

Thoughts about Al



Doctor Albert Parker

By Bob Huber

Former Rossmoor resident, Doctor Albert Parker, passed away on July 11. I'm invoking a right of personal privilege to write a few words about my very dear friend, Al Parker, because he influenced the lives of so many of us during his residence in Rossmoor.

The breadth of Al's knowledge, interests, and accomplishments was astounding. With infinite patience, he guided many of us through our first acquaintance with computers. He created many entertaining and informative programs for the New Jersey Club. He could play seven different musical instruments and he was an accomplished visual artist. His rich baritone voice enriched the performance of the Rossmoor Cho-

rus and his own Church.

Al, a graduate of Columbia University and Harvard Medical School, was trained as an Ob/Gyn physician, but in military service, a broader range of medical skills was required. He once received special commendation for performing an emergency appendectomy while aboard ship in a howling gale. He received other commendations from the Secretary of the Navy for his redesign of operating rooms and the training of medical officers.

On Sundays, he would often serve as organist for church services on the Marine base where he was stationed.

Once in private practice, Al claims he lost count after delivering 3,000 babies. No doubt many anxious parents-to-be were reassured by Al's comforting voice and professional demeanor.

To tell the truth, Al never talked much about himself. We just talked about "stuff" when we were together, and time flew by all too quickly.

Most of what I have learned about Al has come from other family members. I only know that he was always there when anyone needed a helping hand. The time I spent with him was very special.

I miss him already.



Nature in full bloom

Chorus honors Director Janet Wilson; also sings at Monroe Village

By Alyce Owens

Neither the pandemic nor RCAI's lingering restrictions could dissuade The Rossmoor Chorus from celebrating the end of a challenging season, unlike any other. Under a large pavilion in Jamesburg's beautiful Thompson Park, the congenial and talented group gath-

ered on June 23 to enjoy an abundance of good food, music, singing, dancing, and mostly, being together.

After dinner, the happy group honored their outgoing accompanist, Abraham Alinea, who leaves in August for graduate school in Canada, and welcomed his replacement, Moriah Kam, a senior majoring in Music Education at Mason Gross School of the Arts at Rutgers University.

The beautiful late June evening picnic also served as the opportune time to recognize and award their Certificate of Appreciation to Janet Wilson who has served as Director of the Chorus for several years. Now you might think that there couldn't have been much directing or teaching of new music happening during that time of isolation and restrictions due to the virus ... but think again!

After many months of COVID-19 fears and restrictions, when few ventured out except for food and life's other necessities, director Janet decided it was time for this group of dedicated people to start singing and seeing each other again. She began scheduling small groups of four or five people at a time, sometimes as many as six groups per week, to rehearse and learn new music. Sometimes they met outside in her yard, other

times in the Wilson's two-car garage, but always masked and adequately socially distanced.

Janet learned that singing could project the virus farther than speaking, so she secured special singers masks (which look amusingly like small horse feedbags) to assure that the singers would not risk contaminating each other. Everyone agreed the masks were cumbersome and uncomfortable but they provided the necessary protection so they could continue enjoying their music and comradery.

Once everyone in the Chorus had received their COVID-19 vaccine, the prospect of singing together again became a reality on June 12 when the Rossmoor Chorus presented a show of Broadway tunes and popular standards for the residents of Monroe Village, the first group to be invited to entertain there after many months of lockdown. When the show ended, it was hard to know who had enjoyed it more, the audience or the Chorus members!

With the success of their first performance after 15 COVID-months behind them, it was time to celebrate and show their appreciation for the person who had held them together and made it all happen. At the Thompson Park picnic, Chorus mem-

(Continued on page 3)

A message from Mayor Stephen Dalina

As life returns to normal, I am pleased to be sharing with you the latest news from town hall. So much has happened over the past year; I am pleased to report that Monroe is stronger than ever.

Let me begin by discussing the COVID vaccine. Anyone in Monroe who wants the vaccine has been able to receive it at no cost. In fact, nearly 90% of our senior population has been inoculated so far, and we continue

to offer as many opportunities as possible for others.

When the vaccine first became available in February to Monroe residents, my immediate objective was ensuring our senior population would have access. We can all quickly recall the early days, when our residents were driving two hours away just to secure an appointment.

My administration was focused on ensuring our seniors could be vaccinated lo-

cally and with little difficulty. We opened the Monroe Senior Center to appointments and we created the vaccine angel program through my office, connecting people with appointments.

Through our efforts, as well as intense coordination with Middlesex County and the State of New Jersey, Monroe has one of the highest vaccination rates in the region.

While we were focused this spring on coordinating vaccinations, we were also building the municipal budget for fiscal '21. My requirements were clear and direct: We needed to reduce municipal taxes, while also maintaining the quality services that our residents need and deserve.

My administration met with all department heads and took a close, hard look at our expenditures. I am proud that the Township Council unani-

(Continued on page 2)

Inside this issue

Bits & Pieces	2	RCAI Meeting.....	2
Bob's Almanac.....	5	Recycling Information	
Clubs	17	Waste Management	19
Culinary Corner	17	Religious Organizations	16
Governors' Meeting	2	Transportation Tidbits ..	19
New Neighbors	15	Website Notice	2

at the governors' meeting

RCAI Monthly Meeting

The RCAI Board of Governors meeting was called to order at 9:00 a.m. on Thursday, July 15, 2021, by Mr. Daniel Jolly, President. The meeting was open to Owners and Stockholders that wished to participate by reservation.

The Minutes of the Board of Governors meeting on June 17, 2021, were approved 18-0.

Mr. Robert Gleason, Secretary, read Resolution #21-19, Authorization to Make Improvements to Certain Tees and Bunkers on the Golf Course. After some discussion about some of the work being done in-house

and cost savings and that this was part of the 5-Year Master Plan draft by a golf course architect, the motion passed 18-0.

