



Rossmoor IN News

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Monroe Township, New Jersey

August 2019

Resident served on tank, taught enlisted men



Harold in his Marine dress uniform

By Chris Donahue

As a member of a tank crew and later as an instructor, Harold Peace learned the importance of working as a team.

While one crew member drove about 60 tons of steel and ammunition through environments ranging from mountain roads to muddy fields, others were responsible for loading and firing pro-

jectiles that traveled thousands of feet per second. Steady hands were appreciated in such a confined space.

Being a member of a tank crew was not on Peace's mind when he graduated from Freehold Regional High School, but while working for a food service company in 1960, he was blamed for "mixing up" an order that was really his supervisor's fault

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Harold at home



Keeping things in perspective!

Calling all prospective Bazaar volunteers!

By Diane England

Many of you have enjoyed volunteering for the Women's Guild Annual Bazaar in years past. And certainly, we're so grateful for your participation because we couldn't hold this event without your help. So, we're hoping that many of you will elect to volunteer again this year. We also hope that if you haven't done this before, you'll consider doing so.

We're holding our Bazaar planning meeting for new and returning volunteers on Wednesday, Aug. 14, at 1:30 p.m. in the Gallery. Because the Bazaar itself is always on the first Saturday in November, it will be on Nov. 2 this year. We'll collect the goods residents are donating on Thursday, Oct. 31.

On Friday, Nov. 1, we'll set up the sales rooms throughout the lower level of the Clubhouse. We'll give you more details about all of these things at the volunteer meeting.

Now, in case you don't know, money raised at this event goes on to fund five to seven scholarships for college-bound Monroe Township graduating seniors, but what you might not realize is that many others are helped by this event as well. Let me explain.

In recent years, we have donated much of our remaining merchandise to "Your Grandmother's Cupboard," a non-profit organization based in Toms River. This organization serves the homeless

as well as other needy people. Because its leadership knows that not everyone can get to thrift stores or, for that matter, can even afford the prices such stores charge, they'll take things to people in need at no charge.

Sadly, though, this organization, as well as some other non-profits we've worked with in the past, can no longer accept certain items they once could -- such as those made of glass. So, what do we do with these? Well, Englishtown Auction Sales comes and picks up what "Your Grandmother's Cupboard" must leave behind because of insurance issues.

Yes, we realize these items likely end up being sold at Englishtown's flea markets for a profit to their business. But frankly, I suspect many of the people who purchase these items at these flea markets are doing so because they're living on tight budgets. In other words, your donations benefit many people in ways you and I might never imagine.

Now, though, let's get back to this meeting itself. Because we ask those intending to be Bazaar volunteers to join the Women's Guild, you'll have the opportunity to do so at this meeting. We ask that you bring a check made out to the Women's Guild for \$12. This is a great time to join because you'll be assured of a seat at our 2019-2020 kick-off fashion show, "Magical Movie Moments,"

on Thursday, Sept. 19, at 1:30 p.m., in the Ballroom. At that same meeting, you'll learn what else we have planned until next June. We go on hiatus in July and August.

We ask you to attend this planning meeting whether you're volunteering for all three days or for just a half day during the Thursday through Saturday timeframe. If you can't volunteer, look at the list of merchandise we expect to be selling in the various rooms. If you were to clean your closets or storage areas, would you find some gently used merchandise we could sell? If so, please set it aside for now. Then, watch for more details about the Bazaar in my October article in this newsletter. Here are the rooms and type of items sold:

- The Gallery: Women's clothing, shoes, purses, jewelry, and linens.
- The Hawthorn Room: Household items including working small kitchen appliances, pots and pans, baking/cooking utensils, dishes, glassware, decorative items, holiday decorations, and pictures/paintings.
- The Maple Room: Items appealing to men, including men's clothing, shoes, sports equipment, tools, and small electronic devices (current and working, please).
- The Cedar Room:

(Continued on page 2)

Would you like to write for the Rossmoor News?

From the Editorial Board

If you have experience as a reporter, we'd be happy to hear from you.

Further, we welcome original contributions from residents. Some interesting topics might be book, film, or concert reviews; memoirs of a trip or other event; anecdotes about kids, animals, or humorous doings; seasonal contributions; family happenings; wry observations about life or current events.

We would dearly love to find a writer with a gift for satire like our late, lamented friend, Sam Newman. (Remember his spoof on men's underwear?)

How to get started

Call our committee chairman, Joe Conti, to discuss your contribution, or speak to any member of the Editorial Board listed in the masthead (lower left-hand corner on page 2). We can give you guidelines about acceptable length, formatting, deadlines, and how to submit copy and graphics.

A few caveats

Please submit electronically.

- Write in your own words. Lifting copy from another source can constitute copyright infringement.
- We reject copy that might cause discomfort or

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at the governors' meeting

The RCAI Board of Governors meeting was called to order at 9 a.m. on July 18, 2019, by Mr. Daniel Jolly, President.

Mr. Peter Kaznosky, Maintenance Committee Chair, reported that the Committee reviewed and had referred Resolution #19-19 and the trash removal specifications to the Board.

Mr. Robert Landman reported on the Community Affairs Committee meeting for Ms. Avery, Chair, and announced that 1,298 photo IDs have been issued for the pool; 6,000 pounds of paper was shredded at the shredding event; there is an upcoming Pickleball tournament in the fall; the upcoming events and trips and 220 residents attended the Health Fair last month.

Mr. McQuade reported that there is a \$342,000 surplus through May 31, 2019, and the Finance Committee reviewed and referred Resolutions #19-19 and 19-20 and the specifications for the bus services, security and trash removal to the Board.

The Board approved Resolution Number 19-19, Authorization to Engage the Services of FWH Associates to Prepare Backup Generator Plans for the Cedar Brook Stormwater Pump Station to provide electricity to the pump station should there be a power outage during a heavy rainstorm not to exceed \$5,700.

The Board approved Resolution Number 19-20, Authorization to Make Improvements to the 5th Hole green-side bunkers, construct a new Gold Tee on the 2nd Hole, a new forward Tee on the 9th Hole, a new Gold Tee on the 14th Hole and a new Gold Tee on the 16th Tee as a solution to the extra wear and undersized Tees on the Golf Course not to exceed \$28,550.

The stone work on the planters and on the front of the Meeting House is falling off in places and the only remedy is to replace all the stone. The Board approved Resolution Number 19-21, Authorization to Make the Masonry Replacement to the Planters and the Front of the

Meeting House not to exceed \$10,825.24.

The trash/recycling, gate access services and bus services contracts will be expiring and may impact the 2020 RCAI Budget. It is the recommendation of the RCAI Executive Committee to seek competitive bids for these large contracts. The specifications for the Collection, Removal and Disposal of Solid Waste and Recyclables; Gate Access and Community Monitoring Procedures and Bus Transportation Services were reviewed and approved by the Board as presented.

The trash/recycling specifications were revised to include additional dumpsters at the Maintenance yard to handle the disposal of brush, construction debris and unwrapped upholstered furniture, mattresses and springs.

There were no changes to the gate access services specifications.

The bus services specifications were reduced from five days per week six hours each day to three days per week (Tuesdays, Thursdays and Fridays) seven hours each day.

Ms. Balmer reported that there is a drainage problem around the foundation on the back side of the Parlor at the Meeting House. As a precaution, the Parlor has been closed until FWH Associates has an opportunity to inspect the building and make a recommendation.

There was no other business for the Board to discuss and the meeting was adjourned at 9:25 a.m.

Bits & Pieces

Sue Ortiz

Well, it's the lazy days of summer, it's hot, and I don't know what to write about. Again. It's the eleventh hour, and I'm drawing a blank. Where did that phrase – drawing a blank – come from?

The Free Dictionary by Farlex (www.thefreedictionary.com) defines *drawing a blank* as failing to find or remember something. This expression from the early 1800s alludes to drawing a lottery ticket with nothing on it (so one cannot win a prize).

I guess I've drawn many blanks in playing the lottery. I'm still waiting for *that* magic to happen. Someday, perhaps, my numbers will be drawn, and I'll hit the jackpot!

The term *jackpot* is from the early 1900s and The Free Dictionary says it comes from a form of poker in which a hand can be opened only if one holds at least a pair of jacks (or higher). Often a number of hands must be dealt before anyone can open, and since players must put in money for each round, the jackpot, or total amount held, is apt to be quite large.

I have to hand it to the online dictionaries. Where once I had to drag out my trusty but heavy *Webster's Third New International Dictionary of the English Language* to look up a word, I can now Google "dictionary" and, in an instant, there are dozens, if not hundreds, of dictionaries right at my fingertips. And, whereas my old hardbound cost \$100 in 1993, the online editions are free.

Looking up the definition of a word can be tricky with either version: You have to know how to spell the word in order to find it in the old-fashioned edition; however, the autocorrect function on cellphones and website search bars can give you comical results.

One thing I miss, though, when I use an online dictionary as opposed to looking things up the old-fashioned way, is the discovery of new (to me) and obscure words as I flip through those myriad pages searching for the definition of the word I am actually looking up. Those tiny illustrations are interesting, too. The only illustrations the online dictionaries have are ads – and they are not even ads for anything to do with the word or the definition on the screen at the time.

I *do not* miss lugging the four-inch-thick, 12-pound tome from the bottom shelf of my overstuffed bookcase, plunking it down (and it does "plunk," it is so heavy) on the kitchen table, and squinting at the small print.

Years ago, when I was working on a puzzle contest, I actually read the dictionary while looking up thousands of words that had to be identified in a picture book filled

with 26 paintings of all sorts of things. Each two-page spread contained only things that started with a particular letter of the alphabet.

For example, the first painting had an apple, Aeolian harp, astrolabe, aileron, archaeopteryx, apiary, and adz, among a hundred or so other "a" things. The second painting had a bazooka, boy, bloodstone, butcherbird, Belize, blinkers, bratwurst, bumblebee, and a hundred other "b" things. And so on, through the letter z. Sad to say, after doing all that work, I didn't win the \$10,000, but now I know that a ziggurat is, or was, an ancient Mesopotamian terraced step pyramid.

The English language is always changing, and the online dictionaries can change right along with it. My 2,662-page monster is stuck in 1993. It starts with "a" and ends with "zyzzogeton" with more than 450,000 words in between. More than enough for me.

I will keep my beloved dictionary as a reminder of days gone by, pre-Internet research, my love of books, and my love of words.

B&P

"Words — so innocent and powerless as they are, as standing in a dictionary, how potent for good and evil they become in the hands of one who knows how to combine them." — Nathaniel Hawthorne (American short-story writer and novelist, 1804-1864)

"As far as I'm concerned, the only difference between fact and what most people call fiction is about fifteen pages in the dictionary." — Charles de Lint (Celtic folk musician and story teller, b.1951)

"If a word in the dictionary were misspelled, how would we know?" — Stephen Wright (American actor and writer, b.1955)

Bazaar

(Continued from page 1)

- Homemade baked goods.
- The Dogwood Room: Books, toys, games, and CDs/DVDs.
- The Craft Room: Hand-knitted items and yarns.
- The Red Room: Silent auction and pictures with Santa (plus Mrs. Claus will be in attendance this year).
- The Ballroom: Our café, where a limited menu of breakfast and lunch food items are sold.

As the returning president of the Women's Guild, let me thank you now for your willingness to support us as a volunteer, donor of merchandise, and/or shopper. Please, mark Aug. 14, at 1:30 p.m. in the Gallery on your calendar now. Paulette Mascia, this event's chairperson, and I both look forward to seeing you then.

Open RCAI Meetings in August

Thursday, August 15
Standing Committee Meetings...9 a.m.
Maintenance Committee
Community Affairs Committee
Finance Committee

Thursday, August 22
Board of Governors Meeting....9 a.m.

All meetings are held in the Village Center Meeting Room unless noted otherwise.

Please watch Channel 26 for any changes or cancellations

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



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Linda Monaco

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

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

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

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

E-mail:
news@rcainj.com

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Renovations, repurposing, reassignments – How we dealt with growing school issues

By Linda Bozowski

How Monroe's Board of Education has dealt with our school needs over the years has been like a game of musical chairs. One building has gotten repurposed for another age group, temporary buildings were added at great cost, renovations were done, students were reassigned to other buildings. The late 1990s through early 2000s was an extremely difficult time period as our administrators did their best to accommodate our growing number of students.

Until 1972 Monroe Township's schools served students in grades kindergarten to 8. Our high school students attended school in Jamesburg and Hightstown. There were no middle or high schools. Our first high school opened in 1972 as a facility designed to accommodate 1,100 students. The township population was about 9,300 persons (the 1970 census result was 9,138).

Population begins its surge

Fast-forward to 1980 and the population had grown to 15,858 per the U.S. census. By 1990 the population was 22,255. A referendum in 1997 approved additions and interior renovations to the (former) high school (which later became our middle school). Another referendum in 1999 supported additions and renovations at several of our elementary schools to provide space for our ever-growing student population.

In 2000, 27,999 persons called Monroe Township home. In 2003 an \$83 million referendum approved construction of a new high school building designed for 1,800 students. A new high school building for 2,700 students had been proposed in 2002, and failed in part due to its higher price tag. That failed proposal also included other building projects that were later completed. During that decade, Oak Tree Elementary School was built to accommodate our increasing elementary population. The approved 2003 bond issue was not brought to fruition until 2007, at an increased cost of nearly \$42 million. During that four-year gap between the 2003 bond issue and an additional 2007 bond issue, legal challenges over construction issues significantly increased costs.

Renovation and repurposing, a complex process

As our schools became more densely populated, the Applegarth School was temporarily converted to a middle school while the new high school construction was in process. Students were relocated to other previously altered buildings, but crowding was an issue nonetheless. Between 2003 and 2015 the school system used up to 89 temporary classroom trailers

while permanent school facilities were being constructed or modified. By 2010, the township population had expanded to 39,132 persons.

The previous high school was converted to its current middle school functionality in the summer of 2011. Applegarth School was converted back to its elementary school configuration. The current middle school serviced 1,712 students as of November 2018, far in excess of the 1,100 students it was designed to house when it was built.

On the middle school campus ten portable trailer classrooms have been installed. According to information received from the Board of Education office, 200 students have been moved out of the main school building into these units. Installation of these trailers has required wiring for computer connectivity, as well as lighting and heating functionality. Students and staff using the trailers need additional passing time to move about the middle school campus from the trailers to the main building. The leasing costs of these trailers are part of the school operating budget, which means that other expenses may need to be modified to cover their costs. Additional trailers will be added over the next several years as the population continues to grow.

