



Happy Independence Day 2020

When in the course of human events

By Allan Kaufman

Those seven words are the beginning of the most important document in U.S. history. Those seven words started our break away from Great Britain. The Declaration of Independence, residing in the Rotunda of the most important building in the country, the National Archives, paved the way for the War for Independence.

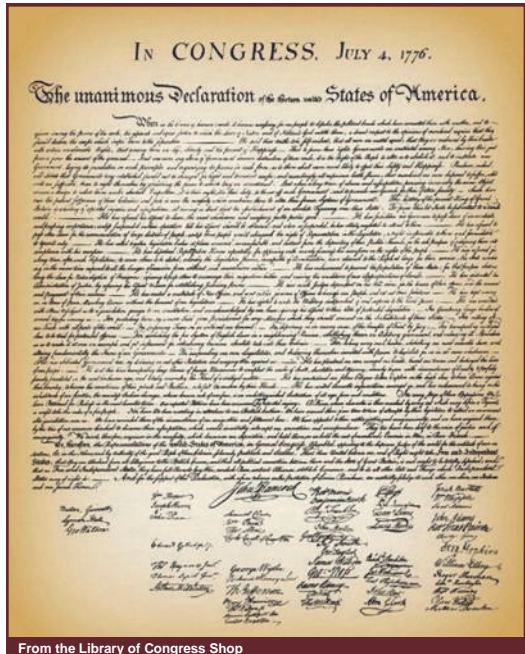
The Declaration is 1337 words, signed by 56.

While Congress approved the Declaration on July 4, 1776, the actual signing, according to historians, took place in August. The signing of the United States Declaration of Independence occurred primarily on August 2, 1776, at the Pennsylvania State House, Independence Hall. The 56 delegates to the Second Continental Congress represented the 13 former colonies which had declared themselves the United States of America, and they endorsed the Declaration of Independence which the Congress had approved on July 4. The Declaration proclaimed that the former Thirteen Colonies were now a sovereign, independent nation and thus no longer a part of the British Empire. The signers' names are grouped by state, with the exception of President of the Continental Congress John Hancock; the states are arranged geographically from south to north, with Button Gwinnett from Georgia first, and Matthew Thornton from New Hampshire last.

To see the original document—I first saw it more than 30 years ago and most recently two years ago—you take a few minutes and close your eyes and think about what each of the signers must have been thinking when he committed treason by signing this document. You see John Adams arguing with the southern delegates on the matter of slavery. You see how compromises were made in order to

proved on July 4. The Declaration proclaimed that the former Thirteen Colonies were now a sovereign, independent nation and thus no longer a part of the British Empire. The signers' names are grouped by state, with the exception of President of the Continental Congress John Hancock; the states are arranged geographically from south to north, with Button Gwinnett from Georgia first, and Matthew Thornton from New Hampshire last.

(Continued on page 2)



Flu Vaccines with social distancing

By Kaytie Olshefski, BSN, RN-BC

I am writing about the flu vaccine and clinics a little early because I want to give you information on how the flu clinics are going to run this fall. We will try to make these flu clinics run as smoothly as possible, following and maintaining the CDC guidelines due to Covid-19. We will adhere to social distancing, which will make our flu clinics quite different from

years past.

The first thing I want to review with you are the different flu vaccines so you can make an informed decision as to which flu vaccine you would like to have. If you are unsure, please call your doctor and ask him/her which flu vaccine he/she recommends. If you want the same vaccine you had at our flu clinic last year, call the Health Care Center and we will look up your 2019 flu

consent and let you know which vaccine you received. If you are planning to call your doctor, please do not wait until the last minute. It will be of the utmost importance for you to know which flu vaccine you want prior to the flu clinic.

We will offer three flu vaccines, as we have done in the years past.

- Fluzone High Dose flu

(Continued on page 15)



In solidarity with all those who are on the front lines helping to fight against the Covid 19 Virus, Kathleen McGinty is flying this flag daily as a reminder that we are all in this together and each of us can make a difference in helping to stop the spread of the virus! Photo by Kathleen McGinty

Congratulations are in order

By Jean Franco

On May 27, our neighbor Judie Weber celebrated her 100th birthday! Celebrating with Judie was her next three generations of children, grand-

children and great grandchildren. Judie is an original owner here at Rossmoor.

Neighbors did a surprise walk-by parade to show their love.



Judie Weber and the family of which she is so proud

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Please note

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

Please wear a mask and stay physically distant in public

Coronavirus is transmitted primarily through droplets as we cough, sneeze, talk, sing, and even breathe. Large droplets generally fall to the ground within six feet of our mouths, hence the six feet physical distancing. Smaller droplets remain in the air for a longer time and a greater distance. The masks keep exhalations closer to the person wearing a mask.

When other people wear a mask, they are protecting YOU. When you wear a mask, you are protecting THEM. Failure to do so is inconsiderate of all.



## Good afternoon, Rossmoor veterans!



WWII veterans, from left are, Joe Schifauda, Walter Murphy, Walter Marz, Bernie Fox, Henry Cox, Bob Shine and Trudy Skladany. Partially hidden behind Bob Shine is Paul Sinnicke.  
V Photo by Dan McOlvin

By Dan McOlvin,  
Denny O'Malley

June 6 marked the 76th anniversary of D-Day, when 156,115 U.S., British, and Canadian troops left the shores of England on 6,939 ships and landing vessels to storm 50 miles of beaches in Northern France, joined by

2,395 aircraft and 867 gliders, all of which proved to be a turning point in World War II.

Within weeks, they were followed by one million more Allied troops. A few weeks later, on August 25, 1944, France was liberated after almost four years of Nazi

occupation. V-E Day was celebrated almost one year later on May 8, 1945, when the Allies accepted the surrender of Nazi Germany.

**THANK YOU to our World War II Rossmoor Veterans!**

**America, Home of the Free because of the Brave!**

## Human events

(Continued from page 1)

get all the states to sign this piece of paper. It wasn't a perfect document, but it was our document. It is a document emulated by countries that strive to be independent of their past, seeking a better way for their people.

At the National Archives, you stand in front of the Declaration of Independence, situated between the U.S. Constitution, and you won-

der, how did these mortal men come up with these instruments of freedom and democracy? For me, I spent time looking at those who signed the document. As a history major in college, I was familiar with many of the signers. They were farmers, shopkeepers, lawyers, physicians, statesmen and ordinary citizens. How proud we should be for each to take on this responsibility.

While we would normally celebrate the Fourth with

picnics and barbecues, perhaps even take in a Mets, Yankees or Phillies game or even ride the waves at the Jersey Shore, this year we should take a minute to pause and give thanks to those 56 men who made all this possible.

I can be reached at allan.kaufman0125@gmail.com. Comments and questions are welcome.

## Fox News: Wear your face mask

On June 18, Dr. Mark Siegel, a Fox News contributor, said that "10% of coronavirus spreaders cause 80% of infections."

No one in Rossmoor needs this. Wear a mask when you go out.

## Open RCAI Meetings in July

Thursday, July 16

**RCAI Annual Meeting followed by the Board of Governors Meeting....9 a.m.**

*These meetings will be held in the Ballroom.*

*Please watch Channel 26 for any changes or cancellations.*



### News Board:

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

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

Letters to the Editor must be emailed to PES at [pescmd@aol.com](mailto:pescmd@aol.com) and clearly marked Rossmoor News.

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## Bits & Pieces

Sue Ortiz

Ruffles the squirrel had been my favorite "nutty buddy" for at least seven years. I could spot her a mile away: Her distinctive tail arched a certain way when she ran, it coiled when she rested, and the end was pointed and not as fluffy as her other friends' tails. Plus, she came when I called her name.

Unfortunately, late last year, my neighbors cut down the old tree that Ruffles called home. I panicked. Where will she live and all the other squirrels that also called that old tree home?

I have a lone maple tree in my back yard, and I would welcome some tenants living there. When my family moved here all those years ago, the tree was transplanted from the side yard, by request of my mom. My dad, with the help of several good friends and neighbors, dug a deep hole in the center of our back yard, excavated the roots of the young tree, and hauled it the lengthy trip of 25 feet. After plopping the root ball in the hole, I remember my mom instructing the guys: "Turn it a little to the left. No, too much. Let's try the other side." Remember, this was much bigger than a Christmas tree. Finally, one of the guys laughed and said, "Stop! This is where it's staying!" Fifty-plus years later, it has grown from a scrawny weed tree into a lovely shade tree where

woodpeckers, blue jays, cardinals, and a host of other birds love to perch. Oh, and I mustn't forget my squirrels; they love to sit on the branches as they munch on peanuts, but not one has ever taken up the offer of living here. Not even Ruffles.

After her home was leveled, I saw Ruffles for a bit, but eventually she disappeared from my yard. I kept calling her name, to no avail. Lots of other buddies would come a-knocking for hand-outs, but not her. I learned squirrels live for many years, but in the suburbs with busy roads, well, I worried she suffered some unpleasant fate.

