



VOLUME 54 / No. 7

Monroe Township, New Jersey

July 2018



Colorful planting around the grounds. Thanks, High Gate.



New landscaping along Forsgate Drive thanks to Mutual 2

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 had various stories and information to share. The first involved a recent show that discussed Dr. Eugene Lazowski, who in the 1940s inoculated 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 having recently watched "Raise the Roof," a documentary about the recreation of the roof of a Gwozdzic Synagogue, which was burned down during the oc-

cupation 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

Uncle Sam giveth, and Uncle Sam taketh away. The new federal tax code, which went into effect in 2018 and affects the return you'll file in spring 2019, lowers taxes by expanding some deductions, but restricts or outright eliminates others.

Deductions lower your taxable income so you pay less tax. Here's how deducting items from your income were expanded, restricted, or eliminated.

EXPANDED DEDUCTIONS

Standard deduction. The standard deduction is the amount you can subtract from your taxable income if you don't itemize - that is, individually deduct items like mortgage interest, charitable donations, and car loans. Nearly doubling the standard deduction to \$24,000 for joint filers and \$12,000 for singles pushes it up from \$12,700 and \$6,350, respectively. Fewer than half of taxpayers who itemized their 2017 return are expected to itemize their 2018 return. If you file using the standard deduction, preparing your return will be much simpler. If the standard deduction is less than the total of your itemized deductions, you'll still want to file by itemizing, subject to the rules below.

Medical expenses. If you itemize deductions, medical expense deductions will be more generous. For tax years 2017 and 2018, medical outlays in excess of 7.5% of your adjusted gross income are deductible. Starting in 2019, the threshold rises to the previous level of 10%.

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 reined

in 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

(Continued on page 10)

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 readers were key in making this a truly memorable day for all who attended.

Thanks again, Alyce

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Rossmoor Veterans, from left, Jack Doherty, Dan McOlvin, and Wally Milbrod, traveled to Washington, D.C. on June 5 as participants in an Honor Flight journey. They visited the war memorials that were built and dedicated to acknowledge the military service and sacrifices of all our veterans.



at the governors' meeting



June 21, 2018, Board of Governors Meeting

Daniel Jolly, RCAI President, opened the Annual Meeting of the Association promptly at Board of Governors meeting at 9:00 a.m. with the Pledge of Allegiance.

Mr. Jolly recognized past Committee Chairs, Assistant Secretary and Assistant Treasurer. He also appointed

Mr. Robert Gleason to the position of Assistant Treasurer.

The Board authorized resolution #18-12 to Approve the actions of the Executive Committee to Replace the Golf Course Irrigation Controls. 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 Engineering Services and Oversight of the Bid Process for the Cladding Replacement on the Meeting House Steeple. A vote was taken and the motion passed 18-0.

The meeting was adjourned at 9:20a.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 possible, but such a well-received event. You did an excellent job of recruiting and rehearsing with Kevin, Gene, Rey, 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 followed 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 singing this week after week), it nonetheless brought tears to my eyes. I was sitting there on stage blinking and blinking since I only had one tissue 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 village to put on a wonderful service for the village. And frankly, this was probably 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 used 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, country, peace, and those who gave the ultimate sacrifice for our country. And certainly, the chorus played a most significant role in creating this.

So again, please send on this email and let people know how grateful the planning 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 have the ability to touch our souls. And yes indeed, you did this yesterday.

Thanks be to all!

Sincerely,
Diane England
RCC Interfaith Council
Representative
Planning Committee Member

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



Rossmoor News

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The *Rossmoor News* a monthly periodical is mailed to every home within the Rossmoor community. News items are welcome. Appropriate

news items from outside organizations will be considered as space permits. All copy and pictures are subject to editing and are accepted with this understanding.

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

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Bits & Pieces

Sue Ortiz

So, you ask yourself, "What is so special about today?"

It's a mid-summer kind of day: mockingbirds sing harmony with rustling leaves, crows caw to each other across town, and bumblebees ride the warm breeze as they sample every flower in a rainbow of gardens along the street. A tete-a-tete between two neighbors is barely audible as a lawnmower hums somewhere in the near distance. The scent of cut grass wafts by on an invisible air current. A perfectly ordinary sun-shiney day. Sometimes it's the simple things that make every day special.

What was so special about yesterday?

Do you ever get the urge to punch a hole in the fabric of time, reach through to the other side, and grab the past? What if you *could* form a sort of Einstein-Rosen Bridge, a wormhole to the past? What moment in time would you pull through; what event would you like to relive; *when* would you go? Think about it for a minute. Are you there yet? Can you *feel* what that day was like? A long-ago day spent at the shore, maybe sea gulls screeching above, hovering, silhouetted against the noon-day sun, foamy waves lapping at the bulkhead, a silent sailboat, pushed along by an ocean breeze, on the horizon. A family trip to Disney World, where your stomach did loop de loops as the world spun out of control high above the crowd. Or, maybe, you'd revisit a perfectly ordinary summer's day

years ago at home with your mom and dad, a barbeque in the backyard of your childhood home, the pungent smell of charcoal and lighter fluid burning your sinuses while the aroma of hamburgers awakens your taste buds. Yes, it's those memories that make all our yesterdays special.

And, what will be so special about tomorrow?

We don't know -- yet. But, everything we've experienced, past and present, has sown the seeds for one awesome day!

B&P

"The past and the present are within the field of my inquiry, but what a man may do in the future is a hard question to answer." —Arthur Conan Doyle, Sr. (Scottish writer, creator of the detective Sherlock Holmes, 1859-1930)

"Life is divided into three terms - that which was, which is, and which will be. Let us learn from the past to profit by the present, and from the present to live better in the future." —William Wordsworth quotes (Major English romantic poet, 1770-1850)

"All things, material and spiritual, originate from one source and are related as if they were one family. The past, present, and future are all contained in the life force. The universe emerged and developed from one source, and we evolved through the optimal process of unification and harmonization." —Morihei Ueshiba (Japanese martial artist, 1883-1969)

Letter to the Editor

A fond farewell

For the past seven years, it was a great pleasure to work in E&R 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 for-

ever 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 Hardeo

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 information to us by completing the form in this issue of the Rossmoor News before Friday, July 13 by completing the form on page 20 of this issue..

Alums have lunch with College Dean



Front row from left, Douglass College Dean Jacqueline 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 Sforza, Diedre Thomson, Connie Burke, Terre Martin, and Ife Meadows. Not pictured: Marie Bills.

By Terre Martin

A group of Rossmoor women gathered for lunch with Douglass College Dean Jacquelyn Litt and members of her staff to celebrate the 100th anniversary of their alma mater. As the women entered the room, they were pleased to see so many of

their neighbors who shared a common past.

Roberta Ambler, class of 1943, learned she wasn't the oldest member of the group. Gladys Christ had that honor as a member of the class of 1942.

Everyone was welcomed by Terre Martin, the alumna chair of the 100th anniversary celebration. Dean Litt then gave highlights of the college's history and told the group about new initiatives and programs that are offered to today's students. Current student, Alya Bukhari, spoke about her life on campus today.

Self-introductions followed with each alumna sharing memories of her time at

Douglass or the New Jersey College for Women, as it was once called. It was probably the only time that words and phrases like mosquitoes, J. Robert Oppenheimer, Passion Puddle, WW II, "beehive," and Beethoven's 5th Symphony would be used together. For some it was the first time they delved back into their storehouse of memories. For others, it was fun to relive their extraordinary experiences from so long ago. What was most evident was the inner strength, strong will, and intelligence displayed by each woman. They studied during different decades, but each embraced her opportunities and succeeded in achieving goals, both large and small.

Everyone left with mementos of their college and a copy of the book, "The Douglass Century," a history of the transformation of the largest women's college within a major public university. Anyone interested in obtaining the book can find it on Amazon.



Gladys 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 over 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 Whites-

bog, N.J. (near Browns 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 well as the berries to make medicines. 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 infec-

(Continued on page 4)



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FABRIC & UPHOLSTERY SHOP ON PREMISES

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 festivals 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 the 1200s. By 1370, we find him in the English poem *Piers Plowman*, where he was described as a skilled archer and swordsman. 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 land holder, 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 embroidered 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, had been tossed out of his abbey for disrespecting authority, a trait that was expounded 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

blueberry month

(Continued from page 3)

tions. They help maintain a healthy immune system, which in turn reduces the incidence of heart disease, cancer, Alzheimer's and other age-related diseases.

Blueberries are believed to be very beneficial to eye health, promoting good vision and protecting one against cataracts, glaucoma and macular degeneration.

A recent report on blueberries indicates that of 40 different varieties of fruits, vegetables, and juices studied blueberries have the highest level of antioxidants.

Blueberry season extends from April to October in the U.S., but the peak season is July. During the winter months blueberries can be found in local supermarkets. Most of them come from blueberry farms in Argentina and Chile.

The berries are so flavorful they can be eaten just as they are. Their calorie count is very low, less than 100 calories per cup. They can be used in salads, soups, muffins, cakes, pies and a variety of other dishes.

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 Little, but because of his enormous size, Robin reversed it for a touch of irony. In St. Michael's churchyard in the English town of Hathersage, Derbyshire, an ancient gravestone under a yew tree bears an inscription claiming to be the grave of Little John. An excavation 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?

Maid 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 ransomed and back in England.

Operating Systems

By Steve Grey

Most of us have been around long enough to remember the operating systems before Windows (maybe not too fondly). Most home computers used CP/M (Control Program/Monitor) in the early 1970s, mainframes used Unix (Linux, based upon Unix is still a bit popular today) and, in the late 1970s DOS (Disk Operating System), 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 even 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 just that – it will shut the computer down. 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 caught on.