Where we are now, where do we go?

The Monroe Township High School, built to handle 1,800 students, now provides schooling for 2,329 youngsters. Since the estimated population of Monroe Township in 2017 was 45,332, it is expected that the student population of our high school will be almost 3,000 students

(Continued on page 4)

Music lovers, rejoice!

The Rossmoor Music Association plans six concerts for 2019 and 2020, to begin this September. Subscription forms are being sent to people who have signed up for the coming season.

Other persons interested in becoming new subscribers should call Paula Richardson.

Details about the first concert will be in the September Rossmoor News.

Write

(Continued from page 1)

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In the next several issues of the Rossmoor News, we will write about some of the programs offered to the students in our schools, and about how our students are being prepared to move forward as well-educated young adults. We will look at our Falcon Care childcare and preschool program in September.

Sound Advice

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

How to give gifts and not trip on the gift tax

It may be better to give than to receive, as the old saying goes, but it's also best to avoid the taxes on your generosity. What's also smart is knowing when you have to file a tax form as a gift giver.

You can give one person up to \$15,000 yearly without incurring any taxes. In fact, you can give multiple people a gift of up to that amount, and they don't even have to be related to you — your son, your daughter, your best friend, your manicurist, whoever.

So, if you give your favorite niece \$25,000, you only owe taxes on the \$10,000 above the \$15,000 limit. And a gift need not be cash. It could be stock or real estate or cars.

What's more, the limit is per person, not per couple. Your spouse could give that lucky soul the same amount, doubling your household's giving while you're personally still staying under the yearly \$15,000 ceiling. Note that only you, the giver, are on the hook to pay any tax, and not the recipient.

The tax stops people from giving all their money and property away during their lifetimes to skirt the estate tax when they die. The good news is that — with a little planning — you don't have to pay the gift tax right away, and maybe never.

In addition to the \$15,000 per recipient annual limit, there's a lifetime exclusion amount, \$11.4 million in 2019 — this covers all your lifetime giving to everybody. With the lifetime exclusion, your estate pays what you gave in excess of that cap.

The lifetime exclusion allows people more freedom to give big gifts. Example: You give your sister \$40,000 this year. The extra \$25,000 (\$40,000 gift minus \$15,000 annual exclusion) is taxable. Instead of paying that tax now, you count it against the \$11.4 million lifetime number. After subtracting that \$25,000 from the lifetime exclusion, you have \$11.375 million still to go.

It's rare for most Americans to go over the \$11.4 million lifetime giving limit. But if you're well-heeled and very generous — your daughter's destination wedding in Corsica costs a bundle — then you can hit it. The gift tax rate ranges from 18% to 40%.

About filing with the IRS: Every year you go over the \$15,000 exclusion level, you need to file a Form 709. That way, the government can track who is on the road to reaching the lifetime \$11.4 million exclusion.

Some things may not seem to be gifts, but are, and you're required to file the form, like that large sum you blew on your daughter's costly nuptials. Or that \$100,000 you just plugged into your grandchild's 529 college saving plan, which means \$85,000 of it is potentially taxable. And if you

make an interest-free loan to a friend, the IRS sees it as a gift, too.

Some gifts are tax-free, provided that you give them the right way, such as gifts for medical or educational expenses. Should you pay someone else's hospital bill, don't give the money to the patient, who then settles the medical tab himself or herself. You pay the hospital directly. Ditto for education. Instead of giving the money to the student, write the check to the school. Giving to your spouse or a charity is also totally free from the gift tax.

One sure thing about gifts is that they make people happy. Staying within the rules makes the taxman happy, too. It's best to consult a qualified tax professional about this topic, and we are here to help.

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

For more information, ques-

tions, or comments, we encourage you to visit our website at www.politziner.com or call us at (732) 296-9355.

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When a loved one has dementia, is chronically ill or rapidly declining due to the aging process; it sometimes feels like they are gone forever. So many changes in behavior and routines can make you miss who that person used to be.

This informative program will cover:

- What it's like to grieve the living
- How this affects our emotions
- What we can do to be mindful of how we handle the hardest moments
- Steps of grief and how to deal with feelings of loss while loved one is still living

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Getting to know our veterans

By Chris Donahue

Each month, The Rossmoor News will feature the story of a resident who has served in the military.

(Continued from page 1)

and "was asked to leave." So, after considering a career in the Air Force, he enlisted in the Marines. One of his cousins was also in that branch of the military.

Then 19, the Neptune-born resident of Smithburg was sent to Parris Island,

S.C., for 13 weeks of boot camp. After being assigned to a tank battalion, he went to Camp Pendleton in California, where he instructed enlisted men.

"I was a driver, a gunner and a loader. You had to learn to do everything. You had to learn how to break a tank down," said Peace, a resident of Rossmoor since October 2017.

He recalls teaching one tank crew and all four members were from New Jersey.

He also recalls one of the enlisted men telling him, "There was only one time you said something nice to me." I told him, "It was when you were doing some nice driving up in the mountains with drop-offs on both sides, so I wasn't going to say anything mean to you."

Peace was a crew member on tanks with a 90-millimeter gun and a 120-millimeter gun. The 90-millimeter had a four-man crew consisting of a commander, driver, gunner and loader. The 120-millimeter had five because there were two loaders.

In the 120-millimeter tank, it was important for the loaders to load the two pieces in the gun so there is no air pocket. If there was, crew members had to get out of the tank and use a ramrod to shove down the long barrel.

"At first, firing the gun was a little nerve wracking but you get used to it," he said. Despite what some people might think, when the tank fired its gun, Peace said, "It is not that loud inside." As for how hot it could get inside a tank, Peace said fans helped keep it from getting too uncomfortable. "We never thought about it," he said.

Peace then was assigned to the Marine barracks at Subic Bay in the Philippines for about 18 months, during which time he served as a military policeman, complete with the white hard hat and .45 holstered high for easy access. Occasionally, he would be summoned to keep the peace at a bar for members of the military. Later, he met a fellow Marine who told Peace he remembers seeing

him come into the establishment one night and said, "Keep it down."

Peace also spent 47 days on a ship off the coast of Vietnam for perimeter safety. The ship was so crowded some had to sleep on its deck. "The food [for Marines] was not so good," Peace said with a laugh.

He then went to Camp Lejeune in North Carolina. During his deployment there, the Cuban Missile Crisis occurred in October 1962. The nearly two-week standoff between the United States and the Soviet Union over the discovery of Soviet ballistic missile deployment was a little nerve wracking, Peace said.

He also spent 13 months in Okinawa, Japan, where he played on the softball and football teams. He left Okinawa in April 1965, and soon after some fellow soldiers he knew were involved in an accident. A tank crew that had volunteered to stay was driving near the water and hit an air pocket and were all killed.

He was discharged from Camp Pendleton in August 1966.

Peace worked in security for a while, then, in 1975, he joined the National Guard. Five years later, he was asked if he wanted to go back to active duty for the Army. Living in the now-closed Fort Monmouth, Peace worked as a supervisor of a Class 9 supply center in Lawrenceville from 1981 to January 1995, when he was discharged from active duty as a Staff Sergeant E6.

Peace is a lifetime member of VFW Post 10654, Arthur Williams Memorial Post in Richmond, Va. He is a former member of a VFW Post in Freehold.

As for any advice for someone considering a career in the military, Peace said, "Make sure you keep your mind on what you are doing and keep up with your reading or whatever job you are assigned to. Make sure you do it right. You have to be serious whatever you do."

Rossmoor will now send robocalls to advise in case of bad weather or emergencies

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Earthly communication and beyond

By Jean Houvener

On Aug. 20, 1911, The New York Times sent the first telegram to travel around the Earth. Sixty-six years later on Aug. 20, 1977, a re-

cord was sent from Earth to the outer reaches of the solar system and beyond with Voyager 2. In 1911 The Times wanted to know how long it

would take to get a message all around the world. Reading, "This message sent around the world," the message was relayed through 16 different operators, from New York through San Francisco, to the Philippines, Hong Kong, Saigon, Singapore to Bombay, Lisbon, the Azores, and points in between. Leaving New York at 7 p.m., and travelling 28,000 miles, the reply was received in New York again 16.5 minutes later, a world record at the time for a commercial cable. Voyager 2 was deliberately launched 66 years later from Cape Canaveral, and included a message to the universe. It was also launched to coincide with the alignment of Jupiter, Saturn, Uranus, and Neptune in order to use slingshot acceleration to maximize the distance Voyager 2 could travel into space. The 12-inch gold-plated copper disk called "Sounds of Earth" included greetings in numerous languages,

classical, jazz, and rock and roll music, the sound of thunder, rivers, and waterfalls, and included scientific information and diagrams. It included messages from President Jimmy Carter and other world leaders. An aluminum jacket, designed to preserve it for one billion years, protects the record itself. It was also sent with instructions and tools to play it. A similar record was also sent out with Voyager 1. Carl Sagan was the proponent behind the launch of Voyager 2 and of Voyager 1 two weeks later. Sending back numerous pictures and measurements, both spacecraft explored Jupiter and Saturn, including the moons of Jupiter and the rings and largest moon of Saturn in 1979, 1980, and 1981. Then Voyager 1 headed off for beyond the solar system, leaving the heliosphere and entering interstellar space on August 25, 2012. Voyager 2 continued on to explore Uranus in 1986 and Neptune in 1989, discovering and documenting both moons and

rings, sending back pictures and data, before heading off beyond the heliosphere on November 5, 2018. Both are expected to continue transmitting data back to Earth until their plutonium power supply runs out in 2020. Radio transmissions should continue longer, giving these space vehicles almost 50 useful years of service. The huge distances travelled can be envisioned by using the measure Astronomical Unit (AU). One AU is the distance from the Earth to the Sun. Neptune is 30 AU from the Sun. As of June, Voyager 1 was 146 AU from the Sun. Voyager 2 is around 121 AU from the Sun. The solar system, all that is under the influence of the Sun's gravity, is theorized to include the Oort Cloud of small frozen planetesimals at a distance of 1,000 to 100,000 AU from the Sun. Neither Voyager will reach the Oort Cloud for another 300 years and could take 30,000 years to pass through it. While not aiming for it, Voyager 1 could pass within 1.6 light-years of the nearest neighboring star Gliese within 40,000 years. Voyager 2 could pass within 1.7 light-years of its nearest star Ross 248 within 46,000 years, and within 4.3 light-years of Sirius in 296,000 years.



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Would you believe ... Crayons?

By Linda Monaco

August is National Crayon Collection Month for a very good reason. With children heading for school in September, crayons are in high demand for school supplies, along with pencils, pens, and binders, of course. Many of us have, at some time during childhood, opened a new box of crayons and taken a sniff. Such memories that scent brings back. I spent many a rainy afternoon with my coloring books, paper, and crayons. Did you ever wonder how they were made? When did the first crayon appear in school bags? How did they come up with the wonderful colors and then name them? Honestly, I only wondered about the colors. I was always more interested in what I could do with the crayons than where they came from. The "crayon" has been around since before the Pharaohs, used by Egyptians, Greeks, and Romans to decorate their stone walls. Beeswax and color were mixed together, rubbed on the stone and heat pressure applied to set the color to the stone. The handheld crayon that I fondly remember was not thought of for some time. In the art world there are different types of crayons. The generic name for a crayon is pastel which is color mixed with a dry binder, originally chalk. Binders can be wax, charcoal, chalk, and other materials. Crayola

(Continued on page 9)

Crayons?

(Continued from page 8)

crayons use wax as a binder, hence a wax pastel; oiled chalk - oil pastel; grease pencils are made from colored hardened grease.

The contemporary hand-held crayon supposedly originated in Europe as a charcoal and oil pastel. Wax was substituted sometime later for stability. In 2000 there was a health scare when traces of asbestos were found in some crayons. Though the risk was determined to be extremely low, manufacturers quickly agreed to change the formulas.

American companies were also developing crayons. In 1881 E. Steiger & Co., New York, N.Y., advertised crayon boxes of 6, 12, and 18 colors. Franklin Mfg. Co., Rochester, N.Y. (1876-1927), first sold wax crayons in 1883.

In 1903 Binney & Smith presented their first Crayola crayon box of eight colors: brown, red, yellow, orange, green, blue, violet and black for 5 cents. They have since increased the box size to hold 64 colors and a built-in sharpener, a personal favorite of mine.

Joseph Dixon Crucible Co. (1868), American Crayon (Sandusky, Ohio), Eberhard Faber (1861), Prang (1880s), and the Eagle Pencil Company are a few of many pencil companies that expanded to include wax crayons and are still in business. In 1957 Joseph Dixon Crucible Co. merged with American Crayon to eventually become Dixon Ticonderoga Company (1983), which is still in business. There are many more American crayon companies.

Crayons have always been a special memory for me. I have a Crayola Collector's Colors Limited Edition Tin which contains a 64 box of new colors, with built-in sharpener, and a specially designed box of the 8 retired colors: maize, raw umber, blue grey, lemon yellow, green blue, orange yellow, orange red, and violet blue. On rainy afternoons I have been known to open the tin and take a deep, contented breath.

Are you on the dark web?

By Carol De Haan

Probably.

You know for sure if you've ever been scammed by an identity thief and lost money. If you haven't yet been scammed, wouldn't it be a good idea to protect yourself by knowing what's out there on the Internet? Seniors are prime targets for identity thieves because many of us have a bit of money, good credit, and perhaps we are not as savvy as we should be.

Computers are the vehicles

In one form or another, computers have been around for a long, long time. The World Wide Web, a large part of the Internet, was created only 30 years ago. With computers connected to the Internet, the WWW can put users in touch with virtually unlimited data. In its short life, from a handful of users, the WWW has grown to four billion subscribers, who search for data, send emails, connect on social media, order and pay for merchandise, receive automated paychecks and Social Security payments, do their banking, and manage investments

online. A crook would have to be pretty stupid to miss the possibilities.

The World Wide Web has three parts

1. The Public Web is where we spend most of our online time: shopping, emailing, looking up information, reading the news, listening to music, watching videos, etc. It includes Wikipedia, Medicare.gov, Google, CNN, Amazon, Yahoo, eBay, and others. It represents five to 10% of Internet content and is available via search engines to anyone who goes looking. Searchers can be traced and identified by their IP addresses.

