumnae in Rossmoor are Gladys Christ, Doris Herron, Betty Anne Clayton, and Roberta Ambler. Standing, from left, are Ayla Bukhari, Barbara Beacham, Nancy Pullam, Annette Sowa, Judith Storza, Diedre Thomson, Connie Burke, Terre Martin, and Ille Meadows. Not pictured: Marie Bills.

Glady Christ, NJC ‘42 and Roberta Ambler, NJC ‘43

July is national blueberry month

By Anne Rotholz

On May 8, 1999, the U.S. Department of Agriculture proclaimed July as National Blueberry Month. Blueberries have been growing on this earth for more than 113,000 years. Though they are native to North America, they are at present found in several countries worldwide. Twenty-five states in the U.S. grow blueberries and produce 90% of the world's crop.

Blueberries come from the same family as bilberries and cranberries. The plants that grow in our area are categorized as “high bush” that can grow up to 8 feet and “low bush” growing 1 to 2 feet. Low bush berries are sometimes called wild blueberries since they are not that far removed by cultivation from the original blueberry.

High bush blueberries were developed in Whitehouse, N.J. (near Brown's Mills) in the early 1900s. At that time blueberries were not domesticated, though the wild berries were being harvested at the local White’s farm. The farmer's daughter, Elizabeth White, heard that Dr. Frederick Coville, a USDA botanist, had done some work on cultivating blueberries. They teamed up and with the help of local woodsmen found some plants in the area.

Picking those that represented the best strains of wild blueberries with the most ideal characteristics, they crossbred them. In 1916, they produced the first crop of domesticated blueberries. High bush plants produce the largest, juiciest blueberries but low bush berries can be very flavorful and juicy as well.

Native Americans ate blueberries and they were very aware of their healthy properties. They called them “starberries” because the blossom end of each berry looks like a five-pointed star. They believed that The Great Spirit had sent them to feed their children in a time of famine. Native Americans used the leaves of the bush as medicine. When the Pilgrims came, they were introduced to blueberries and taught how to dry them to be used as a spice in food and to help preserve meat.

Modern medical blueberry enthusiasts tell us that every blueberry is a powerhouse, jam-packed with nutrients and disease-fighting antioxidants. Like cranberries, blueberries protect people against urinary tract infections.

Front row from left, Douglass College Dean Jacquelyn Litt, Douglass alumnae in Rossmoor are Gladys Christ, Doris Herron, Betty Anne Clayton, and Roberta Ambler. Standing, from left, are Ayla Bukhari, Barbara Beacham, Nancy Pullam, Annette Sowa, Judith Storza, Diedre Thomson, Connie Burke, Terre Martin, and Ille Meadows. Not pictured: Marie Bills.
Eight hundred years of Robin Hood

By Carol De Haan

Robin Hood, the outlaw hero of English folklore, is celebrated on July 21. All through medieval Europe, summertime was for merry-making at the outdoor festivities of the common people. Robin Hood was one of their reasons for rejoicing.

He was first mentioned in the May Day festivities in France in 1230. By 1370, we find him in the English poem Piers Plowman, where he was described as a rebel, another arrow in his quiver. From that point forward, the legend expands. Sometimes he is depicted as a nobleman, a crusader who came home to find his ancestral lands confiscated by his nemesis, the Sheriff of Nottingham. Other times, he is a yeoman, a hard-working small landholder, who stole from the rich and gave to the poor and was therefore driven into the forest by the evil sheriff. That sheriff, incidentally, supported the unpopular King John, who tried to usurp the throne from his brother and rightful ruler, Richard the Lionhearted, who had been captured and imprisoned in the Crusades. Robin, of course, supported King Richard.

There is no real proof that Robin Hood ever existed, but his legend – perhaps a composite story -- grew for centuries and is alive even today.

Over the years, the legend was embellished with new characters. Robin's Merry Men were his friends and supporters in Sherwood Forest, where they conducted their clandestine affairs and hid from the Sheriff and his deputies.

The unconventional Friar Tuck, one of Robin's first companions, is said to have been tossed out of his abbey for disrespecting authority, a trait that was expanded upon when he later tossed Robin into a river. The Friar was seen as hot-tempered but otherwise jovial, plump, and exceedingly fond of food, wine, and ale. Like the other Merry Men, he showed much sympathy for beleaguered villagers.

Little John came in as Robin’s first lieutenant. Some authorities say his birth name was John West, but because of his enormous size, Robin reversed it for a touch of irony. Little John was chaplain of the churchyard in the English town of Hathersage, Derbyshire, an ancient graveyard where trees bear an inscription claiming to be the grave of Little John. An exca- vation in more modern times indicates that a seven-foot tall man had indeed been interred there. So if there was a real Little John, can we assume there was also a real Robin Hood? Did Marian entered as love interest for Robin Hood. Pursued by other men, she was true to Robin. They were said to have been married by King Richard, who was finally reconciled and came back in England.

Eight hundred years of Robin Hood

Blueberry season extends through medieval Europe, making at the outdoor festivities of the common people. Robin Hood was one of their reasons for rejoicing.

Blueberries are believed to have been around long enough to re- member the operating sys- tems before Windows (maybe not too fondly). Most home computers used CP/M (Control Program/Monitor) in the early 1970s, mainframes used Unix (Linux, based on Unix still being around today) and, in the late 1970s DOS (Disk Operating Sys- tem), which initially used commands based on CP/M. DOS was a command line system that did not have a good graphical interface until Windows 3.0 hit the streets. It was still DOS underneath and, today, some DOS commands still work, even in Windows 10.

Anyone who uses the computer lab will see an icon - "down" that does not work. You can always install freeDOS, an open source version of DOS, and relive those early days. You can get Linux to look like Windows, Mac, or something unique.

There are many other operating systems? Yes. Anyone who has a smart phone that is not an iPhone is using An- droid as its operating system. BlackBerry used to have its own system but is now also using Android. Chrome books use Chrome OS that is based on Linux (which is based on Unix – seems we come full circle). There is still controversy over who developed Chrome OS but the author of this article just doesn’t care.

As for any other operating systems? Yes. There are too many versions with too many different names for different inter- faces. Suffice to say you can get Linux to look like Windows, Mac, or something unique.

The Jersey Tenors Visit their YouTube: https://youtu.be/ElIY1y1fus

The Jersey Tenors are the newest Rock Operas Mash-up sensation that creates an explosive blend of the most iconic Opera classics alongside such Rock 'n Roll industry greats as Queen, Journey, Elton John and Billy Joel to name a few. But we are also "Jersey proud" and so we will not forget where we came from as we perform the best of our NJ brethren like Frankie Valli and The Four Seasons, Frank Sinatra, Bon Jovi, Bruce Springsteen, and The Gang and a true NJ gal, Whitney Houston.

SATURDAY, JULY 21, 2018 AT 8PM -$20
Call the WHOA Box Office for Ticket Information 609-385-0404 Extension 220 or 221.

By Steve Grey

Most of us have been around long enough to re- member the operating sys- tems before Windows (maybe not too fondly). Most home computers used CP/M (Control Program/Monitor) in the early 1970s, mainframes used Unix (Linux, based on Unix still being around today) and, in the late 1970s DOS (Disk Operating Sys- tem), which initially used commands based on CP/M. DOS was a command line system that did not have a good graphical interface until Windows 3.0 hit the streets. It was still DOS underneath and, today, some DOS commands still work, even in Windows 10.

Anyone who uses the computer lab will see an icon named "shut-down" that does not work. I wrote that small program using DOS. There were other operating systems such as DR-DOS, PICK and Xenix to name a couple. Obviously none of those companies are around long enough to remember.

The main operating sys- tems we have today are Win- dows (Vista, 7, 8, 8.1, and 10), Apple macOS (based on the Unix operating system) with varying names as the technology was improved: Cheetah, Puma, Jaguar, Panther, Tiger, Leopard, Snow Leopard, Lion, Mountain Lion, Maver- icks (guess they ran out of names), 10.7.5 Mountain, Siesta, High Sierra, and Mo- jave. The problem with names is that unless you are familiar with them you have no idea if Puma predated Panther or the other way around.

Windows can handle the numbering system made a little more sense except we don't know where Vista came from (but are glad it left) and whatever happened to Windows 9? We also have many versions of Linux, which I will not name. There are many more versions with too many different names for different inter- faces. Suffice to say you can get Linux to look like Windows, Mac, or something unique.

Are there any other oper- ating systems? Yes. Anyone who has a smart phone that is not an iPhone is using An- droid as its operating system. BlackBerry used to have its own system but is now also using Android. Chrome books use Chrome OS that is based on Linux (which is based on Unix – seems we come full circle). There is still controversy over who devel- oped Chrome OS but the author of this article just doesn’t care.

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Come, join the Thomson Zoo – part 2

By Dierdre Thomson

The first couple of years I was pastor at the Rossmoor Community Church, I com- munted from my home in Tennent, N.J. As I drove to the office in May and June of those years I was very careful on Hoffman Road. Approaching a certain curve, I knew that I needed to slow down because round the bend was a pond frequented by a pair of Canada geese nesting and raising their goslings. From the time the geese were little balls of fluff I watched them grow. Sometimes they were alongside the road, sometimes in the water. At times the road was too close for me to cross.

As I noted last month, my husband, Bud, and I decided to be among those brave souls who actually chose to have geese as pets. Naming the geese and learning a lot about geese. One thing we learned was that it is best to purchase goslings in nice weather. We didn’t. As a result, the goslings had to be kept inside until they were old enough to bear the cooling and moistening of the snow. We really wasn’t much fun walking to the swimming pool through goose-grease. What’s goose-grease you ask? See the following for Thomson’s definition: Goose-grease: a byproduct, compliments of geese, found in barnyards, etc., which necessitates the wearing of boots, and the careful placement of one foot in front of the other in order to avoid slipping or skidding. It did not take us long to fence off the area leading to the swimming pool through goose-grease. You might have noticed we enjoyed naming our pets. Naming the goslings was no exception. Of course, we had to name our most assertive female Samantha. Anyone who has seen the movie, “Friendly Persuasion” knows why. She was a true leader. Next was Elspeth, a frail lass. She survived only a year. Our three-year-old grand- daughter, Johanna, helped choose names for two of the goslings. She already had two Aunt Beths, but decided she should have a third. I made sense to her. She named the other gosse, Olivetta Oppen- beher, after a very, fat char- acter in her favorite book. Our Olivetta was also very fat. My husband chose the name Megan for the remain- ing gosling. She was a shy wisp of a girl, the gentlest of the lot. Since my husband was the first to feed the goslings, they decided he was their mama, and they would follow him one by one, single file, to the creek. It made quite a picture.

Our geese were Em- dens, white with orange beaks. They were a particu- larly aggressive, very aggressive, recognized by the large knobs on the up- per part of their beaks. A better name for them was watch-goose. We found, like Hannibal on his con- quests, that they definitely made good watch-goose. Anyone hearing their loud honks, similar to diesel truck horns, and seeing them in attack mode, heads low and thrust forward with wings flapping, would think twice about trespassing on our property. There was, however, one problem. With the exception of Bud, the geese thought the rest of us also were trespassers. If their eggs hadn’t made such tasty and light omelettes, they would have been long gone within a year or two. As it was we had geese for about 20 years. Our last gosse was third generation by the name of Twofer. Yes, our granddaughter named him.