Mr. Gleason read Resolution #21-16, Authorization to Engage in Architectural Services for the Preparation of Conceptual and Construction Plan for an Open-Air Tennis Court Pavilion. The motion passed 18-0.

Ms. Jane Balmer, General Manager, announced that Noam Optiz, the site manager with Allied Security would be leaving on Friday, July 16, 2021 and as of July 1st, hard copies of the *Rossmoor News* were available outside the

Fitness Center door in a weatherproof box and will be available to residents around the first of the month each month hereafter.

Board members and attendees discussed the openings of the amenities and the Clubhouse, how the golf course was functioning, reservations, vaccination requirements, monitoring no longer being necessary, but sign-in checks were still necessary, the possibility of evenings and weekends and a way to balance all the objectives.

There was no further business for the Board to discuss and the meeting was adjourned at 10:48 a.m.

Mayor Dalina

(Continued from page 1)

mously approved this fiscally responsible budget, allowing for a modest tax decrease, reducing the municipal tax rate from \$.493 to \$.490 per \$100 assessed value. Water and sewer rates will remain the same.

The new lower 2021 municipal tax rate was shown on the new tax bill that you received in July. It is important to note our municipal tax rate has seen a less than 1% average increase over the past seven years, the envy of virtually every other municipality in New Jersey.

I also am extremely proud



Stephen Dalina

that Standard & Poor's has affirmed our strong fiscal position by awarding the Township an AA+ bond rating. That is the second highest rating assigned by the company that is only awarded to 10% of municipalities nationwide. The Township's short-term borrowing rate is SP 1+, the highest rating available in that category.

Because of such a strong bond rating, following a de-

(Continued on page 3)

Open RCAI Meeting in August

Thursday, August 19
Board of Governors Meeting....9 a.m.
(The 3rd Thursday of each month at 9 a.m.)

The meeting will be held in
the Village Center Meeting Room in-person,
vaccinated residents only by reservation.

Please watch Channel 26 on your TV or on
www.rcainj.com for more information.

Our Website

Go to rcainj.com to access the Rossmoor website.

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



News Board:

Joe Conti, Chair
Carol De Haan
Myra Danon
Bob Huber
Jean Houvener
Anne Rotholz
Linda Bozowski
Walter Gryskiewicz

Editorial Assistants

Alex Monaco
Linda Monaco

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

considered as space permits. 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

The Rossmoor News and Princeton Editorial Services (PES) are not liable for any typographical or printing errors that may appear, including in its display or classified advertising, over the cost of the space of the advertisement.

The advertisements here are, to the best of the publisher's knowledge, accurate representations of the products and services offered. However, no endorsements are intended or implied. Acceptance of all materials is at the discretion of the publisher.

Email display ads to: pescmd@aol.com
Telephone: 732-761-8534

© 2021, PRINCETON EDITORIAL SERVICES, INC.

Visit the Rossmoor website at www.rcainj.com

Bits & Pieces

By Sue Ortiz

Ah, August. Too hot to do much outside, so inside activities are in order, if one has the air conditioner blasting delicious cold air.

Many years ago, when I was younger, our house did not have an air conditioner. On most days, my parents and I would stay cool by sitting in the shade of our single maple tree that grew in the back yard or by limiting movement. Large box fans blocked walkways and windows in each room; the cacophony of the whirling fins lulled us into lethargy.

Although the summers were hot back then, my Dad always had a vegetable garden in the back yard. He grew the garden-variety tomatoes, string beans, peppers, cucumbers, and zucchini. We always had tons of tomatoes, although he was the only one of us who ate them, at the time. My love for home-grown tomatoes came years later.

Zucchini is prolific fruits. One day there's a gorgeous yellow flower, the next, it seems, there's a 10-pound zucchini in place of that flower. I may be exaggerating the poundage, but you get the point. If you don't pick them right away, zucchinis grow ... and GRow ... and GROW ...

Back in those good ol' days, it seems I was just as heat resistant as those zucchinis. After one particularly large crop of those edible green baseball bats, along with daily temperatures reaching a sweltering 90-plus degrees (and no air conditioning, remember), I would turn the oven to 325°F. and bake zucchini bread. Lots of zucchini bread. Some with walnuts, some without. Eventually, I even made zucchini muffins, but they are basically little round loaves of zucchini bread. My Dad was able to snatch a few from my work pile to fry up for dinner, though.

The kitchen was a mess with zucchini peel flying everywhere. I think that was the year I bought a Cuisinart food processor. My hand grater couldn't, or wouldn't, handle it. Back then I had a Sunbeam Mixmaster. That thing was worth its weight in gold, or, more aptly, zucchini! If I couldn't use all my shreds, I would freeze them for the future, when my stash of bread dwindled, probably by mid-winter.

Good thing I had non-stick bakeware. Those pans were washed and refilled with more batter almost before the finished loaves had time to cool off and be dumped out.

Off to the store to buy more flour, sugar, and shortening. Back home to mix and bake more loaves, muffins, cakes, whatever I could find recipes for.

Back then, my recipe search was limited to recipes from friends and whatever cookbooks I owned. My Mom

was given a copy of "The American Family Cook Book" by Lily Wallace as a wedding gift in 1956. Simple recipes, but they worked. Eggs with carrot sauce, stuffed beets, and prune soufflé are a few of the more unusual recipes in this volume.

I was given "The Joy of Cooking" as a Christmas gift one year. Some of those recipes are complicated, but there is general information that can be helpful to a cook or baker. I'm sure there have been umpteen newer editions since then, but I still have that book, as well. In later years, I acquired my favorite dessert cookbook, "The Wooden Spoon Dessert Book," which lists simple and delicious recipes for all kinds of cakes, pies, cookies, and candy. My copy is bookmarked, and chocolate smudged!