2. The Deep Web will not show up on a search engine. It is open only to those who have the right Web address and password because owners prefer it not to be available to the public. The Deep Web might hold internal company sites, online databases, hospital records, school intranets, and member-only sites. Among them are NASA, PayPal,

(Continued on page 10)

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By Christina Smith, Resident Services Manager

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Dark web

(Continued from page 9)

The U.S. National Oceanic and Atmospheric Administration, Netflix, LinkedIn, Dropbox, the U.S. Patent Office, and private databases like LexisNexis, and Westlaw. These sites are legal, but confidential. The Deep Web holds 90 to 95% of what is out there on the Internet. Searchers who use the Deep Web can also be traced and identified.

3. The Dark Web is a hidden network of information. It is "Dark" because its visitors use masking software called TOR (The Onion Router) to hide their identities.

Ironically, TOR was developed by the U.S. Navy in the 1990s to let overseas intelligence agents speak anonymously to their counterparts in the U.S. It was released free to the public in 2003.

An anonymous searcher using TOR can bounce around any number of randomized, nearly impossible-to-trace connections to get to what he wants, without ever being personally identified. If his purpose is criminal, he becomes the thief in the night.

What, then, is he looking for? Your name, address, date of birth, Social Security Number, bank and credit card account numbers, mother's maiden name, medical info, computer IP address, anything he can grab to claim your identity and fleece you of your hard-earned assets.

Where does he get this information? Using TOR, which hides his identity, he buys information from sites holding data breaches, which

happen by the thousands each year. For as little as a few dollars, (paid in untraceable Bitcoin) an Internet thief can purchase a bundle, called a "FullZ," with enough information to empty a victim's bank account, or run up huge credit card charges.

Some recent security breaches are Saks – 5 million records, Ticketfly – 27 million records, Panera – 37 million records, Facebook – 87 million records, My Heritage – 92 million records, Under Armour – 150 million records, and Exactis – 340 million records.

Is the government protecting us?

In a burst of creativity, the U.S. Secret Service hired a few former cyber criminals who happen to know every trick in the book, having once created many of them. They work with the government, helping to shut down illegal sites.

Can we protect ourselves?

- We can monitor our statements and accounts to see if anything looks suspicious.
- We can use strong passwords and change them often. Never use the same password for several accounts.
- We can access Experian's free dark Web scan to learn if any of our data is on the dark web. See #1, below.
- We can check your credit reports regularly to see if inquiries or new, unrecognized accounts appear. See #2, below.
- We can purchase an online product to help protect our identity and monitor our credit. See #3, below.
- We can respond immediately to any suspicious activity. See #4, below.

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CULINARY CORNER

By Sidna Mitchell

Be "Cool as a Cucumber"

I've never understood what that saying "cool as a cucumber" really meant, so I looked the phrase up on the Internet. One definition read: very relaxed, calm and unemotional. Others claimed anyone who was cool as a cucumber was calm, unruffled and self-confident. One website noted that the insides of cucumbers, even in hot weather, are about 20 degrees cooler than the outside temperature.

In walking along the paths of the Monroe Township Community Gardens, I saw lots of cucumbers and zucchinis sweating, as I was, in this hot weather. One of our cucum-

bers became larger than I like for including in salads so I looked for a recipe for big and fat cucumbers — not that any were listed that way.

However, in more than 40 years of writing a weekly cooking column for newspapers in North Jersey, I found I had included recipes for cucumbers based on my travels and experiences. For example, there were recipes for cucumbers with white vinegar dressing after a visit in Mississippi, cucumber raita after campaigning in a Hindu temple, and cucumber salad after touring the Thomas Edison house in Ft. Myers, FL. Here's that recipe.

Cucumber salad

2 Kirby cucumbers
1/3 cup fresh dill, snipped
1 tablespoon sugar
2½ teaspoons lemon juice

Culinary corner

2 tablespoons vegetable oil
3/4 teaspoon salt
mixed greens



Peel the cucumbers and cut in half length-wise. Then cut the halves into thin slices (half moons). Put into a medium-size bowl. Add remaining ingredients and toss well. Cover and chill for several hours or overnight. Just before serving, place lettuce pieces in a salad bowl and top with cucumbers. Serves two.

NOTE: I didn't have any fresh dill on hand so I did what my Kentucky Aunt Teen often did with her cucumbers -- substituted chopped onions for the dill. For a summer meal serve the cucumber salad with a pot roast, small potatoes and onions, all cooked in a crockpot.

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

Clubs and Organizations

Rossmoor Chorus honors Bill Leonard as "Outstanding Member"

By Alyce Owens

At what has become a tradition at their end-of-season party in June, the Rossmoor Chorus honored Bill Leonard as the recipient of this year's Outstanding Member Award.

Bill was born and raised in Jamestown, N.Y., where, during high school, he excelled in both music and athletics, playing the saxophone and as a high jumper on the track team. After graduation from Jamestown High School, Bill served in the Air



Bill Leonard received his Rossmoor Chorus Outstanding Member award from Jim Wilson.

Letter to the editor

Allen says thanks (you're welcome, Allen)

I just wanted to thank the Rossmoor News for the July 2019 article "Senior/Senior sports are a big hit."

Carol De Haan wrote a very nice article about the coming together of two generations for a great day of fun and competition. The young and not so young really can have a great time together!

Also, thanks to Walter Gryskiewicz who spent the morning taking many great photos for the story.

Allen Kobezak
Mutual 12

Force in Alaska and attended the University of Michigan.

In 1958 he married Lucy Mae Rogers of Jamestown, and they had three children: William Jr., Thomas, and Mary Elizabeth, called Betsy. The Leonard family moved from Jamestown to Lakewood, Ohio, in 1961, and then to Ardmore, Pa., in 1965. As a young father, Bill was a leader in the Indian Guides and Cub Scouts and he coached his sons' baseball and soccer teams.

As his children grew and married, Bill warmly wel-

comed their spouses into the family, and he has been blessed with three grandchildren: Carly, Lily, and Alistar. As a dedicated father and grandfather, Bill played an active role in the lives of his children and grandchildren. He is particularly proud to tell you about his son, Dr. Bill Jr., who holds a Ph.D. in forensic anthropology.

In 1986, Bill married Patricia Crawford, and welcomed her four daughters into the Leonard family: Beth, Kate, Connie, and Julie.

(Continued on page 12)



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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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Players Pastimes



Frank Sasso and Joe Conti as Willie and Julio

By Sue Archambault

The two performances of our "This and That" variety show were a huge success and, according to many, were the best shows the Players have put on. The shows took place in July. There were musical numbers including solos and duets. Janet Wilson accompanied many numbers on the piano and Peggy Mankey added such dimension to "Send in the Clowns" by Stephen Sondheim with her beautiful accompaniment and solo portions on the cello in addition to her own solo performance. Anita Cooper performed a dance solo, and her acting and dancing were memorable. The Players performed several comedic skits and musical numbers and, if laughter is an indication, the audience members enjoyed themselves.

Our next show will be a brand new original musical comedy. Our own Jim Wilson has written the book and music to "What's Up." In addition, a song by Bill Strecker and Bob Huber has been included.

"What's Up" is about a struggling morning TV show and

the depths they go to for good ratings. The play will be performed on Oct. 17, 18, 19.

Open auditions for the play will be conducted on Monday, Aug. 5, from 7 to 9 p.m.; on Tuesday, Aug. 6 from 2 to 4 p.m.; and on Thursday, Aug. 8, from 7 to 9 p.m. All auditions will take place in the Maple Room in the Club-

Emerald Society's summer activities

By Joan Avery

Dan Jolly announced that the trip to the Crystal Point Yacht Club in Point Pleasant was a great success. Everyone enjoyed the entertainment, and the luncheon was fabulous. In July a representative from the Monroe Township Police Department was here to discuss fraud, a very interesting topic.

In August Mary Perry and Ann Rudolph will show a slide presentation on their trip to Ireland. In October, a representation from the Make-a-Wish Foundation will give a presentation on their work with children.

The Emerald Society pic-



house.

The Players monthly meeting will take place on Monday, August 26, at 7 p.m. in the Gallery, featuring our own Tom Smith. This inspirational presentation, titled "It's a Colorful Life," will focus on his 25-year career as a colorist for Marvel Comics. After suffering a massive stroke five years ago, which nearly ended his life at the age of 58, Tom was able to work to overcome paralysis and fulfill his dream to be able to dance again. He now works to encourage others, "I'm so grateful to have a second chance. I've got to help people." The presentation will be in the form of a question-and-answer program; Jim Wilson will act as the interviewer. All are welcome to attend.

nic will be held on Aug. 10. The picnic will be held in the Ballroom and Patio from 1 to 5 p.m. Come celebrate summer at Rossmoor with music and sing-a-longs by Outkast Customs and delicious food including hamburgers, hot dogs, BBQ grilled chicken, pasta and salads. Drinks include soda, beer, wine coolers and water.

Dan has arranged for an enjoyable Sept. 5 cruise on the River Bell, with lunch included, for members of the Emerald Society. You can sign up at a later date. The cost is \$73.

See you at the Aug. 28 meeting.

Chorus

(Continued from page 11)

About their step-dad, Julie wanted us to know that, "Bill Leonard is by far the best man we have ever met; we recognized that the very moment Pat brought him home. We feel like we won the lottery when we got Bill in our life! He has been supportive to the four of us from the beginning, and he has three of his own children! He's a devoted father to seven people and he does it like it is nothing at all."

Julie went on to say, "The place where one can see Bill's truest colors is his devotion to our mom, Pat. He always puts her needs first and has singlehandedly helped our mother be a happy person. You can see it when you visit — they still laugh and have a good time together, even though the road is a difficult one. He's just the best guy ever!" Bill is also a proud grandfather to Pat's ten grandchildren.

Throughout his life, Bill has been a man of strong Christian faith, a faith that has

helped to sustain him and his family through both good and difficult times. During the 1970s and early 1980s, Bill was a Deacon in the First Presbyterian Church of Ardmore. Soon after he and Pat moved to Rossmoor in 2002, they joined and became very active in the Rossmoor Community Church where Bill has served on the Church Council in several financial capacities. His strength, help, wisdom and unfailing love and support continue to be an inspiration to his family and all who know him.

Bill's graceful, easygoing manner and genuine interest in people's lives have contributed to his great success in the world of retail sales in both the furniture and office machine businesses.

Always a lover of music, Bill didn't really start singing until Cecile Wang, Community Church Music director at the time, encouraged him to become a part of the church singers, an ad hoc group she started that met for an hour before occasional church services, and sang that same

morning. He never thought he was "chorus material," but Cecile soon realized differently. She convinced him to join the Chorus in 2015 and he's been a valuable member of the tenor section ever since. Bill takes his participation in the Chorus very seriously and rarely misses a rehearsal or performance. Known for his quick wit and optimistic observations Bill can always be depended upon to make people laugh. Chorus Director, Janet Wilson, speaks for all the members, "We are so very happy that Bill has become such an important part of the Chorus and our community."

After a well-earned summer hiatus through August, the Chorus will resume rehearsals on Sept. 4, and every subsequent Wednesday at 4 p.m. in the Meeting House. The Chorus will sing at Community Church services at 11 a.m. on the third Sunday of every month, beginning Sept. 15. All residents are invited to attend their rehearsals as well as church services.



Music Association offers diverse programs for the new season

By Linda Bozowski

Just as you might not enjoy mashed potatoes every night for dinner, and might add some rice, pasta, or polenta to the menus, the Music Association will be offering a diverse schedule for the upcoming season.

The season begins on Sept. 20 with a performance by Steven Lin on piano. Lin's repertoire includes such classical composers as Bach and Rachmaninoff. He has played with the Kansas City, Fort Worth and Wyoming Symphony Orchestras, and has competed successfully in the Van Cliburn International piano competition.

We are treated by vocalists Jody Kidwell, mezzo-soprano and baritone Markus Beam on Oct. 4, accompanied by pianist Jeff Uhlig, who has entertained us several times in recent years. The versatile Kidwell has performed selections ranging from Ravel and Faure to Steven Sondheim (*A Little Night Music*) and Steven Schwartz (*Godspell*).

She and Jeff Uhlig have performed together at several local venues. Beam is similarly versatile in his repertoire. He has sung works by Monteverdi, Rameau, Weill, and Benjamin Britten. At the keyboard, Jeff Uhlig, a faculty member at the Settlement Music School in Philadelphia, will provide strong support to these two outstanding vocalists.

The Nov. 22 performance by the All Seasons Chamber Players will start off the holiday season. Celebrating its 38th year, All Seasons has performed over 800 programs since 1981, and incorporates a wide range of styles. From baroque to contemporary pieces, with a wide variety of instrumentation, this group will offer an exciting evening's entertainment.

Ivory and Gold, a combination of piano and flute, combined with vocal artistry, will start the springtime season on April 3 with lighter spring music of different genres.

Anne and Jeff Barnhart can offer programs ranging from jazz to blues to Broadway and are sure to generate smiles and applause at the Meeting House. Established in 2001, Anne and Jeff have graced stages all over the country.

On May 1, organist Shea Velloso will bring his Mason Gross School of the Arts skills to our community. Velloso is the Director of Music at the United Methodist Church in Milltown, and has served in similar positions at other churches in the area. This award-winning artist has performed throughout the New Jersey and New York areas.

The season concludes with a performance on June 5 by the Frisson Ensemble, with a variety of instruments in the mix, including strings, reeds, and brasses. The repertoire ranges from classical to contemporary and features many artists. Among the classical composers represented are Beethoven, Mozart, Brahms, and Prokofiev, while the contemporary pieces may include works of Bernstein, Gershwin, and Cervantes.

The upcoming season should be exciting and offers a great deal of diversity. Season tickets are available by sending a note to the email address, rossmoor.music.association@gmail.com or by contacting Treasurer Paula Richardson. Current subscription holders will receive their renewal forms in the mail in early August and tickets will be sent to renewal and new subscribers in late August. Tickets to individual performances may be purchased on the night of the performance.

Be sure to update your calendars for this entertaining season. And keep in mind that concert subscriptions or individual tickets make great gifts for friends and neighbors.

Computer Club August Meeting

By Steven Gray

This month Herb Junker will show some of the best humorous clips from YouTube, Candid Camera, and other sources. So, come on out on August 19 to the Gal-

lery for our monthly meeting and be prepared to laugh. Our meetings begin at 10 a.m. with the Gallery open at 9:30 a.m. for the three C's – Coffee, Cake and Conversation (yes, we also have tea).