I Forgot Day

By Bob Huber

With all the various activi- ties crammed into the month of July, you can be forgiven if you forgot “I Forgot Day.” This little-known day of remembrance falls on July 2, and is devoted to acknowl- edging the things we forgot to do over the past 12 months, not the big things, but all the little things.

Major slips of memory usu- ally come with their own re- minders. If you fail to make a car payment, a towing company will be more than happy to remove your vehicle to some obscure facility that will take you at least a week to find. Then they’ll charge you an obscene amount of money for towing it there.

If you forget to pay your light bill, the power company appears to take delight in shutting off your electricity, leaving you without air condi- tioning and melting the two quiches, they would have enjoyed the freedom of a large section of our back- yard; we were not. It really wasn’t much fun walking to the swimming pool through goose-grease.

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By Dierdre Thomson

The first couple of years I was pastor at the Rossmoor Community Church, I com- munted from my home in Tennent, N.J. As I drove to the office in May and June of those years I was very careful on Hoffman Road. Approaching a certain curve, I knew that I needed to slow down because round the bend was a pond frequented by a pair of Canada geese nesting and raising their goslings. From the time the geese were little balls of fluff I watched them grow. Sometimes they were alongside the road, sometimes in the water. At times the road was too close for me to cross.

As I noted last month, my husband, Bud, and I decided to be among those brave souls who actually chose to have geese as pets. Naming the geese and learning a lot about geese. One thing we learned was that it is best to purchase goslings in nice weather. We didn’t. As a result, the goslings had to be kept inside until they were old enough to bear the cooling and moistening of the snow. We really wasn’t much fun walking to the swimming pool through goose-grease. What’s goose-grease you ask? See the following for Thomson’s definition: Goose-grease: a byproduct, compliments of geese, found in barnyards, etc., which necessitates the wearing of boots, and the careful placement of one foot in front of the other in order to avoid slipping or skidding. It did not take us long to fence off the area leading to the swimming pool through goose-grease. You might have noticed we enjoyed naming our pets. Naming the goslings was no exception. Of course, we had to name our most assertive female Samantha. Anyone who has seen the movie, “Friendly Persuasion” knows why. She was a true leader. Next was Elspeth, a frail lass. She survived only a year. Our three-year-old grand- daughter, Johanna, helped choose names for two of the goslings. She already had two Aunt Beths, but decided she should have a third. I made sense to her. She named the other gosse, Olivetta Oppen- beher, after a very, fat char- acter in her favorite book. Our Olivetta was also very fat. My husband chose the name Megan for the remain- ing gosling. She was a shy wisp of a girl, the gentlest of the lot. Since my husband was the first to feed the goslings, they decided he was their mama, and they would follow him one by one, single file, to the creek. It made quite a picture.

Our geese were Emb- dens, white with orange beaks. They were a particu- larly aggressive, very aggressive, recognized by the large knobs on the up- per part of their beaks. A better name for them was watch-goose. We found, like Hannibal on his con- quests, that they definitely made good watch-goose. Anyone hearing their loud honks, similar to diesel truck horns, and seeing them in attack mode, heads low and thrust forward with wings flapping, would think twice about trespassing on our property. There was, however, one problem. With the exception of Bud, the geese thought the rest of us also were trespassers. If their eggs hadn’t made such tasty and light omelettes, they would have been long gone within a year or two. As it was we had geese for about 20 years. Our last gosse was third generation by the name of Twofer. Yes, our granddaughter named him.

I Forgot Day

By Bob Huber

With all the various activi- ties crammed into the month of July, you can be forgiven if you forgot “I Forgot Day.” This little-known day of remembrance falls on July 2, and is devoted to acknowl- edging the things we forgot to do over the past 12 months, not the big things, but all the little things.

Major slips of memory usu-ally come with their own re- minders. If you fail to make a car payment, a towing company will be more than happy to remove your vehicle to some obscure facility that will take you at least a week to find. Then they’ll charge you an obscene amount of money for towing it there.

If you forget to pay your light bill, the power company appears to take delight in shutting off your electricity, leaving you without air condi- tioning and melting the two quiches, they would have enjoyed the freedom of a large section of our back- yard; we were not. It really wasn’t much fun walking to the swimming pool through goose-grease.

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6

You put What on your lips? By Linda Bozowski

Is there some special reason we can’t be satisfied with the way we look au naturel? We spend money on designer clothing, wear Hilfiger advertisements on our shirts, get very chic with Christian Louboutin shoes with red soles underfoot, and sport trendy fragrances named after movie stars and TV personalities. Is there something wrong with the colors of our eyelids or our lips, that we may choose to wear blush ingredients, eye-shadow ingredients, or wax or lanolin-enriched paints on our lips? Camouflage was once needed for protection from wild animals. People decorated their bodies to honor their spiritual icons. Young people eagerly adorn themselves with various makeup products to make themselves more attractive to those of the opposite sex.

One of the most basic adorments is lipstick, a product used over all the world since its natural ingredients are readily available: fruit and plant juices. In early Mesopotamia, precious ingredients went ground into dust that was used to powder the lips of wealthy women. Egyptians, men and women alike, used lip products made from various substances, including poisonous ingredients. The carmine color that became popular was extracted from the bodies of insects, a method that is still used today in some cultures but is not permitted in the U.S. Although Greek and Roman actors used lip products, the growth of Christianity decreased its use, since the Catholic Church regarded red lipstick as a sign of the worship of Satan. During the 16th century, thanks to the fashion sense of Queen Elizabeth, lipstick rose once again in popularity. Lipstick later fell into disuse among many and became a favored product of prostitutes and other lower class women. The industrial revolution of the 19th century saw lipstick regain its place in popular fashion since manufactur- ing had become easier and the product was less expensive and more readily available. The invention of the swivel-up tube in 1923, a broad array of shades and

609-451-1951

By Linda Bozowski

Many people suffer from an annoying and sometimes painful nervous system disorder called restless leg syndrome. While not a serious medical issue, the symptoms occur most frequently at night or while the sufferer is at rest, and might cause itchiness or prickling sensations. About 10% of the U.S. population experiences these symptoms, and while both sexes may be affected, the symptoms occur most frequently in women.

There is no one cause of these symptoms, nor is the disorder age-related, since even children may have the symptoms. It has been noted that some patients with such chronic diseases as rheumatoid arthritis and inson’s disease often have RLS symptoms. Some medications including antihistamines and cold and allergy medicines may worsen the symptoms, although there is no hard and fast correlation between the

medicines and the symptoms. And some pregnancy patients experience the symptoms more frequently in the third trimester of pregnancy but cease hav- ing problems following de- livery. Patients who use alcohol or who suffer sleep deprivation may also have symptoms of this disorder.

Unfortunately, there is no cure for RLS, but several suggestions which may help minimize the symp- toms include implementing a routinized sleep pattern, regulating room tempera- ture, massage of the leg or arms, and using foot warmers. It was reported that increased stress may worsen the symptoms, although there is no hard and fast correlation between the

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Restless leg syndrome – a sleep disorder

By Linda Bozowski

Though there is no hard and fast correlation between the

100 Old Nassau Dr, Monroe, NJ 08831
Also at: 241 Forsgate Dr 107, Jamesburg, NJ 08831
ampdoctors@gmail.com

The Rossmoor NEWS

2018

Email your news to: news@rcainj.com
Rosalind Franklin: DNA pioneer

By Jean Houvener

Rosalind Franklin was born on July 25, 1920, to prominent British Jewish family in London. Her father had wanted to become a scientist, but World War I interrupted his education. He became a merchant banker, as well as a teacher of science and history at the Working Men's College in the evenings. Her family was active in various social issues, including support of women's suffrage. Her parents helped resettle refugees from Nazi Germany, including children from the Kindertransport, one of whom lived with the family throughout World War II. Franklin was obviously extremely intelligent, and her interest in science was apparent at a young age. Her parents sent her to St. Paul's Girls' School, one of the few at the time willing to teach science to girls. Her abilities were so obvious that she was admitted to Newnham College, University of Cambridge, where she earned her bachelor's degree in 1941. Awarded a research fellowship at the University of Cambridge physical chemistry lab, she began her Ph.D. studies. As all adults were drawn into the war effort, she shifted her research to the British Coal Utilisation Research Association (BCURA), where her research associate, where director John Randall asked her to concentrate particularly on the structure of DNA fibers using her X-ray crystallography knowledge. Maurice Wilkins and student John Gosling were already exploring the details of DNA. Randall wanted Franklin to take over the X-ray crystallography portion of the work and assigned Gosling to work with Franklin instead of Wilkins. This caused friction with Wilkins, who was not informed by Randall of this shift in advance. While the two managed to proceed independently, the work situation was not a happy one. Franklin worked with Gosling to take more and more refined pictures of DNA, eventually determining that there were two forms of DNA - one dry, short and fat (A-DNA), and the other wet (high humidity), long and thin (B-DNA). Wilkins concentrated on the B-DNA, while Franklin worked on the A-DNA. Early on consensus was that the B form was helical. Franklin had conflicting images of the A form, and resisted publishing that it was helical. Ultimately, she and Gosling obtained images showing the B form as the one DNA structure, which was not sent for publishing until much later. Crick and Watson published their own manuscript on the double helix model of DNA in Nature on April 25, 1953, giving a light recognition to the work of Franklin and Wilkins. Franklin had finished her work on DNA by then and shifted her fellowship to work at Birbeck College, where she was much happier. There she worked extensively analyzing the structure of Tobacco Mosaic Virus, including its RNA. She explored other virus structures, including initiating a project with the U.S. researching the virus.
Shakespeare’s name in the Bible? Impossible!

By Carol De Haan

Yup. It’s true. Go see for yourself.

Just get a copy of the au-

thorized (King James) ver-

sion of the Bible. Find Psalm

46. Count 46 words from the

end and you will read “spear.”

Just a coincidence, you say? Then how to explain Shakespeare turned 46, Hmm.

This kind of word puzzle is called a cryptogram. Elizabe-

thans loved cryptograms.

But, is it a stretch to think

that the leading intellectuals of

that era might bend their

translation of the Bible to honor a mere nobody, a playwright from the wrong

side of the river?

Earlier translations

As early as Medieval
times, attempts had been
made to render bits and
pieces of the Bible into Eng-

lish.

More pieces of the Bible into Eng-

lish. The popularity of his
translation of the Bible into

England. The Great Bible, which was
distributed at the U.S. Depart-

ment of Agriculture, was

composed of individuals who had no unified

voice. However, between

1867 and 1896, a social

movement was birthed and
grew to give these hard-

working folk a political

voice. The national organiza-

tion was called the Order of

the Patrons of Husbandry.