Through the years, I've accumulated all sorts of cookbooks, plain and fancy. I've had to let go of a few for lack of space and disuse. Nowadays, recipes can be readily found on the Internet, along with photos and reviews. It's easy to find something to cook for a last-minute meal or discover how to make something with ingredients you have on hand. And, if you read the reviews, you'll know if it's even worth the effort.

I haven't baked zucchini bread in a million years, give or take an eon, and I don't plan on making it this summer, either, unless I come into a bushel of squash. I will, however, make something healthier, possibly ratatouille or papousakia. I won't tell you what they are; you can look for the recipes on the web.

B&P

"I can bake but I don't do a lot of baking, mainly because the side effect is not very good for you." —Sarah Lancashire (British Actress, b. 1964)

B&P

Here's my tried-and-true Zucchini Bread recipe:

1 cup shortening (or butter)
2 cups sugar
2 tsp. vanilla extract
3 eggs
¼ cup water
3 cups flour (all purpose)
1 tsp. salt
1 tsp. baking soda
½ tsp. baking powder
1 tsp. cinnamon
2 cups grated zucchini
½ cup walnuts

Grease and flour two small loaf pans. Preheat oven to 325°F. In large bowl, combine flour, salt, soda, powder, and cinnamon. Cream shortening, sugar, and vanilla with mixer, medium speed. Add eggs and water; mix well on low speed. Add dry ingredients slowly. Mix until well blended. Add zucchini and walnuts; blend on low. Pour into loaf pans and bake for one hour or until toothpick comes out clean. For muffins, line tins with cupcake papers. Bake at 325°F for approximately 25 minutes. Makes 30.

Janet Wilson

(Continued from page 1)

bers showered their beloved director Janet with love, raucous applause and special gifts. And Janet's husband, Jim Wilson, Chorus president, presented the coveted Certificate of Appreciation, which read:



**Certificate of Appreciation
presented to
Janet Wilson
on the 23rd of June 2021
with gratitude for your
dedication to the
Rossmoor Chorus and
the Rossmoor Community.**



The oldest of three children, Janet was born in Boston to loving parents, Dr. Al and Eileen Parker, a maternity nurse, both well known to Rossmoor residents before moving to Monroe Village. During Al's medical residency and military service as a Navy/Marine doctor, the family moved six times, finally settling in Old Greenwich, Conn., where Al joined an established Ob/Gyn practice and Janet attended junior and senior high school. All the children took piano lessons, sang in school choruses and church choirs, and played handbells (taught by Dr. Al) at community events.

Janet's love of music started at a very young age with her first piano lessons by her mother, and continued right through college where she majored in music and

then early childhood education and psychology which led to a career of teaching kindergarten, music, and Spanish.

In 1975, she met the love of her life, Jim Wilson, when both sang in the Hendricks Chapel Choir at Syracuse University. Traveling with the choir in the U.S. and across Europe, they shared many incredible (and no doubt romantic) experiences singing at such notable places as Notre Dame, the Vatican, and in Germany.

Janet and Jim married in 1978 and moved to Hyannis, Mass., where Jim began his radio/TV career as a newsman on tiny radio station WCOD on Cape Cod, and Janet taught nursery school. In 1983 God blessed them with boy/girl twins, Jen and Steve, whom they adopted at three months old.

When Jim joined the NBC-TV network Today Show in 1986, the couple moved to Westfield, N.J., where Janet combined motherhood with a

busy schedule of private piano lessons for folks of all ages. At one point she had 21 students at all levels, which made for unique and diverse recitals. As the twins grew, they were active in marching band — Jen on clarinet and as drum major and Steve as percussionist.

In addition to her love of music and teaching, Janet has a deep Christian faith that is woven into every phase of her busy life. She always has been active in her church, singing in the choir, serving as music director, accompanist/pianist/organist, and teaching Sunday and Bible school.

After 30 years in Westfield, Janet and Jim moved here to be near her parents who both sang in the Rossmoor Chorus. Little did they know when Janet and Jim joined them in the chorus that Janet would end up directing it! She is beloved by all its members, who truly feel blessed to have her, and to know her.

Caring for You... Every Step of the Journey



Whether you or your loved one require assistance in a private home, assisted living facility or long-term care facility, our caring and dedicated team is here to provide you with an individualized plan of care to meet your needs, wherever you call home.

Skilled Nursing Support | Private Duty Nursing | Personal Care Assistance | Non-Medical Companionship | Pastoral/Spiritual Care

Our primary focus is always the safety and well-being of our clients.

**For more information, please call
732-649-3502 or email athome@wilfcampus.org
www.wilfcampus.org**

Commitment. Compassion. Community.

Mayor Dalina

(Continued from page 2)

tailed review of the Township's finances by third-party independent fiscal experts at Standard & Poor's, Monroe can borrow money at the lowest interest rates available. We are now borrowing at the lowest cost in anyone's memory, saving considerable money for our taxpayers.

I have also been vocal with our state leaders about the need to add funding to the Homestead Rebate program. The state has agreed, increasing the amount by an average of \$130 per taxpayer. Moreover, there is a \$250 property tax credit now for peacetime veterans.

I also am pleased to announce an important change to a state program that began in 2017, in which couples age 62 and older are excluded from state taxes if they earned under \$100,000. Now, with my strong support, the state is allowing couples who earn between \$100,000 and \$150,000 to receive a partial exclusion, rather than be cut off entirely, affecting many Monroe residents.

I look forward to sharing more good news with you in upcoming issues. In the interim, my very best wishes for a relaxing summer.

Call for a free 15 minute consult

AllCure

SPINE & SPORTS MEDICINE

Social Distancing ✓
Mask & Gloves ✓
Clean Environment ✓

NEW LASER PAIN TREATMENTS

The K-Laser provides patients experiencing musculoskeletal pain with a new treatment option. This non-invasive, pain-free, effective solution targets painful areas and improves quality of life without surgery. The K-Laser is the most powerful and compact dynamic class-4-level laser in the world, providing patients a safe alternative to treat their pain or discomfort. The healing powers of this low-level laser technology can return you to an active life once again, without pain or the long-term effects of pain medication. Please refer to the list of conditions that have had success with this laser.