August Dance Club features music by Danny Pesce

By Judy Perkus

DJ Danny Pesce will play all kinds of dance music when the Dance Club holds its next dance. Join us in the Clubhouse Ballroom on Saturday, Aug. 31 at 7 p.m. All Rossmoorites, singles as well as couples, are welcome. This month's theme is the beach. Refreshments include coffee, tea, soda and cake (sugar-free available). Dancing will continue on Sept. 28 at our 35th Annual Anniversary Dinner Dance.

There will be more information in the next issue of the Rossmoor News.

Please leave your check made out to the Rossmoor Dance Club in an envelope in the Dance Club folder in the E&R Office or mail it to Armen DeVivo at 449B Roxbury Lane. The cost is \$8 a person for paid-up members and \$10 a person for non-members. The reservation deadline is Aug. 23. Call Armen at 609-655-2175 for more information.

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August 31 Dance

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Here's a unique way to spend a Saturday afternoon

By Diane England

Are you ready for a change of pace versus spending another likely hot and humid Saturday afternoon doing the same old things? If so, plan to attend the *Writers Group Open Mic Event* on Saturday, Aug. 10 at 2 p.m. in the Gallery. While you're certainly welcome to come and bring something you've written to read to other attendees (maximum seven minutes in length, please), we'd also be happy to have you just come and listen. There will be beverages and goodies to sip and munch on as you do so.

We'd like you to envision this event as having a kind of a coffee house atmosphere. Well, except you won't see anyone strumming on a guitar and singing. Then again, if you're adept at both and would like to come and perform, we could handle having some live music between the readings.

What type of works can you expect to hear read? A couple of us will likely read what's called flash fiction—where the writer tells a story in usually a maximum of 1,500 words (but the length is more apt to be 1,000 words or less). We have other members who are apt to write personal or narrative essays. While either of these allows the writer to showcase life experiences and beliefs, the personal essay incorporate only the most significant details of the experience because the emphasis is on how that writer responded to the situation and, in turn, how his or her responses then impacted his or her life. The narrative essay, on the other hand, in-

cludes elements of setting, characterization, plot, and description to recreate the writer's personal experience in a way that grabs the reader's attention and stirs his or her emotions.

You may hear a short piece that is inspirational. You may hear a poem or two read. It's difficult to tell you much more because each group member brings something slightly different to the table, and because we have no idea what our guests might elect to read.

Let me tell you something else you may not be thinking about. You could find yourself getting into some very interesting discussions with guests after the conclusion of these readings. For example, I remember how something I'd written, regarding some of the challenges I'd faced after first moving to Italy to live and work, had inspired a couple of the people in the audience, who'd immigrated from different homelands to this country, to discuss what it was like for them coming here initially.

In the course of these dis-

cussions, I also came to speak about the challenges of returning to the United States after having been immersed in the Italian culture for five years. These people laughed and spoke about the challenges of returning to their homelands for visits after having lived here for awhile. In other words, we came to realize that we'd all faced, and had to essentially overcome, similar emotional or psychological challenges. And in doing so, we were better able to embrace our similarities versus focusing upon our differences. We saw each other's humanity and not only felt better about the other, but about ourselves as well.

So, what am I saying here in a long-winded way? Give yourself the opportunity to experience something different. Remember, you don't have to be a writer to attend. It is quite enough to be someone willing to sit there and listen.

By the way, I'm looking forward to meeting you if I haven't already. Please feel free to introduce yourself.

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Italian American Club

By Tony Cardello

The officers of the club hope that all the members and their families are enjoying the summer. Two months down. One to go.

The next regular membership meeting will be held on Wednesday evening Aug. 21, at 7:30 p.m. There will be a sign-up sheet for Rossmoor Downs 2, scheduled for Saturday evening, Sept. 14. For those wishing

to attend, it is advised that you sign up early because this is always a sold-out event.

Bingo was not played in July but will be played twice in August. The dates are Aug. 2 and Aug. 23, on Friday evenings, at 6:30 p.m. in the Ballroom.

Donations of \$200 each were made to the Ronald McDonald House and to Special Strides.

Democratic Club News

By Catherine Hunt

Greetings from Rossmoor's Democratic Club! You are cordially invited to our 2019 general meeting on Monday, Aug. 19, at 7 p.m. Now that we are enjoying beautiful summer weather, we are looking forward to greeting friends and newcomers in the Gallery and welcoming everyone home again.

The Democratic Club would like to thank everyone who participated in annual elections in May and our re-organizational meeting in June. At our June meeting, we installed our recently elected officers and discussed our visions for the club. We voted to add meetings in July and August to our schedule and evaluate the results for our future planning.

The newsletter article has to be written and submitted before each of our monthly meetings. The July edition reported our original schedule, which states that there are no meetings in July and August. We announced the July meeting on Channel 26 as "Just Added," and we hope you will forgive the con-

fusion. We will meet on Monday, Aug. 19, at 7 p.m. in the Gallery. Please bring your ideas and suggestions to this meeting.

Our July meeting speaker was Julia Sass Rubin of the NJ Good Government Coalition. We thank her for an exciting discussion and for her kindness and generosity in taking time to interact with us during the Q & A and in one-to-one conversations after the program.

We look forward to our August program and to visiting with friends and new members. Following our program, we will adjourn to light refreshments and time to chat, re-connect, and share perspectives and views.

As always, we welcome residents to become members of our Democratic Club. Dues are \$15 per year. Contact our Membership Chair, Ann La Cascia, to learn more about Club membership and to receive the 2019 brochure complete with event dates, plus more. Be sure to look for us on Facebook and join our group, Rossmoor's Democratic Club. Watch Channel 26 for all upcoming meeting announcements.

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Rossmoor Clubhouse News

August 2019

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Thursday, September 19

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\$155 per person

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EVENTS

"ROCKIN' ROSSMOOR" POOL PARTY WITH BOB DENSON'S BLUES BAND

Friday, August 9 from 7PM-10PM, \$15
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WINE & DESIGN on Beverage Coasters

Thursday, August 29 at 6:30pm, Gallery, \$15
On Sale 8/6

KID'S DAY AT ROSSMOOR

Monday, August 19, 9AM-4PM, FREE
Golf (Sold Out), Pool, Movie & More! Sign-up at E&R

BEATLES TRIBUTE SHOW by Maggie Worsdale

Thursday, September 12 at 7:00pm, Ballroom, \$10
On Sale Now

END OF SUMMER POOL PARTY W/ LET'S BE FRANK

Friday, August 30 from 7PM-10PM, \$15
Call-In on 8/20 at 12:15pm

BASEBALL AND THE OLD PARKS

Friday, September 13 at 1:30pm, Ballroom, \$5
On Sale 8/5

OKTOBERFEST LUNCHEON

Friday, October 4 at 12:30pm, Ballroom, \$20
On Sale 8/15

EXCURSIONS

WIND CREEK CASINO—BETHLEHEM, PA

Tuesday, August 20, \$25pp—\$25 slot play
Bus departs poolside at 9AM
On Sale Now

RIVER LADY LUNCH CRUISE & SMITHVILLE VILLAGE

Thursday, August 22, \$90pp
On Sale Now —Meal selection required at sign-up

LOS ANGELES ANGELS AT NEW YORK YANKEES

Thursday, September 19, \$85pp
Depart Clubhouse at 3:00PM, Game at 6:35PM
Includes bus, gratuity, game ticket and food voucher
On Sale Now

RICE'S MARKET & PEDDLER'S VILLAGE

Tuesday, September 24, \$25
On Sale 8/8

SOLD OUT—"AIN'T TOO PROUD" TEMPTATIONS

"TINA: THE TINA TURNER MUSICAL"

Wednesday, December 4, \$155
On Sale 8/1

NYC HOLIDAY LIGHTS TOUR WITH LUNCH AT CASA DI NAPOLI

Monday, December 9, \$85—Departs pool side at 1:15pm
On Sale 8/29

Rice's Market & Peddler's Village

Tuesday, September 24

\$25 per person

Includes bus & gratuity. Lunch on own.

Bus departs at 8:30am

On Sale 8/8

WINE & DESIGN On Beverage Coasters

Thursday, August 29

6:30pm-9:30pm

\$15 per person

Light refreshments provided.

On Sale 8/6

CULTURAL

AFRICAN HERITAGE GROUP
Monday, August 1, 7:00pm, Ballroom
"The Best of Enemies" Movie

AVIATION GROUP
2nd Wednesday, 1:30pm, Ballroom
"Secrets of the Space Station"

BOOK DISCUSSION GROUP
Thursday, August 15, 3:00pm, Dogwood
"Mr. Vertigo" by Paul Auster

CURRENT EVENTS ROUNDTABLE
Mondays, 10:30am, Maple

GERMAN AMERICANS
No August Meeting

KOREAN AMERICANS
Saturday, August 24, 5:00pm, Gallery

LATINO/HISPANIC-AMERICANS
Wednesday, Aug. 21, 6:00pm, Gallery

POLISH AMERICAN
Friday, August 2, 1:00pm, Maple

PROGRESSIVE GROUP
Thursday, August 22, 7:00pm, Ballroom

RECIPE GROUP
Wednesday, Aug. 14, 6:30pm, Dogwood

VETERANS GROUP
Tuesday, Sept. 10, 10:00am, Ballroom

WRITERS GROUP
Saturday, August 10, 2:00am, Gallery
"Open Mic" Event
Last Thursday, 10:00am, Cedar

THE ARTS

"ALL IN STITCHES" Knit & Crochet Group
Thursdays & Saturdays, 1:00pm, Maple

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.

POTTERY
Wednesday & Saturday, 8:30am-12 Noon
Monitor present. Supplies on your own.

RUG HOOKING GROUP
Thursdays, 9am—1pm, Gallery
Bring your lunch and have some fun!

OPEN WOOD CARVING WORKSHOP
Fridays, 9am—12pm, Woodshop
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MAHJONG
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MAH JONG
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POKER
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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, Maple
Call the Clubhouse for information

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

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

T'AI CHI by Siobhan Hutchinson
Next series - Monday, September 23 at 9:30am
\$80/10 classes or \$10 per class drop-in rate

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, Cedar
Resident instructor conducts the class. No Charge.
Bring floor mat. SPACE LIMITED.

ZUMBA
Mondays & Wednesdays, 5:45pm, Hawthorn
Payable to instructor. Wear closed-toe shoes.
Next class starts 9/4.



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GOLD

Billiards: Straight Pool & 8-Ball
Bocce

Men's Pickleball
Shuffleboard (Undefeated)

Women's Golf

BRONZE

Billiards: 9-Ball

Congratulations

Aqua Aerobics

Tuesdays at 10am
Wednesdays at 6:30pm
Thursdays at 10am

No Cost to Participate.

SPORTS FUN!

BOCCE
Monday/Wednesday and Tuesday/Thursday
leagues are already underway.

CROQUET
Fridays, 5:00pm, Croquet Court. Social
gatherings follow. New Players Welcome. Call
Betty Anne Clayton.

HIKERS
Semi-Annual Meeting—8/21 at 7:00pm
New Hikers welcome! All hikes depart from
Clubhouse at 9:30am, unless otherwise noted.

PICKLEBALL
Make-A-Wish Pickleball Event
Saturday, October 12, Rain date: 10/13
Registration: \$100—Forms at E&R

SHUFFLEBOARD
"High 4" Disk Tournament
Tuesday, August 20 at 1:30pm, Courts

TABLE TENNIS
Tables available Tuesday, Friday, &
Saturday 9-11AM. All welcome! Hawthorn
Room

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



MOVIE CORNER

"THE LIGHT BETWEEN OCEANS"

Rated PG-13 / 2hr 13m / No Charge



Sunday, August 11
1:30pm Ballroom

Tuesday, August 13
1:30pm & 7pm Ballroom

TUESDAY MYSTERY MOVIES

August 6 at 1:30pm & 7pm
August 20 at 1:30pm & 7pm

Movies are subject to change.

RSVP Your Interest

"Moulin Rouge" The Musical * Cirque du Soliel
"West Side Story" on Broadway * Wine & Train Tour
Harriet Tubman & the Underground Railroad
Ladies Day in Lancaster * Swimming Lane Races at Pool
Mackinac Island, NY Tour * Radio City Christmas Show
5 Day Cruise (out of Bayonne) * Car Show * Trivia Night
Make Your Own Gourmet Ravioli * QVC Studio Tour

Arrangement of trips is dependent upon number of residents interested. If you want to see something special, call E&R!

LIBRARY ON LOCATION

"In the Matter of Cha Jung Hee"

Thursday, August 15 at 1PM, Ballroom

Her passport said she was Cha Jung Hee. She knew she was not. So began a 40 year deception for a Korean adoptee who came to the US in 1966. Filmmaker Deann Borshay Liem returns to her native Korea to find answers to why her identity had been switched and who was the real Cha Jung Hee. A film by Niko von Glasgow. [2010, 60 min.]

"Ella Es El Matador"

Wednesday, August 21 at 1PM, Ballroom

For Spaniards and the world, nothing expresses their country's traditionally rigid gender roles more powerfully than the image of male matador. Profile of two female Spanish matadors contrasted against this historically male-dominant tradition. A film by Gemma Cubero and Celeste Carrasco. [2009, 60 min.]

No Charge—Program is in collaboration w/ Monroe Twp. Library & PBS

FYI

- RCAI Offices will be Closed on Monday, September 2nd in celebration of Labor Day.
- 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.



Residents beat the heat and took their dancing moves indoors at our first Summer Party!



ALOHA from Rossmoor! Guests enjoyed a Hawaiian-inspired buffet and danced to the sounds of a live steel drum performance.



Bob Denson's Jam Session played to a full house. Don't miss Bob's return with his band at our pool party on August 9th!




AHG celebrated their 1 year anniversary with a Summer BBQ! Great food, dancing and a fun time was had by all.