Since this pandemic started, and we've been staying (and working) at home, I've started taking walks around my neighborhood: down this street and up that avenue, around the park, and past the schools; waving hi to fellow Jamesburg-ers (-ites? -ians? I still don't know what we call ourselves); and marveling in the beauty of springtime.

One quiet day, I took the route that went around my block. As I reached the other end, I encountered a small group of squirrels foraging in the lush green yard of the corner lot, which is not unusual around here. I saw one squirrel stop in her tracks and do a double take as she

spotted me. I did a double take, as well. Lo and behold, it was Ruffles! After she saw who I was, she ran to me. (I am not kidding.) I didn't have any peanuts to give her, but made a mental note to stuff my pockets with them on my next walk. She ran up a nearby tree as I talked to her (I imagined people peering out from behind closed curtains laughing at the crazy squirrel lady), and she watched as I headed home. The next day I took the same route, and, sure enough I saw her again. This time I had the goods. She was hanging out in a tree; I left a few peanuts for her to enjoy later.

The heat ramped up the next few days – I stayed home and ramped up the good old air conditioner. But, always after dinner, I'd go outside to feed the scurry of squirrels, the three chipmunks (they are another story), the party of blue jays, and, now, starlings, who are all panhandling at my back door.

Much to my surprise and delight, guess who came back? Ruffles! I was so happy, I cried. Now she comes back every night for a visit. She sits on the step with me and eats her peanuts. I don't know where her home is now, but I am so glad she is back and okay. Maybe someday, she will move into my maple tree.

**B&P**

"If we had a keen vision of all that is ordinary in human life, it would be like hearing the grass grow or the squirrel's heart beat, and we should die of that roar which is the other side of silence." – George Eliot (British author, 1818-1880)

"Humanity appreciates truth about as much as a squirrel appreciates silver." – Vernon Howard (American author, 1918-1992)

## Our Website

Rossmoor now has an improved website: [rcainj.com](http://rcainj.com).

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

## Notice

**ALL EVENTS ARE SUBJECT TO CHANGE OR CANCELLATION DUE TO HEALTH CONCERNS. VISIT THE MONROE AND ROSSMOOR WEBSITES AND TUNE INTO TV CHANNEL 26 FOR THE LATEST INFORMATION.**  
[www.monroetwp.com](http://www.monroetwp.com)  
[www.rcainj.com](http://www.rcainj.com)



## Fond memories of a famous radio talk host

By Sidna B. Mitchell

Barry Farber, described by the New York Times as the “perennial radio host,” died May 6 at the age of 90. The conservative talk-show host grew up in North Carolina and never totally lost his Southern accent even on the radio until his dying days; his last broadcast was on his 90<sup>th</sup> birthday, the day before he died. Not only did he speak southern, Barry Farber was fluent in more than 20 languages, including Albanian, Swedish, Finnish, Yiddish, French, German, Spanish and Chinese. He was a very gifted and talented gentleman.

The name Barry Farber might not mean anything to some folks but for me, he holds a pleasant part of my memories. As editor of the Daily Mississippian when James Meredith integrated the University of Mississippi, I was invited up to New York City to appear on various TV and radio shows. Barry Farber’s show on WOR radio was one of those programs. In fact, I appeared on his show again after I moved to the Big Apple to work as a gen-

eral assignment reporter for the WorldTelegram and Sun, usually covering civil rights activities.

At one point, Barry invited me to a party at his apartment on the upper West side. I recognized some of the celebrities there and was seated next to a comedian from one of the TV game shows. Somehow the word shrimp came up and the man laughed at my pronunciation coming out “she-rimp.” He then proceeded to have me pronounce several words beginning with “sh” so I would pronounce shrimp the way he thought was proper.

Shortly thereafter, I returned to Memphis, my hometown, for a short visit. As soon as I walked into the house, I found several relatives eagerly waiting to hear about my time in the big city. I was so excited about Barry’s party and meeting the comedian with his attempt to get me to say shrimp the Yankee way. Quickly, I started the conversation as he instructed me, ultimately to say “shrimp” by repeating, “shut up,” “short” and “sh\*t.”

Once I said “sh\*t,” I knew

my mother, aunt and cousins weren’t impressed. (My brother probably snickered.) There was total silence with everyone — all good non-cursing Southern Baptists — staring at me in shock! Everything was downhill from there.

But thank you, Barry Farber, for some good memories.

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## Congratulations Monroe Township High School Class of 2020

By Dr. Dori Alvich,  
Superintendent of Schools

I know that this year did not end the way the Class of 2020 or the district thought it would. This class of students missed out on some milestones that others before them have enjoyed. But as a district and a community, we invented new ways to celebrate our amazing class. Some of the events planned are included here.

On June 24, we celebrated

our graduating class with a virtual graduation. This is available for viewing on our website. The virtual celebration was followed by a wave parade and a township-wide Graduate Sound Off.

A group of parents began a Facebook campaign for “Adopt-a-Senior.” Members of the community adopted a senior via the Facebook page and communicated with them to send care packages for the end of the year.

Our senior spring athletes decorated our fences in front of the high school with their sports memories. We are also planning a Zero Year reunion for fall 2020.

I am proud to share with you the future plans of our graduating seniors, which include prestigious college acceptances, military assignments, and new members of our work force. Our students have been accepted at many prominent colleges and universities for the fall semester. Please join me in applauding the amazing Class of 2020 and in wishing them well in all their future endeavors.

### July 7 Primary and Vote-by-Mail applications

All registered voters should have already received vote-by-mail applications for the July 7 Primary Election.

Executive Order 144 was issued by Governor Murphy specifying that all active registered voters will automatically receive vote-by-mail ballots.

All inactive registered voters will receive an application for a vote-by-mail ballot.

All vote-by-mail applications and return envelopes will have prepaid postage.

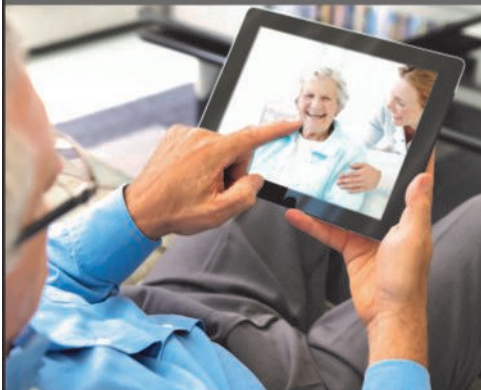
## ATTENTION RESIDENTS

Due to circumstances beyond anyone’s control the **2020 – 2021 Rossmoor Directory** will not be published this year. It is advised that you retain your current directory.

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# July 1916: explosion in Jersey City

By Jean Houvener

On July 30, 1916, a huge explosion jolted the people of New York and New Jersey from their beds. Felt as far away as Maryland and Philadelphia, it shattered windows in lower Manhattan, Brooklyn, Jersey City, and killed at least four people.

The island known as Black Tom, which was no

longer an island, but a land-filled extension from Jersey City, in what is now Liberty State Park, was part of the Lehigh Valley Railroad yard. In 1916, the United States had declared itself to be neutral in the European conflict that became World War I. It was not illegal, however, for U.S. armament merchants to sell

arms to the combatants. As it turned out, the blockade of German ports by the British Royal Navy effectively eliminated shipments of any armaments to Germany.

Large quantities of armaments were being sent to the European allies, United Kingdom, France, Italy, and Russia through ports within a five-mile radius of downtown Manhattan. The biggest of these was the railroad yard on Black Tom Island. Originally a shipping hazard, landfill had enlarged the island and then been expanded with landfill to attach the island to Jersey City. On that particular night there were more munitions than usual in the warehouses, due to a backlog of available ships, and on one barge, Johnson Barge No. 17 in particular, were 100,000 pounds of TNT. All this was destined for transport to Russia.

Shortly after midnight on July 30, the watchmen for the rail yard discovered numerous small fires. While one guard phoned the Jersey City Fire Department and others tried to fight the fires, other watchmen fled,

fearing an explosion. At 2:08 a.m. the largest of the explosions occurred in the area of the Johnson Barge, detonating fuses. The explosion lifted the firefighters into the air. Fragments of that main explosion pelted the Statue of Liberty and reached the clock tower in Journal Square. Thirteen warehouses, six piers, hundreds of railway cars, and numerous barges were destroyed. A huge hole was blasted in the ground when 87 railroad cars exploded.

Windows shattered in lower Manhattan and in St. Patrick's Church in Jersey City. The force shook the Brooklyn Bridge and the outer wall of the City Hall in Jersey City cracked. It is estimated that the shaking caused by the explosions was the equivalent of a 5.0 to 5.5 earthquake on the Richter scale. People in Maryland and Philadelphia were woken up by the explosion. The shock wave pushed the arm of the Statue of Liberty against the crown, causing damage that resulted in closing the arm to tourists (it remains closed even after the 1984-86 renovations). Shrapnel marked the exterior of the statue. The blast blew out the windows in the torch. Damage to the statue was estimated at \$100,000 (\$2,350,000 in 2019 dollars). While Ellis Island was not as severely damaged, windows were broken and the roof collapsed but the walls held, and immigrants were evacuated to Manhattan. Total damage was estimated at \$20 million (\$470 million in 2019 dollars). Dozens were injured and several died, including a baby who was tossed from his crib by the explosion.