The Grange was the name
of the local chapters of this

organization that was sup-

ported by a supervisory body

that was known to royalty, and

occasionally hobnobbed with

nobility. In his personal life, he socialized with the upper

social strata. As the organiza-

tion grew, it took on new ini-

tiatives, including sale of

farm equipment, establish-

ment of insurance compa-

nies, and creation of stores

for farmer members. He also

acquired and sold his estate,

other than supporting grange

activities, he became more aware of the lack

of information and support

available to farmers. Al-

though he was generally dis-

liked because he was a Northerner interacting with

farmers in the South, he

helped establish the organi-

zation that would give educa-

tion about better farming

methods and provide insur-

ance and other types of aid
to farmer members. He also

pioneered the concept of equal status and pay for men

and women.

During the early years, the organization grew to a mem-

bership of 1.5 million per-

sons.

What is The Grange? A milestone

in the farmers’ movement

(Continued on page 9)
The Grange

(Continued from page 8)

get the crops to the markets.

In 1974, after years of bat-
tle with the railroads and the government, the organization was mired and was
stricted to farmers. In 1975, the National Grange lost con-
trol of the state Granges, and by 1976 it had lost its political
influence.

The National Farmers Alli-
ance and Industrial Union
was established in 1889 as
another secret organization
largely confined to the South.

The formation of the National
Farmers Alliance in 1880
was a non-secret group,
and it was largely confined to
farmers. In 1882, the National
Farmers Alliance and Cooperative Union,
formed in 1888, merged with
the Southern Alliance in
1980 and was the second
largest organization. These
organizations, individually
and collectively, were able to
promote and effect many
changes in the way business
was managed in our country.

Banking, labor laws, insur-
ance regulations and many
other topics were fodder for
these groups, whose inten-
tion was to create benefit for
workers and property own-
ers.

Although the primary inter-
est of the Granges was the
betterment of conditions for
farmers, they were also so-
cial institutions – meeting
houses for dinner parties
and other social events. In many towns, the
Grange owned a building
where meetings and other
events were held. There is a
Grange Hall in Dayton, Ohio,
that is still used for social
events.

The reestablishment of
Granges in California has
morphed into a conflict with
the reestablished National
Grange, since many of the
local Granges have not paid
national dues in several
years. The National Grange
has stated that these local
organizations may not call
themselves Granges since
they are not compliant with
the organization’s bylaws.

Court battles will continue
until a resolution is reached.

Rosalind Franklin

(Continued from page 7)

The Grange

(Continued from page 8)

polio virus. Unfortunately, in
1956, she received a diagno-
sis of ovarian cancer. She
tried various treatments, in-
cluding three surgeries and
chemotherapy, which pro-
longed her life and resulted at
some point in remission, but
ultimately the cancer killed her,
and she died April 16, 1958,
only 37 years old. She contin-
ed to work at Birkbeck
College for several years, her
role has been rec-
ognized more broadly. Her
work on viruses at Birkbeck
College was managed in our country.

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

What you should demand from your dentist:

1. I SHOULD LISTEN TO YOU —
When you first meet the Doctor, it's a good
sign if you get to do most of the talking.
After all, who knows you better than... you!
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JULY 2018

Bob’s Almanac
By Bob Huber

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(Continued on page 11)
tax deductions

(Continued from page 1)

and it affected many individu-
als. In the 1990s, Congress hiked the AMT tax rate, stiff-
ening its cost. Under the AMT, the standard deduction and deductions for state and local income taxes are lost. With the new law, your ex-
emption - the amount you can subtract from your AMT liability - is much larger. Pre-
viously, $54,300 was exempt for a single-filer and $84,500 for a married couple filing jointly. Respectively, the ex-
ceptions increased by al-
most a third, to $70,300 and $109,400.

Child tax credit. This actually is not a deduction again for your income. It's a credit on your tax bill. A credit reduces your tax bill dollar for dollar. The credit for children age 17 was raised to $2,000 from $1,000.

RESTRICTED DEDUCTIONS

State and local taxes. Lawmakers also added a $10,000 cap per return on deductions for state and local taxes (SALT). Till now, the amount you could de-
duct for SALT levies was unlimited. If you live in a place with high state and local taxes and home prices, you're hit hard. If you earn more than $100,000 in adjusted gross income and live in Califor-
nia, Connecticut, Maryland, New Jersey, New York or Oregon, you're very likely to see a material hike in your annual federal tax liability for at least the next decade.

Mortgage interest. You can continue to deduct this interest for first and second homes. The change: For mortgages dated after Dec. 14, 2017, only the interest on the first $750,000 of debt is deductible. Before that, the $1 million ceiling still ap-
plies. In places where home prices are, thus, mortgages, are low, that is not as much of a concern. In high-price locales, it's much bigger.

Home equity interest. You no longer can deduct interest paid on home equity loans. The change: If you improve the dwelling. Many people use such loans, which are secured by their own homes, to pay for college tui-

tion or new cars. If a home has more than $750,000 of debt, the amount over that limit can't be deducted.

EXEMPTIONS

(Continued from page 1)

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10

JULY 2018

The Rossmoor NEWS
Finding a solution to all that garlic

When I reached into the wire basket for a garlic head, I again questioned why I had purchased a whole bag of garlic. Now I understand I do like garlic and I’ve supposed to be good for you, but why on earth did I think I could use so many heads of garlic before they started sprouting and rotting? I still don’t know except there must not have been any loose garlic in that grocery store.

I think apart two heads of garlic to plant the cloves in our sites—at our age, I hate to use the word plots—in the Monroe Township Community Garden down on Applegarth Road. Almost immediately, we had green sprouts appear between the lettuce and other vegetable plants.

Somewhere I read that garlic would discourage bunnies and other varmints from munching on plants in the garden. That seemed to work years ago at my home in Bernardville so maybe garlic would also work in this town. At least I was able to use two heads of garlic and I’ll have the tops for garlic chives.

Then one day I remembered a recipe that Roy, one of my Italian friends, had given me. This garlic soup is super for the fall but actually it’s good any time of the year. I made it for one of those chilly, rainy days we had back in May. This is also a way to get rid of that stale bread you’ve hesitated to throw out.

New Neighbors

Christina Smith
Resident Services Manager
James Towns, 10N Sussex Way, formerly of East Brunswick, N.J.
Vita and Mauro Guida, 138B Old Nassau Road, formerly of Monroe Twp., N.J.
Ronald and Maureen Johnson, 2688 Middlebury Lane, formerly of East Brunswick, N.J.
Arthur and Carol Erickson, 475B Rockport Way, formerly of Nazareth, Pa.
Patsy Patrisi, 358A Northfield Lane, formerly of Pompton Plains, N.J.
Loretta Moses, 289C Sharon Way, formerly of Leonia, N.J。
Athanase Pentogenis, 481N Winansville Road, formerly of East Brunswick, N.J.

Almanac

(Continued from page 9)

Though Independence Day tops the list of July celebrations, July is also host to many other observances:

- Medicare went into effect in 1966;
- President Lyndon B. Johnson signed the Civil Rights Act into law in 1964;
- the bikini bathing suit made its debut in Paris, France, in 1946;
- Roman Emperor Julius Caesar was born in 100 B.C.; the first atomic bomb was detonated in New Mexico in 1945; and, on a happier note: the first Disneyland opened in Anaheim, California, in 1955;
- Space buffs may recall that on July 20, 1969, Neil Armstrong first set foot on the moon;
- on that same date in 1976, America’s Viking 1 robot spacecraft made the first landing on Mars.

Of special note to picnickers: July is National Grilling Month, National Ice Cream Month, National Horse Radish Month, and National Hot Dog Month, (sadly, there appears to be no month devoted to mustard).

One cautionary note: July 15 is Saint Swithin’s Day. Saint Swithin was a ninth century Saxon Bishop who, it was said, could control the weather. In English folklore it is believed that if it rains on Saint Swithin’s Day, it will rain for 40 days and 40 nights. Since we’re not English, there’s probably nothing to worry about, but just to be on the safe side, it wouldn’t hurt to have an umbrella handy on July 15.

Garlic Soup

2 tablespoons olive oil
2 cups stale Italian bread pieces
6 garlic cloves, chopped
2 cups chicken broth
1 cup water
salt and pepper to taste

Heat the olive oil in a large sauce pan. Add bread and sauté. Do not allow to burn. Add chopped garlic and cook briefly. Again, do not allow garlic or bread to burn. Add liquid and simmer for about an hour, covered.

Taste and season with salt and pepper.

Soup should look like mush. Add more chicken broth if you feel the soup is too thick. After putting soup into bowls, garnish with grated Parmesan cheese and fresh parsley or garlic chives if you wish.

Serve with a “stand up” red wine and a green salad.

NOTE: Remember to use really stale bread and chop, do not mince, the garlic. I used leftover baguette slices we had for different hors d’oeuvres. You’ll want seconds of this wonderful soup.

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

Because stories can transform lives (or, in this case, at least your afternoon)

By Diane England

Sure, we may not be literary icons. Nonetheless, you should experience an invigorating and memory-evoking couple of hours when you join us for the “Writers’ Group Coffeehouse and Open Mic Afternoon” on Sunday, July 22, at 2 p.m. in the Gallery. By the way, if you’re a product of the 1950s or 1960s, you may be thinking this is a misnomer. After all, you likely associate coffee houses with folk musicians strumming their guitars and singing protest songs. In truth, in the coffee houses of old, men (indeed, women were not welcome) of different social classes and professions would come together and catch up on the latest news and gossip. Furthermore, business enterprises grew out of this coffeehouse culture. In fact, did you know that the New York Stock Exchange started in the Tontine Coffeehouse on Manhattan’s Wall Street?

But let’s return to those coffee houses of your youth. They had an intimate atmosphere, didn’t they? Of course, if you’re a closet writer, go ahead and print out that piece that has been languishing on your hard drive, and then come and join us. Remember, the coffee houses of your youth were also about giving new artists a chance to hone their performance skills and to try out new material in an intimate environment. Therefore, in this spirit, we encourage you to participate in our open mic part of the program. That said, even if you’re not ready to stand there proudly and share what you’ve written, at least you’ll meet some kindred spirits. And, quite frankly, wouldn’t that be a good thing?

Because stories can transform lives (or, in this case, at least your afternoon)
Rossmoor Clubhouse News  
July 2018

“TAKE ME OUT TO THE BALLGAME”

CITIZENS BANK PARK
Monday, September 17
Departs 4:30pm
$72pp includes game, meal voucher & bus
ON SALE AUGUST 8

NEW YORK METS vs. PHILADELPHIA PHILLIES

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Open daily, 8am - 10pm
E&R Office
Open Monday - Friday, 8:30am - 5pm
E&R Office Closed daily from
12 noon-1pm
609-655-3232
Melissa Vaccariello: Clubhouse Manager
Sue Ortiz: Office Coordinator
Sebrena Jinks: Office Assistant
Jessica Roberts: E&R Foreman

ON SALE THIS MONTH

EVENTS
CONCERT ON THE MEETING HOUSE LAWN
Tuesday, July 24, 6:30pm, Meeting House Lawn
Music by: Julian & Dominique...Bring a Chair!
No Charge

MOVIE IN THE PARKING LOT
Thursday, August 23, 6:30pm, Clubhouse Lot
Movie to be Announced...Bring a Chair!
No Charge

WINE & DESIGN PAINTING PARTY
Thursday, August 30, 6:30pm, Gallery, $15pp
On Sale Wednesday, August 8

EXCURSIONS
ATLANTIC CITY-TROPICANA CASINO
Thursday, July 12, $25pp
Departs Poolside at 9am
On sale now!