LOWER BACK PAIN

NEUROPATHY

UPPER EXTREMITY PAIN

PLANTAR FASCIITIS

NECK PAIN

LOWER EXTREMITY PAIN

350 Forsgate Dr., Monroe Township, NJ 08831 • 732-521-9222

allcurespineandsports.com
FREE Consultations!
We Accept Medicare!



Rossmoor Sales

609-860-0500

www.rossmoorsales.com

Experience * Neighborhood Expertise * Exceptional Service.

If you have been considering selling your property

NOW IS THE TIME TO GET THE BEST PRICE!

DON'T MISS OUT ON THIS SELLERS MARKET!

We have Buyers waiting for homes in Rossmoor!

Call us or stop by today!

Open 7 days a week — near the main gate.

Notice

ALL EVENTS ARE SUBJECT TO CHANGE OR CANCELLATION DUE TO HEALTH CONCERNS. VISIT THE MONROE AND ROSSMOOR WEBSITES AND TUNE INTO TV CHANNEL 26 FOR THE LATEST INFORMATION.

www.monroetwp.com

www.rcainj.com

Sound Advice

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

Making a financial transition? Answer these five questions

To say current financial economic conditions are unprecedented understates things: The United States, the world's largest economy, by far, is transitioning economically from a once in a hundred-year public health crisis. Americans are also experiencing personal financial transitions, magnified by valleys and spikes in the economy as it recovers from the Coronavirus crisis. The economy is in transition and causing difficult personal and financial transitions.

An economy in transition

The unemployment rate, at 6.1% in April, is far from the 3.5% achieved for months during the peak of the 2019 expansion. Meanwhile the worst inflation threat in four decades is causing uncertainty in the stock market. In addition, the federal government spent about \$5.5 trillion

to inject cash into the pandemic-stricken economy and keep Americans in need from starvation or financial ruin. Moreover, it is almost certain that another multi-trillion dollars in debt will be added to the balance sheet of the United States by the end of 2021 to fund much-needed infrastructure improvements.

People in transition

The unprecedented macroeconomic transition is causing unprecedented microeconomic transitions, and personal upheaval. Companies are offering buyouts to employees. Home prices in suburbia have increased significantly, causing many to reconsider buying or selling homes. As the outsized boom resonates, some entrepreneurs are making fortunes, while others are losing everything.

If you or members of your

family are buying or selling a home, planning to retire, taking a buyout, or making a financial transition, ask yourself these five questions:

1. What financial issues could keep you awake at night?
2. What is your most important immediate financial goal?
3. What is your most important long-term financial goal?
4. What do you want to be remembered for?
5. How do you want your money to be used to make the world better?

Feel free to contact us about your personal situation.

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

For more information, questions, or comments, we encourage you to visit our website at www.poltziner.com or call us at (732) 296-9355.

©2021 Advisor Products Inc. All Rights Reserved.

The views and information contained herein may have been prepared independently of the presenting Representative and are presented for informational purposes only and should not be construed as investment advice. This information is not intended as tax or legal advice. Please consult with your Attorney or Accountant prior to acting upon any of the information contained in this correspondence.

Dear Cancer,
I did my homework
and chose treatment
at ProCure

Now I can
continue
living my
best life!



- Proton therapy at ProCure targets cancer tumors more precisely than traditional radiation, which means less damage to nearby healthy tissues
- Proton therapy requires no surgery, minimal downtime, and virtually no side effects
- Located in Somerset, ProCure is NJ's most experienced proton therapy Center, offering the most advanced form of radiation with the most precise technology

To learn more, visit ProCure.com
or call 877-314-2058.

ProCure
Proton Therapy Center
Precision Therapy. Passionate Care.

103 Cedar Grove Lane | Somerset



Monroe voices support for BPU audit of JCP&L

Demands improved reliability from the electric utility

On July 8, Monroe Mayor Stephen Dalina voiced strong support of an audit of Jersey Central Power & Light (JCP&L), which provides electricity to township homes and businesses.

The New Jersey Board of Public Utilities (BPU) is hiring a consultant to conduct a \$1.47 million comprehensive audit of JCP&L, including a detailed examination of its management operations.

JCP&L has come under frequent criticism by Mayor Dalina and the Township Council in recent years, following its delayed attempts to restore power after storms. The issue hit a boiling point in Monroe last August when a forecasted tropical storm left many residents without power for days during the height of summer.

"Two of the ongoing issues in Monroe have been JCP&L's response times and poor communication regarding restoration times. I fully expect this audit will reinforce what we already know: JCP&L must do better," Mayor Dalina said. "As Tropical Storm Elsa moves up the East Coast and we anticipate the summer storm season,

(Continued on page 5)

Bob's Almanac—August 2021

By Bob Huber

We often think of August as the quiet month: time to get family vacations in before school starts, trips to the mountains or the shore, or just hanging out in the backyard flipping burgers on the barbie. But August has been a very active month over the years and has undergone considerable tinkering at the hands of those who control such things.

In pre-Christian times, August was known as sextilis, which had nothing to do with sex, but indicated that it was

the sixth month of the year. In those days there were only 10 months on the calendar. The year started with the month of March. It wasn't until January and February were added to the beginning of the year that August was bumped to its current eighth month position. After some further tinkering with the numbers of days in the month, August settled into its current 31 days and assumed its present name in honor of the first emperor of the Roman Empire, Augustus.

There have been a number of noteworthy events in August: on Aug. 3, 1492, Christopher Columbus set sail for the new world. He landed in the Bahamas on Oct. 12, thinking he had reached the outer islands of Japan. (Memo to Chris: check your compass.)