AUGUST 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Events or trips marked * require tickets or prior registration	Ticket Sales Today! 			1  7:00pm AHG Movie "The Best of Enemies"-GL	2  6:30pm Bingo—BR	3 Golf Outing
4	5 	6  9:00am-11:00am Comcast—BR 1:30pm Mystery Movie—BR 7:00pm Mystery Movie—BR	7	8  9:00am Committee Meetings-VC	9 7:00pm Pool Party w/Bob Denson's Blues Band*	10
11 1:30pm "The Light Between Oceans" Movie—BR	12 Golf Outing 10:00am Mutual 8 Open—GL 1:00pm Health Care Lecture—MP	13  10:00am Mutual 12 Open—GL 1:30pm "The Light Between Oceans" Movie—BR* 2:00pm Golf Committee-VC 7:00pm Great Decisions Social—DW 7:30pm "The Light Between Oceans" Movie—BR	14 1:30pm Aviation "Secrets of the Space Station"—BR	15  9:00am Board of Governors—VC 1:00pm Library on Location—BR	16	17
18	19	20  Wind Creek Casino Bethlehem, PA* 10:00am New Resident Mtg-VC 1:30pm Mystery Movie—BR 7:00pm Mystery Movie—BR	21 1:00pm Library on Location—BR 1:30pm Shuffleboard "High 4" Disk—C	22  River Lady & Smithville Trip*	23  6:30pm Bingo—BR	24
25 1:00pm Mutual 17 Social—BR	26 Golf Outing	27 Movie in the Parking Lot (begins at dusk) 2:00pm Mutual 4C Open—GL	28	29 6:30pm Wine & Design—GL*	30 7:00pm Pool Party w/Let's Be Frank*	31

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
Indian-American	Sun	9:30 am	GL
Italian-American	3rd Wed	7:30 pm	BR
Players	Last Mon	7 pm	GL
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	7:15 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



Sue Archambault, Becky Reddington, and Judi Frey with Dennis Arce are having fun with “Hit the Road Jack.”



Peggy Mankey performs “I can’t Help Falling in Love” on her cello.



Senior Condo Olympians during the competition.



Rossmoor Shuffleboard teams await their turns.



Rossmoor’s Jackie Cristiano looks determined to score in a close game with The Ponds.



Janet Wilson, Bill Leonard and Jim Wilson when Bill received his award from the Rossmoor Chorus



Julia Gargano and Omar Chawdhury performed for the Italian American Club members.



Julia Gargano performed one of her original compositions at the latest meeting of the Italian American Club.

Mutual News

Mutual 16 Thanks to Bill!

By Sidney Lincoln, Ray Clarke,
Jim Murphy

On Friday, June 7, Bill Murphy advised Sidney Lincoln and me, to our surprise, that he was resigning as a director. Bill had served as a director for approximately 15 years and as president of Mutual 16 for about 10 of those years.

In addition to functioning as a director, he also was an integral part of many of the RCAI committees, including the Bar Code Committee and the Clubhouse Generator Committee. Drawing on his background as a mechanical engineer, this made him an obvious asset.

His role in many of the Mutual and RCAI improvements made him a valuable asset to all of us. While he will not be a director, he will continue to advise the Mutual and serve on the RCAI committees.

Although we have the same last name, I want to emphasize that we are not related; but Bill will always contradict me and says we are, if you go back far enough.

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Religious Organizations



Attendees at the Congregation's 4th of July Party. The event was open to all and a good time was had by all.

Another Fun and Games Day coming and a special celebration

By Adrienne Brotman

The Jewish Congregation's July Fourth barbecue was a huge success. Forty-six individuals attended to enjoy hamburgers, hot dogs, macaroni salad, green salad, baked beans, corn on the cob, and of course, watermelon.

Now the congregation is

busy planning their second game day, Sunday, Aug. 18. The theme of this game day will be "Try Something New, Try Something Different." Have you ever played Farkle, Mexican Train, Left, Right, Center? These games are easy to learn and fun to play.

We will have a Tricky Tray, with a portion of the proceeds donated to HCE, a group that provides vocational and rehabilitation training to those with disabilities or other impediments to employment. The cost is \$12 and includes one raffle ticket and an ice cream social. Flyers will be available in the Clubhouse on the carousel near the E&R office and computer room. If in need of further information, please contact Marjorie Heyman at 609 851-4211.

Sabbath Services this month will be conducted on Friday, Aug. 9 and Aug. 23 at the Meeting House at 7:15 p.m. On Aug. 9, Jeff Albom will be the Lay Reader and Bob Kolker will be the Torah Reader. Congregation will sponsor the Oneg Shabbat. Janet Goodstein will be the Lay Reader and Judy Perkus the Torah Reader on Aug. 23, when Alec and Hadassah Aylat sponsor the Oneg as they celebrate her 95th birthday and their 70th anniversary.

sary.

All are welcome to our Friday night services and to Game Day. We hope to see you there.

If you would like further information about the congregation, please contact Karen Seiden, vice president of membership.

Try Something New, Try Something Different Fun & Games Day Sunday, August 18 at 1pm in the Ballroom

Make your own ice cream sundae

Coffee - Cookies

\$12 PP includes a ticket for the Tricky Tray Auction

NAME: _____

PHONE #: _____

Dietary Concerns: sugar-free, fat-free: (please specify) _____

Please send your check payable to
ROSSMOOR JEWISH CONGREGATION:
to Marge Heyman, 570A Westport Lane
[or leave your envelope in the Congregation
folder in the E & R Office]

**Reservation Deadline: August 13
ALL WELCOME**

COMMUNITY CHURCH AUGUST 2019

By Linda Klink

- Aug. 4 Communion Service at 11 a.m.
Pastor ~ Rev. Robin Bacon Hoffman
Organist ~ Kevin Gunia
- Aug. 11 Sunday Service at 11 a.m.
Pastor ~ Rev. Robin Bacon Hoffman
Organist ~ Kevin Gunia
- Aug. 13 Finance Committee Meeting at 10 a.m.
- Aug. 14 Worship Committee Meeting at 10 a.m.
- Aug. 14 Women's Guild Bazaar Meeting at 1:30 a.m.
For all volunteers for the Bazaar
- Aug. 18 Sunday Service at 11 a.m.
Pastor ~ Rev. Robin Bacon Hoffman
Organist ~ Kevin Gunia
- Aug. 19 Council Meeting at 10 a.m.
- Aug. 25 Sunday Service at 11 a.m.
Pastor ~ Rev. Robin Bacon Hoffman
Organist ~ Kevin Gunia



**REMEMBER
OUR MEN
AND
WOMEN
IN THE
SERVICE**

SPORTS



Mayor's Cup Rossmoor Golf Team 2019, from left, are Howard Zitnisky, Ed Harkins, John Del Mastro and Cabot Knowlton.

Monroe Township Recreation Dept. Men's Mayor's Cup Golf Classic

By John Del Mastro

On Monday, June 24, Monroe Township held its annual Men's Mayor's Cup Golf Classic at Concordia Golf Club. Rossmoor won the Mayor's Plaque for recording the lowest team gross score (348). The Rossmoor team consisted of Ed Harkins, Howard Zitnisky, Cabot

Knowlton, and John Del Mastro. In addition, Howard tied for individual low gross with a score of 79, and also the Closest to the Pin contest. Regency won the Mayor's Cup by scoring the lowest team net score using the Callaway Handicap scoring system (288).



Golf Course Highlights

By Ted Servis, Rossmoor Golf Professional
The golf season is in full swing and it's been a great season so far for everyone. A job well done goes out to Tom Tucci and his staff for keeping the golf course in prime condition. Our next ladies' golf clinics will be on Aug. 28. 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 it in stock, we will be happy to order it for you.

Keep an eye out for our end of summer sale in the Pro Shop. The Pro Shop hours of operation are as follows, Monday from 11 to 5, Tuesday through Sunday from 7 to 5. 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. Thank you and I wish everyone a healthy and happy 2019 golf season. Remember that the Golf Course is currently offering a referral incentive of \$200 in Pro Shop credit for bringing in new members.

9-Hole Golf

By Mary Shine

On June 21, although our Low Net tournament was rained out, we all enjoyed our Brown Bag luncheon at the Clubhouse, hosted by Joyce Cassidy and Joan Gabriello. At the short business meeting preceding the lunch, Joyce reminded us of the Member/Guest 2-woman scramble to be held on July 30. This is always a fun day of golf followed by lunch at the Dayton Diner. Thank you,



Alyce Owens, for hosting again this year. Paula clarified some of the new rules on the course and also reminded members that hostesses are still needed prior to playing on Tuesday mornings. Sign-up sheets are in the Clubhouse. The June 21 Step-Away Scramble was won by Joyce Cassidy, Grace Hammesfar
(Continued on page 18)

Croquet- fun for all, all for fun

By John N. Craven

The Croquet Club is mid-way through this, our 30th season. It has been great fun since the first crack of a mallet in April. The opening luncheon and the annual games with Meadow Lakes are the highlights to date. The only hiccup so far was the postponement of "Kooky Kroquet" and the annual BBQ due to threatening weather on July 6. These events have been rescheduled for Saturday, Sept. 21. In 2019, the club added 12 new players, bringing the total membership to 55. The integration of the new players was seamless, and they were all brought up to speed with the rules and the style of play so that they were enjoying the game right from the start.

In addition to the Friday afternoon Golf Croquet games, a small group of members have been getting together at the court on Wednesday mornings at 10 a.m. for a few informal pickup games. Any members interested in croquet on Wednesdays, should stop by the court. 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, or stop by the court when we are playing on Wednesdays and Fridays. Come join us, you'll like it!

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Senior Condo Olympics: June results



The Rossmoor Shuffleboard team is lead by captain, John Cristlano. Other members were Mary Leone, Lena Sinnicke, Joan Dallas, Judy Gamache, Jackie Crstiano, Pat Di Pierro, Kim La Gregor, Paul Falcone, Allen Kobezak, and Steve Goldsmith (missing from photo).

By John Del Masto and Henry Moorhouse

Shuffleboard

Rossmoor hosted the annual Jerry Collins Shuffleboard Tournament for the Senior Condo Olympics on Wednesday, June 12. Four communities in Division C were involved beside Rossmoor: The Ponds, Village Grande, Riviera and Upper Freehold. Rossmoor won 7 out of 8 games to win the Gold medal; The Ponds finished second for the Silver medal; Village Grande finished third for the Bronze. For Riviera and Upper Freehold, there is always next year.

John Cristiano was the captain for the Rossmoor team. The following players made up the rest of the team: Allen Kobezak, Jackie Cristiano, Joan Dallas, Judy Gamache, Kim LaGregor, Lena Sinnicke, Mary Leone, Pat Di Pierro, Paul Falcone, and Steve Goldsmith. Congratulations, Rossmoor!

Billiards

On June 16, the Rossmoor billiards team garnered a Bronze Medal in the 2019 Senior Olympics Nine Ball competition held at Concordia's pool room. The opposing teams were Whittingham, the Gold Medal winner; Encore, the Silver Medal winner; and Concordia.



Members of the billiards team are, from left, Vaughn Sandor, Greg LaCroce, Ron Ciesielski, John Ferraiolo, Paul Boisvert, Captain Frank Crocitto, and Harry Moorhouse.

The Rossmoor team was led by the only veteran of previous Senior Olympic competitions, Ron Ciesielski. Also playing for Rossmoor were Greg LaCroce and Harry Moorhouse.

Pickleball

On Monday, June 24, the Rossmoor Ladies Pickleball team won the gold against



Ladies Pickleball team Pat Delacy, Gail Piccirillo, Cathe Dituro, Yvonne Nobile

Encore, who won the silver, and Upper Freehold. There is no bronze awarded in this division. The ladies, led by Yvonne Nobile, captain, were Pat Delacy, Cathe Dituro, and Gail Piccirillo.

Bocce

On Friday, June 28, Rossmoor hosted Riviera, Cranbury Crossing, and Whittingham for the Senior Condo Olympic Bocce Tournament. Rossmoor went undefeated winning all 6 matches and won the gold medal. Riviera finished second for the Silver; Cranbury Crossing

picked up the bronze medal.

The Rossmoor team consisted of Joe Conti (captain), Lou Russo, Lenny Caglione, Niecia Monaco, Helen Reho, Tony Cardello, John Schaeffer, Al Longo, Sam Renda, Paul Lundy, Angel Espinosa and John Del Masto.

The Bocce team would like to thank the E&R department for providing coffee, bagels, doughnuts, and especially for the water. It was a very hot day, and all the players were grateful that the water was replenished after it ran out early in the day.



Bocce team members are, from left, Captain Joe Conti, John Del Masto, Angel Espinosa, John Schaeffer, Sam Renda, Lenny Caglianone, Lou Russo, Paul Lundy, Helen Reha, Tony Cardello, and Al Longo. (Niecia Monaco was not present.)



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9-Hole Golf

(Continued from page 17)

and Doris Herron. Tournaments coming up are: Aug. 6 – Low Gross; Aug. 13 Even Holes (scorers will pick even holes prior to start); Aug. 20 – Low Net; Aug. 27 – Member/Member.

Don't forget to sign up for the free clinic run by Ted and Ray. Check the Pro Shop for date.

For more information on joining the 9-hole Women's Golf Association, please contact membership chair, Mary Shine, 609-655-4518, maryshine1@verizon.net or president, Joyce Cassidy, 609-619-3618, joyce3206@aol.com.

All tee times begin on Tuesday at 8:30 a.m. Please arrive at the pro-shop at 8 a.m..

Enjoy the summer – happy golfing.

HEALTH CARE CENTER NEWS

Hospice

By Kaytie Olshefski RNC, BS

I would like to talk a little about hospice and let you know what it is all about. Hospice is there to keep the person as comfortable and pain free as possible. Hospice's focus is to support the person's life with the highest quality for the days remaining. Family members and the patient should not wait until the last minute to talk about this program. By having the discussion in advance, family members will know what to do when it gets closer to having hospice start.

Hospice has much to offer at a very difficult time. The medical staff will help the person to reclaim his or her life, express his or her wishes and will allow the patient to be in control. Hospice also provides families with counseling, respite care, and support. It is a holistic approach of care for the patient and caregiver by providing emotional and spiritual comfort.

The team is made up of the patient's primary doctor, hospice/medical physician, nurses, home health aides, spiritual counselors, social workers, pharmacists, volunteers, bereavement counselors and, if needed, speech, physical, and occupational therapists.

Hospice care differs from palliative care. Palliative care is for anyone with a serious disease, but care can be started at any point in the disease process. Palliative care can be provided with curative treatments and does not hinge on the prognosis of the disease.

Hospice is a program available under Medicare Part A, known as the Medicare hospice benefit. Medicaid and the Department of Veterans Affairs also offers hospice. If insurance coverage is a Medicare HMO/PPO or a commercial insurance, check the plan as many insurance plans do carry Hospice coverage.