SANDS CASINO
Tuesday, August 14, $25pp
Departs Poolside at 9am
On sale July 13!

MEDIEVAL TIMES
Wednesday, August 15, $58pp
Sold Out...Wait List Available

ATTENTION RESIDENTS
All transactions of $10 & over must be paid by check or credit card as of September 4

Lead My Way
A Global Perspective of Domestic Violence
30 Minute Documentary with Q&A Session
Tuesday, July 31
6:15pm sharp... Ballroom...No Charge
Film Producer: Ritu Chopra
Light Refreshments
ALL WELCOME

FRIDAY NIGHT POOL PARTIES
Friday, July 13
7pm...Pool...$10pp
Call-in on Thursday, July 5 at 12:15pm (609-655-3232)
Payment MUST be received by Monday, July 9

Friday, July 27
7pm...Pool...$10pp
Call-in on Thursday, July 19 at 12:15pm
Payment MUST be received by Monday, July 23
BRING YOUR OWN REFRESHMENTS...ICE PROVIDED
NO GLASS PERMITTED IN POOL AREA

River Lady...Historical Lunch Cruise
Sails from Toms River, NJ
Thursday, September 6
Bus Departs Poolside 9:30am
$62pp includes luncheon cruise, bus & driver gratuity
On Sale July 6
GET MOVING!

*Note Room/Time Change for July

**BALLROOM DANCE LESSONS**
Thursdays, 6:30pm, Ballroom*, $48p for eight week session. $7p for drop-ins. Pay the Instructor directly.

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

**DOWNSIZING** - Weight Loss Support Group
Wednesday, 9:30am, Ballroom or Craft
Call the Clubhouse for information.

**FITNESS CENTER ORIENTATION**
New dates to be announced.
Sign-up in the Clubhouse. Space limited.

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

**OPEN EXERCISE DVD**
Monday, Thursday, 9:30am, Gallery*
Saturday, 9:30am, Maple
Exercise at your own pace. No Instructor. DVDs are selected from our current collection. No charge or sign-up required.

**WALKING GROUP (Weather Permitting)**
Mondays, 9am, Front of Clubhouse
Walk the mile or the 2.5 mile loop around Old Nassau. Bring water and wear comfortable shoes.

**YOGA**
Wednesday, 9:30am, MH Parlor*
Resident instructor conducts the class. No charge. Bring floor mat. SPACE LIMITED.

AQUA AEROBICS
Tuesday...10am
Wednesday...6:30pm
Thursday...10am

**KIDS DAY AT ROSSMOOR**
Monday, August 13
Ages 7-12
9-11am...Driving/ Putting On the Golf Course
Ages 4-16
11am...Hot Dogs & Chips at the Pro-Shop
11:30am...Free Pool Time
2:30pm...Movie followed by Dessert
RSVP by August 6
609-655-3232

**CARDS & GAMES**

*MPR Wing Closed/Use Card Room 2nd Floor

**BANANAGRAMS**
Mondays & Thursdays, 2pm, Game Room
Fast paced crossword style word game to keep you on your toes. Contact Dolores Wardrop.

**BRIDGE**
Contact Clubhouse

**CANASTA & MAHJONG**
Contact Clubhouse

**MAY I**
Contact Sophie Panta

**MENS POKER**
Contact Alan Lasky

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

**PINGPOLE**
Please call the Clubhouse if interested in playing Ping-Pong.

**POKER**
Mondays and Fridays. Contact Dolores Grief.

**POOL ROOM**
The Pool Room is open 7days, 8am-10pm (Closed for cleaning Wednesdays 8am-11am.)
**MOVIE CORNER**

"GIFTED"
Rated PG-13
98 Minutes
No Charge

Tues., July 10 1:30pm & 7pm Ballroom
Sun., July 15 1:30pm Gallery

TUESDAY MYSTERY MOVIES
July 3, 17 & 24 at 1:30pm
Movies Subject to Change

**COMING ATTRACTIONS**

Details To Be Announced...

WWII...LETTERS FROM SOLDIERS
w/MAGGIE WORSDALE
Tuesday, September 11

COMEDY SHOW w/JEFF & RENEE
Friday, September 21

CAPE MAY MANSION TOUR
Tuesday, October 9

NYC HOLIDAY LIGHTS TOUR
Thursday, December 6

**LIBRARY ON LOCATION**

"HEARTBREAK HILL"
Chronicle of one year in the lives of two talented kids who must
figure out not only how to become young adults, but what it
means to be Native & modern.

Wednesday, July 18
1PM...Gallery...No Charge

"TRIBAL JUSTICE"
Spotlights on tribal courts that incorporate indigenous customs
and beliefs into their justice systems.

Thursday, July 26
1PM...Ballroom...No Charge

"DO NOT RESIST"
A vital and influential exploration of the rapid militarization of
the police in the United States.

Tuesday, July 31
1PM...Gallery...No Charge

Program is in collaboration w/ Monroe Twp. Library & PBS

**FYI**

- RCAI Offices Closed on Wednesday, July 4 in observance of Independence Day.
- COMCAST Q&A... August Date to be Announced.
- CONTACT THE CLUBHOUSE for information regarding events and trips.
- EVENT REMINDERS: Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per member can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- TRIP REMINDERS: Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident MUST be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- CLUB PRESIDENTS & GROUP REPRESENTATIVES: Channel 26 announcements and room set ups MUST be hand in on the official forms. Forms can be found on the website or in the Clubhouse.
- ROSSMOOR CLUBHOUSE NJ is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- RCAI NJ.COM is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- EVENTS & TRIPS are subject to change.

**WELCOME NEW CLUBHOUSE MANAGER**

**MELISSA VACCARIELLO**

STOP BY TO SAY HELLO!

**SMILE...YOU ARE ON CANDID CAMERA!**
# JULY 2018

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**INDEPENDENT CLUBS**

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<th>Chorus</th>
<th>Wed</th>
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<td>Dance Club</td>
<td>Last Sat</td>
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<td>4th Wed</td>
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<td>Torah Study</td>
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<td>Women’s Guild</td>
<td>3rd Thurs</td>
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**MEETING HOUSE SERVICES**

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<td>2nd &amp; 4th Fri</td>
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<tr>
<td>Community Church &amp; Communion</td>
<td>1st Sun</td>
<td>11 am</td>
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<tr>
<td>Community Church Worship</td>
<td>2nd &amp; 4th Sun</td>
<td>11 am</td>
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<tr>
<td>Community Church &amp; Fellowship</td>
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**ROOM KEY**

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<td>GR</td>
<td>Game</td>
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This month in pictures
Photos by Joe Conti and Walter Gryskiewicz

Veterans from the Menlo Park Veterans Home came to play golf at Rossmoor
(Photo by Doug Martin)

Rossmoor residents gathered outside the bus before their trip to the Finger Lakes.
(Photo by Steve Gray)

Rossmoor vets at the Honor the Military Ceremony at the high school on May 18

Rossmoor WWII vets were honored at the high school on April 20. From left are Paul Sinnicke, Bob Shine, Henry Cox, Harold Gorman and Joe Schifando.

Denny, Dan and Trudy at the Honor and Remember Barbecue. Trudy, our WWII Vet, was honored at the High School on “Honor the Military Day.”

The Rossmoor veterans at the Interfaith Memorial Day Service

Sing Along with Alyce Owens and Janet Wilson leading a song.

Jim Wilson, too, leads a song.
**Rossmoor Dance Club**

**July 30 Dance**

| Name: ________________________ |
| Phone: ________________________ |
| Address: ______________________ |

**Reservation Deadline:** July 20

**Paid-up Member(s):** @$ 8 = $__________

**Non-member(s):** @ $10 = $__________

2018 dues

$7.50 pp; $15 per couple = $__________

Total $__________

Please send check made out to the Rossmoor Dance Club to:

Armen DeVivo at 449B Roxbury Lane. 609-655-2175

or leave in an envelope in the Dance Club folder in the E & R Office.

---

By Judy Perkus

Dance the night away to the music of Bobby Picone on Saturday, July 28, at 7 p.m. in the Clubhouse Ballroom. The Dance Club invites all Rossmoorites, singles as well as couples, to their July dance. Refreshments include coffee, tea, soda, and cake (sugar-free available).

Please leave your check made out to the Rossmoor Dance Club in an envelope in the Dance Club folder in the E & R Office or mail it to Armen DeVivo at 449B Roxbury Lane. The cost is $8 a person for paid-up members and $10 a person for non-members. Annual Membership is $7.50 per person, $15 per couple.

Call Armen at 655-2175 for more information.

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SAVE THE DATE: Saturday, Sept. 29 is the date of our 34th Annual Anniversary Dinner Dance. More details to follow.

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By Diane England

Rossmoor, each year you help the Women’s Guild experience a successful bazaar on the first Saturday of November, and then, you see the payoff from your hard work the following June when we present scholarships to a small group of college-bound Monroe Township High School seniors.

Because of your efforts last November, at our annual scholarship luncheon on June 7, we presented four students with checks for $1,500 (increased from $1,000 given in previous years). If you attended the luncheon, you know that one additional scholarship was given. It was made possible by a donation from the New Jersey Club, after they disbanded this year. (Next year the Ballroom will supplement the remaining money from the New Jersey Club donation and will offer one extra scholarship as well.)

Before I introduce you to this year’s recipients, let me say something about the selection process. The Guild’s Board of Directors selects the high school with some criteria to guide their selection of scholarship recipients. Beyond that, though, we have no involvement in the selection process. Thus, when Vice President and Programs Director Linda Klink and I attended the luncheon in late May, we had no idea who these young people would be until Linda opened the manila envelope she’d been handed upon our arrival to this event.

Soon, we were practically bouncing up and down in our seats. After all, we saw that one of the names was Angelica Cuddy. Angelica is the granddaughter of one of our Board members. In fact, if you attend our monthly meetings regularly, you know that Josie Cuddy and Pat Martin ensure you’re able to savor wonderful refreshments at each meeting.

Wendie, women’s guild scholarship winners, from left, Michelle Lau, Mikaleigh Molchan, Angelica Cuddy, Amanda Skuratov, and Aviana Wills

Women’s Guild Scholarship winners, from left, Michelle Lau, Mikaleigh Molchan, Angelica Cuddy, Amanda Skuratov, and Aviana Wills.

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Do You Want to Lower Your Electric Bill?

Take $250 off your installation of a new Bryant high efficiency heating and cooling system!

Call today for more information!

609-400-3710

Expires 7/31/2018

(Continued on page 15)
By Sue Archambault

Those who attended our June Players meeting on Monday, June 25, enjoyed watching the DVD of the second act of the popular "This and That" production. Performances will take place on Thursday, July 19, and Friday, July 20, at 7 p.m. Both performances will be presented in the Meeting House. Members of the Players will entertain the audience with a variety of musical renditions that include solos, duets, and group numbers. There will be vocal as well as instrumental performances. In addition, various comedic skits and acts will certainly keep the audience highly amused.