On Aug. 4, 1961, our 44th president, Barack Obama was born in Honolulu, and he has a birth certificate to prove it.

Newspaper headlines announced the death of Marilyn Monroe on Aug. 5, 1962. She was 36 years old. The Hollywood glamour icon is believed to have taken her

own life, a matter that some conspiracy theorists, who believe she was murdered, continue to debate.

August witnessed the passing of another entertainment icon when Elvis Presley died at the age of 42 on Aug. 16, 1977.

On Aug. 6, 1945, the United States dropped the first atomic bomb on Hiroshima, followed shortly thereafter by a second bomb which devastated Nagasaki. Eight days later, Japan surrendered, but the event was overshadowed by the ominous vision of what total devastation future atomic bombs might create.

President Franklin Roosevelt signed the Social Security Act into law on Aug. 14, 1935, guaranteeing pensions for all Americans over the age of 65.

On Aug. 18, 1920, the 19th amendment became the law of the land granting women the right to vote.

And on Aug. 15, 1969, 300,000 young people from all over the country descended on a farm in upstate New York to attend what was known as the Woodstock rock concert. The miraculous gathering, a three-day event, astounded the nation, which tended to ignore the hippie culture. Young people with alternative lifestyles were suddenly recognized as an element that would now and forever be a permanent part of our social structure.

So, while we enjoy the amenities that August has to offer, let's pause for a moment to reflect on these and many other August events that have altered and illuminated our lives.

Immigrants R Us

By Doris Herron

We hear a lot these days about the immigrant problem — a very complex issue for a country like ours which is an immigrant nation. Would it be different if we knew personally the immigrants involved? Since my ancestors came here in the 16th Century, I have no personal immigrant story to tell, but this is the account of my encounter with one very special immigrant at Rossmoor.

It was a slow day on the golf course that Tuesday morning about five years ago when we still had Women's Golf Leagues. I was paired with a new resident, Soonja Nam, who had just moved to Rossmoor from Pennsylvania. As we waited our turn to drive at each hole, Soonja and I had time to get acquainted. By the time the season ended, Soonja and I were "sisters" and gradually, I learned her very interesting life story.

Soonja was born in Seoul,



Sunja Nam

Korea, seven years before the Korean War broke out. She has memories of being evacuated from the battle zone with her mother and little brothers in the back of an Army truck. Whenever they heard gunfire they were told to lie down on the truck floor.

When the war ended they returned to Seoul only to find their home had been destroyed and her father had been lost in the war. A very kind uncle took her and her brothers and mother into his home, and made it possible for Soonja to attend college, where she met her future

(Continued on page 7)

Audit of JCP&L

(Continued from page 4)

JCP&L must improve reliability and act expeditiously in service to its customers."

Last August, Monroe officials wrote to BPU President Joseph L. Fiordaliso to share the latest experiences with JCP&L. In the height of August, with no air conditioning and a state of emergency due to the pandemic, residents were left suffering for days on end, with food, medicine and other supplies spoiled during the lingering power outages.

Last October, JCP&L won approval of a rate increase of about \$4 per month, roughly equal to collecting \$94 million from ratepayers. In its approval, the BPU commissioners rightfully attached several conditions, ordering the utility to figure out how to greatly minimize power outages.

"JCP&L continues to take from the people of Monroe," Mayor Dalina said. "Meanwhile, we continue to wait for this utility to finally give something back — in the form of reliable, accountable service."

Plan For Your Future and Empower Your Legacy

You've worked hard your entire life to provide for your family and we want to help you protect and pass on that legacy.



LEVINE • FURMAN • RUBIN
ESTATE PLANNING & ELDER LAW ATTORNEYS

F-3 BRIER HILL COURT, EAST BRUNSWICK, NJ
19 N COUNTY LINE ROAD SUITE 3, JACKSON, NJ

WWW.LEVINEFURMAN.COM
732-238-6000

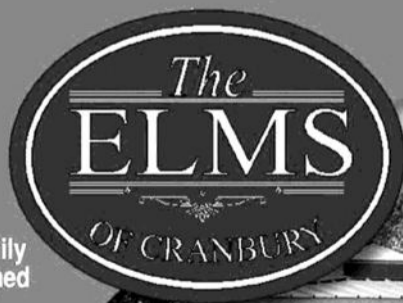
We can help your family with:

- Estate Planning
- Elder Law Planning
- Medicaid Planning
- Medicaid Applications
- Guardianship
- Power of Attorneys
- Veteran's Benefits
- Special Needs Planning
- Probate, Estate and Trust Administration



Download our FREE Estate Planning Worksheet and view our webinar schedule at www.levinefurman.com

SUB ACUTE REHABILITATION AND NURSING - LONG TERM CARE



Family Owned and Operated Since 1960



5000 square foot Rehab Pavilion

Family Atmosphere
Warm, Friendly And Caring Staff

Most Convenient Facility to the Monroe Township Active Adult Communities

609-395-0641

61 Maplewood Avenue
Cranbury, NJ

NJ Department of Health Rated
Outstanding Survey History

Meet Tom Smith, an extraordinary man



Tom Smith with his "Wall of Art"

By Joe Conti and
Carol De Haan

All sorts of interesting people live in Rossmoor, but few could exceed our own original Tom Smith from Mutual 5. He was a comic book colorist for 38 years and he has — over all the walls of his house — a few thousand samples of his art to prove it. Plus, about 500 autographs of well-known people, Star Trek's Sir Patrick Stewart among them.

How it all began

In the 1980s, Smith was married and father to three daughters, living in an Old Bridge farmhouse with three acres of lawn to mow. He worked various factory jobs. Seeing some coworkers injured in occasional factory accidents left him wondering if there might be a better way to earn a living. His wife suggested he make use of his lifelong hobby of drawing and painting to find a new career. The '80s were the heyday of comic book sales, so when Smith presented his art portfolio to Marvel Comics, they hired him to be a colorist.