Hospice is not only provided in the person's home with a family member serving as the primary caregiver, but it is also provided in hospitals, nursing homes, assisted living situations, and facilities dedicated solely to hospice.

When people think of hospice, they think it is only for cancer. There are other diseases such as congestive heart failure, Alzheimer's disease/dementia, chronic lung diseases; end stage renal and neurological disease such as Parkinson's Disease, Multiple Sclerosis, Amyotrophic Lateral Sclerosis (ALS), Huntington's disease that are eligible for this kind of care.

To be covered under Medicare Hospice, here are some requirements one must meet:

- This service must be provided from an approved hospice agency. Speak with the patient's physician

for a referral, the nurse at our Health Care Center, clergy, or friends who may know of a hospice agency.

- Medicare recipients are eligible under Medicare Part A.
- The patient's doctor and hospice medical director certify it is a terminal illness with a prognosis of six months or less to live.
- If Hospice care is required beyond the six-month time period, a patient may stay on the program as long as the primary physician documents this.
- A consent and an insurance form is signed indicating the person will no longer receive standard Medicare benefits but will be receiving Medicare hospice benefits.
- The person is willing to stop all treatments that would prolong his/her life. Regular Medicare benefits will cover other services

not related to life limiting illness.

- A primary caregiver must be available as hours provided by a Hospice staff are limited.



These are the services covered by a hospice program:


- Hospice nursing care can be provided in your home, hospital, nursing home or assisted living facility. The hospice nurse makes regular visits and the staff is on call 24/7.
- Medical supplies and

equipment are covered, such as wheelchairs, hospital bed, and incontinence pads.

- The cost of medications to control pain is at a reduced price.
- Hospice doctor/medical physician visit to manage his/her illness.

(Continued on page 20)


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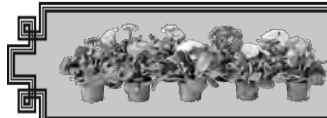
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Your Garden



By Mel Moss

The Duke Farms Foundation

I remember the Duke Farms as the Doris Duke estate.

Philanthropist Doris Duke died on Oct. 28, 1993, at age 80. At that time, the estate's main feature open to the public was a large greenhouse divided into about eight or ten sections. Each section had flora native to a different country around the world, much of it collected by Doris herself. The estate consisted of this greenhouse, the nearby mansion built by James Buchanan Duke, (Doris's father) in the late 1880s, and 2,740 surrounding acres. The mansion and the greenhouses no longer exist, having been deemed unsustainable.

Today this large estate is managed by the Doris Duke Foundation. Over 1,000 acres are open to the public. Eighteen miles of trails wind through both woodlands and meadows, around lakes and lagoons, and across areas with statuary and fountains. Some audio tours, as well as walking tours, benefit from

the many interpretive signs along the way that tell the history of the property, along with the native habitat and stewardship practices now being used. Some of the trails are open to wheelchair-bound visitors, while others can accommodate bike riding.

A number of features can be seen.

The orchid range greenhouse originally held palm trees, ferns, and orchids. It was renovated in 2011 for energy efficiency. Today it houses a subtropical and tropical display of orchids, focusing on plants native to U.S. subtropical locations, where winter night temperatures can dip down to 40 degrees.

The Coach Barn has a distinctive clock tower and rustic walls made from local fieldstone. Built in 1903, it had stalls for horses on one side

and an office for Doris's father and his estate manager on the other. On the second floor was an apartment for a carriage coachman, and later for an automobile chauffeur. Renovated in 2015 with historically accurate materials, it is now used for educational classes and conferences related to the mission of Duke Farms Foundation.

The system of seven lakes covers about 75 acres. Seven depressions in flat land were created in 1909 by architects hired by J. B. Duke. Excavated soil was piled on knolls and hills elsewhere on the estate. A million gallons of water was pumped each day from the Delaware and Raritan Canal to fill the lakes. By gravity, it flowed back into the Canal and river. Today new wells supply the water needed for these beautiful lakes.

(Continued on page 21)

Health Care

(Continued from page 19)

- A homemaker is provided a few times a week, for a few hours in the patient's home. A live-in home health aide is not covered under the program.
- Depending on the patient's illness, physical, occupational or speech therapy may be available.
- Dietary counseling is available.
- Social worker, counselor and spiritual care are provided.
- Hospice volunteers are available to provide support through companionship, help with care, running errands, and preparing light meals.
- Hospice can be cancelled by the patient at any time and traditional Medicare benefits can be restarted at any time.
- Bereavement support

groups are available by many hospice programs.

In our lecture series from Saint Peter's University Hospital, Bertrand Paracels, M.D., a surgeon from Seaview Orthopedics, will speak on "Arthritis and Joint Preservation," on Monday, Aug. 12, at 1 p.m. in the Maple Room. If you are interested in attending, please call the Health Care Center at 609-655-2220 or stop by to sign up.

Our flu and pneumonia vaccine clinics are here. Our first flu clinic is scheduled for Tuesday, Sept 24 in the Ballroom from 8 a.m. to 2 p.m. The second flu clinic will be on Monday, Oct. 7 in the Ballroom from 2 to 7 p.m. We will have Standard Flu vaccine, Flublok, and Fluzone High Dose flu vaccine. We offered Flublok for the first time last year. Flublok is approved for people over the age of 18 years of age. It is a recombinant flu vaccine meaning it is not grown on eggs. It is an egg-free vaccine; no preservative and no antibiotic is used in the processing to manufacture the vaccine.

If you would like a pneumonia vaccine, please have your doctor give you a prescription or have it faxed to the Health Care Center indicating which of the two pneumonia vaccines he/she wants you to have. Our fax number is 609-655-5297. The flu and pneumonia vaccines are given by nurses. We are able to accept commercial, HMO, PPO, POS, managed health care insurances and Medicare at our flu clinics. Everyone needs to submit his or her primary insurance card for verification by the staff. We provide home visits for residents who are homebound and who want a flu shot. Please call the Health Care Center for more information.

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A Message from High Tech Landscapes, Inc.

By Jeff Voss

- Please call the East Gate phone and leave a message with any questions or concerns, 609-655-5134.
- The first pruning (late

spring/early summer) has been completed (weather pending). The second pruning of all bushes and flowering shrubs will start early/end of month.

- We will be street sweeping this month.
- Please remember to put any debris out front

Sunday night in order for us to pick up Monday morning.

- Just a reminder, the newly installed soil and seed needs to be watered at least twice a day for 45 minutes in the morning and evening.

MAINTENANCE DEPARTMENT

By Dave Salter

Summer Reminders

You can check Channel 26 for the daily landscaping schedule.

Air conditioning:

If you haven't had your air conditioner serviced this year you can call the Maintenance Department to schedule your servicing. Some Mutuals require that you service your air conditioner every year or every two years

Water Valves:

Water valves should be checked periodically to make sure they are in working order in case of an emergency. Valves to be checked are the main shut-off valve, faucet and toilet valves, Symmons valve (washing machine shut-off), and outside faucet. If you would like a free estimate to replace those valves please call our office, 609-655-2121.

Washing Machine Hoses:

It is recommended that washing machine hoses be replaced every five years. Please call our office to set up an appointment.

Your Garden

(Continued from page 20)

Large community garden plots are available at a reasonable price to local gardeners. The Foundation supports its gardeners by offering free classes on optimal methods for growing crops. Part of this program includes a "giving garden," wherein gardeners grow healthful produce that is donated to the local food bank.

No admission or parking fees are ever charged to visit the estate. You will appreciate their award-winning cafe, and another area that sells fresh-grown vegetables. Visitors typically spend about two and a half hours per visit, and they do a lot of walking. Although there is a golf-cart sized shuttle that seats four people, it is available for only limited areas.

Staff members will gladly answer any questions about the estate. Duke Farms is trying to serve as a leader of environmental stewardship; they hope to inspire visitors to also become stewards of our land.

Duke Farms is located at 1112 Dukes Parkway West, Hillsborough, N.J., off Route 206 and just south of Somerville. The estate is open six days a week from 8:30 a.m. to 6 p.m., closed on Wednesdays.

Monroe Township League of Women Voters urges township ban on single use plastic bag

By M. Colgan and G. Moore

The League's Natural Resources Committee has submitted to Monroe's Environmental Commission a resolution recommending the adoption by the Township Council of an ordinance banning single use plastic bags and promoting the use of reusable bags. We urge Monroe to join other New Jersey cities and towns that, in the absence of state level regulations, have taken on the challenge of reducing the use of plastic bags. As of June, it was reported on NJ.com that at least 17 municipalities have passed laws limiting use of plastic bags. Nine others have pending regulations with future effective dates and 17 have proposed regulations under consideration.

Why the concern about plastic bags? Certainly, they are convenient and cheap, but they lead to many negatives. Single use plastic bags are made from valuable natural resources —non-renewable fossil fuels—but provide questionable benefit or return on the investment long term. In addition, the production process creates greenhouse gas emissions that impact the environment.

Single use plastic bags are a major source of litter and pollution. Americans use 100 billion bags a year but recycle only 1%. The remainder winds up in landfills, waterways and the ocean and littering our landscapes and ultimately impacting the health of humans, marine life and wildlife as the environment and food and water supplies are contaminated. Clean up is costly and in some cases, impossible. Taxpayers bear the cost associated with the negative effects of plastic single use carryout bags.

In New Jersey, plastic in our environment is not only a major threat to our food and drinking water supplies but also threatens our \$44 billion coastal economy and the livelihood of the 838,000 workers employed in the fishing and tourist industries.

Last year, New Jersey's legislature passed regulations placing a fee on paper and plastic bags. Gov. Murphy, however, vetoed that bill because he felt a stronger approach to plastic bags usage was needed. State Senators Bob Smith and Linda Greenstein have since

sponsored legislation (S.2776/A.4330) banning single use plastic bags, plastic straws and polystyrene food packaging. That bill has been amended to include a 10-cent fee on paper bags but remains in committee. It is hoped that the increasing number of local ordinances limiting single use bag usage will encourage state lawmakers to move forward with implementing a uniform state-wide policy.

We encourage Monroe to continue its efforts to safeguard our environment and take prompt action to reduce the use of single use plastic bags in the township.

The League of Women Voters of Monroe Township is a nonpartisan political membership organization whose goal is to empower citizens to shape better communities. Visit our website, lwvmonroetwpnj.org, to learn more about us. We invite you to attend our general meeting on Monday August 26, at 1 p.m. in the Monroe Municipal Courtroom.

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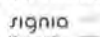
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Mailing Addresses

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.

Calendar of Events for Monroe Township Public Library

All events are open to the public.

To register online: www.monroetwplibrary.org

Sit-N-Stitch

Fridays, Aug. 2 and 16, at 10:30 a.m. Stitch a project; assist others, share tips, projects and patterns. Bring your own supplies. Registration is not required.

Poets Corner

Friday, Aug. 2, at 11 a.m. A workshop and reading group for all ages. Please bring 12 copies of your work. Registration is not required.

Music Circle

Friday, Aug. 2, from 3 to 5 p.m. Musicians of any level are welcome to play popular songs of various decades in a campfire-style setting. Songs will be done in simple 3-4 chord arrangements and lyrics will be shown on the projector for everyone to follow along. Join us and feel free to bring any songs you'd like to lead as well! Registration is not required.

POV Documentary Film Summer Series

Saturdays, Aug. 3 and 10, at 1 p.m.

Aug. 3 Follow the Nolan family on their journey to resurrect their grandfather's dairy farm in the face of corporate-driven agriculture in the region. 60 minutes

Aug. 10 A once-thriving East Java town is buried in a tsunami of mud. A decade later, villagers continue to fight the corporate powers accused in this environmental disaster. 80 minutes

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

Resume Review

Saturday, Aug. 3 from 1 to 4:30 p.m. Are you looking for a job, or just need to edit your resume? Meet with a certified career counselor to get your resume questions answered. Register at the Welcome Desk.

POV Documentary Films

Sunday, Aug. 4, at 10:30 a.m. and 1 p.m.

10:30 a.m. Seven players with 620 years among them compete in the Over 80 division of the World Veterans Table Tennis Championships. 60 minutes

1 p.m. Every four seconds, a romance novel published by Harlequin or its British counterpart, Mills & Boon, is sold in the world. Follow five readers in the contrasts between their real lives and the fantasy world to which they escape. 60 minutes. These films are presented in collaboration with the award-winning documentary series P.O.V. (www.pbs.org/pov).

Registration is not required.

Coupon Club

Monday, Aug. 5 at 1:30 p.m. Clip, swap and trade coupons. Discuss deals, share frugal tips and shopping experiences. Bring a pair of scissors and your stash of non-expired coupons. Registration is not required.

The Great Courses: American Military History

Tuesdays, Aug. 6 and 13, at 1 p.m. General Wesley K. Clark (Ret.), former NATO Supreme Allied Commander Europe, presents more than two centuries of America's wars in this DVD lecture series.

Aug. 6: From Pearl Harbor to the Battle of Midway & War in North Africa and the South Pacific

Aug. 13: Air Power over Germany; Toward Japan by Sea & From Normandy to Berlin and Tokyo

Each session consists of two 30-minute DVDs, followed by a brief discussion. Registration is not required.

Tech Express

Tuesday, Aug. 6 from 2 to 3 p.m. Drop-in with your electronic device to get personalized help from a Librarian. Bring your charged and registered device and necessary passwords. Registration is not required.

Book Café

Wednesday, Aug. 7. Session 1 at 11 a.m. Session 2 at 1 p.m. Discuss books that you have read. Light refreshments will be served. Space is limited. Register at the Welcome Desk.

Genealogy Club

Wednesday, Aug. 7 at 6:30 p.m. This is an evening Genealogy Club meeting. Beginner and experienced genealogists are welcome. We will resume afternoon meetings in September. Registration is not required.

Socrates Café

Wednesday, Aug. 7 at 7 p.m. Socrates Café are gatherings around the world where people from different backgrounds get together and exchange thoughtful ideas and experiences while embracing the central theme of Socratizing; the idea that we learn more when we ask questions along with others. Join us and pose questions, listen to others, raise challenges and consider other alternatives. Monroe resident Noreen Gumnic moderates. Register at the Welcome Desk.

International Film sponsored by The Friends of the Library

Thursdays, Aug. 8, 15 and 22 at 2 p.m.