By Joan Avery

The trip that President Dan Jolly arranged to Lancaster, Pa. to go to the Dutch Apple Theater on June 9 was a trip down memory lane. The show was fabulous. Everyone can remember back in the day when we all loved the music from the Rydell High School students. So the music from the Rydell Theater on June 9 was a trip down memory lane. The trip will end with refreshments for all attendees.

By Penny North

You might have heard that the Rental Library will close sometime this summer. Despite the valiant efforts of the library board and the volunteers, we no longer have enough active members to continue to operate. You still have time, however, to check out our collection and to read a couple of the latest mysteries and thrillers. You might also be interested in looking over our collection of gently used, large print books, along with our shelves of fairly recent best sellers, all on sale for $1 each.

By John N. Craven

The Republican Club held a membership meeting on June 19 in the Gallery. President Ron Haas welcomed the members and updated the group on local Republican activities and the results of the recent primary election.

The schedule of the Republican Club meetings for 2018 was announced. Meeting dates are Tuesday Sept. 25 and Tuesday, Nov. 13. Meetings will begin at 1:30 p.m.

The Republican Club en-dorses local candidates and local candidates running for office in local, state and federal elections.

You are cordially invited to become a member of the Republican Club to discuss issues, share your views, and make a positive contribution to the political process. Join us at the next meeting on Sept. 25 in the Gallery.

JULY 2018

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Italian American Club

By Tony Cardello

Summer is finally here and let’s hope it’s better than spring was so we can enjoy the pool and barbecues with family and friends.

Our first trip of the year will be on July 15 to Monmouth Racetrack at a cost of $50 per person. It includes bus, admission, program and buffet lunch at Doolan’s.

The next membership meeting will be held on Wednesday, July 18, at 7:30 p.m. in the Ballroom. Our membership keeps growing with every meeting so let’s keep up the good work.

Please note that Bingo will not be played on Friday but on Thursday, July 26, at 6:30 p.m. in the Ballroom.

The officers of the club extend their wishes for a safe and happy Fourth of July.

Don’t become a victim of consumer fraud

By Alec Aylat

If you’ve never heard Melanie Hazim talk about scam artists, how friendly they sound, of how all they want to do is show you how to save bundles of cash with the out really trying, or of how they can make even more popular with your friends and neighbors, then you won’t want to miss her revelations at the monthly meeting of Computer Club.

A job well done goes out to Tom Tucci and his staff; the course is in great shape.

We now participate with Horizon Blue Cross Blue Shield PPO.

DR. ELLIOTT LEHRER
Board Certified Pediatrician, Diplomate of the American Board of Pediatric Orthopedics and Primary Pediatric Medicine

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David L. Lester, Director, Lic. #3483
16 W. Church Street, Jamesburg, New Jersey 08841
732-521-0020
www.LesterMemorialHome.com

Rossmoor-Meadow Lakes, a croquet rivalry

By John N. Caven

It may not be Yankees-Red Sox, or Giants-Cowboys, but the croquet rivalry between Meadow Lakes and Rossmoor brings out the competitive nature in both communities.

This long-standing series had its 2018 face-off on June 26, with the Home Team "the Rossmoor Ramblers," edging its opponents in five games to take the day.

The next regular season match will be on July 7, is the club’s annual Kooky Kroquet and BBQ. Members will play several rounds of Kooky Golf and BBQ. When the last ball has been wacked through the last Wacky Wicket, a BBQ will be held for the members in the Haw-thorn Room and on the patio. 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!

SPORTS

Friday afternoon golf croquet

By Ted Servis, Rossmoor Golf

What’s going on at the Golf Course? Golf season is in full swing at the Golf Club and it’s been a great season so far despite the weather. A job well done goes out to Tom Tucci and his staff; the course is in great shape.

The ladies’ golf clinic will be on July 25, 9 a.m. to 12 noon. Betty Ann Clayton will be the instructor. A guaranteed way to trap potential scam dupes. Listen to one who knows. I should have heard Hazim three months ago.

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This long-standing series had its 2018 face-off on June 26, with the Home Team "the Rossmoor Ramblers," edging its opponents in five games to take the day.

The next regular season match will be on July 7, is the club’s annual Kooky Kroquet and BBQ. Members will play several rounds of Kooky Golf and BBQ. When the last ball has been wacked through the last Wacky Wicket, a BBQ will be held for the members in the Haw-thorn Room and on the patio. 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!

SPORTS

Friday afternoon golf croquet

By Ted Servis, Rossmoor Golf

What’s going on at the Golf Course? Golf season is in full swing at the Golf Club and it’s been a great season so far despite the weather. A job well done goes out to Tom Tucci and his staff; the course is in great shape.

The ladies’ golf clinic will be on July 25, 9 a.m. to 12 noon. Betty Ann Clayton will be the instructor. A guaranteed way to trap potential scam dupes. Listen to one who knows. I should have heard Hazim three months ago.

Don’t become a victim of consumer fraud

By Alec Aylat

If you’ve never heard Melanie Hazim talk about scam artists, how friendly they sound, of how all they want to do is show you how to save bundles of cash with the out really trying, or of how they can make even more popular with your friends and neighbors, then you won’t want to miss her revelations at the monthly meeting of Computer Club.

A job well done goes out to Tom Tucci and his staff; the course is in great shape.

We now participate with Horizon Blue Cross Blue Shield PPO.

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Rossmoor-Meadow Lakes, a croquet rivalry

By John N. Caven

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The ladies’ golf clinic will be on July 25, 9 to 10 a.m. Please call the Pro Shop to sign up.

The Pro Shop is fully stocked with merchandise for all your golfing needs, so please stop in and take a look. If there is something you’re looking for and we don’t have in stock, we’ll be happy to order it for you.

The Pro Shop hours are: Monday from 11 a.m. to 3:30 p.m. Tuesday through Sunday from 7a.m. to 5:30 p.m. All hours are subject to the weather.

If there is anything we can help you with, or any questions we can answer, please give us a call at 609-655-3182.

I wish everyone a healthy and happy Fourth of July.
9-Holers to sponsor golf stroke screening

By Terre Martin
The Ladies’ 9-Hole Golf league is partnering with Penn Medicine Princeton Health to bring Barbara Kutch, a certified strength and conditioning specialist to Rossmoor. Kutch is part of Princeton Medical Center’s Princeton Rehabilitation. She will discuss the components of a golf swing, how injuries occur and swing-specific exercises to promote strength, flexibility and balance. She also offers free screenings where she assesses golf movement using biofeedback technology to decrease risk of injury.

The lecture will be held on Wednesday, July 18, from 11 a.m. to noon in the Clubhouse. When people RSVP for the lecture, they may also register for a free screening following the lecture. There are only 20 slots available so it is first-come-first-served. People may put their names on a wait list for an additional screening date, Thursday, July 26, from 1 to 3 p.m. Whether you have been golfing for years or are just starting out, swinging a club can have a serious impact on your body. Learn ways to fix or compensate for physical problems that are affecting your game.

To register call Princeton Healthcare at 888-897-8979 no later than Friday, July 13. Remember that the number of screenings is limited, so reserve your spot when you register for the lecture.

Almost identical drives on #10 by Joan Lundy and Terre Martin

By Terre Martin
This season’s tournaments have had a variety of winners. 5/1: “Scramble”: Mau reen Daney, Joan Lundy, Alyce Owens, and Mary Shine. 5/8: “Ironing Day” (Players could only use their irons and a putter on each hole): A Flight—Joan Lundy, B Flight-Tori Meisel- bach. “Low Gross” (Straight forward golf): A Flight-Terre Martin, B Flight- Kathy Mis ner. “Blind Holes” (Regular golf with scores from two holes being tossed out): A Flight-Joan Lundy, B Flight- Joyce Cassidy. 5/29: “Pink Ball Day”: (Each player in the foursome takes a turn playing with the pink ball. The total pink ball score counts for the team): Joan Lundy, Terre Martin, Soonja Nam, and Alyce Owens.

Remember to register for the Golf Stroke Screening and lecture on Wednesday, July 18 from 11 a.m. to noon in the Clubhouse. If you are not among the first 20 people to request a personal screening, there will be a “wait list”
Will you help make this another great school supply drive?

By Diane Englard

Last year I told you about an attorney and senior editor for Forbes who wasn’t always so affluent. Hence, she was able to write honestly about the humiliation she experienced at school because she came from a poor family. However, she’d also suggested that people like us have the ability to save some of today’s poor children from such humiliation. How do we do this? Well, by doing so many of you elected to do last summer when we sent out a similar call as we’re doing now. Of course, I’m talking about residents donating school supplies.

Your donation does more than save such children from humiliation—although this is certainly important. These donations might mean some children will have the basic supplies they need to complete their school assignments—whereas they might not have had them otherwise. If you join in this worthwhile endeavor organized by the benevolence committee of the Rossmoor Community Church, you’ll be donating school supplies to children in Trenton. Just like last year, your donations will be taken by volunteers to the Trenton Soup Kitchen (TASK). Then, their staff will see to it that these supplies reach the neediest young people in the city.

What items should you purchase for this drive? (By the way, TASK requests that all items be new.) The following are all needed:

- **Backpacks:** for boys and girls
- **Paper:** lined paper, copy paper, construction paper, spiral notebooks, composition books, index cards
- **Pencils and Pens:** blue or black pens, #2 pencils, colored pencils, erasers, pencil sharpeners, pencil cases, colored markers, crayons, highlighters, dry-erase markers
- **General Supplies:** 3-ring binders, pencil folders, report covers, paper clips, white dry erase boards
- **Classroom Staples:** staplers, staples, rulers, protractors, glue sticks, scissors, tape, calculators
- **Things no one can ever have too much of:** tissues, sanitizing wipes, hand sanitizer

When and where should you drop off the items you’re donating? Here are your options:

- In the Meeting House on Sunday morning, July 29 before the 11 a.m. church service
- In the craft room of the Clubhouse on Monday, July 30, from 10 a.m. to 3 p.m.

Jewish Congregation’s July events

By Adrienne Bromman

The Jewish Congregation is looking forward to its annual Independence Day barbecue on Wednesday, the Fourth of July. We are hoping for sunny skies and a good time with many friends.

Friday night Sabbath services take place in the Meeting House at 7:45 p.m. On July 13, our Lay Reader will be Jeff Albom and our Torah Reader will be Bob Kolker. On July 27, our Lay Reader will be Bob Kolker and our Torah Reader will be Jeff Albom. The congregation will be sponsoring both Oneg Shabbats. Our wonderful cantor Mary Feinsinger will be cantoring the service.

For Olga and Sharona, the establishment of the State of Israel in 1948 was the fulfillment of a dream, but for Selma and Wadad it spelled the beginning of a lifelong tragedy. Their emotional reunion encapsulates the drama and pain rocking the region.

We continue to offer our delicious desserts and ask you not to forget donations of non-perishable food items for the Food Pantry.