The main operating systems we have today are Windows (Vista, 7, 8, 8.1, and 10), Apple macOS (based on the Unix operating system) with varying names as the operating system progressed; Cheetah, Puma, Jaguar, Panther, Tiger, Leopard, Snow Leopard, Lion, Mountain Lion, Mavericks (guess they ran out of cats), Yosemite, El Capitan, Sierra, High Sierra, and Mojave. The problem with names is that unless you are a Mac user you have no idea if Puma predated Panther or the other way around.

The Windows 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

Over the centuries, a number of defenders for common folk called themselves “Robin Hood.” The legend adapted itself to various times and places, once even incorporating a Muslim warrior into the band of Merry Men.

In more recent times, Sir Walter Scott brought Robin Hood into his classic tale, Ivanhoe. Surely, we all grew up enjoying the magnificent illustrations of Howard Pyle in his Tales of Robin Hood. Not to be left out, even Walt Disney extolled the adventures of Robin and his Merry Men.

There must be something universally appealing in the legend. Perhaps, like the ancient Israelites who yearned through all their travails for a messiah who would rescue and restore them, we too seek a leader in whom to put our hopes and dreams.

Perhaps, also, we are still delighted to find a jaunty, albeit mythical, hero who can tweak the whiskers of the rich and powerful and get away with it.

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of Linux, which I will not name, as there are too many versions with many different names for different interfaces. Suffice to say that you can get Linux to look like Windows, Mac, or something unique.

Are there any other operating systems? Yes. Anyone who has a smart phone that is not an iPhone is using Android 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.

What if I don't want to use any of the major operating systems? What is left? Not much. You can try BeOS, now known as Haiku, that is currently in alpha development. There was OS/2 from IBM that is currently called eComStation. ReactOS is a system based on WindowsNT and is currently in alpha development as well. There is a system called Sylable that is forked from AtheOS that was intended as an AmigaOS clone. You can always try SkyOS but that ceased development a few years ago. If you want to take a giant step backward you can always install freeDOS, an open source version of DOS, and relive the command-line days.

Isn't it nice to have a choice?



Come, join the Thomson Zoo – part 2

By Dierdre Thomson

The first couple of years I was pastor at the Rossmoor Community Church, I commuted 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 and their goslings. From the time the goslings were little balls of fluff I watched them grow. Sometimes they were alongside the road, sometimes in the water. At times they were crossing the road. During all those times the mother and father geese were right there watching and protecting the goslings. What happened when the goslings were full-grown? They eventually joined a flock of geese. Not our pet geese. They just stayed and stayed.

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. We purchased six goslings and learned 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 cooler weather. It was amazing how we could pick out each individual bird by its peeps – at four o'clock in the morning. After a few months, the geese were enjoying the freedom of a large section of our backyard; we were not. It really wasn't much fun walking to the swimming pool through goose-grease. What is 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 pool.

You might have noticed we enjoyed naming our pets. Naming the geese 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 granddaughter, Johanna, helped choose names for two of the goslings. She already had two Aunt Beths, but decided she should have a third. It made sense to her. She named the other goose, Olivetta Oppenbeem, after a very, fat character in her favorite book. Our Olivetta was also very fat. My husband chose the name Megan for the remaining 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 Embdens, white with orange beaks. They were a particular type of Embden, very aggressive, recognized by the large knobs on the upper part of their beaks. A better name for them was watch-geese. We found, like Hannibal on his conquests, that they definitely made good watch-geese. 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 quiches, they would have been long gone within a year or two. As it was we had geese for about 20 years. Our last goose was third generation by the name of Twofer. Yes, our granddaughter named him.

I Forgot Day

By Bob Huber

With all the various activities 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 acknowledging the things we forgot to do over the past 12 months; not the big things, but all the little things.

Major slips of memory usually come with their own reminders. 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 conditioning and melting the two quarts of Haagen-Dazs you just put in the freezer.

If you forget to pay your mortgage, the bank will ignore it in return for a late payment fee, and as a bonus they will inform you that your credit rating has dropped several points.

Nothing but your conscience is going to hound you for all the little things you forget to do, like mailing a birthday card to your Aunt Sophie on her 90th birthday, or sending flowers to your granddaughter on the occasion of her first piano recital.

Gaye Anderson, a lady who lives in Demotte, Ind., thought there ought to be away to counter these minor lapses of memory. About 15

years ago (she has forgotten exactly when), she established "I Forgot Day," a day to catch up on all those occasions that slip our minds.

The idea was slow to catch on. After all, for many years greeting card publishers have produced special cards for forgotten occasions, but recently, more and more publishers are creating cards which simply say, "I forgot." There's plenty of room for you to add your own apology (or excuse) and charge it off to "I Forgot Day." *

**I was going to write this article last year, but I forgot.*

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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 undersoles, and sport trendy fragrances named after movie stars and TV personalities. Is there something wrong with the colors of our skin or eyelids or our lips, that makes us choose to wear blush ingredients, eye-shadow ingredients, or waxy or lanolin-enriched paints on our lips?

Camouflage was once needed for protection from wild animals. People decorate 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 adornments is lipstick, a product used over all the world since its natural ingredients are readily available: fruit and plant juices. In early Mesopotamia, precious gems were 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 manufacturing 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

the popularity of color photography all contributed to the ever-widening use of lipsticks. Advertising has made lipstick a must-have product where, in North America, more than 80% of women use lipstick regularly and many women have as many as 20 lipstick choices in their makeup inventories.

Lipstick making has changed dramatically over the centuries. Plant juices have been replaced by combinations of waxes, oils, and pigments. These basic ingredients are enhanced with fragrances, alcohol, and various preservative agents. Some lipsticks contain fish scales or castor oil, which produces a shiny film that is regarded as smear resistant. Most lipsticks are manufactured in four phases: pigment milling, which combines pigments and oils, combining the pigment phase with a base wax, molding at specific temperatures and then flaming, which enhances the appearance of the product, and finally, packaging and labeling.

Certain lipstick colors appeal to different segments of the population. Black lipstick is generally associated with fans of Goth attire. Young girls/preteens may be permitted to wear lipstick by starting off with pale pink tones, including the still popular orange-colored Tangee Natural, sold by the Vermont Country Store.



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Restless leg syndrome – a sleep disorder

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 iron deficiency and Parkinson's disease often have RLS symptoms. Some medications including antidepressants 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 having problems following delivery. 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 symptoms include implementing a routinized sleep pattern, regulating room temperature, massage of the leg or legs, and cool showers or warm baths. It was reported that increased stress may make symptoms worse, so reducing the level of stress in your life may be beneficial (for many reasons). Increased exercise and/or reduced caffeine intake may also help reduce the symptoms.

Wearing socks to bed can't hurt and may even help. Cold feet can make symptoms worse.

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Rosalind Franklin: DNA pioneer

By Jean Houvener

Rosalind Franklin was born on July 25, 1920, to a 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 such 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 into various qualities of coal and how best to utilize them helped the war effort. Her work there and the resulting publications were of such quality that in 1945, Cambridge awarded her a Ph.D. in physical chemistry. During this time, she got to know French refugee Adrienne Weill.

After the war Weill suggested she come to Paris to work at the Laboratoire Centrale des Services Chimiques de l'Etat, continuing her physical chemistry work, but specifically learning new X-ray diffraction and crystallography techniques from Jacques Mering, which enabled her to take very detailed electronic images of molecules. She continued to refine her studies of the structure of different varieties

of coal using this technology, publishing more papers on her results.

While happy in Paris and with her work there, she decided to return home in 1950, where she was awarded a three-year fellowship to work at King's College in London. She was assigned to the Medical Research Council's Biophysics Unit as a 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 clearly showing the helical form of DNA, one particularly known as photo-51. The photos represented hundreds of hours of work with X-ray machines refined by Franklin.

Without Franklin's knowledge, Wilkins showed Franklin's photos to James Watson and Francis Crick, who were working on building a model of DNA at Cambridge University. Both recognized the significance of the photos for their own development of a model. Even once the two groups were discussing their discoveries, Franklin felt

more evidence was needed before a model was published. She submitted two manuscripts on her own analysis of A-DNA and its double helix form, which were received by Acta Crystallographica in Copenhagen on March 6, 1953. She also had a draft article on DNA-B, 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 Birkbeck 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

(Continued on page 9)



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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 authorized (King James) version of the Bible. Find Psalm 46. Count 46 words from the beginning and you will read "shake." Then count 46 words from the end and you will read "spear."

Just a coincidence, you say? Then how to explain this: The new translation was being readied for the printer in 1610, the year that Shakespeare turned 46. Hmmm.

This kind of word puzzle is called a cryptogram. Elizabethans 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 English.

In 1380, the scholar William Wycliffe, a precursor to the Protestant Reformation, made the first complete translation of the Bible into English. The popularity of his Bible led to passage of a law that mandated the death penalty for anyone found in possession of scriptures in English.

By the early 1500s, the renowned and multi-lingual

scholar William Tyndale, striving for greater accuracy, made a new translation directly from ancient Hebrew and Greek sources. His reward for this massive achievement? He was executed at age 40 for "heresy." Tyndale shouted his last prayer before death at the stake: "Lord, open the eyes of the King of England."

Ironically, just two years later (1538), King Henry VIII authorized and distributed The Great Bible, which was mainly derived from Tyndale's work.

By 1603, Henry's daughter and successor, Elizabeth I had died and the well-educated Scottish King James VI became England's King James I. Interested in theology, James wanted a final, authoritative version of the Bible that might put to rest the religious wars that had riven the land.

Who were these translators, anyway?

James gathered 48 of the era's intellectuals and scholars into six groups. Two groups worked at Westminster, two at Oxford University, and the last two at Cambridge University. John Boys, one of the Cambridge translators, wrote that his group was responsible for the Book of Psalms. Perhaps it was the Cambridge translators who created the cryptogram.