Aug. 8: (Argentina) Abraham Bursztin, an 88-year-old Jewish tailor in Buenos Aires goes to Poland hoping to find the friend who saved him from certain death at the end of World War II. Not Rated 1 hour, 31 minutes

Aug. 15: (India) Set against Gandhi's rise to power, Chuyia, an Indian girl married and widowed at eight years old, is sent away to a home where Hindu widows must live in penitence. Chuyia's feisty presence deeply affects the other residents, forcing each to confront their faith and society's prejudices. Rated PG-13 1 hour, 57 minutes

Aug. 22: (Canada) A new factory is promised to the residents of the tiny fishing village St. Marie-La-Mauderne, provided they can secure a full-time doctor for the island. Inspired, the villagers devise a scheme to make Dr. Christopher Lewis a local. Not rated 1 hour, 48 minutes

There will be no charge for International Films in 2019 as a 30th Anniversary bonus, thanks to the generosity of the Friends of the Library. Registration is not required.

Author Visit: Andrew Kane

Friday, Aug. 9 at 11 a.m. Andrew Kane, author of *Joshua: a Brooklyn Tale*, will discuss his latest novel, *The Other Hand*. Copies will be available for book signing. Register at the Welcome Desk.

Bookmobile Event: LEGO Contest

Friday, Aug. 9 at 11 a.m. Meet the Bookmobile at the Spray Park with a bookmobile made of Legos. Rain date is August 16.

To register, please call (732) 521-5000 x.126.

Friday Afternoon Movies

Fridays, August 9, 16 and 23 at 2 p.m.

August 9: The story of Dick Cheney, an unassuming bureaucratic Washington insider, who quietly wielded immense power as vice president to George W. Bush, reshaping the country and the globe in ways that we still feel today. Not Rated 1 hour, 48 minutes

Aug. 16: A white bouncer bonds with a black musician while chauffeuring him around the Jim Crow South. Rated PG-13 2 hours. 10 minutes

Aug. 23: Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives. Rated PG 2 hours, 10 minutes

Movies are free. Registration is not required.

Short Story Discussion Group

Wednesday, Aug. 14 at 11 a.m. Leah Wagner moderates a discussion about "Boys Go to Jupiter" by Danielle Evans in *Best American Short Stories* and "Past Perfect Continuous" by Dounia

(Continued on page 26)

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REASONABLE RATES



From the Mayor

By Gerald W. Tamburro, Mayor of Monroe Township

I'll never be silenced in fighting for Monroe

You may have heard about the ongoing battle against a real estate developer who has been trying to increase the net density of a construction plan, proposing to build a large, mixed-used development within the vicinity of a bald eagle's nest.

As someone who cares deeply about preserving the environment and battling overdevelopment, I have vociferously opposed this plan submitted by the so-called "Bald Eagle Developer."

Following an outpouring of concern from residents about this project, the zoning board decided on March 26 to reject the plan.

Surprisingly, this developer believes the next, natural step in pursuing this project was to file a lawsuit against the town and against me, individually, for exercising my First Amendment rights and publicly sharing my opinions about this flawed plan.

This developer argues that my comments had an unfair impact on our volunteer zoning board members, a body of smart, independent thinkers who reviewed all documents, heard all testimony and asked many good questions before ultimately deciding to reject the project.

Once we learned about

this lawsuit, we wanted to make it very, very clear that Monroe will not be bullied by developers and their lawyers, going beyond the court-imposed affordable housing settlement.

Since the discovery of the nest, the Bald Eagle Developer, known in municipal filings as "SP11-LLC," reconfigured the development plan by squeezing the original number of court-ordered units into less developable land. To do this, the developer tried to add four-story apartments in lieu of townhouses, maintaining his 206 housing units, yet reducing the commercial component by one-third.

There's no way I would keep quiet as a developer is

trying to cram 206 new housing units on a smaller buildable footprint. Not only is such a plan wrong for Monroe, but residents needed to know that the area is home to the bald eagle's nest perched near the Millstone River. Under state and federal law, it can be illegal to construct buildings within 660 feet of the nest.

Hundreds of residents heard my concerns and turned out for the meeting, in which the zoning board rejected the application.

To be clear – suing the town, and me personally, will do absolutely nothing to change the position of me or the zoning board.

I'll never be silenced in fighting for Monroe.

Sing with the Monroe Township Chorus

By Micki Meyers

If you are a soprano, alto, tenor or bass and would like to join the Monroe Township Chorus, we sing four-part harmony and rehearse at the Monroe Township Senior Center.

Rehearsals are 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 since all ages are welcome.

Come join the fun and camaraderie of a wonderful group of men and women and share "the gift of song."

For more information, contact Sheila Werfel, director at 609-619-3229.

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HOW TO SPOT A STROKE

F.A.S.T.

FACE DROOPING
Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS
Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY
Is speech slurred, is he or she unable to speak or hard to understand? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?

TIME TO CALL 9-1-1
If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get him or her to the hospital immediately.

For more information visit strokeassociation.org

F.A.S.T. is an easy way to remember the sudden signs of a stroke and what you need to do when it happens. When you spot the signs, call 9-1-1 right away.

This is important because the sooner a stroke victim gets to the hospital, the sooner they can begin treatment. And that can make a remarkable difference in recovery.

WHAT TO DO IF YOU THINK SOMEONE IS HAVING A STROKE

9-1-1
Immediately call 9-1-1 so an ambulance can be sent.

3:02
Check the time so you'll know when the first symptoms appeared.

WHY IS CHECKING THE TIME IMPORTANT?
Immediate stroke treatment may improve the chances of survival, but only if you get help right away.

Stroke is largely a preventable, treatable and beatable disease that affects

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On average, a stroke occurs every 40 seconds.

Every 4 minutes someone dies of stroke.

STROKE IS THE NO. 1 PREVENTABLE CAUSE OF DISABILITY.

SPOT A STROKE

F.A.S.T.

Ad Council

strokeassociation.org

Together to End Stroke



**REMEMBER OUR MEN
AND WOMEN
IN THE SERVICE**

Senior Center Highlights

Monroe Twp. Office of Senior Services & Senior Center
12 Halsey Reed Road, Monroe Township, NJ 08831
609-448-7140

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age and older. Around the 15th of the previous month members are required to pre-register for ALL monthly activities. Please be sure to call the Office at least 24 hours in advance should you need transportation to and from the Senior Center. For members unable to attend a registered program, please cancel. For complete details call the Office at 609-448-7140.

Bagels Plus: On Friday, August 2 at 10: a.m., discover the healthful benefits of creativity with Sheli Monacchio, from Caring Connections, and Linda Mundie, from the Gardens at Monroe. Learn how to incorporate creativity into your daily routine to improve your quality of life and connections with others.

tions with others.

Afternoon Delight: On Friday, August 2 at 2: p.m., get ready for this fun, musical afternoon with "Jim and His Pals," hosted by Matisson Crossing at Manalapan Avenue. Enjoy light snacks as you listen and dance to tunes from the 1950's.

Motor Vehicle Satellite Service: On Monday, August 5, by appointment, from 10: a.m. to 2: p.m., the Motor Vehicle Commission brings its mobile unit to the Center to offer assistance with: renewing your driver's license, receiving non-driver identification cards, surrendering old license plates, and/or obtaining a Persons with Disabilities, Purple Heart, or Disabled Veteran placard. **Please call the Senior Center to obtain a time slot for service.** Time of service is based on each

individual's scheduled time and the order in which they are checked in on the day-of. (*Individuals will need the standard 6-points of identification when applying for a license.*)

Guided Relaxation: On Monday, August 5 at 10:30 a.m., achieve harmony and balance with Nadine Roberts, from Robert Wood Johnson University Hospital, as she provides this relaxing session of creative, guided visualization.

Pam & Steve's Music: On Monday, August 5 at 2: p.m., enjoy the music of this dynamic duo with Pam providing vocals and Steve playing on the guitar as they perform an "Alive & Real" show.

Diet for Arthritis: On Tuesday, August 6 at 10:30 a.m., join Mary Myers, our friendly registered dietitian, for this informative look at the food you eat to help minimize the effects of arthritis. There is no magic cure; but, there certain foods that fight inflammation, strengthen bones, and boost the immune system.

Fred Miller Presents: On Tuesday, August 6 at 1:30 p.m., Fred Miller brings his "lecture-in-song" to us that features *The Story behind the Song* with 12 classic musical landmarks, such as *Blue Moon* and *Laura*, and their own unique back stories.

Get Grilled: On Wednesday, August 7 at 10:30 a.m., it's time to focus on nutritious, seasonal eating with a focus on fresh foods for their health benefits. Join

Jennifer Shutaitis, Assistant Professor, Rutgers Coop. Extension, as she discusses healthy barbeque and picnic options that won't leave you feeling deprived.

Bobby's Beach Boys: On Wednesday, August 7 at 2: p.m., enjoy Bobby's return to our stage as he brings the sun and surf of the Beach Boys sound to life during this musical afternoon.

Stroke Screenings: On Thursday, August 8, by appointment, from 9:30 a.m. to 12: p.m., St. Peters Mobile Health Services provides this thorough screening that includes carotid auscultation as well as blood sugar and cholesterol checks. No fasting required.

Ceramics: Starting on Thursday, August 8 at 10: a.m., join Bev for this 4-session class as you decorate your own bisque pieces (sold separately). Studio time is provided on a monthly basis. Class fee: \$20 p.p. Please register online or in-person by August 6.

Roadside Americana: On Thursday, August 8 at 1:30 p.m., Walter Choroszewski celebrates the kitschy oddities and attractions that border our roadsides. Take a virtual road trip from New Jersey's "Lucy" to the advertising Giants and Dinos along iconic Route 66.

Intro to Facial Yoga: On Friday, August 9 at 10:30 a.m., discover the benefits of facial yoga exercises with Marion Marchese, RN. The purpose of this intro is to demonstrate how facial yoga enhances the vitality of your skin, with the hope to schedule a nine-week program (with a fee). A volunteer from the audience is needed for a honey facial face lift. Find out if facial yoga is for you.

Space Travel: On Friday, August 9 at 11:30 a.m., Gloria Hoffner, founder of Science for Seniors, goes where most of us have never been: SPACE. What do we know about the plants and the universe? Why is space exploration a must for mankind's existence? How will NASA and others send humans to Mars and beyond? These questions (and others) along with a hands-on demo of how moon craters are formed, will be addressed.

Women Composers: On Friday, August 9 at 2: p.m.,

Dr. Karen Zumbrunn explores the accomplishments of women songwriters during the Tin Pan Alley era while singing some of the greatest standards written by them, such as *Witchcraft* and more.

Colon Awareness: On Monday, August 12 at 10:30 a.m., Dr. Goldstein, Rutgers RWJMS, presents this informative discussion on colorectal cancer including risk factors, symptoms, key statistics, prevention, and new recommended screening guidelines.

David Aaron Presents: On Monday, August 12 at 1:30 p.m., David Aaron examines the life and career of Louie Prima, who was inspired by the likes of Louis Armstrong and put a Sin City twist on New Orleans jazz.

Exercise Myths: On Tuesday, August 13 at 10:30 a.m., learn how to enhance the quality of your workout with Renata, from Jag-One Physical Therapy. Bring your exercises questions as Renata addresses your concerns and debunks myths about exercising.

Girls Next Door: On Tuesday, August 13 at 2: p.m., join Linda Miller and a Girl Next Door for a spectacular show honoring female singers and girl groups from the 1940 to the 1980's.

Blood Pressure Screening: On Tuesday, August 13, from 1: to 3: p.m., keep your blood pressure in check with this free screening. Please be sure to set-up your appointment time early!

TED Talk: On Wednesday, August 14 at 10:30 a.m., join Ellie and Caryl as they present, *My Escape from North Korea* by Hyenseo Lee.

Newbies for Healthy Bones: Starting on Wednesday, August 14 at 1: p.m., Project Healthy Bones has room for a few new students. This 20-session program is geared to help prevent osteoporosis with weight bearing movements, primarily performed in or by a chair. **Please call the office for space availability** before obtaining required medical forms at the Senior Center. Forms must be submitted to the peer leader on August 14.

Shirley's Shakespeare: On Wednesday, August 14

(Continued on page 25)

IMPORTANT NOTICE

Motorists must obey the rules of the road while driving within the Community including, but not limited to, observing the posted speed limits, No U-Turn, Yield, and



One Way signs; stopping for pedestrians; making a full stop at all stop signs; and exercising extreme caution when entering RCAI streets from lanes or other areas without stop signs.

The Jewish Heritage Museum of Monmouth County

presents

A Talk By

Jane Sanders Leal, co-author of

Perth Amboy's

Jewish Community

History, Memories, Tribute

Wednesday,

August 14, 2019 7:00 PM

\$5, students free



The Jewish Heritage Museum of Monmouth County

310 Mounts Corner Drive, Freehold, NJ

(located in the Mounts Corner Shopping Center, at the corner of Route 537 and Wemrock Road)

For more information or to make a paid reservation, please call the Museum at 732-252-6990 or visit our website www.jhmomc.org

Maximum capacity is 100, so paid reservations are recommended.

Funding has been made possible in part by an operating support grant from the New Jersey Historical Commission, a Division of the Department of State, through grant funds administered by the Monmouth County Historical Commission.

The JHMOMC is a tax-exempt organization under Section 501 (c)(3) of the Internal Revenue Code. The Museum is handicapped and assistive listening accessible.

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.

Senior Center

(Continued from page 24)

at 1:30 p.m., Shirley explores *Macbeth* and the many ways you can cook up trouble. She also explores the cursed couple's options.

Long Live Volunteers: On Thursday, August 15 at 10:30 a.m., join Edward Callahan, Director, Volunteer Services, and Ashley Chia, Supervisor, Volunteers for Princeton Medical Center, as they discuss how people who volunteer may live longer.

Heads Up: On Thursday, August 15 at 1:30 p.m., give your mind a workout as you learn how to prevent brain injuries and trauma. Laura Jacobs, Outreach Coordinator for the Brain Injury Alliance of NJ, teams up with Anne Galpern, from Right at Home, to provide this fun game-show event with prizes and light snacks.

Songbook Trio: On Friday, August 16 at 2: p.m., enjoy Patty Carver's Songbook Trio as they pay tribute to George Gershwin. With keyboard and bass, along with Patty's vocals, the legacy of arguably the greatest American composer of all time lives on.

Elvis Tribute: On Friday, August 16 at 7: p.m., enjoy a blast from the past as we bring you Elvis from his 1968 Comeback Show. If you remember that black leather jacket and Elvis' greatest hits, then this classic music-filled night is a must-see.