Fifty years: A reunion conversation

By Hadasah Ayalit

There they were, four women, meeting for the first time after 50 years: Selma Dejani, daughter of an old Palestinian Moslem family; Wadad Shihade, a Palestinian Christian, originally from Jaffa; Olga Belkind, daughter of a prominent Zionist family, and Sharona Aharon from the heart of cosmopolitan Tel Aviv—who were roommates at a Christian Anglican boarding school in Jerusalem in 1939. They are meeting 50 years later for a reunion. You’ll hear it all on Monday, July 16, at 1:30 p.m. in the Gallery at the next meeting of the Rossmoor Sisterhood.

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18-Hole golf

(Continued from page 17)

quite a challenge, especially when you’re trying for that hole-in-one.

On June 5, “Fewest puts” tournament: first place (MOC) Sue Petersen; second place, Nancy Nita. Great work ladies. Not easy to putt so early in the morning when the greens are so dewy.

The Mayor’s Cup tournament was held at the Concord Golf Course on the same day. This is an annual 9-hole tournament. I am proud to say that our group took first place low net. Participants from our league were Beth Cooksey, Janis Decker, Maria Hogan, Carolyn Meyer, and Jo Schwiegel. In addition, Maria Hogan won low net and longest drive. Great work, ladies, we are proud of the Rossmoor ladies’ 18-hole league program.

Have a great Fourth of July!
Lyme Disease

By Kaytie Olshefski, BSN, RN-BC

It is that time of year when we are spending more time outdoors, whether we are taking walks or enjoying the backyard. Statistics have recently been published: New Jersey has reached a peak level for Lyme disease. There were 5,092 cases reported for 2017. To break it down per county, Middlesex had 321 cases in 2017 with a total of 2,734 cases for 2000. Mercer County had the highest number of reported Lyme disease cases with 650 in 2017 and 8,329 since 2000, and the lowest number was in Cape May with only 22 in 2017 with 506 reported cases since 2000.

There are various reasons for the spike. The knowledge we have about this disease make us more informed and aware of it. Longer, hotter summer days have increased the number of reported Lyme disease cases since 2000. Morris County had 222 cases in 2017 with 2,928 cases since 2000. Mercer County had 222 cases in 2017 with 2,734 cases for 2000. Mercer County had 222 cases in 2017 with 2,734 cases since 2000.

Diagnosing it has become more accurate and timely. Another factor, unfortunately, is that the white-tailed deer and rodents have increased in population in New Jersey. These ticks feed on white-footed mice and become infected with Lyme. The ticks will then feed on deer. The ticks will mate and lay many eggs that will later hatch. The ticks bite humans from April through October.

The size of a deer tick is so small it can be compared to the size of the head of a pin. Some ways of coming in contact with a tick is brushing past them on bushes, plants, and grass. Lyme disease is not spread from person to person. A person can get Lyme disease more than once.

Symptoms can appear from 3 to 30 days after being bitten. If you remove the tick within 36-48 hours, you lower your chance of developing Lyme disease. The initial bite usually causes a similar reaction to a mosquito bite with the area being red and itchy. Following that initial encounter, a telltale sign is a bull's-eye rash that can occur at the site about 7 to 14 days later. Not everyone develops the bull's-eye rash. Early symptoms may mimic the flu. Symptoms include fever, headache, fatigue, muscle and joint pain, stiff neck and swollen lymph nodes. Lyme disease not treated may lead to chronic joint inflammation, known as Lyme arthritis which commonly affects the knees. It may also affect the nervous system as Bell's palsy and neuropathy, heart rhythm irregularities. People can develop cognitive impairment months to years later.

Precautions to take to reduce your chances of contacting Lyme disease are:

- Avoid being in wooded and brushy areas especially with high grass and brushing against them. Walk in the middle of the trail.
- Wear long sleeves and long pants.
- Wear light colored clothing so it will easier to see the small tick. To avoid ticks from crawling under your clothing, pull your socks over your pants and keep your skirt tucked inside your pants.
- Use repellent on exposed skin and clothing. Repellents with DEET can be used on skin and clothing. A repellent permethrin can ONLY be used on clothing. Always follow the directions on the package.
- Check for deer ticks on clothing, pets, and items you had outside with you.
- After being outside, do a full body check looking for ticks. Ticks’ favorite hiding places on the body are the scalp, behind ears, under arms, around the waist, inside belly button, behind the knees, on the ankles, and in the groin.
- Try to shower within 2 hours after being outdoors to wash off any ticks that may be on your skin.
- Place the clothes you wore in the dryer and tumble dry on high for 10 minutes to kill ticks.

(Continued on page 20)

At the Interfaith service: Laurie Moyer and Becky Reddington lead a song.

Community Church
JULY 2018

- July 1 Communion Church Service at 11 a.m.
  Pastor, Rev. Robin Bacon Hoffman Organist, Kevin Gunia
- July 4 Church Office Closed for Holiday
- July 5 Women's Guild Board Meeting at 10 a.m.
- July 8 Church Service at 11 a.m.
  Pastor, Rev. Kathleen Carmichael Organist, Kevin Gunia
- July 9 Deacons' Meeting at 9 a.m.
- July 10 Finance Committee Meeting at 9:30 a.m.
- July 11 Worship Committee Meeting at 9:30 a.m.
- July 15 Church Service at 11 a.m.
  Pastor, The Rev. Dr. Donald Fletcher Organist, Janet Wilson Fellowship Hour at Noon
- July 16 Council Meeting at 10 a.m.
  Deacon's Guild breakfast at noon
- July 22 Church Service at 11 a.m.
  Pastor, Rev. Robin Bacon Hoffman Organist, Kevin Gunia
- July 29 Church Service at 11 a.m.
  Lay Preacher, Sidna Mitchell Organist, Kevin Gunia

The Community Church is an Ecumenical Community and all are welcome here!

Also, please note our phone number has changed to 609-605-6887.

Supply drive
(Continued from page 18)

- In the craft room of the Clubhouse on Tuesday, July 31, from 10 a.m. to 3 p.m.
  If you'd like to participate but are unable to deliver items to any of these locations at these times, perhaps a friend or neighbor would be willing to help you out. We regret that we are unable to pick up your items.
  Items for our new for supporting this very important community-wide event. By electing to expand this drive beyond the church last year, we were able to provide supplies for so many more children. Indeed, you really stepped up to the plate and certainly, we hope you'll do so again. Remember you're making a big difference in the lives of children who are innocent victims of their family's poverty.

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Professional
- References Available
- Housecleaning
- Quality Work
Health Care

(Continued from page 19)

any ticks that might be on your clothing. If your clothing is wet, wash those clothes in hot water.

Your doctor will diagnose Lyme disease by symptoms and a blood test. The first Lyme tests ordered may be ELISA, (enzyme-linked immu-
nosorbent assay) or IFA, (indirect fluorescent antibody). If the results are uncertain or positive, a Western blot may be ordered to confirm the results with the first lab tests drawn.

In 2002, the Lyme disease vaccine was discontinued. The protection from the vaccine diminishes and if you were vaccinated before 2002, you may no longer be protected. Treatment consists of starting antibiotics as soon as possible to prevent serious complica-
tions. Early treatment with oral antibiotics to be taken three to four weeks. In advanced stages, intravenous antibiotics will be administered every day for four weeks or longer.

If you find a tick on your skin remove the tick using tweez-
ers. Do not cover the tick with Vaseline or any other sub-
stance, as this may cause some of the bacterium to enter your body. Using tweezers grasp the tick as close to the tick’s head and pull it straight out using a steady motion without squeezing or crushing the tick. It is normal to expect some resistance as you pull it out. Squeezing or crushing the tick will cause some of the fluid to enter the site where the tick has bitten you. Once the tick is removed, clean the area with alcohol along with the tweez-
ers and wash your hands with soap and water. CDC recom-
mends, “Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.”

A modification to that is if you place packing tape over the tick and tape it to an index card with the date, for just in case you develop symptoms, you will be able to have the tick identified and tested for Lyme disease.

Let’s enjoy these summer days, but take all the neces-
sary precautions to prevent getting Lyme disease. If you develop any symptoms, see your physician.

I want to thank everyone for coming out to the Health Fair. It was wonderful to see you and I hope you were one of the many winners of the gift baskets being raffled off. There was quite a lot of infor-
mative and I hope you took advantage of the screenings being offered. I want to thank all the volunteers who helped us at the Health Fair. Thank you.

In our lecture series from Saint Peter’s University Hos-
pital, Kathy Iannuzzo, RN-BC, will be speaking on “Flat Pre-
vention” on Monday, July 9 at 1 p.m. in the Maple Room. Please call the Health Care Center at 655-2220 or stop by to sign up if you would like to attend the lecture or if you would like more information.

Summer reminders

By Dave Salter

Please make sure all your windows are shut properly. Blinds and drapes should be closed in the summertime or your attic fan might run con-
stantly because of the heat. Air conditioning thermostats should be set on auto and cool, and also set your ther-
mostat to a temperature that is comfortable for you. If the temperature is 100 degrees outside, your house might only cool down to 80 de-
grrees, which is why you should keep your air condi-
tioning set at a constant temperature instead of turning it up and down.

Remember: if you turn your air conditioning on late in the afternoon, it can take several hours to cool down.

If you experience a power outage, please call JCPAL directly at the following num-
ber 1-800-714-7297, or 1-732-655-4024. When indi-
viduals call in, JCPAL gets a better idea of how wide-
spread the outage is.

Tea Conditioning

At this time of year, we get a lot of calls about water on the bathroom floor. Most of the time this is just condensation from the hot summer air on the cold tank of the toilet. To check, wipe off the condensa-
tion with a towel and then wait a few minutes to see if you can observe any water from a leak. If so, give us a call. If it is just condensation, there’s nothing to do but wipe it off or mop it up occasionally.

AC service

The Maintenance Depart-
ment has two technicians servicing AC, if you have not had your air conditioner serviced yet, please give us a call.

Resident work request forms

This is a reminder that all residents are required to fill out a Resident work request form when setting up air conditioners, if you have not had your air conditioner serviced yet, please give us a call.

A Message from High Tech Landscapes, Inc.

• All summer flowers have been planted.
• So far, we have still been able to mow the entire community weekly even with the bad weather recently.
• Please call the East Gate phone and leave a message with any questions or concerns. 609-655-5134.
• The second round of fertilization will be a liquid application of Nutztrate Control, the fertilizer, that produces fast, visible results and controls difficult weeds, such as nutseed, season long and aids in preventing future generations of weeds. This will take place late July/August.
• Pruning of the smaller shrubs has been completed in Mutuals 1, 2, 3, 5, 6, 7, 8 and 9. We will continue to prune the larger shrubs later in the month. Please remember to put any debris out front on Sunday night for us to pick up Monday morning.
• Just a reminder that the newly installed rain barrel and seed needs to be watered at least twice a day, 25 minutes in the morning and evening.

LWV wants: who’s watching the money?

By Ruth Banks

The League is planning two events in July; one, on July 8 at Dey Farm, and the second is its monthly meeting on July 25, at which the N.J. Election Law En-
forcement Commissions will be explained.