On the other hand, two famous scholars put the finishing touches on the documents and saw them through to the publisher: Thomas

Bilson, Bishop of Winchester, and Dr. Miles Smith, orientalist and later Bishop of Gloucester. So we are not sure who is responsible for editing the text to honor Shakespeare.

What was changed?

In psalm 46, the first 46 words leading to "shake" needed no alteration. The ending phrase had 48 words, two too many for a cryptogram ending in "spear." Two words had to be deleted. Here is the sentence the translators changed:

"Be still (then) and know that I am (the) Lord."

What does this say about Shakespeare?

Shakespeare, like everyone else from Stratford, probably grew up under the aegis of "the old religion," i.e., Roman Catholicism. As an adult, he seems not to have taken sides in the religious conflicts raging across England. Instead, his plays often dealt with history, morality, and the ethics of human conflict.

As a famous playwright, he was known to royalty, and occasionally hobnobbed with nobility. In his personal life, he socialized with friends in the theater and with homebodies from Stratford.

There is no denying, however, that Shakespeare was respected by the leading intellectuals and churchmen of his day, as proven by this cryptogram and the extraordinary honor it bestowed on him to mark his 46th birthday.

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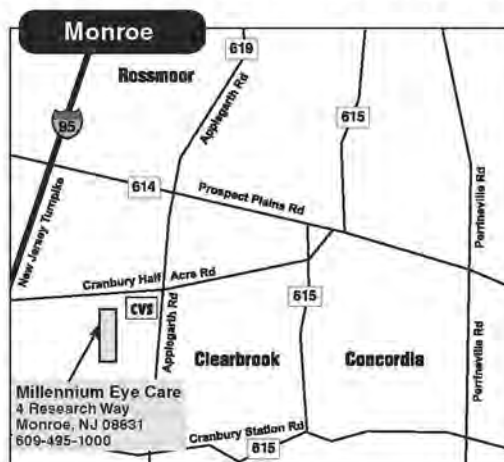
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What is The Grange? A milestone in the farmers' movement

By Linda Bozowski

Farmers in the United States were a neglected and unorganized segment of our population composed of individuals who had no unified voice. However, between 1867 and 1896, a secret movement was birthed and grew to give these hard-working folks a political voice. The national organization was called the Order of the Patrons of Husbandry.

The Grange was the name of the local chapters of this organization that was supported by a supervisory body called the National Grange at Washington. The founder, Oliver H. Kelley, was an official at the U.S. Department of Agriculture. As he performed his duties monitoring agricultural practices, he became more aware of the lack of information and support available to farmers. Although he was generally disliked because he was a Northerner interacting with farmers in the South, he helped establish the organization that would give educa-

tion about better farming methods and provide insurance and other types of aid to farmer members. He also promoted the concepts of equal status and pay for men and women.

During the early years, the organization grew to a membership of 1.5 million persons. Because farmers were suffering financially during the 1870s, they felt the need to band together for their mutual benefit. As the organization grew, it took on new initiatives, including sale of farm equipment, establishment of insurance companies, and creation of stores that served its membership. Because the railway system at that time was owned by east coast capitalists, the Grange took on the battle to modify the regulation of the railroads as common carriers, which serviced the needs of farmers who had previously suffered financial hardship due to the loss of their crops and the inability to

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The Grange

(Continued from page 8)

get the crops to the markets. In 1974, after years of battle with the railroads and the government, the organization was modified and was restricted to farmers. In 1975, the National Grange lost control of the state Granges, and by 1976 it had lost its political influence.

The National Farmers Alliance 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, smaller and made up mostly of Northerners. The Colored Farmers National 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, insurance regulations and many other topics were fodder for these groups, whose intention was to create benefit for workers and property owners.

Although the primary interest of the Granges was the betterment of conditions for farmers, they were also social institutions – meeting houses for dinners and dances 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. Organic farming, genetically modified foods, and the effects of climate change are some of the topics of interest to the forward-looking California local organizations. We will see how the legal battles continue as the organization tries to keep pace with farming in this century.

Bob's Almanac

By Bob Huber

As we launch into the second half of the year, we come upon that happiest of celebrations: the observance of our country's Declaration of Independence from England on July 4, 1776. Though officially known as Independence Day, most of us simply call it "The Fourth of July."

Typically, it's a day for picnics and games in the park as a local band plays for our entertainment. Though the old familiar Souza marches may have been replaced with more contemporary music, it's still a fine old tradition.

And then, after sundown, there are fireworks! There was a time when we could celebrate the occasion with

personal displays of firecrackers, cherry bombs, Roman candles, sky rockets, pinwheels and such, but over the past several decades some states have curtailed the use of commercial fireworks in an attempt to keep us from blowing ourselves to bits. Ten states, including New Jersey, ban home displays of fireworks altogether, while the other states leave the decision up to local authorities. Many towns put on displays in their local parks, honoring a long-standing tradition, but most of us have to be content with watching the pyrotechnic extravaganzas on television.

(Continued on page 11)

Rosalind Franklin

(Continued from page 7)

polio virus. Unfortunately, in 1956, she received a diagnosis of ovarian cancer. She tried various treatments, including three surgeries and chemotherapy, which prolonged her life and resulted at times in remission, but ultimately the cancer killed her, and she died April 16, 1958, only 37 years old. She continued to work at Birkbeck throughout this time as long as she was physically able.

Crick, Watson, and Wilkins were awarded the Nobel

Prize for Physiology or Medicine in 1962. Because the Nobel Prize is awarded only to living people, Franklin was not included in the award. For much of the time following the publication of Watson's memoir "The Double Helix," Franklin's role in discovering the nature of DNA was minimized. In recent years, her role has been recognized more broadly. Her work on viruses at Birkbeck was also continued by her research associate Aaron Klug, who was awarded the Nobel Prize for Chemistry in 1982.

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— Peter DeFazio, D.M.D.

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Dr. DeFazio has been practicing 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 past Clinical Instructor at JFK Medical Center and a past Board Director for the American Red Cross.

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JULY 4TH



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 And I won't forget all those who died
 To give that right to me." (Unknown)
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tax deductions

(Continued from page 1)

and it affected more individuals. In the 1990s, Congress hiked the AMT tax rate, stiffening its cost. Under the AMT, the standard deduction and deductions for state and local income taxes are lost. With the new law, your exemption - the amount you can subtract from your AMT liability - is much larger. Previously, \$54,300 was exempt for a single-filer and \$84,500 for a married couple filing jointly. Respectively, the exemptions increased by almost a third, to \$70,300 and \$109,400.

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

RESTRICTED DEDUCTIONS

State and local taxes. Lawmakers placed a \$10,000 cap per return on deductions for state and local taxes (SALT). Till now, the amount you could deduct 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 California, 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 date, the \$1 million ceiling still ap-

plies. In places where home prices and, thus, mortgages, are low, that is not as much of a concern. In high-price locales, it is.

Home equity interest. You no longer can deduct interest paid on home equity loans, unless it is used to improve the dwelling. Many people use such loans, which are secured by their homes, to pay for college tuition or new cars. If a home equity loan and the mortgage totals more than \$750,000, the amount over that limit can't be deducted.

ELIMINATED DEDUCTIONS

Personal exemption. Exemptions, which lowered your income by \$4,050 per person - usually family members - are gone. For some families with children over 17, who can't take advantage of the expanded tax credit, the elimination of the personal exemption will be a net loss.

Alimony. For divorce and separation agreements made after 2018, alimony payments will no longer be deductible. The deduction is helpful to a paying ex-spouse who is short on funds.

Casualty and theft losses. If your house burned down or a crook took your wallet, you could deduct the loss not covered by insurance to the extent it exceeded 10% of your income. Under the new law, only casualty losses suffered in a natural disaster declared by the president are deductible.

Job expenses. Continuing education, medical tests and licensing fees previously

were write-offs. Not anymore.

Moving expenses. Before, you could deduct these if you moved to start a new job and it was a good distance (that varies by circumstances, but typically meant 50 miles away) from your old home. Now, that is gone, unless you are in the military.

Tax prep. Depending on the complexity of the return, these fees can amount to more than \$500. Uncle Sam no longer will let you deduct them, though.

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04/26/2018

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 TC10480(0618)1

Musings and Memories

By Betty Emmons

You are never too old to learn

I am an inveterate clipper of coupons, so when McDonalds came out with one for a Black Angus hamburger, I cut it out and put it in my wallet. Then, about a week later, while shopping, I decided to go to the Food Mart, use the coupon and have a hamburger for lunch while Jonas had his usual corned beef on rye at the Deli.

I found a table, sat down and Jonas went to get my order. The servers were nice young kids from another country and their language skills were limited. There were three choices so Jonas pointed to one and to make sure she understood, emphasized that I only wanted lettuce, tomato and onion nothing more. She then got the order together and put it on the tray, which he brought to the table.

I fixed my coffee, munched on a few fries and when Jonas sat down with his sandwich, I opened my hamburger to find only lettuce, tomato and only onion no hamburger. Obviously, she

had filled the order as she understood it. We had a laugh and went back to the server. She was perplexed as to what had happened, but added the hamburger to the bun without question or comment.

It makes me smile when I think back on this happening and I remember thinking how stupid, but then I put myself in her place. She was doing the best she could and I wondered if I would be able to work in her country with the same lack of language skills, and I'm pretty sure I would have ended up in a torrent of tears and been fired on the spot. It was then that I saw a young lady of courage who was doing her very best and not the bumbling inept server as I first thought.

Yes, it was a funny happening, but I learned something that day that was not ha-ha funny when I looked beyond and saw something much more important than a burgerless hamburger, and in the future I will be a better person for having had this encounter.