Multi-Vit Facts: On Monday, August 19 at 10:30 a.m., find out if you really need vitamins with Saswati Chakraborty, from Monroe Village. Can our bodies function without them? Can a multivitamin do more harm than good? Let's look at the pills we pop every day and discover which ones are worth keeping in your dietary plan.

Lighthouse Keeper: On Monday, August 19 at 2: p.m., meet Abraham Wolfe, Union Army major during the Civil War and the first keeper assigned to the Sea Girt

Lighthouse. Actually, Ken Serfass, historical impersonator, takes on Wolfe's persona as he describes his duties and experiences during this history-live talk.

Art of the Masters: On Tuesday, August 20 at 10: a.m., join Christina for an overview on the life and work of Elisabeth Vigee Le Brun. Participants, who requested participation in the project, create a personal masterpiece in the artist's style using watercolor paints. Space limited.

Crystals that Relax: On Tuesday, August 20 at 10:30 a.m., join Adrienne Gammal as she returns to discuss a New Group of Crystals that help reduce stress and anxiety. Discover their healing properties and how to use them as Adrienne shares her knowledge and experiences both personally and with clients.

Michael and Ted Present: On Tuesday, August 20 at

2: p.m., Michael and Ted pay tribute to the late Doris Day. This lecture focuses on her songs from her big band singer days as well as from her films like *Calamity Jane* and *Pajama Game*, among many others.

Drivers Safety: On Wednesday, August 21 at 8:45 a.m., enhance your driving skills during this AARP-sponsored program. For pricing and space availability, please call the Office.

Dixieland Fete: On Wednesday, August 21, with doors opening at 12: p.m., enjoy the sounds of Dixieland jazz as we welcome the Blawenburg Dixieland Band. Before they get your toes tapping to traditional tunes from the 1920's and 1930's (*Sweet Georgia Brown*) delight in our southern comfort menu complete with a choice of entrée, sides, dessert and beverage. Price: \$10 p.p. Register before August 13. (No refunds.)

Battle of Brooklyn: On Thursday, August 22 at 10:30 a.m., join Barry Singer, history fan, as he

explores the largest battle of the entire American Revolutionary War that was fought at Gowanus Road and Flatbush, just months after signing the Declaration of Independence. This PowerPoint presentation covers this part of history up to the Continental Army's success on Christmas 1776, which ultimately changed the course of history.

Fav Comedy Teams, Part 2: On Thursday, August 22 at 1:30 p.m., Don Buzney returns with more favorite comedic teams to fill your afternoon with smiles, nostalgia and laughter.

Do You MANGO: On Friday, August 23 at 10:30

a.m., join Tyler, from the Library, as he explains the App called MANGO. If you want to learn a new language, Mango has over 50 options for self-paced lessons in casual conversation. Find out more!

New Jersey, On Tour: On Monday, August 26 at 1:30 p.m., Linda Barth, author and lifelong resident of the Garden State, takes you on a tour of our wonderful state in the comfort of your chair. Explore its diverse geography and experience the famous (and not-so-famous) people, places, and events of our great little state. Plus, get ideas about wonderful places to visit on your next road trip.

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Less than 20% of US adults
are aware that complications of flu can include heart attack, worsening of diabetes, stroke, and disability.

National Foundation for Infectious Diseases

Source: Online omnibus survey of 1,004 adults (18 years and older) living in the United States was conducted in October 2018

ROSSMOOR COMMUNITY ASSOCIATION
2019 POOL SEASON

RULES, REGULATIONS, & POOL HOURS
The Rossmoor Community Pool will open *Friday, May 24, and close on Labor Day, Monday, September 2.*
The Pool will be open daily, in June and July, between the hours of 9:30 am – 8:30 pm
The pool will be open daily, in August and September, between the hours of 9:00 am – 8:00 pm

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 their Rossmoor photo ID. Rossmoor photo IDs are nontransferable and expire annually.

3. Residents are required to register their personally invited guests and present their Rossmoor photo ID. 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 a 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 of any kind, including e-cigarettes, 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. Residents must register their guests at the pool and do not have to remain with guests over the age of twenty-one. Residents assume full responsibility for their guests.

2. Pool passes are required for all guests during hours of operation on Fridays, Saturdays, and Sundays. Only residents may purchase pool passes in the E & R office. The pool pass fee on Fridays, Saturdays, and Sundays is \$5.00 per guest over the age of fifteen and \$2.00 per child between the ages of four and fifteen.

3. 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.

4. Children between the ages of four and fifteen will be permitted to use the pool and surrounding facilities between the hours of 11:00 a.m.—2:00 p.m. daily and must be accompanied by a resident at all times. Children between the ages of four and fifteen must exit the pool at 2:00 p.m. and exit the pool area no later than 2:30 p.m.

5. Children under the age of four are NOT permitted in the pool or any of the facilities in the fenced area around the pool.

6. Children between the ages of four and fifteen should be encouraged to use the restrooms before entering the water and any “accidents” in the water should be immediately reported to the lifeguard.

7. 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. The schedule will be posted on the pool bulletin board.

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

The Rules and Regulations are subject to change from time to time due to E & R Special Events.

Revised by Board of Governors
February 28, 2019

Library

(Continued from page 22)

Choukri in *O. Henry Prize Stories*. Register at the Welcome Desk.

Page Turners

Thursday, Aug. 15 at 11 a.m. Looking for something to read or add to your reading list? Library staff will present and recommend a variety of new titles pertaining to a different topic each month, both new and old titles. August's theme will be New York, New York. Light refreshments provided. Register at the Welcome Desk.

Musician's Showcase: Ed Seifert & Friends

Sunday, Aug. 18 at 2 p.m. **Ed Seifert** is a veteran of the New Jersey music scene who writes and performs in such well-known combos as Yung Wu, Speed the Plough, the Campfire Flies, and Ed Seifert and the Stimulus Package, with band mates who are also members of the Feelies, the Cucumbers, and the Thousand Pities. In addition to being a prolific songwriter, Ed sings and plays guitar, mandolin, and harmonica. **Connie and Kathy Sharar** make up half of the Sharar Sisters musical group, who've been longtime mainstays on the New Jersey folk scene. Over the years they've shared stages with Pete Seeger, John Gorka, Dar Williams, and others at events like the prestigious Black Potatoe and Falcon Ridge music festivals. Ed, Connie, and Kathy will sing and play some of

Ed's catchy original songs and some time-tested favorites from the 1960s and beyond. Sponsored by the Friends of the Library. Registration is not required.

Non-Fiction Book Discussion

Monday, Aug. 19 at 2 p.m. Join us for a discussion about *The Worst Hard Time: The Untold Story of Those Who Survived the Great American Dust Bowl* by Timothy Egan. Moderated by Leah Wagner. Register and reserve a copy at the Welcome Desk.

Coffee and a Book

Tuesday, Aug. 20 at 10:30 a.m. Join a book discussion moderated by Monica Teixeira. This month's title is *A Land More Kind Than Home* by Wiley Cash. Coffee and cookies provided. Register and reserve your copy at the Welcome Desk.

End of Summer Bash

Wednesday, Aug. 28 from 6 to 8 p.m. Join us for a fun summer evening, as we conclude our 30th Anniversary celebration. Registration is not required.

The Beatles: The Beginnings

Friday, Aug. 30 at 11 a.m. John Paul Groom, a native of the City of Liverpool, followed the Beatles on their rise from obscurity to fame in the early 1960s. The presentation provides a detailed description of Liverpool during the 1950s and 1960s as well as the Beatles' family circumstances and musical influences.

Monroe Township Awarded \$94K Clean Communities Grant from DEP

Monroe Township announced July 18 that it is the recipient of a \$94,380.34 Clean Communities grant from the State of New Jersey Department of Environmental Protection (NJDEP) Solid Waste Division.

Clean Communities grants are intended to help municipalities and counties across New Jersey promote volunteer and paid clean-up events, purchase equipment, support enforcement activities and education.

“Monroe Township prides itself on being a clean, welcoming community. We have a variety of programs led by our excellent Department of Public Works staff aimed at keeping our streets, open space, recreation areas and township grounds free of litter and debris,” said Mayor Gerald W. Tamburro. “We launched our first Township-wide litter clean up event earlier this year called Clean Sweep Monroe. The 2019 award – among the largest in the state – will allow us to continue community engagement and education initiatives to help keep Monroe looking great.”

In addition to the spring litter clean-up day, Monroe-based non-profit and community-service groups are invited to help with litter clean-up efforts throughout the year and earn as much as \$500 in mini-grants for their organization. Interested organizations can register for litter patrol parties at Township approved sites by contacting Clean Communities Coordinator, Joe Slomian at 732-656-4575.

“Clean Communities grants provide a vital funding for litter removal along roadsides, around storm water collection systems, in our parks, open space and other areas,” said Slomian. “Litter comes from many sources and these grants help us organize community events such as Clean Sweep Monroe while educating the public about proper trash disposal, reducing waste and the environmental impacts of litter.”

The Clean Sweep Monroe initiative was supported by the New Jersey Clean Communities Council, Inc. (NJCCC), the 501c3 nonprofit that works closely with the NJDEP and the New Jersey Department of Treasury to administer the Clean Communities program.

Through the grant program, the NJDEP issued more than \$21 million to municipalities and counties across the state, basing its allocations on statistical reports that outline the number of housing units and municipally owned roadway mileage in a respective area. Grants are funded by a legislated user-fee on manufacturers, wholesalers and distributors that produce litter-generating products.

For a complete list of municipal and county grant awards, visit www.njclean.org.

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
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.

Classified Advertising

Transportation

MARVIN'S CAR SERVICE – Low rates. Airports, piers, NYC, Philadelphia. Anywhere 24/7. Ride in style for less. (908) 812-6299.

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

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

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 USB flash drive for backup. (732) 723-9537 or (732) 967-3400. Please leave message, all calls returned same day.

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ELDER CARE – Retired Nurse Practitioner available for elder-care in your home. Pleasant, responsible, mature and empathetic. Services include companionship, personal care, appointments, errands, laundry, local trips. I look forward to meeting you to discuss your needs. Contact Alice (609) 206-3080.

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COMPANION/DRIVER – Compassionate, experienced Rossmoorite happy to assist. Judy (609) 655-1026.

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.

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- Check or money order must accompany insert, *made payable to Princeton Editorial Services*
- Phone number or address which appears in ad must appear on check or money order to ensure proper credit.

Monroe Township Cultural Arts Commission presents Music in the Park

Free Concerts Summer 2019

Thursday Nights at 6 p.m. The Open Grove Gazebo on the Lake

Thompson Park, Monroe Township, N.J. 08831
Bring your own chairs and blankets.
Refreshments available

August 1 – David Cendeno and his Orchestra
Salsa, jazz, meringue, mod-

ern ballads, and American music with a Latin beat.

August 8 – Legacy Band – Hottest party band in the tri-state area. Top 40 hits with horns and harmonies will keep you dancing.

August 15 – Ed Goldberg & the Odessa Klezmer Band – Jewish Folk Music – The joyful eclectic mix of Eastern European and Middle Eastern tunes.

Middlesex County and Monroe Township to preserve nearly 59 acres of open space along Federal Road

Monroe Township officials have announced the addition of nearly 59 acres to its open space inventory thanks to successful collaboration with Middlesex County, which will purchase the property.

"The addition of 59 acres of beautifully wooded area moves us closer to our goal of preserving half of the Township," said Mayor Gerald W. Tamburro. "When we learned that the Otto Pohl Estate property was available, we quickly reached out to our Freeholders in an effort to protect and preserve this land. We are thankful that Middlesex County took the necessary steps to acquire the land in partnership with us."

The County Freeholders authorized by resolution (19-627-R) the purchase of the land (Block 17, Lot 8 and Block 18, Lot 18) from The Estate of Otto & Mary E. Pohl at its May 16 meeting.

"These 59 acres will be a great addition to the careful balance of development and nature in Middlesex County," said Middlesex County Freeholder Director Ronald G. Rios. "We are honored for

the opportunity to help Monroe Township in their preservation goal and hope their mission will encourage our residents to take an interest in protecting the environment."

"As a Freeholder, I'm always proud to be part of the effort to preserve nature in Middlesex County. I hail from Monroe, so I know that its residents are committed to protecting its wooded areas and preserving its legacy," said Freeholder Leslie Koppel, Chair of the Finance Committee.

Comprising approximately 34 acres located at the southwest corner of Perrineville Road and 25 acres at the northwest corner of Federal Road, the land will be purchased through the Middlesex County Open Space, Recreation and Farmland, and Historic Preservation Trust Fund with a total acquisition price not to exceed \$508,000.

"The acquisition of this land is a testament to the great partnership between Monroe Township and Middlesex County, and our commitment to continually work together in the best interest of our residents," said Council President Stephen Dalina. "Securing this land not only maintains the natural beauty of the area, it also provides possibilities for activities including horse trails and other recreational uses."



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- ✓ Difficulty sleeping from leg or foot discomfort
- ✓ Muscle weakness
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is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

NEW FDA-CLEARED TREATMENTS PROVIDE HOPE

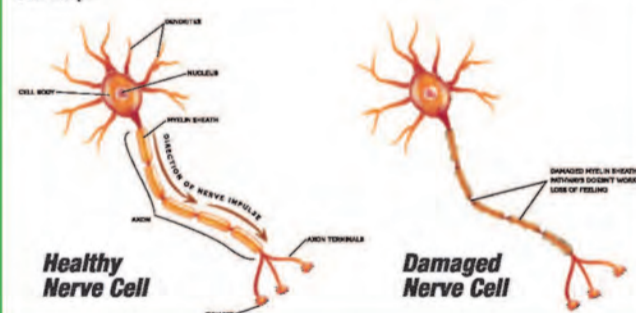
AllCure Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be felt on the first few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

NEW CBD OIL TREATMENTS NOW AVAILABLE!

CBD oils have shown successful results treating patients with inflammation, muscle, joint, and nerve related pains. CBD is especially promising due to its lack of intoxicating side effects like other pain medications. The AllCure team will incorporate CBD treatments into your rehabilitation program, maximizing patient results. Please call us today and we will be happy to answer any questions!

HOW DO YOU KNOW IF YOU HAVE NERVE DAMAGE?

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



350 Forsgate Dr., Monroe Township, NJ 08831

732-521-9222



FREE

**15-minute
consultation
for the first
30 callers!**

*Expires 8/31/19