While German agents were immediately suspected of having caused the fires, at the time it was not proven and no individual was actually charged. The U.S. did not have a

national intelligence service, and the most effective detectives on the case were from the NYPD bomb squad. This ended up being only one of several sabotage efforts by Germany, intended to keep the U.S. out of the war, but ultimately caused the U.S. to join the war on the side of the Allies. By April 2, 1917, President Woodrow Wilson requested that Congress declare war against Germany.

Years of piecing together evidence led to the theory that Ambassador Count Johann von Bernstorff had brought money and agents to the U.S. to sabotage any war efforts by the U.S. One of his spies, Franz von Rintelen, had designed a "pencil bomb," which used acid to slowly burn through and create a flame, used at sea to detonate armament cargoes. One suspect, Michael Kristoff, was believed to have snuck into the rail yard, not a well secured place, and to have placed these small bombs. Kristoff claimed that two of the rail yard watchmen were German agents.

The Lehigh Valley Railroad Company was sued by the Russian government, which demanded that they fulfill their contract to deliver the armaments. The Railroad in turn sued for damages under the Treaty of Berlin after the war ended, and in 1939 were granted a claim of \$50 million. Needless to say, Hitler did not honor that claim. By 1953 the award was \$95 million, which the Federal Republic of Germany agreed to pay. In 1979 the last payment was made.

The incident led to numerous reforms in the U.S. to prevent any similar incidents, including the Espionage Act, passed in 1917, and to the creation and consolidation of intelligence agencies at the national level. Many subsequent acts of German espionage and sabotage were derailed as a result of the revised agencies.

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**Friendly reminder**

- Pets must be leashed at all times
- Pets must be kept within 3 feet from any walk or curb
- Pet owners must clean up after their pets



Bob's Almanac—July 2020

By Bob Huber

Sound Advice

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

The Dog Days

Be advised that the dog days of summer are officially upon us. They will run from July 3 to August 11. This is no promotional gimmick dreamed up by some advertising agency to sell air-conditioning. It was actually the ancient Romans who set the dates and gave the occasion its name. Contrary to popular opinion, the dog days have very little to do with our canine companions.

The Romans associated the hottest days of summer with the star Sirius, known as the Dog Star. Sirius was the brightest star in the constellation Canis Major (large dog), and it made its appearance in the night sky just when the weather was the hottest and most humid.

Two dogs of my acquaintance might have had a bone to pick with the Roman version of the tale. When I was a young lad, local dogs were free to roam our neighborhood. We didn't have a dog but the neighbors on either side of us had very large dogs. Their names were Carlo and Polo, and although their homes were separated by our property, you seldom saw one without the other. They were an imposing pair; and, all the other dogs in the neighborhood deferred to them.

Every day Carlo and Polo assumed the self-appointed task of accompanying our

mailman, Pete, on his route to protect him from interlopers and marauders, mostly rabbits and squirrels. Rain or shine, they were always at his side.

The ritual never varied except for July and August when Pete was left to fend off marauders and interlopers by himself, because those were the Dog Days of summer and the two guardians of the United States Postal Service arbitrarily claimed them as their own vacation time. There would be plenty of time to chase interlopers and marauders in September once the neighborhood kids were back in school.

Carlo and Polo spent most of their vacation lounging in the shade of a huge oak tree in our backyard. It would have been imprudent, perhaps even worthy of a low growl, for anyone to suggest that the dogs should return to their own homes to lounge. Our yard was much shadier, not to mention the large dish of fresh cool water we placed under the tree each day for their convenience.

Who says dogs are dumb animals?

So, whether you go with the Roman star version of the story or Carlo's and Polo's declaration that July and August belong to the dogs, perhaps we can all agree that it's darn hot and humid in July and August.

**Europe's growth problem and your portfolio**

This article was originally published in my newsletter late last year. The numbers are even more significant now. Our bond yields are reduced since the original article was published. As of this writing, the one-year bond rate is .18%, the 10-year bond rate is .88% and the 30-year bond rate is 1.66%.

Aging populations are reshaping the world's largest economies; it's caused a global savings glut and is driving current U.S. financial economic conditions.

The demographic trends are behind the U.S. yield curve inversion and stock market volatility, but rarely make headlines in the financial press.

Here are the facts.

Germany's working-age population is shrinking, as is all of Europe's, Japan's and China's too.

In contrast, the U.S. working-age population is expected to grow in the years ahead. With the world's largest economies home to a growing population of retirees, demand for secure retirement income is driving prices for sovereign bonds higher.

The glut of savings from

income-starved retirees is chasing the certainty of government-guaranteed bonds, driving prices higher and yields down. Exacerbating the bond market problem, Germany, the world's second-largest supplier of sovereign bonds after the U.S., has been issuing fewer bonds to avoid burdening its growing population of retirees with paying down government debt.

Shrinking the supply adds to the upward pressure on sovereign debt prices and depresses yields. In addition, the rising likelihood of a recession in Germany has forced its central bank to keep interest rates low to stimulate growth. This confluence of the demographic and economic slowdown has boosted demand for U.S. Treasury bonds, driving prices on long-term bonds higher and yields lower.

With the yield on a three-month T-bill at 1.99% higher than the yield on a 10-year Treasury bond, at 1.5%, the yield curve is inverted – as it has been for much of 2019. For the past several decades, yield curve inversions were rare and usually were followed within 18 months by a recession.

So, the current inversion has spread fears of a U.S. recession and caused in-

creased volatility in the stock market in recent months.

Retirement income investors may want to consider how lower yields on fixed-income allocations in their portfolios might affect them in the years ahead because the change in supply and demand for sovereign debt is being driven by long term demographics. Significantly, the yield curve inversion is caused by bond market supply and demand and not U.S. economic fundamentals.

The baby-boom spawned an "echo" baby-boom generation and that makes the growth path of the U.S. comparatively favorable to the other major world economies.

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

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## Ice cream at -321 degrees

By Allan Kaufman

During the summer of 2017, my wife and I spent 15 days touring the National Parks. One of our stops in Moab, Utah, brought us to Arches National Park. The main street in town was what you would expect, a few fast food places, some local restaurants and a place called the Moab Garage Company.



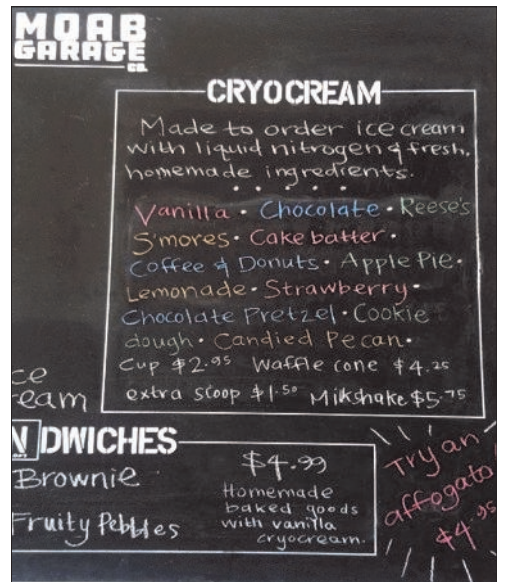
While the restaurant boasts of their sandwiches and salads, when Diane and I walked into the place it was just a stop along the way of inspecting the stores on Main Street with the Garage at 78 North Main. We had dinner at one of the local restaurants, so when we found a place that served ice cream, it was dessert time.

There were different flavors on the menu, such as key lime pie and pistachio, but what fascinated us was

the CRYOCREAM on the top of the menu board. Since we never heard of such an item, we needed more information.

A tutorial was in order. The manager was very helpful. He said, and I'm paraphrasing, the addition of liquid nitrogen causes the fat and water particles to stay very small, giving the ice cream its creamy consistency. Liquid nitrogen, with a low boiling point of -321°F, visibly vaporizes when released at room temperature and cools over anything it touches. When used in making ice cream, the goal is to avoid ice crystals. As a disclaimer, liquid nitrogen is a "do not try this at home" item, because nitrogen can only be kept in the liquid physical state at dangerously low temperatures.

On this night we watched as they made our pistachio and vanilla servings. Behind the counter it looked like a science or engineering experiment had broken out.



Everything was made from scratch. We watched in amazement as the steel pipes emitted clouds of liquid nitrogen being released.

In the end, the ice cream looked like ice cream, but the taste, the taste was unlike anything we had ever had while enjoying this summer treat. We went back the two other nights we stayed in Moab, and on July 13, we celebrate National Nitrogen Ice Cream day.

If you have any questions or comments, I can be reached at [allan.kaufman@125@gmail.com](mailto:allan.kaufman@125@gmail.com).

## A chance meeting with Elwood

By Bob Huber

I was sitting out on the lawn the other day, soaking up some summer sun, when a small fur ball came scurrying by, whom I instantly recognized as Elwood, Rossmoor's resident groundhog.