The essence of Democ-
ocracy is an informed elector-
ate, and New Jersey is fortu-
nate to have an agency that
monitors the campaign fi-
nancing of all elections. Cre-
ated in 1973, that agency is the N.J. Election Law Enforce-
ment Commission (ELEC) which also has the responsibil-
ity to administer laws requiring candidates for the Govern-
orship and Legislature to make public their personal finances prior to election day. The meeting will be held at the Monroe Township Public Li-
brary at 7:30 p.m.

At the League meeting on Wednesday, July 25, the Ex-
cutors of ELEC, Jeffrey M. Brindle, will be the
guest speaker. Brindle’s ex-
perience in varied govern-
mental and electoral capaci-
ties has given him a rare and broad-ranging perspective on the mission of election moni-
toring. Brindle is the author of 20 in-depth analytical white pa-
serts reports on campaign financing and lobbying, many of which have had a major influence on legislation. He initiated the ELEC-Tronic

(Continued on page 21)
Safety notes from the Fire Department

Make the 2018 summer the safest one yet. Summer is here, and everyone wants to enjoy the outdoors. To protect our community, we encourage all residents to practice fire safety tips and checklists. For more information, check out the Consumer Safety Commission’s website, as well as the National Fire Protection Association’s website. Be sure to check out our website at www.mtfd3.com for more safety tips and checklists.

1. Be sure to wear a helmet for any outdoor activities that require one, such as biking, skateboarding, rollerblading, scooters and all -terrain vehicles. Studies have shown that wearing a helmet reduces the risk of serious injury by much more than half.
2. Barbeque grills never should be used indoors. Be sure to check all hoses on gas grills to remove any blockages, fix any leaks, and ensure that lines and failures in the hoses themselves. Grills should be at least 3 feet away from any structure while in use.
3. For the campers, make sure that your tent is completely set up before turning in for the night. Never leave a camp fire unattended. Also, have a portable heater for your tent or trailer, be sure to use one with a screen, have a low oxygen and shut the heater down, so as not to create a dangerous situation.
4. Keep the repellent handy for the insects. Avoiding the bad bugs that come with outdoor activities can keep the fun going all summer long.
5. Wear bright colored clothing to stay vigilant for ticks; you don’t have to be in the tick zone, you can be anywhere outside, even in your yard.
6. Summer season is poison ivy season as well. Be sure to avoid contact with the plant, as studies show that over 85% of the population is allergic to the oils found in its leaves. Getting a rash is a sure way to put a damper on outdoor activity.
7. Don’t let the heat ruin your cooking fun. It’s important to keep foods in coolers and refrigerators so they do not spoil while they are left out too long.
8. Stay hydrated. Heat stroke and heat exhaustion can be significant health issues. Always drink a mixture of water and fluids containing electrolytes and avoid the sugary drinks such as soda and fruit juices.
9. Avoid sunburn. The best defense is to apply sunscreens, every two hours, of SPF 45 or your skin at least 30 minutes prior to going outside. Even if it is cloudy or cool out, the risk of sunburn still exists.
10. Don’t forget the pets! Dogs and cats can suffer from heatstroke and heat exhaustion as well; do not leave your pets outside for long periods of time and be sure they stay hydrated as well.

For more information, check out the Consumer Safety Commission’s website, as well as the National Fire Protection Association’s website. Be sure to check out our website at www.mtfd3.com for more safety tips and checklists.

LWV (Continued from page 20) newsletter in 2009 to help expand the agency’s public profile. In addition to reducing the backlog of outstanding enforcement cases, he has been able to enhance ELEC’s basic mission of disclosure. He instituted a database of local political contributions, making New Jersey one of the few states in the nation that provides access to such data. In 2016, he expanded the number of analytical press releases published on a regular basis by the agency.

While serving as deputy director, he authored the report for the state’s Pilot Program, short-lived though it was, and detailed the Commission’s technological needs. Prior to coming to ELEC in 1985, he had directed government offices at the state and county levels.

His academic credentials include a B.A. from Villanova University, and positions as adjunct

Monroe Cultural Arts Commission

Summer 2018, Music in the Park, Free Concerts: Thursday nights at 6 pm at the Open Garden Gazebo on the Lake, Thompson Park, Monroe Township NJ. Bring your own chairs and blankets!

July 12, Big Bad Wolves, high energy funk, soul and dance music; July 9, Rave On, Memorable night of early 70s rock; July 7, Battlement Musicians, Seriously Broadway; August 2, Sisters & Voices, Tribute to the Bee Gees & ABBA; August 9, The Joey Katz Orchestra with Bob Kuli; August 16, Jim and the Parrots. The ultimate Jimmy Buffett fans, learned the history of some notable military customs and were able to shake hands and talk with the veterans. They will continue to preserve our freedoms.

There were patriotic overtones in the Monroe Town- ship Chorus’s latest performance, America the Beautiful, a salute to our servicemen and women through song. With the group making their special trip to perform for re- sidents at the New Jersey Vet- erans Home in Edison, I can attest that they are a great source of pride for this community and I applaud them for sharing their talents.

The Township also par- ticipates in a Vietnam War Memorial program, which was launched by President Proclamation in 2012 to acknowledge an increase in the number of our veteran population with a specialty pin. Those interested in our community can receive this special recognition by contact- ing the Township Planning office at 732-521-4400 or e r e b i e n - nas@monroewp.com.

In addition, this keeps these soldiers returned to the states. These brave service- men and women have served a uniform, swore to defend our country and made no less a sacrifice than any other generation prior; but they were not always greeted with the warm homecoming they deserve.

The Township’s Memorial Day observance, made up of great entertainment at monomur- nes at the Municipal Complex and Veterans Park, set another spectacle in a display of patriotism in Monroe.

It is always so special when we gather at the Veter- ans Park memorial. This display of patriotism was con- structed in 2012 by Monroe resident Tom Steep. Single Scout Sean Evans and recog- nizes all branches of the military. This young man has gone on to the United States Marine Corps, where he has served all over the world for the past four years.

With all this momentum, I’ll admit that I can’t wait for next year’s display in Thompson Park on the Fourth of July.

Free concerts, music or fireworks aren’t enough come to enough, but partaking in one of our great American traditions should be.

Busing for the festivities, the schedule of events, and the shuttle service will be available at the parking lot near Fir Drive. I hope to see everyone out there, where we can come together and truly celebrate what it means to be American.

A Salute to the American Spirit in Monroe

Lately, I feel a sense of pride and patriotism has swept over our town. I see American flags flying, green roofs engaged in engagement and more importantly, an overwhelming show of support for our veterans.

Just recently, Monroe Township High School and the Monroe Force and Recognition Day, where active duty and retired military per- sonnel were honored with song, speeches and ceremonies.

The event became a teaching moment for our stu- dents, who heard from current and prospective enlist-
**RULES, REGULATIONS, & POOL HOURS**

1. **Access to the pool and any facilities in the fenced area around the pool are permitted only when a Lifeguard is in attendance.**
2. **Upon entering the pool area, all residents must register and present a Rossmoor identification.**
3. **Residents are required to register their personally invited guests. Guests are required to abide by all established rules and regulations.**
4. **As per New Jersey State Bathing Code, persons showing evidence of communicable infection, sore or inflamed eyes, cold, nasal or ear discharge, scabies or excessive sunburn will not be permitted in the pool area. Persons with open sores, blisters, and/or bandages will not be permitted in the pool.**
5. **Persons with any infections from diarrhea or symptoms of gastrointestinal disease are encouraged to wait seven days before using the pool.**
6. **Shower facilities are required prior to entering the pool.**
7. **Non-slip footwear is recommended on the pool deck and locker room area.**
8. **No animals, except for service animals, shall be allowed within the pool area.**
9. **Food and snacks are not permitted in the pool area. The Clubhouse and Pool area, except for Aqua Aerobics.**
10. **Only residents may purchase pool passes in the E & R office. Residents assume full responsibility for their guests. Pool passes will be required for all guests using the pool at all hours of operation.**
11. **Pool toys—flip-flops, plastic, foam, or any other material—and swimming devices such as, but not limited to, swimsuits, inner tubes, fins, etc., are NOT permitted in the pool, except for Aqua Aerobics classes. Only US Coast Guard-approved life jackets may be used in the pool as flotation devices, and paddles may only be used for lap swimming. Rossmoor residents may use “Noodles” in the shallow end of the swimming pool (as exercise/therapy tools but NOT as flotation de- vices) except during special events.**
12. **Card and board games are permitted at the pool after 4:00 p.m.**
13. **Management reserves the right to close the pool at any time.**
14. **Children are obligated to close the pool in the event of potentially dangerous weather.**
15. **Life guards and Pool Staff are required to enforce all Rules and Regulations.**
16. **Persons suspected of being under the influence of drugs and alcohol shall be prohibited from entering the pool area.**
17. **Smoking is NOT permitted in the pool area.**
18. **No sitting on the pool entrance steps or ladders.**
19. **Neither diving, running, nor continual jumping nor “horseplay” is permitted.**
20. **Violators of the Rules may lose their pool privileges.**

**GUESTS OF THE ROSSMOOR POOL**

1. All residents must register their guests at the pool. Residents do not have to remain with guests over the age of twenty-one. Only residents may purchase pool passes in the E & R office. Residents assume full responsibility for their guests. Pool passes will be required for all guests using the pool at all hours of operation.
2. There is a maximum of four guests, including children, per Manor per day, except for Memorial Day Weekend, July 4th and Labor Day Weekend, when there is a limit of two guests, including children, per Manor. The fee for a pool pass is $5.00 per guest over the age of 16 and $2.00 per child between the ages of four and sixteen.
3. Children between the ages of four and sixteen 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 sixteen must exit the pool by 5:00 p.m., and exit the pool area no later than 2:30 p.m. Children under the age of 16 and sixteen must be accompanied by a resident at all times. Children between the ages of four and sixteen are NOT permitted in the pool or any of the facilities in the fenced area around the pool.
4. Children between the ages of four and sixteen should be encouraged to use the restrooms before entering the water and any “embarrassing” water should be immediately reported to the Life-Guard.
5. Children under seventeen years of age are NOT permitted in the Hot Tub.

**LATE SWIMMING SCHEDULE**

Lanc swimming is available on a daily basis, Monday through Sunday, as follows:

**Four Lanes:**
- Monday – Sunday: 9:30 am – 11:00 am
- Two Lanes:
  - Monday – Sunday: 4:00 pm – 5:00 pm
  - Three Lanes:
    - Monday – Sunday: 5:00 pm – 8:30 pm

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

*Please note: Rules and Regulations are subject to change from time to time due to E & R Special Events*

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**July 2018**

**Happy Independence Day 2018!**

**July Calendar of Events for Monroe Township Public Library**

**WiFi to Go!**

WiFi hotspots can now be reserved in advance. Check out a WiFi Mobile Hotspot for high-speed internet access anytime, anywhere the Sprint Network is available. A WiFi Mobile Hotspot gives you access to the internet when connected to a WiFi-enabled device. Perfect if you have no internet at home, are traveling, or going on vacation. Bring the internet wherever you go! Available to Monroe Township Library cardholders, ages 18 years and older, in good standing. Reserve yours today!