Sing with the Monroe Twp. Chorus

By Sheila Werfel

If you are a soprano, alto, tenor, or bass residing in Monroe Township and are interested in joining the Monroe Township Chorus, come join us.

We sing four-part harmony and we rehearse at the Monroe Township Senior Center, at 12 Halsey Reed Road, on Tuesday mornings from 9 to 11:30 a.m. You do not need to be a senior citizen to participate: men and women of all ages are welcome.

Come, join the fun and camaraderie of a wonderful group of people and share "The Gift of Song."

For more information, call Director Sheila Werfel at 609 619-3229.

"We don't sing because we're happy - we're happy because we sing."

CULINARY CORNER

By Sidna Mitchell

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 understand I do like garlic and it's 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 took 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 Bernardsville 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 on 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, 133B Old Nassau Road, formerly of Monroe Twp., N.J.

Ronald and Maureen Jobson, 268B Middlebury Lane, formerly of East Brunswick, N.J.

Arthur and Carol Erickson, 475B Rockport Way, formerly of Nazareth, Pa.

Patricia Parisi, 358A Northfield Lane, formerly of Pompton Plains, N.J.

Loretta Moses, 289C Sharon Way, formerly of Leonia, N.J.

Athanase Pentogenis, 481N Newport Way, formerly of Malapan, N.J.

Mary Sayers, 278C Milford Way, formerly of Plainfield, N.J.

Anna Maria Dafnos, 379C Old Nassau Road, formerly of New Brunswick, N.J.

Allan and Diane Kaufman, 307A Sturbridge Lane, formerly of East Brunswick, N.J.

Christine and Ken Cathcart, 457B Roxbury Lane, formerly of Townshend, N.J.

Mary Trawick and Barbara Warney, 712B Victoria Court, formerly of Plainfield, N.J.

Paul and MaryAnn Swierczek, 630B Yale Way, formerly of Yardville, N.J.

Jerome and Jeanette Farum, 691A Old Nassau Road, formerly of Monroe Twp., N.J.

Gary Hallengren and Shirley Shotwell, 338A Narragansett, formerly of Edison, N.J.

Garlic Soup



Culinary corner

2 tablespoons olive oil	1 cup water
2 cups stale Italian bread pieces	salt and pepper to taste
6 garlic cloves, chopped	grated Parmesan cheese
2+ cups chicken broth	fresh parsley or garlic chives (optional)

Heat the olive oil in a large sauce pan.

Add stale 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.

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.

Summer is



a great time to sell your home!

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

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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 coffeehouses 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? They were informal and relaxed. Also, because these coffee houses typically had no back stage, the performers remained accessible to the audience. As a result, did you ever cross paths with people you'd likely never have come to know otherwise? And frankly, didn't this prove to be both interesting and exciting?

As members of the Writers' Group, we're trying to convey that this is the type of atmosphere and experience we're hoping to create for you on July 22. Indeed, while we read our short stories, poems, and other pieces (such as you have the opportunity to enjoy in The Rossmoor Fox on a quarterly basis), we want you to feel relaxed. So, we'll be happy to have you sipping on your coffee and nibbling on goodies (which we'll be providing) as our material perhaps transports you to happy times in your past, reminds you of places and things you'd still like to do, helps you to realize that some of the life challenges you've faced forced you to grow and become a stronger and better person—or maybe you'll just enjoy the pleasure of a good belly laugh. Anyway, whatever thoughts or emotions may be aroused in you, we suspect you'll ultimately conclude this was a unique and enjoyable afternoon.

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?

WARNING Attention, Runners, Bike Riders and Pedestrians

**Be sure to wear
reflective gear when
out in the community
at night.**



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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

WELCOME

Clubhouse
 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
 Sebreana 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!

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

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**

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



CULTURAL

*Note Room/Time Change for July

AFRICAN HERITAGE GROUP

Saturday, July 7, 3:30pm, Gallery

AVIATION GROUP

2nd Wednesday, 1:30pm, Ballroom

"Ski Birds "

BOOK DISCUSSION GROUP

2nd Thursday, 3:00pm, Craft*

"Flight Behavior by Barbara Kingsolver

CURRENT EVENTS ROUNDTABLE

Mondays, 10:30am, Craft*

GERMAN AMERICANS

Last Thursday, 1:30pm, Ballroom*

KOREAN AMERICANS

Contact Clubhouse for Info!

LATINO/HISPANIC-AMERICANS

Last Wednesday, 6:00pm, Gallery

POLISH AMERICAN

1st Friday, 1:00pm, Gallery*

RECIPE GROUP

2nd Wednesday, 7:30pm, Gallery*

VETERANS GROUP

Tuesday, July 10, 10am, Ballroom

Speaker: Frank Quadrino, VA Outreach Manager, Lyons Veteran Hospital

WRITERS' GROUP COFFEEHOUSE & OPEN MIC

Are you a closet writer?

Share your Talent or Simply Listen

Sunday, July 22...2PM...Gallery

Light Refreshments...All Welcome

THE ARTS

*Note Room/Time Change for July

"ALL IN STITCHES" Knit & Crochet Group

Thursdays, 1:30pm, Gallery*

ART CLASS/WORKSHOP

Wednesday, 9:30am—11:30am, Gallery

Resident/Artist Paul Pittari offers basic instruction. Easels provided. Supplies on your own.

CERAMICS STUDIO

Monday & Thursday, 8:30am—12pm.

Monitor present. Molds & Kiln on site. Supplies on your own.

GALLERY EXHIBITS

The month of July will feature the works of Rossmoor's Digital Photography Club. Be sure to stop in and browse!

POTTERY

Wednesday & Saturday, 8:30am-12 Noon

Monitor present. Supplies on your own.

RUG HOOKING GROUP

Thursdays, 9am—1pm, Gallery*

Bring your lunch and be prepared to have some fun!

OPEN WOOD CARVING WORKSHOP

Fridays, 9am—12pm, Woodshop

Monitor present. Supplies on your own.

WOODSHOP

Mon-Fri 9am-3pm Saturday 9am-Noon

Open to Residents who have completed the orientation and safety class. Monitor present.

CARDS & GAMES

*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 Prata.

MEN'S POKER

Contact Alan Lasky.

NINTENDO Wii

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

PINOCHLE

Please call the Clubhouse if interested in playing Pinochle.

POKER

Mondays and Fridays.

Contact Dolores Grieff.

POOL ROOM

The Pool Room is open 7days, 8am-10pm

(Closed for cleaning Wednesdays 8am-11am.)

GET MOVING!

*Note Room/Time Change for July

BALLROOM DANCE LESSONS

Thursdays, 6:30pm, Ballroom*, \$48pp for eight week session, \$7pp 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 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 1 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

Begins in July...No Charge



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**



SPORTS FUN!

BOCCE

New Players Welcome!

CORN HOLE

Friday 9am-11am Hawthorn/Terrace

CROQUET

New Players Welcome. Call Betty Anne Clayton.

HIKERS

Semi-annual Hikers Meeting

Wednesday, August 22, 7pm, Maple Room

New Hikers Welcome!

PICKLEBALL TOURNAMENT

New Players Welcome!

SHUFFLEBOARD

Tuesday, July 17-"Under the Stars".
7pm...Courts

TABLE TENNIS (Cancelled for July)

Tables available Tuesday, Friday, & Saturday
9-11AM. All welcome!

TENNIS

Courts available 8am until dusk. Bring your own equipment.



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"

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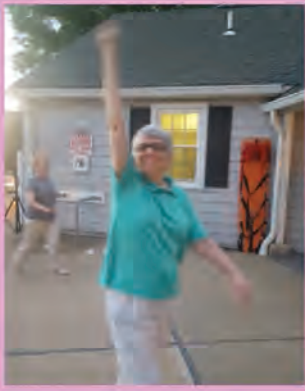
F41

- 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 manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- TRIP REMINDERS: Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident MUST be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- CLUB PRESIDENTS & GROUP REPRESENTATIVES: Channel 26 announcements and room set ups MUST be handed in on the official forms, Forms can be found on the website or in the Clubhouse.
- ROSSMOOR CLUBHOUSE NJ is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- RCAINJ.COM is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- EVENTS & TRIPS are subject to change.

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JULY 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 1:30pm Mystery Movie-BR	4 RCAI Offices Closed 1:00pm RJC BBQ-BR 	5 9:00am Agenda Committee-VC 	6 	7 3:30pm African Heritage Group-GL
8 12:00pm Digital Photography Exhibit-GL 	9 GOLF OUTING 9:30am Mutual 4b-GL 1:00pm Healthcare Lecture-GL	10 10:00am Golf Course Committee-VC 10:00am Veterans Group-BR 1:30pm & 7:00pm Movie "Gifted"-BR	11 7:30pm Recipe Exchange-GL	12 9:00am *Trip-Tropicana 9:00am Committee Meetings-VC 3:00pm Mutual 10-VC	13 7:00pm *Pool Party 	14
15 12:00pm Mutual 1 Picnic-BR 1:30pm Movie "Gifted"-GL	16 9:00am Mutual 2-VC	17 1:30pm Mystery Movie-BR 7:00pm Shuffleboard "Under the Stars"	18 9:00am Mutual 1-DW 1:00pm Library on Location-BR (see page 3)	19  9:00am Board of Governors-VC 3:00pm Mutual 15-VC 7:00pm This & That-MH	20 7:00pm This & That-MH	21
22 1:00pm Mutual 12 Picnic-BR 2:00pm Writers Group Open Mic-GL 7:00pm Great Decisions Summer Follow-up-DW	23 GOLF OUTING 10:00am Mutual 12-GL	24 1:30pm Mystery Movie-BR 2:00pm Mutual 4c-GL 6:30pm Concert on the Lawn-MH	25	26 1:00pm Library on Location-BR (see page 3) 2:00pm Mutual 16-GL 6:30pm Bingo-BR 	27 7:00pm *Pool Party 	28
29	30	31 1:00pm Library on Location-GL (see page 3) 6:00pm Lead My Way Presentation-BR			Events or trips marked * require tickets or prior registration	Ticket Sales  Today!