**Elwood! I haven't seen you in such a long time!**

Since February 2, 2019, to be exact. I only came out for a few minutes on Groundhog Day this year. The weather was lousy.

If I recall, you don't usually come out for Groundhog Day. You don't believe in it.

That's true, but I came out just to sneak a peek at what's going on. I leave all the yahoo stuff to that publicity hound up in Punxsutawney, Pennsylvania.

**It's been five months since Groundhog Day. Why are you out here now?**

My girlfriend left me.

**I'm so sorry. Did you have a quarrel?**

Yeah. She said our burrow is too small.

**So are you out here looking for a larger burrow?**

No. I'm looking for a

smaller girlfriend. Actually, I've been out quite a few times since February but it's been weird. There was nobody around.

**That's because people were sheltering in place, trying to avoid the coronavirus.**

You can avoid getting this bug just by ignoring people?

**You don't have to ignore people, but it's been known since the Middle Ages that keeping your distance from others is a good way to avoid catching a virus.**

But there seem to be plenty of people around now.

**That's true. You can't keep people cooped up forever. Eventually, they have to get on with their lives.**

So, the virus has gone away?

It hasn't gone away, but it has somewhat diminished, and there's a better than average chance that it will bloom again in the fall. We have to be extremely careful until we have a vaccine available to eradicate it or at least keep it under control. Until then, it would be wise to continue practicing social distancing. That means keeping at least six feet apart.

Wow! I've got to get going!

**What's your hurry?**

I've got to find another girlfriend before somebody proposes social distancing for groundhogs!

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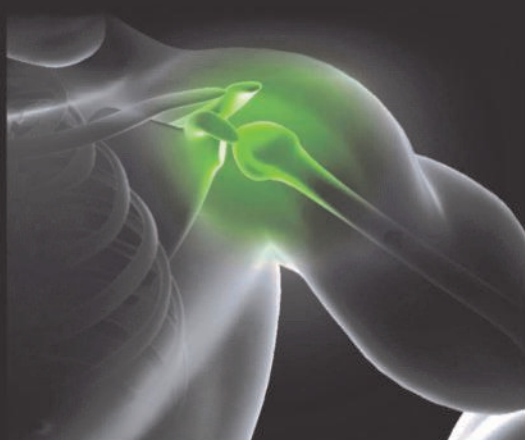
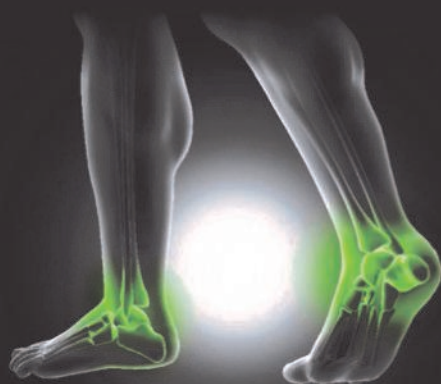
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## Our Rossmoor gardens are blooming

By Anne Rotholz

As I take my daily walks in our community, I cannot fail to notice the color and beauty that is all around us.

Most days the sky is a clear blue such as we have not seen in years. There is a good reason for this: the lack of pollution. The color in the grass, trees and flowers seems more vibrant. This is due in part to our unusually mild, wet winter and spring but also to decreased pollution.

There is another reason for our colorful gardens. Sadly, we are going through one of the worst experiences in history—Covid19. Because of this pandemic many people who would normally be at work are now at home. With time to spare people become creative in different ways. Since all of this happened in early spring, gardening seemed for many, a natural choice.

When my new tree and new bush were planted, I got some colorful plants and flowers to put in the small patch that I call my garden.

Since I still had time on my hands, I decided to do some research on flowers.

### History of Flowers

From earliest times, flowers played an important role in the life of mankind.

Scientists tell us that 270,000 species of flowers are living and documented at this time. While they can give us a fairly complete history of flowering plants, they are at a loss as to why they are so diversified.

Flowering plants go back to the Cretaceous Period 100 million years ago. The first plant fossils found were from the magnolia family and they date back 93 million years. Paleobotanists (botanists who study "old" flowers) have recently found fossils of smaller plants, called angiosperms, going back 120 million years.

There are historic indications that flowers were asso-

ciated with humans as far back as the Stone Age. Archeologists found a cave site in Iran in which there was a grave containing the remains of four people. Heavy pollen count in the soil indicated that bunches of flowers were placed around the grave. Furthermore, the pollen came from a variety of flowers.

There is evidence that flowers were cultivated in China as early as 2,700 years ago. In Egypt flowers were cut and placed in vases as far back as 2,500 B.C. The Egyptians used cut flowers for table decorations, in processions and at funerals.

Over the years all forms of art used flowers extensively in paintings, books, sculpture, jewelry and tapestry. The artists of the 17th, 18th and 19th centuries gave us paintings that accurately depict flowers in all their beauty and diversity.

People have always used flowers to express their feelings, to enhance their surroundings, and to celebrate important occasions. Flowers are frequently chosen as religious, cultural, or national symbols.

Using flowers as social

symbols became so popular during the Victorian era that a language of flowers was developed attaching a significant meaning to each individual flower. A rose was a symbol of love but its color also had meaning.

Sometimes a flower had a political connotation. In medieval times a rose suspended from the ceiling in a council room pledged all present to secrecy, hence the term *sub rosa*.

For centuries flowers were used to treat health conditions in China and India. The Australian Aboriginals were very familiar with their healing qualities as indeed were people in all native cultures. Researchers today continue to study flowers as a source for new medications.

For centuries flowers have been a source of beauty and comfort for mankind. Throughout history the largest castle or the smallest cottage almost always had a flower garden. Even apartment buildings are dotted with flower boxes that denote individual dwellings.

Finally, to our gardening residents I would say, "Go ahead, tend your flowers with love and enjoy them."

## A vaccine or acidity bags?

By Gloria Dawley

Did any of you ever hear about the use of acidity bags? Well, I did. My mother told me about having to wear one all the time as a child when involved with others either in school or at playtime. As an only child I listened dutifully, but didn't take the stories too seriously. After all, that was really long ago and sounded rather primitive. Mother said it smelled awful, but wasn't too bad since most of the other kids wore them also. I never knew if they were bought or homemade, but since not much was purchased, I sus-

pect it was a homemade concoction of some sort? I never really cared enough to ask for details.

Only my mother ever spoke to me of wearing one. I gather my father was not required to undergo such indignities since that would appear to be a necklace of some sort and completely out of the question for the men. Just my supposition.

As time passed this tidbit of what appeared to be silliness was just left unattended in my brain until now. For some unknown reason, I suddenly wanted to find out all I could about it, and now am overwhelmed with curiosity and interest. What I have uncovered has caused me to want to share my findings with you, especially in light of today's coronavirus pandemic.

Apparently, the ingredients in these bags, the roots, herbs and resins, have been used medicinally as far back as 400 B.C. Records go back to their use in the writings of Alexander the Great. Medical practitioners in the first century, as well as through the Middle Ages, were also recorded as using acidity bags as medicines.

Jumping into more modern times we had the swine flu pandemic in 2009 which was a deadly strain similar to the Spanish flu virus of 1918.

At the time of the 2009 pandemic, antiviral drugs were in short supply, and costly vaccines took a long time to develop. Worldwide, scientists looked to natural home remedies for a solution to protect people. *Asafetida*

(Continued on page 9)

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## What, no meat?

By Carol De Haan

It's a possibility.

Earlier this year, the Center for Disease Control said that by late April more than 17,000 workers in meat processing plants might become infected with the COVID-19 virus. We have no idea what the current total is because some states seem reluctant to release figures, but it has been reported, for example, that at the end of May in North Carolina more than 25% of the workers tested positive for the virus in a huge poultry processing facility.

As a result, according to a North Carolina State agriculture official, farmers — unable to sell their chickens — have euthanized 1.5 million of them. Could the situation be much different in other states that have beef and pork processing plants?

This does not bode well for the kind of protein consumption that we are accustomed to in this country. Nor for the nutritional requirements of senior citizens, who need protein to ward off sarcopenia, the disabling loss of muscle that starts about age 50.

### How much protein do we need?

Current guidelines call for 0.8 grams of protein per kilogram (2.2 pounds) of body weight. In simpler terms, a person weighing 160 pounds needs 58 grams of protein per day. You can use an online protein calculator to determine the right amount for your weight.

### How do we define protein?

It's an organic compound

made up of building blocks called amino acids. About 20 common amino acids exist, but nine are defined as essential because they are necessary to life, cannot be made by the body, and therefore must be obtained from the diet.