Every week the company delivered to Smith black and white Xerox copies of upcoming episodes. Using water color dyes, Smith filled them in with bright, lively colors. "Color sets the mood," he says. It was also essential

for the cover art to be eye-catching because on a display stand, Marvel Comics had competition. Smith's success as a colorist can be seen in the 1990s when Marvel's "X-Men" sold between 200,000 and 500,000 copies every single month. It was around that time that he began air brushing his art work, and eventually doing it on a computer.

Smith worked on some other well-known publications: "The Avengers," "Spiderman," "The Incredible Hulk," "Batman," "Superman," and "Wonder Woman." The walls of his house bear witness to this variety.

Although Smith began at Marvel Comics in the early '80s, the company had been founded by Stan Lee in 1953. Eventually it was sold to New World Pictures, and finally to Disney, where the comic book characters became movie heroes.

Illness strikes

At a 2014 comic book convention in Connecticut, Smith's wife noticed him showing symptoms of a stroke, at the age of only 58. He recuperated in New Jersey, doing a lot of physical therapy for a year. Smith sold most of his supply of comic books to eager collectors when the farmhouse and three acres of lawn were sold.

At Rossmoor

In recent years, Smith works with stroke victims at JFK Hospital, using music and dance to get them moving. Activity helps with the inevi-



Tom with one of his pre-stroke works

table depression that they have to deal with.

He also teaches painting to adults and kids at The Art Hut in Spotswood. He is especially inspired by the kids because their art work is so uninhibited.

Smith joined the choir and the harmonica group at the Monroe Senior Center.

Using his scooter or his golf cart to get around, Smith is an active member of the Players and the Rossmoor Choir. He once spoke to the Women's Guild.

Tom Smith exemplifies the word "Active," as in Active Adults. He is a happy man, giving so much of himself to others



Tiger - after stroke recovery



Sold
43 Crenshaw Court, Monroe NJ



Available - \$1,250,000
88 Tournament Drive, Monroe NJ



Available - \$875,000
79 Riviera Drive, Monroe NJ



SHERYL SIEGEL
Realtor-Associate

m: 917.783.4093
o: 732.946.9200
sheryl.siegel@sothebysrealty.com
Holmdel Office - 38 Main Street

Real Estate licensed in
New York for 40 years.

Heritage House | Sotheby's INTERNATIONAL REALTY

Sotheby's International Realty™ is a licensed trademark to Sotheby's International Realty Affiliates, Inc. Each Office Is Independently Owned and Operated.

ELECTRICIAN

732-851-1561

All Electric Services - Lic.# 15848

- Ceiling Fans • Recessed Lights • Bathroom Fans
- TV Mounting • Smoke Detectors • Security Lights

\$10 OFF sale thru the end of the month!
www.allelectricnj.com

NEED A RIDE?

Call Arnie Rosenberg
Arnie's Driving Service

609-751-1612
A Trusted Name since 2017 in Monroe Township

AIRPORTS - DOCTORS - SHOPPING
NEW YORK CITY FOR BROADWAY SHOWS
ANYWHERE /ANYTIME - YOU NEED A RIDE
Specializing in New York Doctor Visits

MIKE "THE HANDYMAN"

732-780-0468

Lic. #13VH08300900

- No job too small, so don't hesitate to call
- Same-day callback, work done within 24-48 hours
- Fully Insured
- References gladly furnished upon request

OVER 25 YEARS OF EXPERIENCE



THE GARDENS at Monroe



- Post-Hospitalization Rehabilitation
- Personalized Goal-Oriented Treatment
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- 24-hour Nursing Staff
- Certified Dietician
- Long Term Care
- Respite Care
- Hospice & Palliative Care
- Medicare, Medicaid & most insurances accepted

Call our admissions team today to schedule a tour!

THE GARDENS AT MONROE
189 Applegarth Road, Monroe, NJ 08831 | www.thegardensatmonroe.com
609.448.7036

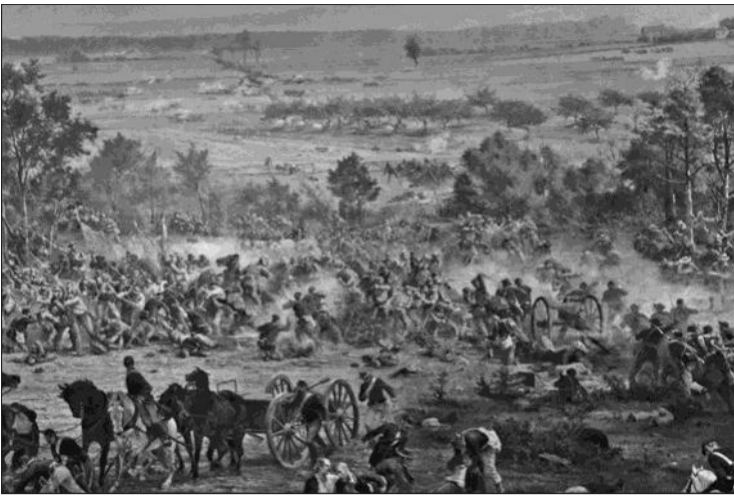
A worthwhile mini-vacation

By Allan Kaufman

When the state and federal government began to loosen the restrictions on travel I asked my wife, Diane if she would like to find a place for us to sit in the sun or find a place where we would not relax, but go sightseeing. The original thought was to look into a relaxing vacation. Then we faced sticker shock, not so much for the price of an airline ticket, but for the price of a hotel. The plans for a relaxing vacation went out the door. Our first choice, and a place we've been to a half-dozen times, Key West, would have been the perfect place to do nothing but sit by the pool and go to great restaurants. We would not have to do the tourist stuff as we had done that before. The only exception would be a visit to "The Little White House," the winter home of President Harry Truman. We would visit this museum because our oldest daughter Lana had her wedding reception on the grounds some 14 years ago. Then came the sticker shock. Key West is expensive regardless of the time of year you descend onto this paradise. At the same hotel, where rooms normally go for \$450 a night, the going rate was now \$850. For me to spend over \$4000 for a five-night stay, for a king-size bed and bathroom facilities made