INDEPENDENT CLUBS			
Chorus	Wed	4 pm	MH
Church Discussion	Tues	1:30 pm	MHP
Computer Club	3rd Mon	10 am	GL
Dance Club	Last Sat	7 pm	BR
Emerald Society	4th Wed	2 pm	BR
Italian-American	3rd Wed	7:30 pm	BR
Players	Last Mon	7 pm	GL
Sisterhood	3rd Mon	1:30 pm	BR
Torah Study	Sat	10 am	CD
Women's Guild	3rd Thurs	1:30 pm	BR

MEETING HOUSE SERVICES		
Catholic Society Mass	2nd Thurs	7 pm
Jewish Congregation Sabbath	2nd & 4th Fri	7:45 pm
Community Church & Communion	1st Sun	11 am
Community Church Worship	2nd & 4th Sun	11 am
Community Church & Fellowship	3rd Sun	11 am

ROOM KEY	
BR Ballroom	H Hawthorn
C Court	MP Maple
CD Cedar	MH Meeting House
CH Clubhouse	MHP Meeting House Parlor
CFT Craft	TR Terrace
DW Dogwood	RR Red Room
GL Gallery	VC Village Center
GR Game	

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 Schifaudo.



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.

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Dance Club holds its summer dance

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 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.

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

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

The fruits of your efforts benefit local graduating seniors

By Diane England

Rossmoor, each year you help the Women's Guild experience a successful bazaar the first Saturday of November, and then, you see the pay-off 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 an additional scholarship was given. It was made possible by a donation from the New Jersey Club, after they disbanded this year. (Next year, the Guild will supplement the remaining money from the New Jersey Club donation and offer one extra scholarship as well.)

Before I introduce you to this



Women's Guild Scholarship winners, from left, Michelle Lau, Mikaleigh Molchan, Angelica Cuddy, Amanda Skurat, and Aviana Wills

year's recipients, let me say something about the selection process. The Guild's Board provides 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 high school's awards ceremony 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.


Of course, we're always thrilled to meet all the recipients at our luncheon. However, this year was extra special not only because of Angelica, but because each recipient read the essay she'd written to win her award. While I can't duplicate those here, I would like to share the information we showed to scholarship luncheon attendees.

First, let me introduce Angelica Cuddy. We learned the following about her:

(Continued on page 15)


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Players Pastimes

By Sue Archambault

Those who attended our June Players meeting on Monday, June 25, enjoyed watching the DVD of the second musical comedy written by Bob Huber and Bill Strecker for the Players titled, "It's News to Us." The meeting began at 7 p.m., and everyone was invited to join us for the film and refreshments.

Toward the end of the month, the Players will present our ever 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 soloists, 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.

Beverly Masters will direct the program, and our beloved Joe Conti will serve as our emcee. As always, the productions will end with refreshments for all attendees. Tickets will be on sale Thursday, July 12, Friday, July 13, Monday, July 16, Tuesday, July 17, and Wednesday, July 18, in the Red Room from 1 to 3 p.m. Sal's Roma Deli and Pizzeria will also sell tickets through Friday, July 20. Ticket prices are \$5



in advance, and \$7 at the door. Don't miss out on this very entertaining event!

There will be no monthly Players meeting in July.

Republican Club news

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 endeavors to invite local, state and federal candidates (or their representatives) running for office to speak at future meetings, to attempt to create a dialog between our community and the people who represent us at various levels.

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.

Rental Library

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.

You don't get to be a senior citizen without learning that change is both inevitable and inexorable. I have worked at the RRL from the time that I moved here 14 years ago. Some of our volunteers have worked many years longer. I treasure the interesting people that I have met and the friends that I have made over the years at RRL. I hope that we will all continue to love books and continue reading for many years to come.

Library Hours

Monday thru Friday
10 a.m. to noon and 1:30 to 3:30 p.m.

Library closed Saturdays

Emerald Society's summer activities

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 after this terrific show, everyone had an outstanding dinner.

Dan is also working on a boat trip in late summer leaving from Wildwood. More information to follow.

The Annual Emerald Soci-

ety Picnic will take place on Aug. 18 at the Clubhouse. Dan is also arranging a day at the Yacht Club in Point Pleasant on Sept. 18 with Vinnie Talerico entertaining again.

Jack and Julie entertained everyone at the June meeting. A wonderful way to spend an afternoon. See you on July 25 when John Karterba will come back to talk about historical events in the local area.

Dan announced that the Emerald Society has given \$150 to Smile Train – a very wonderful charity.

graduating seniors

(Continued from page 14)

- National Art Honor Society
- Gold Award at New Jersey Family, Career and Community Leaders of America State Leadership Conference
- Manager of the Baseball Team
- Participant in: Photography Club, Student Council, and Rutgers Junior Knights Dance Team
- Angelica will be attending Pace University where she intends to pursue studies in both psychology and nutrition.

Next, let's meet Mikaleigh Molchan:

- Honor Roll student
- Volunteer for the Future Business Leaders of America Adopt-a-Family Program
- Lifeguard at Six Flags Hurricane Harbor
- Employed part-time during high school
- She'll be attending William Paterson University where she'll major in nursing.

Aviana Wills was our next recipient. Here's what we learned about her:

- Honor Roll student
- National Honor Society Scholar Award in 2016
- Teen Pep
- Heroes & Cool Kids
- Key Club
- Peace Ambassadors
- Volunteered at a local shelter

- Aviana will be attending Suffolk University in Boston where she'll study psychology and business.

The following applies to Amanda Skuraton:

- National Honor Society
- Tri-M Honor Society
- International Thespian Society
- Drama Club
- Rock 'n' Roll Chorus
- Church Youth Group
- Church Choir
- Amanda will be attending Ramapo College of New Jersey where she'll study nursing.

Michelle Lau was our fifth recipient. The following was shared about her:

- National Honor Society-Science
- National Honor Society
- Co-president of the Red Cross Club
- Environmental Action Club
- Girls' Volleyball
- Wind Ensemble
- Volunteer at a Chinese School
- Studied piano for 10 years
- Michelle will be attending Drexel University.

Certainly, it was wonderful to meet and to hear from another group of impressive graduating seniors from our township's high school. We hope you'll again help us, through your involvement with the bazaar, to raise more money in November that will support students graduating in 2019.



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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

the Garden Terrace located in the Clubhouse near the finish line. The bus will leave at 11:30 a.m. Call Bob Terranova at 732-609-0478 to sign up. Bob is also looking into trips to Lancaster Dinner theater and 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, of how friendly they sound, of how all they want to do is show you how to save oodles of cash without really trying, or of how they can make you even more popular with your friends and neighbors, then you won't want to miss her revelations at the monthly meeting of Computer Club

members and other welcome residents in the Gallery at 10 a.m. on Monday, July 16.

Hazim, Outreach director for the New Jersey Division of Consumer Affairs, is responsible for protecting residents from becoming victims of consumer fraud. With her wealth of knowledge, she has quickly become the main speaker across the state at high schools, clubs, senior

communities, and at many other organized groups, treating her audiences to confront scams in amusing, fun game settings that could conceivably even leave you with designing scams to catch scammers.

Coffee and cake at 9.30 is guaranteed to trap potential scam dupes. Listen to one who knows. I should have heard Hazim three months ago.

SPORTS



Rossmoor-Meadow Lakes, a croquet rivalry

By John N. Craven

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 Ram-pagers," edging its opponents in five games to take the day. Post-game festivities included a group luncheon featuring homemade desserts. Both clubs look forward to this match each season and share bragging rights till the next season's match.

Saturday, July 7, is the club's annual Kooky Kroquet and BBQ. Members will play several rounds of Kooky Golf Kroquet, with a series of Wicked Wickets. 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!



Friday afternoon golf croquet



Golf Course Highlights

By Ted Servis, Rossmoor Golf Professional

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 from 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 5:30 p.m.; Tuesday through Sunday from 7 a.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 2018 golf season.

Remember: The Golf Course is currently offering a referral incentive of \$200 in Pro Shop credit for bringing in new members.

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.



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

Remember that the number of screenings is limited, so reserve your spot when you register for the lecture.

Ladies' 18-Hole golf league swings into summer



Golfers, from left, Jo Schwegel, Carolyn Meyer, Janet Decker, Maria Hogan, and Pat Crowley.

By Arlene McBride

On May 8, "Count only the F&T holes" tournament: first place, Jo Schwegel; second place, Arlene McBride. I had to think hard on which holes were F&T. It could get confusing.

On May 15, "Step aside scramble" tournament: first place team, MOC, Janet Decker, Arlene McBride, and Nancy Nita; Second place team, Maria Hogan, Lanie Kartagener, and Pat Mueller.

After our tournament, we held our first luncheon/meeting. Thank you to the social committee of Joan Messick, Pat Mueller, and Sandy Pellicane who brought delicious homemade desserts. President Lanie Kartagener thanked everyone for their input to the meeting.

On May 22, "Blind partners" tournament: First place partners: Joan Messick and Joan Semen; second place partners: Maria Hogan and Pat Mueller. Rain was looming, but we made it.

On May 29, "Count par 3's only" tournament: first place, Arlene McBride tied with Sandy Pellicane; second place: Janet Decker, Carolyn Meyer, and Jo Schwegel, all tied. Our par 3 holes are

(Continued on page 18)

9-Holers

By Terre Martin

This season's tournaments have had a variety of winners. 5/1: "Scramble": Maureen Danehy, 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 Meiselbach. "Low Gross" (Straight forward golf): A Flight-Terre Martin, B Flight- Kathy Misner. "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"

(Continued on page 18)



Maria Hogan holding the Mayor's Cup plaque.