### Dietary sources of amino acids

- Complete protein, containing all nine essential amino acids, is obtained from animal sources such as poultry, red meat, fish and sea food, eggs, and from milk and its numerous products.
- Some vegetarian products furnish complete protein. In China and other Asian countries, soy beans and their derivative products offered complete protein. In the native cultures of the Americas, the grain quinoa provided complete protein and was widely consumed.
- Some cultures combine one vegetable (containing a few amino acids) with a second plant product (containing other amino acids) to create complete protein. For example, mixing a grain (wheat, rice) with a legume (peas, beans) makes complete protein. Red beans and rice are a good example. Vegetarians in India often eat cooked rice (grain) with dal, which is cooked split peas (legume) for complete protein. Complete protein can even come from something as simple as peanut butter (peanuts are legumes) on toast or crackers (grain).
- Further, a well-nourished

human body can store amino acids and thereby add the missing components to any food that offers only incomplete amino acids. The key word is well-nourished. We need to recall Mom's advice to eat lots of veggies for good health as we age.

### Good sources of vegetable protein

Legumes such as beans and lentils provide about 15 grams of protein per cup. Peas give eight grams per cup.

Nuts and seeds average about five grams of protein per ounce. Chia seeds, however, give four grams in a mere two tablespoons.

Grains and other veggies provide various amounts of protein but also give us phytonutrients. Plus, they taste good.

### Famous vegetarians

History names some famous vegetarians: Leonardo da Vinci, Mahatma Gandhi, Franz Kafka, Mary Shelley, Leo Tolstoy, Albert Einstein, George Bernard Shaw, Benjamin Franklin, Voltaire, Sir Isaac Newton, Thomas Edison, and — if you can believe it — Adolph Hitler!

Modern vegetarians include RuPaul, Kaley Cuoco, Brad Pitt, Anne Hathaway, Steve Jobs, Bill Clinton, Prince, Justin Timberlake, John Lennon, Bill Gates, Bob Marley, Natalie Portman, Peter Dinklage, Al Gore, Joaquin Phoenix, Michael Clarke Duncan, Betty White, Mike Tyson, Russell Brand, Adele, Tobey Maguire, Venus Williams, Ellen DeGeneres, Rosie O'Donnell, and Woody Harrelson.

time so many illnesses were just killers. Mother lived however. She also contracted malaria when she moved to Texas, and again survived although no medications were then available. I remember hearing several doctors who knew her expressing complete bewilderment about her immune system, and wishing they could find out what in her system was so different from others?

I now wonder, if her incredible immune system could have been the result of wearing the acidity bag for so many years, and inhaling the potent, odorous fumes?

Now that I know the impressive history of the contents of "the bag," and the positive documented responses as late as 2009, I'm wondering if we are missing a valuable clue in our quest for a vaccine during this pandemic? The past just might be worth checking out.

## Acidity

(Continued from page 8)

resin had a historical reputation for its antiviral properties. It turned out to be more effective than many manufactured remedies.

With additional testing, *asafetida* researchers also found that its antioxidant polyphenols were useful against some forms of cancer, as well as against irritable bowel syndrome.

Now back to my mother. There were a few medical things in her life that baffled her doctors, and I remember some of them. Never in her entire life did she have a cold or any other run-of-the-mill illnesses. As a young newly married woman she developed strep throat. There had been only one other reported case in St. Louis, and that person died. Since there were no antibiotics at that

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# Yellowstone was the first

By Allan Kaufman

In 1872, under President Ulysses S. Grant, Yellowstone National Park was established as the United States' first national park, being also the world's first national park. At Yellowstone, visitors gather to see one of the main sites at Yellowstone, Old Faithful.

Old Faithful was named by the first official expedition to Yellowstone, the Washburn Expedition of 1870. They were impressed by its size and frequency. Old Faithful erupts every 35 to 120 minutes for 1½ to five minutes. Its maximum height ranges from 90 to 184 feet.



Yellowstone is one of 62 National Parks in the United States. They are operated by

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the National Park Service, an agency of the Department of the Interior. Twenty-nine states have national parks, as do the territories of American Samoa and the U.S. Virgin Islands. California has the most with nine, followed by Alaska with eight and Utah with five.

I've been to 14 of the national parks. First was in the summer of 1973, having just graduated college, when I traveled across the country in a 1969 Chevy Nova. Most recently was with my wife in the summer of 2017 when we visited the five parks in Utah. Each park is unique in its own way.

From the majesty of the Grand Canyon, where the view is different from the north and south rims, to the natural arches at Arches National Park, your breath is taken away by just how spectacularly nature has carved its image into the landscape.

One can look at Ken Burns' documentary on the national parks, but to truly experience the beauty and expanse of the parks, one must plan a trip and visit the parks. The first time I did this, I had a pop-up tent, a gas stove and a few shirts, jeans and underwear. I went with a classmate from college, with me doing all the driving. He lived in the Bronx and didn't know how to drive. We spent seven weeks on the road while putting 9,000 miles on my parents' car.

When Diane and I went in 2017, the closest thing we came to camping, was look-



From [Nationalparks.org](http://Nationalparks.org)

ing at campsites from our hotel room. I had revisited Yellowstone and Grand Teton National Parks, but it was a first for Diane. As previously mentioned, we also spent time in the five national parks in Utah, with the most memorable one being Arches National Park in Moab.

This month we celebrate National Parks and Recreation Month. When we are able to travel again, aside from traveling to see family,

we will take a trip to our treasures to see the breathtaking vistas that are our national parks.

"National Parks are the best idea we ever had. Absolutely American, absolutely democratic, they reflect us at our best rather than our worst." Wallace Stegner, American Pulitzer prize winning author.

I can be reached at [allan.kaufman0125@gmail.com](mailto:allan.kaufman0125@gmail.com). Comments and questions are always appreciated.



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## Let's try again with the New Year's resolutions

By Linda Bozowski

As January 1 approached this past winter, were you among the many who thoughtfully created a mental list of behavior changes you vowed to make for the coming year: Those pesky thoughts otherwise known as New Year's resolutions? As we are now at the halfway point in this year, maybe it's time to evaluate how well we are all doing with those made -to-self promises.

At the top of the list for many of us is the plan to lose a few pounds. Cut down or out the nightly bowl of ice cream or have one fewer glass of wine and maybe skip the Cheetos, too. If you were one of the many who signed up for a gym membership, ask yourself (and answer honestly) how many times you made the trip and rode the stationary bike. Yes, we had cold days or maybe had to watch the grandchildren or were too tired from being up late playing bridge. OK, those are all good reasons (or excuses!) so we'll let that one pass. But how about number three on the list – cleaning all the windows and refreshing the curtains or blinds. Did that happen, or were you waiting for a sunny spring day?

What else was on your mental list? Maybe volunteering once a week at the food pantry or the adult day care center or as a reading aide at one of our schools. Did you coordinate with several of your friends to assist in food shopping for an elderly or ill neighbor or maybe become of the driving helpers for the American Cancer Society for patients who need to be driven to chemo-

therapy or other medical appointments? The Rossmoor library, located just off the Ballroom in the Clubhouse, always needs helpers – maybe that was on your list but you forgot about it after the year began.

Are you, like me, a TV watcher? Are you reading that one book a week that you promised yourself to do, or are you spending your time watching (again) all seven years of *Mad Men* or all the episodes of *Home-land*? Are your photos digitized or at least finally put in albums, and did you reply to all the notes in the holiday cards from your friends and family members?

All is not lost. Let's try to put things in perspective. Instead of trying to lose 10 pounds, how about a new goal of five? Go to the gym on Monday, Wednesday and Friday. Switch to slow-churned ice cream or, better yet, to sorbet or even fresh fruit. Put cleaning the windows in one room on each week's to-do list, and maybe spend an hour a day working on the garage. After all, if you've lived here for almost five years, as I have, it's about time to see that re-organizing project through. It's not too cold now to work out there.

Volunteer, volunteer, volunteer. There are so many others who may benefit from your help and kindness. Think of it this way – you haven't wasted half a year, you've built up your energy to tackle all the objectives on your list.

We'll see where we all are in November, with only two months left in this year. Then we'll only have to lose two pounds.



# July is the month for food choices - let's dig in!



By Linda Bozowski

Since most of us are still at home, we may be trying to be more adventurous in our kitchens. Besides the paper towel and toilet tissue shortages, it has been reported that yeast and flour may also be in short supply at groceries. Since we may have spare time on our hands, we could try recipes for some of the foods on this month's

Brownielocks Holiday Lists. Happy eating! Since July is Deli Sandwich month, we could start there, followed by baked beans and blueberries (not to be combined, just two additional topics). Grilling Month is followed on the list by Ice Cream Month, Horseradish Month, Hot Dog Month and Picnic Month (you have to eat somewhere). Watermelon Month ends the monthly holidays in this list, so now we can go to the weeklies. July 1 – 5 are Bean and Bacon Days. There are no more special days until the end of the month: National Baby Food Week is recog-

nized from July 22 to 25 and Garlic Days are honored between July 24 and July 26. In the Daily Holidays category, we start out with Independence from Meat Day on July 4. We celebrate International Cherry Pit Spitting Day on that date as well. If fried chicken is among your preferences, July 6 deserves a marking on the calendar, followed by Chocolate Day on the 7th and Coca Cola Day on the 8th. How about having a Pina Colada on July 10 unless you'd rather wait for National Tequila Day on the 24th. The 11th has two foods to honor – Make Your Own Sundae and Rainier Cherries (are those providing the pits you're spitting on July 4?). French Fries and Nitrogen Ice Cream may tempt your palate on July 13. Hot Dogs get an extra day on July 15, even though they're

a favorite for the whole month. If you'd like something a little more upscale, how about Caviar Day on July 18 or, for a lighter taste, National Sour Candy. Ice Cream Day gets a third mention on the 19th, Lollipops on the 20th. Bagelfest is celebrated on July 26 and Milk Chocolate on the 28th. We can all look forward to National Chicken Wing Day on July 29 – so many recipes fill our cookbooks. On July 30 we can celebrate Chicken and Waffles Day as well as Chili Dog Day (Maalox didn't make it to the list for that date). If none of these food holidays whet your appetite, pea-

nut butter and jelly still make it to my top ten list and maybe to yours as well. We all hope that sometime soon we can enjoy tasty offerings from our local restaurants, diners and take-out places. In the meantime, why not try something new? You might find out that you're a better cook than you thought.