**The Great Courses:**

- **America in the Gilded Age:**
  - Tuesdays, July 3 and 10 at 1 pm. Brush up on your US history in 12-15 part series.
  - July 3: 17th Amendment & Early Civil Rights
  - July 10: A World Safe for Democracy: An End of an Era
  - Each session consists of two-30 minute DVD lectures, followed by a brief discussion and light refreshments. Registration is not required.
  - **Sit-N-Stitch:**
    - Fridays, July 6 and 20 at 10:30 am. Stitch a project; assist others, share tips, projects, patterns. Registration is required. Bring your own supplies. Registration not required.
    - **PPOV Summer Film Series**
      - July 7 and 14 at 1 pm
      - July 7: For 20 years, Lindy Davis has been living with an unbelievable feeling of guilt. Committed to fulfilling her civic duty, Lindy assists other people on a jury that handed down the death penalty to a Missis- sippian man convicted of a dou- ble murder. An apparently inno- cent feeling of regret compels Lindy to track down her fel- low juror.
      - July 14: Inside Qatar’s labor camps. African and Asian migrant workers build- ing the facilities of the 2022 World Cup compete in a foot- ball tournament of their own. Films are presented in col- laboration with the award- winning documentary series PBS’s “NewsHour with Jim Lehrer.”
      - Registration is not required.
      - **Meet Your Sewing Machine**
        - Monday, July 9 at 3 pm and Thursday, July 12 at 6 pm.
  - Learn about sewing ma- chines with this hands-on session for adults, ages 18 and over. You will learn how to wind a bobbin, thread a needle and practice stitching. Meet at the Reference Desk, by phone or online at www.monroetwplibrary.org beginning Tuesday, June 5 at 1 pm.

**Short Story Discussion Group**

- **Wednesday, July 11 at 11 am.**
  - Laguna Magnates will discuss a Raymond Chandler short story. This month we will discuss “Xuela” by Ja- mano, you will need to “If You Sing Like That For Me” by Akhila Sharma. Register and reserve your copy at the Welcome Desk.

**Genealogy Club**

- **Wednesday, July 11 at 1 pm.**
  - Megan Webber from the New Jersey State Archives will present an introduction to the 1850 genealogical records avail- able at the NJ State Archives including Census Records, Draft Cards, Court Records, Military Re- cords, Newspapers, County Records, etc. Beginner and experienced genealogists are welcome. Register and reserve your copy at the Welcome Desk.

**A Mysterious Friendship:**

- **The Making of the Oxford English Dictionary**
  - **Wednesday, July 11 & 18 at 2:30 pm.**
  - This two-part lecture series, offered by Monroe Township Public Library and presented by Robert E. Devlin, is an absolutely rivet- ing and suspenseful tale of the making of the Oxford English Dictionary. Registration is not required.

**Theater at the Rossmoor Center**

- **Wednesday, July 11 at 7 pm.**

  - Participate in this inter- national theater event based on the philosophy of Socrates. Pose questions, listen to others, and discuss.

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**Continued on page 25**

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**Cultural Arts**

- **Continued from page 21**

  - **Graduation Fund has been raised by the Middlesex County Board of Chosen Freeholders through a grant awarded by the New Jersey State Council on the Arts/ Department of State.**
  - **July 14: Inside Qatar’s lab- or camps. African and Asian migrant workers build- ing the facilities of the 2022 World Cup compete in a foot- ball tournament of their own. Films are presented in col- laboration with the award- winning documentary series PBS’s “NewsHour with Jim Lehrer.”**
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**WEATHER INFOR- MATION**

**In the event of bad weather or if the group is not setting up in the gazebo by 5:15 PM, the concert will be held at the SENIOR CEN- TER at 12 Halsey Reed Road, Monroe.**

**Wagons will be posted in the park on the road leading to the ga- zebo indicating the change in location.**

**There is limited seating of 300 people at the Senior Center, so make sure to arrive early and find a seat. You may also call 732- 521-4400 ext. 134 for weather update.**
ATTENTION SENIORS – You don’t have to board or give up your pet if your health prevents you from providing full care for it. I can help. Also, I’m available to pet sit while you or your need to get away. I am a reliable, trustworthy, experienced pet sitter. Also, I am a Certified Vet Tech. I am insured and have references. Call Kallie at (732) 266-8826 or message on my Facebook page Good Pets of the Earth. Seniors get a discounted price.

HOME CLEANING – Check out our home cleaning services. We come to your home. Licensed hairdresser. Call Georgette (732) 985-8129.

COMPUTER REPAIR – RJF Sales Company LLC. Is your computer running slow? It may need a tune-up. Desktop and laptop repair in your home. Custom built computers. Virus removal and protection. Monroe resident with over 20 years of computer experience. Free computer repair pictures of drive with service included. (732) 723-9537 or (908) 976-3299. Please leave a message, all calls returned same day.

TAX PREPARATION –脿Do your taxes? Do your taxes without a fee. We do federal and state tax returns. No appointment necessary. Call Carol at (732) 687-3926.

CILD CARING ELDER CARE – We will help you with personal and household tasks. Call for a free consultation. We’re experienced and caring. Eliza- bey (646) 413-0813.

ANN’S HOME CARE – Certi- fied professional caregiver is in your home. In- out job in Monroe Township. Experi- enced, references. Driver’s license. Good long-term care insurance. Low prices. Private care option. Call Anna at (609) 409-1600 or (908) 337-7462.

LEASE A ANICE – To household activities, cooking, shopping, paperwork, appointments, companionship. Local transportation. Live in or hourly. NJ born and bred. Talk (732) 904-3885.

NEW JERSEY – We’ll take you any- where. Reservations available. We go to all airports. Most anywhere 24/7. Call (609) 385-5869.

MONROE, & LIMOUSINE – Serving doctors, hospital, malls, beauty assist you in food shopping, transportation to and from anywhere. Reservations available.Call (908) 385-5869.

TRUE ANIMAL LOVERS. Barb (732) 735-4243.

HELP WANTED – Pet Sitter (MONROE) for a day, a week, or up to a month. Our home or yours. True animal lovers. Bents (732) 735-4243.

ATTENDANCE SENIORS – You don’t have to board or give up your pet if your health prevents you from providing full care for it. I can help. Also, I’m available to pet sit while you or your need to get away. I am a reliable, trustworthy, experienced pet sitter. Also, I am a Certified Vet Tech. I am insured and have references. Call Kallie at (732) 266-8826 or message on my Facebook page Good Pets of the Earth. Seniors get a discounted price.

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TRUE ANIMAL LOVERS. Barb (732) 735-4243.
NEW DIRECTIONS IN HEALTH AND WELLNESS
An educational medical series brought to you by AllCure Medicine

ARE YOU A CANDIDATE FOR SPINAL DECOMPRESSION?
Types of symptoms that can be relieved include:
- Back/Neck Pain
- Leg Pain/Numbness
- Chronic Low Back Pain
- Sciatica
- Stenosis
- Neuropathy
- Failed Back Surgery
- Herniated/Degenerated Discs

Get Back the Active lifestyle you Have Always Enjoyed!

SAY GOODBYE TO BACK AND LEG PAIN... WITHOUT SURGERY!
NEW Non-surgical, FDA approved treatment for Back Pain now available locally
30 Million Americans suffer from back pain every day; affecting everything that you do, from work to play... and ultimately your quality of life.

With 7 out of 10 people experiencing low back pain at some point in their lives and low back pain being one of the most common reasons for patient visits to primary care physicians as well as hospitalization, there is no doubt that low back pain exists in epidemic proportions today.

BACK PAIN: CAUSES AND COPING
There are many causes of back pain. Some people develop it over time, others are injured in sports, work or auto accidents. A good deal of sufferers also complain of pain and numbness in their legs, usually the result of spinal conditions such as sciatica, stenosis and herniated discs.

Regardless of the cause, people cope with pain differently. Many people try to work back pain out only to find that it keeps getting worse. They buy new mattresses, try different stretching exercises, learn new techniques for sitting and standing, etc., yet their condition doesn’t improve. Some male repeated trips back and forth between their medical doctor, chiropractors and/or physical therapists. Others opt for surgery, and while it is true that surgery may be the answer for certain types of back injuries, it is highly invasive and not without serious risks.

Therefore, when considering your treatment options, ask yourself... if there is a solution to back pain that doesn’t require surgery, all under one roof, is it worth exploring?

A NEW HOPE FOR LASTING PAIN RELIEF
We at AllCure Medicine are here to tell you that the answer is YES! Our integrated treatment program offers effective non-surgical relief for back pain. In fact, we have helped thousands of back pain sufferers just like you get rid of their back pain and return to a higher quality of life since 2002.

After years of study, training and trials, we have developed a mode of care incorporating a combination of advanced FDA-cleared treatments with breakthrough technology that aids in the restoration, stabilization, and relief of your specific condition. The options are non-surgical, provided under one roof and covered by most insurances, including Medicare. Healing effects can be felt on the first few visits.

SPINAL DECOMPRESSION: FDA-APPROVED, NON-SURGICAL RELIEF FOR BACK PAIN
Spinal decompression therapy can be used to treat disc bulges and herniations, disc degeneration, sciatica, spinal stenosis, arthritis, facet syndrome, and chronic pain in the low back. This type of treatment employs a motorized traction machine that gently stretches the spine, relieving pressure that builds up on the discs and nerves. By creating negative pressure within the disc, referred to as negative intradiscal pressure, a vacuum is formed, drawing the bulging and herniated disc material back into the disc space, relieving pressure. Over time, this may cause bulging or herniated discs to retract, taking pressure off the nerves and other structures in your spine, which helps promote movement of water, oxygen, and nutrient-rich fluids into the discs so they can heal. This process of non-surgical decompression allows the body to heal itself naturally.

VAX-D SPINAL DECOMPRESSION
There are many types of decompression machines available today. At AllCure Medicine you will find the latest medical technology, including Vax-D Non-Surgical Spinal Decompression. Vax-D’s state-of-the-art decompression tables have been successfully operating for over 25 years throughout the world and are one of the FDA-cleared technologies available at AllCure Medicine. More than 3,000 patients a day receive this treatment in the U.S. alone. Numerous clinical studies are available to review at www.vaxd.com.

In addition to Vax-D, we employ a variety of other wellness modalities as part of our integrated back pain treatment program:
- Acupuncture – Through clinical trials, acupuncture has been proven effective in treating various medical conditions, including back and neck pain, and has been expanded into conventional medicine practices throughout the world.
- Physical Therapy – A traditional treatment methodology aimed at the treatment and curing of certain ailments common to patients suffering with chronic or severe pain. Its primary aim is to bring back the patient to his/her normal self, free of any pain or suffering.

CALL TODAY!
732-521-9222
FREE MRI/X-RAY REVIEW!
Get the non-surgical, FDA-cleared treatment for sciatica, stenosis, and herniated discs.
Limited to the first 30 callers! Call today to secure your appointment!

Offer Expires 7/31/18

Monroe Office 350 Fongsate Drive, Monroe Township, NJ 08831

AllCure SPINE & SPORTS MEDICINE
INTERVENTIONAL PAIN MANAGEMENT • SPORTS MEDICINE • ACUPUNCTURE • PHYSICAL THERAPY • CHIROPRACTIC SERVICES • POST-SURGICAL REHABILITATION