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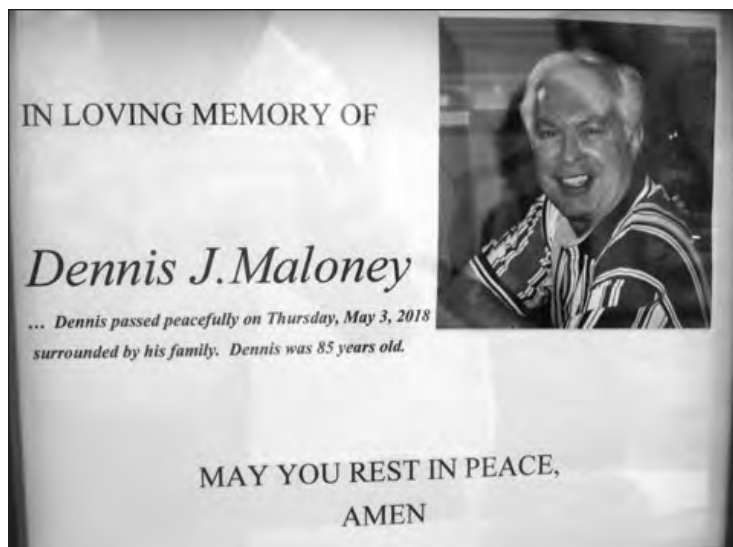
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Lucille Conti, Mary Maloney, Fr. Charles O'Connor, and Ray Clarke at the recently held Healing Mass



Fr. O'Connor anointing Millie Groves with the Sacrament of the Sick at the Healing Mass



The plaque for Dennis Maloney whose memory was honored at the Healing Mass

Religious Organizations

Will you help make this another great school supply drive?

By Diane England

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 what 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 2" binders, pocket 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.

(Continued on page 19)

Jewish Congregation's July events

By Adrienne Brotman

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 chanting the service. All Rossmoorites are welcome.

Our Torah Study group will meet on Saturday, July 28 at 10 a.m. in the Clubhouse Dogwood room with Rabbi Lauren Levy.

Fifty years: A reunion conversation

By Hadassah Aylat

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.

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.

SPORTS

Attention all golfers – male and female – get your swing back

Mark your calendars for July 18 at 11 a.m. in The Gallery. Join Barbara Klutch, P.T. with Princeton Medical Center as she provides information on the components of the golf swing. How injuries occur, swing-specific exercises to promote strength, flexibility and balance.

After the lecture, Barbara will perform assessments with biofeedback technology to help improve your game and decrease injury risk. The first 12 people that sign up for this assessment will be able to complete it the same day as the lecture so be sure to mention that you want to be assessed on the 18th. We will then have a waiting list for whoever wants to partake in this assessment on July

26 in The Hawthorn Room between 1 and 3 p.m.

Please register at Community Wellness - 888-897-8979. All services are free.

9-Holers

(Continued from page 17)

screening on Thursday, July 26, from 1 to 3 p.m.

Note: The only way to register is by calling Princeton Healthcare at 888-897-8979 no later than Friday, July 13.

To learn more about joining the 9-Holers contact Mary Shine at 609-655-4518 or maryshine1@verizon.net. You can also contact President Joyce Cassidy at 609-619-3618, or email her at joyce3205@aol.com.

18-Hole golf

(Continued from page 17)

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

On June 5, "Fewest putts" 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 Concordia 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 Pat Crowley, Janet Decker, Maria Hogan, Carolyn Meyer, and Jo Schwegel. In addition, Maria Hogan won low net and longest drive. Great work, ladies, you made the Rossmoor ladies' 18-hole league proud!

Have a great Fourth of July!

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HEALTH CARE CENTER NEWS

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 222 cases in 2017 with 2,928 cases since 2000. Morris 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 months contribute to the reason Lyme disease has increased.

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 straight 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 contracting Lyme disease are:

- Avoid being in wooded and bushy 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 as it will make it easier to see the small tick. To avoid ticks from crawling under

your clothing, pull your socks over your pants and keep your shirt 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 two 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

(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. Kahlil 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.
Communications Meeting 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 609-655-6887.

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.

Let us thank you now 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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Rossmoor Resident Telephone Directory

CHANGES & DELETIONS ONLY

Please mail or bring this form to the
Rossmoor Community Association, Inc., Village Center
128 Sussex Way, Monroe Twp., NJ 08831
with any changes or deletions to your
name, address or telephone listing.

Information as it now appears:

NAME: _____

ADDRESS: _____

PHONE: _____

Changes for the 2018 edition:

NAME: _____

ADDRESS: _____

(1)Phone OR (1)Cell: _____

****All Changes must be received by July 13, 2018****

If your name, address and/or telephone/cell number is in the
2017 edition correctly, it is not necessary for you to complete this form.

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 immunosorbent assay) or IFA, (indirect florescent 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 complications. Early treatment consists of oral antibiotics to be taken three to four weeks. In advanced stages, intravenous antibiotics are administered every day for four weeks or longer

If you find a tick on your skin remove the tick using tweezers. Do not cover the tick with Vaseline or any other substance, 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 tweezers and wash your hands with soap and water. CDC recommends, "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 necessary 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 informative 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 Hospital, Kathy Iannuzzo, RN-BC, will be speaking on "Fall Prevention" 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.

MAINTENANCE DEPARTMENT

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 constantly because of the heat. Air conditioning thermostats should be set on auto and cool, and also set your thermostat to a temperature that is comfortable for you. If the temperature is 100 degrees outside, your house might only cool down to 80 degrees, which is why you should keep your air conditioning 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.

JCP&L

If you experience a power outage, please call JCP&L directly at the following number 1-800-714-7297, or 1-800-714-4624. When individuals call in, JCP&L gets a better idea of how widespread the outage is.

Toilet Condensation

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 condensation 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 Department has two technicians servicing air conditioners. 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 homeowners are required to fill out a Resident work/request permit form when doing alterations in and around the home. In a Co-op, this form is called an Alteration Request. Also, a tree permit is required if you are planting a tree. These forms can be obtained at the Maintenance Office.

Community Cleanup

The Township of Monroe will come into our community and pick up bulk items. All items should be placed at the designated areas on July 21 and July 22 for pickup on July 23.

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 third round of fertilization will be a liquid application of Nutsedge Control using herbicide that produces fast, visible results and controls difficult weeds, such as nutsedge, season long and aids in reducing 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 work our way through the community.
- 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 soil and seed needs to be watered at least twice a day, 25 minutes in the morning and evening.

LWV asks: who's watching the money?

By Ruth Banks

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

The essence of Democracy is an informed electorate, and New Jersey is fortunate to have an agency that monitors the campaign financing of all elections. Created in 1973, that agency is the N.J. Election Law Enforcement Commission (ELEC) which also has the responsibility to administer laws requiring candidates for the Governorship and Legislature to make public their personal finances

prior to election day. The meeting will be held at the Monroe Township Public Library at 6 p.m.

At the League meeting on Wednesday, July 25, the Executive Director of ELEC, Jeffrey M. Brindle, will be the guest speaker. Brindle's experience in varied governmental and electoral capacities has given him a rare and broad-ranging perspective on the mission of election monitoring.

Brindle is the author of 20 in-depth analytical white papers 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)

TRANSPORTATION TIDBITS

Important phone numbers:

Rossmoor Bus 609-655-4401

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

Monroe Township Transportation..... 609-443-0511

Middlesex County

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

St. Peter's University Hospital

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All schedules are available outside the E&R office
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following the links Facilities, Clubhouse and Activities,
and Bus Info.



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Mailing Addresses

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

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

Drive Carefully





Your Garden

By Mel Moss

Orchids

In recent years, orchids have become very popular house plants. They can be found for sale not only in nurseries and other types of plant shops but are sold in supermarkets and the large box stores like Walmart, Lowes, and Home Depot.

There are over 30,000 species of orchids. Breeders have crossbred them to create over 150,000 hybrid varieties.

Orchids are one of the oldest and largest family of plants in the world. They are known for their bright and sometimes bizarre shapes and aromas. Probably the easiest varieties to grow in your home are Odontoglossum, Oncidium, Phalaenopsis, and Miltonia orchids.

Most orchids are classified as epiphytes (air plants), which means that they grow on other plants without connecting to the ground and without harming their host. In the tropics, their natural growing areas, their roots attach themselves to trees or even rocks where they can draw out moisture and nutrients that wash over them.

So rule #1 with orchids is never plant them in a soil mix. Orchids are normally grown in pots filled with chips or bark, stones, tree ferns, or some other loosely packed material. This keeps the roots well aerated and allows water to drain quickly. Orchids do not want to be left in a water-logged plastic pot.

They should be watered thoroughly about once a week, leaving time for them to dry slightly before watering them again. The best way to tell whether it is time to water again is by comparing the weight of the pot by lifting it

before and then after watering. Too much water is as bad as not enough.

Since they are tropical plants, they will need at least 50% humidity. Mist them frequently, or better yet, get a humidifier. A third method would be to place the pot or pots on a tray of flat black pebbles with water added until it almost but not quite covers the stones.

Lighting is also important. Most varieties prefer at least six hours of direct sunlight a day. The plants might grow but not flower with less light. South and east facing windows will work the best. Symptoms of too much sun will be yellowish foliage and looking weak or dehydrated. West window exposure can be too hot and a north exposure is usually too dark. Artificial light can be used: four 4

-foot long fluorescent tubes placed six inches apart side by side, keeping the plants six to eight inches below the tubes. Keep the lights on for 14 to 16 hours per day.