National Chicken Wing Day is July 29



Maureen's Group. See article below.

Photo by Terre Martin

## Alfresco celebrating



Maureen and daughter Leslie Photo by Terre Martin

By Terre Martin

The corona virus and a quarantine didn't stop a birthday celebration for Maureen Danehy who turned 80 on June 1. Her daughter, Leslie, invited friends and members of the Women's 9-Hole Golf league to decorate their cars and do a "drive -by" salute to Maureen. Afterwards, everyone enjoyed Prosecco and birthday cake. Random "walkers" and cars driving by added their birthday wishes.

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Happy 4TH of July!

MONROE TOWNSHIP LIBRARY

BOOK DROP NOW OPEN!

Materials must be returned to the book drop slot near the Library Drive Thru Window only. Book Drops at the Senior Center and Rec Center will remain closed at this time.

Due dates on items checked out prior to closure have been extended through July 1.

Items will be quarantined for 3 days before check-in. Please allow up to 5 days for materials to be removed from your record.

Overdue fines have been waived.

WE'RE UNABLE TO ACCEPT DONATIONS AT THIS TIME.





Charlie and Rosie Miller celebrate her 80th



Roses for Rosie on her birthday

Photos by Joe Conti



Neighbors doing a surprise walk-by parade on Judie Weber's 100th birthday



Judie, her son Ron and daughter-in-law Sandra

### CULINARY CORNER

By Sidna Mitchell

#### Soup for the Soul

Soup is good any time of year. When I make soup, it's usually of the vegetable variety, aka cleaning out the refrigerator. Winter usually calls for some type of hearty soup, often with potatoes. Of course, those potatoes go well in a clam chowder. However, potatoes and onions are wonderful in the summer as in vichyssoise, a delicious cold soup. Now that the weather is warmer, I'll make some cold soups such as beet (a bit different from borsht), peach-buttermilk, gazpacho, cold tomato, blueberry, red pepper, and strawberry.

Over the years, I've made the usual soups such as tomato, split pea, corn and clam chowders, beef barley, cream of broccoli and kale and bean, as well as some more out of the ordinary. Also, I've cooked up some different types of soup — almost nothing, wild onion, New Year's, cabbage, radish top, tortilla, celery root, watercress, and cream of brie. For my Florida croquet friends, I tried to do a Moroccan dinner, starting with a carrot soup. This was easy to make and something different for a starter that my guests all enjoyed. Here's my version.

#### Moroccan Carrot Soup

- 2 tablespoons butter
- 1 cup chopped onion
- 1 pound large carrots, peeled and diced (about 2 2/3 cups)
- 2½ cups chicken broth
- ½ teaspoon cumin

Melt butter in a large saucepan over medium-high heat. Add onion and saute two minutes. Mix in carrots. Add chicken broth and bring to a boil. Reduce heat and continue cooking until carrots are tender. Stir in cumin and remove from heat. Puree in batches in a blender until smooth. Return to pan and whisk in honey, lemon juice and all-spice. Salt and pepper to taste. Ladle soup into bowls. Drizzle yogurt over and sprinkle with more cumin if desired. Makes about four servings. I served this warm but I think this would also be good cold as a summer soup. I can be reached via e-mail at sbmcooks@aol.com.

#### Culinary Corner

- 1 tablespoon honey
- 1 teaspoon fresh lemon juice
- 1/8 teaspoon ground allspice
- Salt and pepper to taste
- ½ cup plain yogurt

### Wedding bells will ring

Jackie Watt and Steven Ottinger announced their engagement last week. Both are Rossmoor residents of several years' standing. Wedding plans will be forthcoming. Love, Jackie and Steve

### New Neighbors

By Christina Smith, Resident Services Manager

Deborah Baldwin and Brook Bromlehy, 636A Yale Way, formerly of Garfield, N.J.

John and Mary Park, 396N Newport Way, formerly of Passaic, N.J.

Barbara Sazani, 661N Yorktown Lane, formerly of Monroe Twp., N.J.

William Westervelt, 54D Old Nassau Road, formerly of Lanoka Harbor, N.J.

Alan and Brenda Pitt, 211B Rossmoor Drive, formerly of Carversville, Pa.

Theodore Kadela, 365D Old Nassau Road, formerly of South River, N.J.

Jesus and Constanza Torres, 295N Sharon Way, formerly of South River, N.J.

Paul and Young Suk Kang, 293C Sharon Way, formerly of Jackson, N.J.

Kenneth and Marilyn Hilsen, 663B Yorktown Lane, formerly of Saddle River, N.J.

Scott and Barbara Hoff, 80A Old Nassau Road, formerly of Flanders, N.J.

Michael and Maryann Corsaro, 309N Sharon Way, formerly of Marlboro, N.J.

Vera Voytko and Edward Mockovack, 350C Northfield Lane, formerly of Edison, N.J.

### Thank You

Thank you to all the people who sent me cards, messages, and telephone calls during my recent illness. Your support is greatly appreciated.

Karen G. Seiden





## Clubs and Organizations

### Emerald Society is back

By Linda Klink

Well it's been quite a while since we all got together, and I hope this finds you all healthy. I didn't realize it until someone pointed it out to me, the Emerald Society had the last party in Rossmoor before everything got shut down.

So, what are our plans going forward when things start to open up? The June trip to Light and Sound was cancelled. We still are hopeful that the Clubhouse will open and we can have our picnic. And I'm sure by December we will have our Christmas party.

Since things are so uncertain, and we don't know how many people would actually like to go, our board decided to join in with E&R and use the Sept. 23 trip to Cape May as our meeting for that month. Tickets are \$105 and

include lunch at the Lobster House, the trolley tour of the many beautiful homes in Cape May, and time to shop at the Washington State Mall. Tickets are on sale now, just drop your check off to the RCAI mailbox by the Administration Building. As this is a joint effort, there will be a special gift bag for Emerald Society members. And as always, tickets are limited to two per manor.

If there is still enough interest for a trip to Light and Sound, I will try to arrange something for November. Please send me an email, lklink26@gmail.com, and let me know if you would be interested.

Folks, stay healthy. We're looking forward to resuming our meetings and having fun. See you soon.

### Greetings from the Dance Club

By Judy Perkus

The Dance Club will be dancing to Peter Liberman's music on Saturday evening, July 25...if we are able to get the green light to start up. All Rossmoorites, singles and couples, will be welcome. We

always have snacks, desserts and beverages

Stay safe. Keep social distancing so we may dance together. Check Channel 26 for up-to-date notices. Call President Armen DeVivo at 609-655-2175 for more information

### News from the Book Discussion and Writers' Groups

By Norman Perkus

Members of the Rossmoor Book Discussion Group met on their June Zoom chat to discuss Shakespeare's "Midsummer Night's Dream." For July, they will discuss the books that they have been reading. Those who have access to it will also discuss "The Centaur," by John Updike. All Rossmoorites are

welcome to join us.

The Writers' Group also had a Zoom chat and discussed what they are writing or thinking of writing. Again, residents are welcome to join us.

For both groups, call Norman Perkus at 609-395-1552 for the time, date and Zoom meeting ID and password.

### Help Lines Available

If you or someone you know is struggling, know that social distancing shouldn't mean social isolation. Call for help:

- Adult Mental Health: 1-866-202-4357
- Domestic Violence Hotline: 1-800-572-7233
- Child Abuse Hotline: 1-877-652-2873
- Youth Behavioral Health: 1-877-652-7624

### Friendly reminder

- Pets must be leashed at all times
- Pets must be kept within 3 feet from any walk or curb
- Pet Owners must clean up after their pets

### Computer Club News

By Steven Gray

I am writing this article in the middle of May, having no idea when (not if) things will open up again. Once the Clubhouse is open and we can hold meetings, the Rossmoor Computer Club will have me, Steven Gray, as a speaker looking at the humorous side (or horrors thereof) of tech support.