our decision easy. Perhaps we would go to Key West in the winter when I would use some Marriott points to pay for the room. Might as well go to a warm place when it's cold here in Monroe. That was my finding when I looked at the hotels in Charleston, New Orleans, Scottsdale, and Chicago. Room prices were double what they were pre-pandemic. I guess they are trying to recoup losses, and they are probably getting people to pay the prices if they continue to keep their prices high. We decided to find a place for a mini-vacation. Our original plans called for us to start off in Gettysburg, then to Washington, D.C. and wind up at Thomas Jefferson's home in Monticello, Va. Hotel rooms were booked for a reasonable price, but our plans came to a screaming halt when there were no tickets available for the Smithsonian Museums we planned to visit. Off to plan B. As many times as I've been to Philadelphia, the only museums I had been to were the Franklin Institute with our girls, so many years ago, and the American Jewish Museum a few years ago. Diane and I discussed where we should go, and we wound up with a plan to visit Gettysburg, then travel to Philadel-

phia to catch the Penn Museum, The Museum of the American Revolution, The Constitutional Center, and the Philadelphia Art Museum. One day in Gettysburg, two in Philadelphia. It takes about three hours to get to Gettysburg. The first thing we did was take a tour of the Gettysburg Museum, the site of where the above diorama was shown across the entire circular wall. After that, we had time to visit the Gettysburg National Cemetery, the site of where Lincoln gave his Emancipation Proclamation speech. The highlight of Gettysburg was the private tour we had of the battlegrounds. Our tour guide, Truman Eyler, drove himself and we drove our car, communicating by cell phone. He provided us with the significance of the places we were passing. We stopped about four times to view the different battlelines. Truman was beyond good explaining the strategies of both the Union and Confederate armies. We finally ended up where the Union forces defended their position against Pickett's charge. We were able to visualize why the Confederacy had no chance to defeat the Union forces that day. Historians believe that if Union General George Meade had followed General Robert E. Lee's forces back to Baltimore, they would have been successful against a decimated army and the war would have ended two years earlier. Eventually, Lincoln removed Meade from his command and in his place he appointed



Diorama of the Battle of Gettysburg- Gettysburg Museum

Immigrants

(Continued from page 5) husband SinU.

SinU and Soonja were married and had their first child when they decided to come to the U.S. for SinU's graduate studies at the University of Kansas. Soonja, not knowing English, and her young baby flew alone from Korea to Kansas to meet up with SinU. Because Soonja could not speak English, she ran away from people at first. At this time culture shocks for her were constant, like seeing people kissing in public and waving greetings instead of bowing. After SinU finished his studies in architecture in Kansas they decided to come east. While living in the east, Soonja opened a flower shop and taught flower arranging. She then decided to open a restaurant in Princeton called "Soonja's Café." The cafe was a huge success, patronized by university students, tourists, townspeople, etc. Finally, the hard work caught up with her and she became ill. Sadly, the cafe had to be closed. When their three children left the nest, Soonja and her husband decided to find a new smaller nest, which they could better manage. They had heard of Rossmoor and after seeing it, decided to move here, bringing their many talents to our community. When she became aware of how many Koreans live here, Soonja organized the Rossmoor Korean Club,

at whose monthly meetings Koreans could enjoy the fellowship of other Rossmoor Koreans, and share their ethnic foods and language. Soonja also joined the Rossmoor Chorus and was able to use her singing talents, honed at Westminster Choir College, in the soprano section. She also presented a lovely recital at our Meeting House a few years ago, for a full house of friends, neighbors and family, singing in English and Korean. In addition, she has written two books, but unless you read Korean, I don't advise you to buy them. Soonja has now become quite Americanized. She speaks the language well and has replaced bowing with waving her hand. Among her favorite foods are the sandwich and filet mignon, but that did not prevent her from cooking and serving a delicious Korean meal to the 9-Hole women golfers at one of their scheduled luncheons. Soonja says, "I believe it was a blessing for us to move into the Rossmoor community with a new life and new friends on every corner." Imagining myself in Soonja's place, I wonder if I would have had the courage to leave family and home to go halfway around the world, to a country whose language I did not speak or understand, where I knew no one, and had no job waiting? Soonja, you are NOT part of the immigrant problem. It is people like you who are truly a blessing to our nation.

(Continued on page 8)

LEGAL TAX PLANNERS

STRATEGIES BEYOND ORDINARY

Jacob G. Krief

137 Highland Avenue, Edison, NJ 08817

(732) 305-0708

www.legaltaxplanners.com

"Plans are useless, but planning is indispensable."
-Eisenhower

Estate Planning at all levels of estate net worth including higher end planning

Medicaid Asset Protection Tax Planning

Probate and Estate Administration Tax Controversy

Home Care

We help you to live comfortably and independently at home

Local - Reasonable - Experienced - Flexible schedule

Just 2 hours a day can make a world of difference

HOURLY & OVERNIGHT CARE

646-413-0813

www.CaringElderCare.com Monroe Township

Summer Injury? - Ask for the Best

Summer without COVID-19 restrictions is here! **Princeton Bone and Joint** encourages you to get back to the activities you love. Staying active is the best medicine- be it pickleball, golf, tennis or just walking. Fitness and weight training will keep you feeling younger and shed those extra pounds.

If you are having trouble being active because of arthritis, rotator cuff tear, meniscus tears, patella pain, or other orthopaedic injury we can help- call us for a consult at **(609) 750-1600**. We offer conservative and surgical treatment options for arthritis, sports injuries, and fractures. We feature digital robot assisted joint replacement and arthroscopic surgery for quick recoveries.