Many orchids, such as Phalaenopsis and Paphiopedilums, like this but varieties such as Cymbidiums and Vandas need natural sunlight or high intensity discharge lights to bloom.

There are fertilizers specially prepared for orchids. They should be used according to directions given.

Most orchids will bloom sometime between December and April, and generally for a period of four to five weeks. But the most important time to pay attention to your plant is when it is out of bloom. That is when the plant grows and stores energy for the next year's blooms.

Safety notes from the Fire Department

Make the 2018 summer the safest one yet.

Summer is here, and everyone wants to enjoy the outdoors and have fun in the sun, especially after this past winter. Adults are on vacation, kids are out of school, and our roadways are jam-packed with travelers and vacationers. Let's take a few moments from our hectic schedules to remember a few basic tips for staying safe this summer:

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 as much as 85%!
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 check for cracks and failures in the hoses themselves. Grills should be at least 10 feet from any structure while in use.

3. For the campers, make sure the campfire is completely out before turning in for the night. Never leave a camp fire unattended. Also, if you have a portable heater for your tent or trailer, be sure to use one with an This will sense low oxygen and will shut the heater down, so as to not create a dangerous situation.
4. Keep the repellent handy for the insects. Avoiding the bites and stings 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 woods to get a tick, they 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 cookouts; be sure to keep foods in coolers and refrigerators so they do not spoil when 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 sunscreen, a minimum protection level of SPF 45 to your



From the Mayor

By Gerald W. Tamburro,
Mayor of Monroe Township

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, growing civic engagement and more importantly, an overwhelming show of support for our veterans.

Just recently, Monroe Township High School hosted an Armed Forces Appreciation Day, where active duty and retired military personnel were honored with song, speeches and ceremony.

The event became a teaching moment for our students, who heard from current and prospective enlist-

ees, learned the history of some notable military customs and were able to shake hands and talk with the very people who have and continue to preserve our freedoms.

There were patriotic overtones in the Monroe Township Chorus' latest performance, America the Beautiful, a salute to our servicemen and women through song. With the group making biennial trips to perform for residents at the New Jersey Veterans Home in Edison, I can tell you that they are a great source of pride for this community and I applaud them for sharing their talents.

The Township also participates in a Vietnam War Commemoration program, which was launched by Presidential Proclamation in 2012 to acknowledge an under-recognized segment of our veteran population with a specialty pin. Those Vietnam-era veterans in our community can receive this special recognition by contacting Eileen Biennas in my office at 732-521-4400 or ebiennas@monroetwp.com.

I remember when these soldiers returned to the states. These brave servicemen and women had donned a uniform, swore to defend their country and made no less a sacrifice than any other generation prior; but they were not always greeted with the warm homecoming that they deserved.

The Township's Memorial Day observance, made up of two wreath-laying ceremonies at the Municipal Complex and Veterans Park, were yet another brilliant display of patriotism in Monroe.

It is always so special when we gather at the Veterans Park memorial. This display of patriotism was constructed in 2012 by Monroe resident and Troop 60 Eagle Scout Sean Evans and recognizes 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 Monroe's Fireworks Spectacular in Thompson Park on the Fourth of July.

If the free activities, music or fireworks aren't reason enough to come out, then partaking in one of our great American traditions should be.

Busing for the festivities, which begin at dusk, 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.

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 Product 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.

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Monroe Cultural Arts Commission

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

July 12, **Big Package**, High energy funk, soul and dance music; July 9, **Rave On**, Memorable night of early rock-n-roll; July 26, **Base-ment Musicians**, Seriously Broadway; August 2, **Sisters & Voices**, Tribute to the Black Divas of Song; August 9, **The Joey Katz Orchestra with Bob Kulic**; August 16, **Jimmy and the Parrots**, The ultimate Jimmy Buffet

(Continued on page 22)

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 information. He also expanded the number of analytical press releases published on a regular basis by the agency.

While serving as deputy director, he authored the report on the Clean Elections 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 Rutgers, M.A. from Villanova University, and positions as adjunct

professor in political science with the College of N.J. and the Raritan Valley Community College.

In 2015, ELEC did an analysis that for the first time examined which issues dominated the political agenda, and who spent the most time and money making their case. The analysis showed that special interest groups registered more than 20,000 meetings and phone calls with cabinet members and lawmakers in 2014.

In addition to all the above tasks, ELEC is also responsible for enforcing various aspects of the Pay-to-Play law particularly as it pertains to disclosure. In short, you might say that ELEC tries to keep election finance open and above-board.

The League is a nonpartisan organization open to men and women. For more information, please contact Andrea Pellezzi, 609-664-2146; Adrienne Fein, 609-860-5984; Ruth Mullen, 609-655-7579; Judy Perkus, 609-395-1552; Ruth Banks, 609-655-4791.

ROSSMOOR COMMUNITY ASSOCIATION
2018 POOL SEASON

RULES, REGULATIONS, & POOL HOURS

The Rossmoor Community Pool is now open and
will close on Labor Day, Monday, September 3

The Pool will be open
daily between the hours
of 9:30 a.m. – 8:30 p.m.

1. Access to the pool and any of the 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 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 discharges, or excessive sunburn will not be permitted in the pool area. Persons with open sores, blisters, cuts, and/or bandages will not be permitted in the pool.
5. Persons recovering from diarrhea or symptoms of gastrointestinal disease are encouraged to wait seven days before using the pool.
6. Showers 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 Pro Shop Terraces have tables and chairs for residents to use for dining.
10. Radios or other music media are not permitted in the pool area, except those equipped to play through earphones.
11. Beach towels should be used to cover and protect pool chairs and lounges when sun tan oil/lotions are being used.
12. There is a 30-minute time limit when using swimming lanes and the lanes are to be shared.
13. Only water in non-breakable containers is permitted in the pool area.
14. Pool furniture is available on first-come, first-come basis. Personal furniture is not permitted in the pool area.
15. Pool toys—inflatable, plastic, foam, or any other material—and swimming devices such as, but not limited to, swimmees, inner tubes, fins, etc., are NOT permitted in the pool, except for Aqua Aerobic classes. Only US Coast Guard-approved life jackets may be used in the pool as flotation devices, 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 devices) except during special events.
16. Card and board games are permitted at the pool after 4:00 p.m.
 17. Management reserves the right to close the pool at any time.
 18. Lifeguards are obligated to close the pool in the event of potentially dangerous weather.
 19. Lifeguards and Pool Staff are required to enforce all Rules and Regulations.
 20. Persons suspected of being under the influence of drugs and alcohol shall be prohibited from entering the pool area.
 21. Smoking is NOT permitted in the pool area.
 22. No sitting on the pool entrance steps or ladders.
 23. Neither diving, running, continual jumping nor “horseplay” is permitted
 24. Violators of the Rules may lose their pool privileges.

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 during 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 at 2:00 p.m. and exit the pool area no later than 2:30 p.m. Children under the age of four 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 “accidents” in the water should be immediately reported to the lifeguard.
 5. Children under seventeen years of age are NOT permitted in the Hot Tub.

LANE SWIMMING SCHEDULE

Lane 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

Revised by Board of Governors November 19, 2015



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 this 12-part series.

July 3: 17th Amendment & Early Civil Rights

July 10: A World Safe for Democracy & 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 and patterns. Bring your own supplies. Registration not required.

Poets Corner

Friday, July 6 at 11 am. A workshop and reading group for all ages. Please bring 10 copies of your work. Registration is not required.

POV Summer Film Series

Saturdays, July 7 and 14 at 1 pm

July 7: For 20 years, Lindy has lived with an unbearable feeling of guilt. Committed to fulfilling her civic duty, Lindy sat with 11 other people on a jury that handed down the death penalty to a Mississippi man convicted of a double homicide. An overwhelming feeling of regret compels Lindy to track down her fellow jurors.

July 14: Inside Qatar's labor camps, African and Asian migrant workers building the facilities of the 2022 World Cup compete in a football tournament of their own.

Films are presented in collaboration with the award-winning documentary series P.O.V. (www.pbs.org/pov). Registration is not required.

Meet Your Sewing Machine

Monday, July 9 at 3 pm.

and Thursday, July 12 at 6 pm. Learn about sewing machines 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. Register at the Reference Desk, by phone or online at www.monroetwplibrary.org beginning Tuesday, June 5 at 9:30 am.

Short Story Discussion Group

Wednesday, July 11 at 11 am. Leah Wagner moderates a discussion about 100 Years of the Best American Short Stories. This month we will discuss “Xuela” by Jamaica Kincaid and “If You Sing Like That for Me” by Akhil Sharma. Register and reserve your copy at the Welcome Desk.

Genealogy Club

Wednesday, July 11 at 1:30 pm. A guest speaker Bette M. Epstein from the NJ State Archives will present an overview of post-1850 genealogical records available at the NJ State Archives including Census Records, Birth & Death Records, Wills, Court Records, Military Records, Newspapers, County Records and Naturalizations. Beginner and experienced genealogists are welcome. Registration is not required.

A Mysterious Friendship:
The Making of the Oxford English Dictionary

Wednesdays, July 11 & 18 at 2:30 pm. This two-part lecture series, offered by Monroe resident Julian Davis, is an absolutely riveting and suspenseful tale of murder, insanity and the making of the Oxford English Dictionary. Registration is not required.

Socrates Café

Wednesday, July 11 at 7 pm. Participate in this international group based on the philosophy of Socrates. Pose questions, listen to others,

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Cultural Arts

(Continued from page 21)

tribute.
Grant funding has been provided by the Middlesex County Board of Chosen Freeholders through a grant provided by New Jersey State Council on the Arts/ Department of State. July concerts funded in part by Provident Bank & 1st Constitution Bank

WEATHER INFORMATION: 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 CENTER at 12 Halsey Reed Road, Monroe Twp. Signs will be posted in the park on the road leading to the gazebo indicating the change in location. There is limited seating of 300 people at the Senior Center, so make sure to arrive early to guarantee a seat. You may also call 732-521-4400 ext. 134 for weather update.