I am sure that many of you have seen or heard that Microsoft will stop supporting 32-bit computers. What does that mean? Let's go back a little bit (pun intended) and we find that the original 8088 computers were 8-bit, superseded by the 286 that were 16-bit. Who cares? Only those that did not feel like turning on your computer then going to brew a pot of coffee waiting for it to finally boot. The difference was speed, as in processing power.

We then moved to 32-bit and now 64-bit. Again, there is a vast difference in computing power but, in addition (ignoring everything below 32-bit), a 32-bit computer can only access 4G of Ram whereas a 64-bit computer can use a lot more – limited by your motherboard.

So what do you have, a 32 - or 64-bit? If you have more than 4G of Ram, you have a 64-bit. If your computer is Windows 7 or above you also have 64-bit unless you bought an off brand special or a used computer that was originally windows XP (which could still be 64-bit but unlikely).

Does this really affect you? You can run 32-bit programs on a 64-bit computer. Heck, you can even run 8-bit and 16-bit programs on a 64-bit computer but you cannot run 64-bit programs on a 32-bit computer.

How do I tell what I have? Glad you asked. In the run

box (that little box on the bottom left that says "type here to search") type in msinfo32 and press enter. You will get more information than you ever wanted. The 8th line down will show either 32 or 64. If you have a 32-bit computer, you can still use it and Microsoft will still be rolling out updates for it but will no longer be supplying 32-bit versions of Windows. The next version of Windows 10 – version 2004 (which actually means April 2020 even though you may not see it before June) will only be 64-bit.

Basically, what will happen is that Microsoft will no longer supply manufacturers with the cheaper (32-bit) version so there may be a price increase in the bargain computers (that you should not be buying anyway). The CPU, the brains of the computer, has been using 64-bit architecture for over a decade so why get stuck with an older style system?

One question I do get asked a lot is what computer should I buy? Sorry, but I do not recommend brand names. I do give you certain specifications to look for but even that can change drastically over time. The one constant is to always avoid the cheapest system you see advertised because it is cheap for a reason. After all, you do not want to end up with the Yugo of computers (I am not poking fun at anyone who bought a Yugo – Actually, yes I am. One of the worst cars ever for its time).

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

## SPORTS



### Croquet, the rise of female dominance

By John N. Craven

At the dawn of the 20th century, croquet was booming — and the world's greatest champion was a woman. Before women in Britain or the United States earned the right to vote, a woman became the world's undisputed croquet champion. Her name was Lilius Mary Gower. She was born and raised in an actual castle in the Welsh countryside. She was a daughter of privilege, so it only made sense that she would play croquet, the sport of choice in high society. (At least until tennis came along.)

The croquet craze started in earnest around the mid-1800s, as the sport evolved from an Irish game called "crooky." (I imagine that a bunch of fancy Englishmen smoking pipes decided that croquet just sounded more serious than "crooky" so they changed it.) But people have been hitting balls with sticks for centuries — there are a lot of theories as to the specific evolution of the sport, none that is clearly the right one.

Croquet was immensely popular among proper-seeming types, but it was not exactly a bastion of sportsmanship. Croquet players were notorious cheaters, and games often devolved into screaming matches and prolonged bouts of "he said/she said." The issue of cheating in croquet was so commonplace that it became a sort of running trope in literature. In 1867, Lewis Carroll spoofed it in his book Alice's Adventures in Wonderland. In the book, young Alice gets challenged to a game of croquet by the Queen, and the Queen cheats.

Carroll was a prescient writer, and unfortunately his

work foreshadowed the fate of Lily Gower, whose glorious career would also be fraught with scandal. Gower was born in 1877, the year that the Wimbledon Club added tennis to its name. Over the course of her childhood, croquet became increasingly popular on both sides of the Atlantic. (President Rutherford B. Hayes even got in trouble for spending \$6 of government money on some nice croquet balls for the White House.)

In the 1890s, Gower began her ascent in organized croquet: she dominated, she humiliated, she took a mallet to the competition. Tall and slender and playing with a long mallet, Gower won at Maidstone, at Wimbledon, and at all points in between. She came to be considered the greatest player, male or female, in England.

This was about the time that the scandal hit. Gower was accused of cheating dur-

ing the 1901 British open; more specifically, it was said she was guilty of "spooning." In croquet parlance at the time, that meant using the mallet to push, instead of strike a ball. Nothing came of the accusation.

Female grace and good manners may have been the ideal for the rule-and-taste-makers, but on the croquet ground a peculiar sort of gender reversal enabled women to temporarily jettison their passive role and often dominate, if not humiliate men.

The Club welcomes all Rossmoor 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!

### Ladies' 18-Hole League is still on hold

By Arlene McBride

The golf courses are open with some restrictions for the 2020 season. As of this writing the pro shop is not open, nor are the other buildings in the community. We are still abiding by the CDC and state government guidelines.

Our golf league season is going to be different this year, but the main thing is

getting together with other members after a long winter and then a long lockdown. Hopefully we'll be able to resume our league play.

With all the unrest going on, sports are a great outlet for our pent-up energy.

Walking together, but keeping a safe distance, is a good exercise.

Stay healthy and safe.

Happy July 4 holiday!

**WARNING: Attention, Runners,  
Bike Riders and Pedestrians**  
Be sure to wear reflective gear when  
out in the community at night.





The Rossmoor Jewish Congregation Zoom Service



Recycle information from Waste Management

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

TRANSPORTATION TIDBITS

Important phone numbers:

Rossmoor Bus ..... 609-655-4401  
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Area Transportation (MCAT) ..... 1-800-221-3520  
St. Peter's University Hospital  
On Time Transportation ..... 1-800-858-8463

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

Favorite Foods

By Adrienne Brotman  
In this time of social distancing and staying home many of us have been focusing on food. The congregation recently collected data on favorite Jewish foods of our members and here are the results.  
Anita Cooper loves Hebrew National Hot Dogs. Dolores Grieff likes potato latkes. Jeanette Dobrin enjoys brisket. Adrienne Brotman likes matzah balls. Sylvia Weshnak craves matzah brei and her grandmother's meatballs. Adrienne Hoffman likes stuffed cabbage and so does Norman Perkus who loved Grandma Fanny's holuptches, aka stuffed cabbage. Shirley Pores stated she loves stuff cabbage too. Shirley also likes halvah, plain or with nuts, but not with chocolate.  
Joan Boas loves Pass-over foods such as gefilte fish, chopped liver, eggs and onions all to be enjoyed on matzah. Bobbie Braude enjoyed her grandmother's meat knishes. Jean Abramowitz loves a rye bagel covered in cream cheese and lox. Cindy Sigl had a list of favorites, chocolate babka, her grandmother's brisket, kugel and bagels. Steve Gray also has a love of a good noodle kugel which his wife Helene makes delicious. Allan Kaufman also enjoys brisket which he claims his wife, Diane,

makes just as good as his grandmother did.  
Hadassah Aylat loves shakshuka, an Israeli dish, made with poached eggs, tomato sauce, olive oil, peppers, onion and garlic and spiced with cumin, paprika, cayenne, pepper, and nutmeg. Judith Wistreich likes honey cake and Ben Wistreich loves a thick piece of marble halvah and a thick tongue sandwich on rye bread. He says, "Don't knock it until you've tried it!" Janet Goodstein enjoys caramel matzah crunch, and she has shared the recipe with us.  
Well, I hope I have made you hungry or craving for one of these favorite foods. Next month we will share some recipes.  
The congregation has been zooming services with Cantor Mary Feinsinger. If the Meeting House is not open in July, we will continue to **ZOOM!** Please check Channel 26 for information. If you would like to know more about the Jewish Congregation, please contact Karen Seiden or Cindy Sigl. We hope everyone stays well and safe.

Will there be a 2020 school supplies drive?

By Diane England  
Many lower income families have long struggled to make ends meet. Sadly, the arrival of the pandemic has only worsened matters, so, would another school supplies drive this year prove to be helpful? Furthermore, is it something the Benevolence Committee of the Community Church, the organizers of this annual communitywide drive, can even contemplate holding under current circumstances?  
It's too early for Jean Cooke, the chairperson of this committee, to answer these questions. As this article is being written on June 7, she does not know if our community facilities will be open later in the summer, if what will likely later be defined as the first wave of this disease will have ended, and if the schools will reopen in September. Hence, Jean and her committee believe it is best to tell you this event might not occur.  
Please watch Channel 26 on your television, or check out the slides online at our community's website, to see if the school supplies drive will be held. Meanwhile, be careful and remain safe.

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



HEALTH CARE CENTER NEWS

(Continued from page 1)

vaccine is specifically targeted for people who are 65 years of age or older. As we age our immune systems weaken so that people 65 and older are more susceptible to the flu. Studies have shown older adults produce 50 to 70% fewer antibodies as compared to younger adults. Fluzone High Dose vaccine causes the body to produce four times more antibodies which in turn causes the immune system to be stronger. Having a stronger immune system helps to protect you from getting the flu. People in this age group have the highest rate of hospitalizations and 90% of flu related deaths.

Fluzone High Dose is not appropriate for everyone. If you are younger than 65 of age, allergic to eggs or egg products, have had an allergic reaction to the flu vaccine, or if you have ever had Guillain-Barre' syndrome (severe muscle weakness), you are not eligible to get the Fluzone High Dose vaccine.

Adverse reactions to the Fluzone High dose vaccine as compared to the Standard seasonal flu vaccine is a fever above 100.4°, headache, fatigue, muscle aches and pain, redness, and swelling at the injection site after receiving the vaccine.

- **Standard** seasonal flu vaccine is targeted for infants and adults ranging in age from 6 months to 64 years of age.
- **Flublok** vaccine is also referred to as a recombinant flu vaccine, meaning it is not made using eggs. Instead this vaccine is manufactured. It is targeted for people 18 to 64 years of age. This vaccine is safe for people who have an egg related allergy.

Flublok is contraindicated for anyone who has known allergy to any of components of the vaccine. If you have a history Guillain-Barre' Syndrome you should not receive flu vaccine.

The common side effects from Flublok are at the injection site with tenderness, redness, and pain. Other reactions are headache, fatigue, muscle pain, and joint pain.

Covid-19 has changed how we will run the flu clinics and how we will maintain social distancing to keep you safe as well as the nurses who will administer the flu vaccine. As I had mentioned, please know in advance which flu vaccine you want.

You will pick up your flu consent form on the bench in the foyer of the Health Care Center. The consent forms are color coded to make it easier to choose

the right consent form. The High Dose consent form is a PINK sheet and Standard flu consent is a YELLOW form.

Stapled together will be the consent form, insurance information sheet, side effects of the flu vaccine, Vaccine Information Sheet, and a form to give to your doctor indicating you had your flu shot. It is of utmost importance that you completely fill out these forms prior to coming to the flu clinic and bring them **ALL** back with you when you come. There are questions on the insurance form that the State of New Jersey requires. It is not information that Saint Peter's University Hospital wants. The State requires this data to determine if there are clusters of specific illnesses or diseases related to race, ethnicity, religion, age, gender, and geographic area.

To maintain social distancing, we will hold the flu clinics every 10 minutes by appointment, because we cannot have a crowd in the Ballroom. When you come to the flu clinic, bring only your primary insurance card. If you have straight Medicare, we do not need to see your supplemental insurance card. Please leave in the car your coat, sweater, pocketbook or anything else you might have. If you use a cane or a walker, you can take that with you.

All surfaces will be disinfected after each person leaves the area. This is why time must be budgeted. The less you bring in with you, the smoother the clinics will run.

After you have received your flu shot, you can leave. As one person leaves the Ballroom, another can enter. So it is important that people adhere to their appointment time. We do not want crowding in the Clubhouse.

Residents who are savvy with the computer will be able to make an appointment online starting Aug 3. I will have more information in next month's news article as to the website you will log onto to make an appointment. Residents who are not comfortable with a computer, or do not have one, will call a specific phone number. Do not call the Health Care Center because the nurse will not have access to the appointment schedule.

If you are calling to make an appointment, please call 609-439-3783 between 8 a.m. and 2 p.m. on Monday through Friday and on Saturday from 9 a.m. to 12 p.m. starting Aug 3. The phone will not accept messages. If the line is busy or it is before or after those hours, please call back.

We will not give pneumonia vaccines at the flu clinics this year. Pneumonia vaccines will be given in the

Health Care Center. If you need a pneumonia vaccine, we will need a prescription from your doctor indicating which pneumonia vaccine he/she wants you to have. Please call the Health Care Center at 609-655-2220 to make an appointment.

We will provide flu shots to residents who are homebound. Please call the Health Care Center at 655-2220 to arrange for a nurse come to your home with you your flu vaccine.

At our flu clinics we accept most insurances, but there are three which we are not able to accept. They are: AmeriHealth Local Value Network, Empire Health Plan, and Horizon Medicare Advantage HMO. These insurance companies do not have a contract with Saint Peter's University Hospital.

Please bring your **PRIMARY** insurance card with you as we **MUST** see it.

I would like to inform everyone that the 2020 Health Care Center's calendar is the last calendar to be created and printed. Being the editor of the calendar, I will certainly miss taking your pictures and seeing your smiles. I want to thank you for all these years and the pleasure you have given me knowing how much you enjoyed the calendars.

CLASSIFIED

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LEASE A NIECE HOME CARE – Assistance with personal and household activities, cooking, shopping, paperwork, appointments, companionship, local transportation. Companions, CNAs, CHHAs. Tracie (732) 521-HOME (4663).

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

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

House Cleaning

ERICA'S CLEANING SERVICE—Free estimate. Great references. Call at (203) 207-1241.

QUALITY HOUSE CLEANING—Experienced and reliable, trustworthy and respectful. References. (609) 858-4296.

Fire safety tips for older adults

By Mike Daley

When it comes to fire safety for older adults, the facts are surprising:

- Older adults represent 14% of the population, but make up over 39% of the fire deaths;
- The risk of people over 65 dying in a fire is nearly three times greater than the general population; and
- Older males were at 65% greater risk than older females.

With that in mind, here are some tips to keep everyone safe from the threat of fires:

- **If you smoke, do it outside.** Use a deep ashtray with water to wet the remains. Do not smoke near oxygen.
- **Give space heaters space.** Keep them at least three feet from anything that can catch fire.
- **Stay in the kitchen while cooking.** Never leave cooking unattended, especially stove top cooking or frying. If there is a fire, keep a lid close by to smother the flames, and then call 911.
- **Stop, drop, and roll.** If your clothes catch fire, stop, don't run, and drop to the floor. Roll over back and forth keeping your face covered. Get medical help right away.
- **Smoke detectors save lives.** There should be at

least one on every floor of the home, near the sleeping areas. Test them every month. Remember that detectors have a life span of approximately 10 years, and combination CO units are even less. Replace the detectors once they are outdated.

- **Carbon dioxide detectors save lives.** A CO detector is required in the immediate vicinity of the sleeping areas, and in every room adjacent to the room containing a Fuel Burning Appliance (FBA) such as a kitchen, furnace room or garage. They are also necessary on the floor above the floor with the FBA.
- **Know your escape plan, and practice it.** Know two ways out of every room in the event of an emergency.
- **Get out and stay out.** Call 911 from a neighbor's phone or a cell phone.
- **Plan your escape around your abilities.** Keep a phone next to your bed, along with medications, glasses, canes or other mobility equipment so you can exit as quickly as possible.

For more information, visit our website (www.mtfd3.com) or check out www.nfpa.org for more great safety tips.



# This month in pictures

By Joe Conti and Walter Gryskiewicz



Yes, the Rossmoor Golf Course is open for play.




The completed Meeting House air conditioning compressor enclosure  
Photo by Ernest Mogor

AVAILABLE NOW


MONROE TOWNSHIP LIBRARY

Place items on hold with your library card and pick up when items are ready.




STEP 1:

Beginning Monday, June 15 place your holds online at [www.monroetwplibrary.org](http://www.monroetwplibrary.org) or by calling (732) 521-5000.




STEP 2:

We'll let you know when your items are available to schedule pickup.



STEP 3:

Call us from your car when you arrive at your scheduled time and we'll bring your items out to you!



## A message from High Tech Landscapes, Inc.:

By Jeff Voss

- All summer flowers have been planted.
- We have edged all the sidewalks, driveways, and curb lines each month up to date.
- The weed killer has been effective now that it is hot consistently. Please tune to Channel 26 for information on when your Mutual will be sprayed.
- So far, we have still been able to mow the entire community weekly even with the recent bad weather. Please call the East Gate phone and leave a message with any questions or concerns: 609-655-5134.
- Pruning will continue.
- 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.
- Please remember to put any garden debris at the curb on Sunday night for pick up on Monday morning.
- Just a reminder, the newly installed soil and seed needs to be watered at least twice a day, 45

minutes in the morning and evening.

## 2020 Census

Have you completed the 2020 Census yet? Help shape the community by answering the 2020 Census today. The 2020 Census provides important information to hospitals and the business community, which in turn affects hiring practices and provides insight into their potential customer base. During this time, it is especially important to give our business community all the resources possible to be successful.

## Public Library book drop reopens

The book drop at the Township Public Library reopened on Monday, June 15.

Materials can be returned only via the book drop slot near the drive-thru window. Book drops at the Senior Center and Community Rec Center are still closed at this time.

For the safety of patrons and staff, returned items will be quarantined for three days before check-in. Please allow up to five days for materials to be removed from your record.

Due dates have been extended through July 1 on items checked out prior to closure. Overdue fines are being waived.

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Rossmoor News seeks photographs

We need pictures.

Please send us pictures you've taken of any Rossmoor event or personality. We're also happy to print your lovely flowering tree, your new puppy, your graduating grandchild, a spectacular sunrise, the blossoms in your garden.

Send them to [news@rcainj.com](mailto:news@rcainj.com) and include your name, telephone number, and a title for the picture. We'll give you credit for it.