Classified Advertising

Transportation

AMERICAN CAB & LIMOUSINE – We'll take you anywhere. Reservations available. Credit cards accepted. (609) 529-6943.

NEED DRIVER? We two will assist you in food shopping, doctors, hospital, malls, beauty parlor appointments, etc. Cheap rates. (609) 409-2900.

CALL DOREEN – I'm back! My new number is (609) 284-4308. Thank you.

EXPERIENCED DRIVER – Airports and local. Carl (908) 812-6326.

NAT TRANSPORTATION – Monroe resident. All airports, shipyards, NYC and local. Doctor and hospital visits. (917) 657-5611.

EXPERIENCED LIMO DRIVER – NYC, airports, anywhere. Former Clearbrook resident. Call John (732) 610-0703.

AAA TRANSPORTATION – Monroe area (Encore resident). Transportation to airports, trains, piers, NYC and reasonable rates. Call Howard (732) 979-3085.

LIMO GUY, INC. – Our 15th year. We go to all airports. Late model Lincoln Towncars. Holds four passengers in total comfort and style. SUV's now available with approximately \$40 additional charge. \$75 to Newark, \$150 Philadelphia, \$170 JFK airports. We go almost anywhere 24/7. Call (732) 452-9222.

Home Improvement & Services

LANDSCAPE – Spring into summer cleanup – add curb appeal. Local resident. Call (609) 468-3412.

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

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

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

Miscellaneous/Services

ALTERATIONS/SEWING NEEDS – I can come to you. Joan (609) 655-4363.

PET SITTERS (MONROE) – for a day, a week, or up to a month. Our home or yours. True animal lovers. Barb (732) 735-4243.

ATTENTION SENIORS – You don't have to board or give up your pet if your health prevents you from being able to provide full care for it. I can help. Also, I'm available to pet sit while you vacation or need to get away. I am a reliable, trustworthy, experienced pet sitter. Also, I am a Certified Vet Tech. I'm insured and have references. Call Kallie at (732) 266-6826 or message me on my Facebook page Good Pets of the Earth. Seniors get a discounted price.

HAVE SCISSORS, WILL TRAVEL – All hairdressing services. Will come to your home. Licensed hairdresser. Call Georgianne (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 backup pictures on USB flash drive with service included. (732) 723-9537 or (732) 967-3400. Please leave message, all calls returned same day.

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

Tax/CPA Services

CERTIFIED PUBLIC ACCOUNTANT –Don't let your tax questions linger. Talk to a CPA today. Rebecca (732) 718-4359.

Help Wanted

ROSSMOOR RESIDENT seeks mature, reliable caregiver to help with light housekeeping, shopping, appointments and small errands. Call (609) 655-5993.

Wanted to Rent

CARPORT NEEDED for long-term rental. Call (609) 860-7917.

Help & Health Services

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

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

ANNA'S HOME CARE – Certified professional caregiver is looking for live-in/live-out job in Monroe Township. Experienced, references. Driver's license. Accepts long-term care insurance. Low prices. Private care option. Call Anna at (609) 409-1600 or (908) 337-7462.

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

Wanted to Buy

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

House Cleaning

HOUSE CLEANING to clean your home expertly and thoroughly. References, honest, courteous and experienced. Reyna (609) 371-4775. You'll be glad you called.

NICE JEWISH GIRL'S HOUSE CLEANING SERVICE – Trustworthy, reliable and reasonably priced. Bonded and insured. In business for 25 years. Please call Eileen (609) 860-9050.

HOUSE CLEANING – Several year of honest and quality work. Call Laura (609) 902-9951.

IZABELA'S CLEANING SERVICE - Professional house cleaning. Quality work. Local references. Very reasonable. Years of experience in the area. European quality. (609) 954-0181.

Senior Center

Monroe SeniorCenter Transportation
Transportation to and from the Senior Center is a free service available to ALL Senior members/residents during regular business hours. Please advise us of your transportation need when registering for Center activities. Need to cancel? Please let us know immediately, noting the original purpose of your transportation need (i.e. program, appointment, etc.)

Office Closed
Wednesday, July 4, Happy Independence Day!



CLASSIFIED ADS GET THINGS DONE!

Public Library

(Continued from page 22)
raise challenges and consider other alternatives. Monroe resident Noreen Gumnick moderates. Register at the Welcome Desk.

Friday Afternoon Movies
Fridays, July 13, 20 and 27 at 2 pm

July 13: 2017 Crime/Drama/Mystery When a murder occurs on the train he's travelling on, celebrated detective Hercule Poirot is recruited to solve the case. Rated PG-13. 1h, 54m.

July 20: 2017 Crime/Drama starring Denzel Washington and Colin Farrell in which a driven, idealistic defense attorney finds himself in a tumultuous series of events that lead to a crisis and the necessity for extreme action. Rated PG-13. 2h, 2m.

July 27: 2017 Adventure/Drama/Fantasy At a top secret research facility in the 1960s, a lonely janitor forms a unique relationship with an amphibious creature that is being held in captivity, starring Sally Hawkins and Octavia Spencer. Rated R. 2h, 3m.

Movies are free. Registration is not required.

Pop-Up Shops
International Book Club

Tuesday, July 17 at 10:30 am. Join a book discussion moderated by Monica Teixeira. This month's title is Septembers of Shiraz by Dalia Sofer (Iran). In the aftermath of the Iranian revolution, rare-gem dealer Isaac Amin is arrested, wrongly accused of being a spy. Terrified by his disappearance, his family must reconcile in a new world of cruelty and chaos with the collapse of everything they have known.

Coffee and cookies provided. Register and reserve your copy at the Welcome Desk.

Book Café
Wednesday, July 18: Session 1 at 11 am for existing group members. Session 2 at 1 pm for new members. Discuss books that you have read. Light refreshments will be served. Register at the Welcome Desk.

Crochet Coral Reef Project
Wednesdays, July 18, 25 and August 1, 15, 22 & 29 from 2 pm to 4 pm. Participate in the creation of a permanent display at the library to bring awareness to the disappearing wonders of the marine world. Basic crochet skills (chain and slip stitch) required. Learn more at crochetcoralreef.org Register at the Welcome Desk.

Page Turners presented by Library Staff
Thursday, July 19 at 11 am. Looking for something to read or add to your reading list? This is a new ongoing event taking place on the third Thursday of every month. Library staff will present and recommend a variety of new titles pertaining to a different topic each month, both new and old titles. This month we will recommend books that are a series. Light

refreshments provided. Register at the Welcome Desk.

Medicare Eligibility Requirements & Options
Tuesday, July 24 at 11 am. Andrew Hruszanyk of Mutual of Omaha will conduct a Medicare Seminar. Register by phone at (856) 988-7771 or email andrew.hruszanyk@mutualofomaha.com

Louise Penny Book Discussion

Tuesday, July 24 at 2 pm. Join the discussion of Canada's famous sleuth Chief Inspector Gamache and the good people of Three Pines, Quebec as they unravel a good mystery. Book discussion moderated by Paula Simon. Register at the Welcome Desk.

Navigating the Health Care System

Wednesday, July 25 at 11 am. When a health crisis occurs, you want to be prepared. It can be overwhelming to know where to go and whom to trust. We assembled a panel of experts in Elder Law, Insurance, Medicare Supplement, Rehabilitation and Home Care to give you the information you need to get started. Register at the Welcome Desk.

Coin Show
Saturday, July 28 from 10 am to 4 pm. Buy, sell or trade your coins and currency during our first-ever Coin Show. Coin dealers should visit one of our service desks or our website for an exhibitors' application. Registration is not required for participants.

Holiday Closing
The Library will be closed on Wednesday, July 4 in observance of Independence Day.

All events are open to the public.
www.monroetwplibrary.org

Classified Information

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

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NEW DIRECTIONS IN
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An educational medical series
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ARE YOU A CANDIDATE FOR
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Types of symtoms that can be re-
lieved 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 ev-
ery 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 peo-
ple 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 wait back pain
out only to find that it keeps getting worse.
They buy new mattresses, try different stretch-
ing exercises, learn new techniques for sitting
and standing, etc., yet their condition doesn't
improve. Some make repeated trips back and
forth between their medical doctor, chiroprac-
tors 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 op-
tions, 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 com-
bination of advanced FDA-cleared treatments
with breakthrough technology that aids in the
restoration, stabilization, and relief of your spe-
cific condition. The options are non-surgical,
provided under one roof and covered my 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 degenera-
tion, sciatica, spinal stenosis, arthritis, facet syn-
drome, and chronic pain in the low back. This
type of treatment employs a motorized traction
machine that gently stretches the spine, reliev-
ing 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 disks 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-sur-
gical decompression allows the body to heal it-
self 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 through-
out the world and is one of the FDA-cleared tech-
nologies available at AllCure Medicine. More than
3,000 patients a day receive this treatment in the
U.S. alone. Numerous clinical studies are available
for review at www.vax-d.com.

In addition to Vax-D, we employ a variety of oth-
er wellness modalities as part of our integrated
back pain treatment program:

- **Acupuncture** - Through clinical trials, acu-
puncture 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 cur-
ing of certain ailments common to patients
suffering with chronic or severe pain. Its pri-
mary aim is to bring back the patient to his/
her normal self, free of any pain or suffering.



**CALL
TODAY!**

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**FREE MRI/X-RAY
REVIEW!**

Get the non-surgical, FDA-cleared treatment
for scicatica, stenosis, and herniated discs.

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Cal today to secure your appointment!

Offer Expires 7/31/18



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