Services include:

- Walk-in and same-day appointments
- The latest surgical procedures and techniques
- Onsite physical therapy with Redcord
- In-office digital X-ray technology
- Robot-assisted joint replacement

Princeton Bone and Joint

5 Plainsboro Road
Medical Arts Pavilion Suite 100
Plainsboro, NJ 08536

Barbara's Unique Antique Boutique

10% discount to holders of Rossmoor I.D. card

Wed. - Fri. 10:00 am - 5:00 pm • Sat. 10:00 am - 3:00 pm

Jamesburg's Largest Estate Jewelry Selection

WE BUY GOLD

also buying Coins, Sterling, Costume Jewelry, Cameos, Designer Purses, Old Toys, Military & more.

Lifetime Area Residents Specializing in Buying and Selling All Kinds of Fine & Costume Jewelry, Antiques, Collectibles & Gifts. We have a Full Shop with Thousands of Pieces to Choose From.

Visit us at www.barbarasantiques.com
Like us on Facebook

35 East Railroad Avenue, Jamesburg, N.J. 08831
732-521-9055

Traffic Safety Announcement

Please drive carefully within the community making sure to STOP at stop signs, use your DIRECTIONAL SIGNALS and abide by the SPEED LIMIT. Also, please be certain to park on the right side of the street.



Mini-vacation

(Continued from page 7)

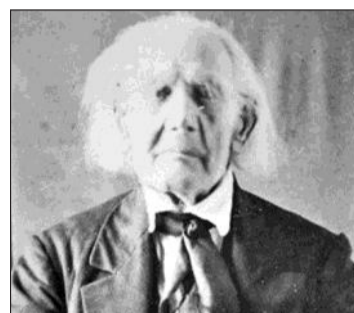
the man who would lead the Union forces to victory, cigar smoking General Ulysses Simpson Grant.

Philadelphia was next. Full disclosure is necessary at this point. I'm not a big fan of museums that show art or sculpture. You see one painting you've seen them all. Still, I went into the next two days with eyes wide open. The first afternoon was spent at the archeological Penn Museum. I felt like Indiana Jones going through the museum. Every room was different and held my interest.

As a history major in college, I was looking forward to the Museum of the American Revolution and the Constitutional Center. My wife and I were not disappointed. The highlight of the American Revolution Museum was a video on George Washington and his time with his troops. I'm not going to spoil the ending, but it was one of the

most impressive exhibits I've ever seen in any museum.

The other impressive portion of the museum were the photographs of those men who fought in the Revolutionary War. Men who were born in the mid-to-late 1760s and lived into their 90s and older had their pictures taken and preserved. They were able to identify about 150 of the survivors and tied them back to their service in General Washington's Army.

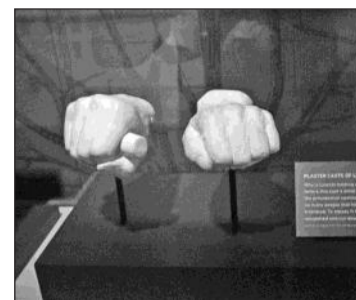


**Samuel Downey
(1764-1867)**

In 1780, he joined the Continental Army, 2nd New Hampshire Regiment

The Museum of the American Revolution

"We The People." Words that stand taller than others as you read our Constitution. The Center provided us with the way the Constitution was written and for all its faults, it is the most copied document in the world by emerging democracies.



Plaster cast of Lincoln's hands, 1861.

Lincoln is holding a stick, in his right hand, to close the hand after shaking so many hands during the campaign.

Constitutional Center

The Philadelphia Art Museum was last on our list. We did not go up the "Rocky steps" because we parked in the back of the Museum.

We saw some great works of art by Monet and others. Lastly, I would be remiss if I did not mention the great meal we had at a restaurant in Philadelphia called Ambrosia. It was so good, Diane and I talked about going back just for dinner. Hell, it will take less time to drive there than it takes to drive to New York City. Left Wednesday late morning, home on Saturday morning. A great mini-vacation.



Independence Hall.

If you would like more information on the hotels, tours and museums Diane and I visited, I can be reached at allan.kaufman0125@gmail.com. Your comments are most welcome.



Friendly reminder

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

FIorentini FAMILY DENTISTRY

COMPREHENSIVE, COSMETIC & IMPLANT DENTISTRY

AT FIORENTINI FAMILY DENTISTRY, YOU'RE MORE THAN JUST A PATIENT... YOU'RE FAMILY.

At Fiorentini Family Dentistry, we are proud to be meeting and exceeding all guidelines in order to keep you safe and to continue to provide you care!

We have equipped our office with:

- Ultraviolet sterilization in the HVAC system
- Medical grade HEPA filter in every room
- Air scrubber in waiting rooms
- Virtual waiting room
- Teledentistry
- Additional sterilization and PPE



**YES!
We're open!**

Accepting New Patients and Emergencies



We provide the following services:

- Implants
- Veneers
- Crowns in a Day
- Tooth Whitening
- Dentures and Repairs
- Root Canal Therapy
- Sleep Apnea Therapy
- Periodontal Therapy

Call Today to Schedule a Complimentary Consultation

294 APPLEGARTH ROAD, SUITE H, MONROE TOWNSHIP, NJ 08831

PH 609.655.1023

WWW.FIOREFAMDENT.COM

Family vacations

By Ken Thomas

All the “are we almost there” questions have been answered and the family is in their new home for the next six to seven days. The ultimate home we’ve ever rented was actually the home of a large family with seven kids. Their family room was huge. With two babies, five children (ages 1-6), two teenagers, and adults (parents, grandparents), our family needs a football field.

The chaos begins and continues for the week. Since our children do not understand the difference between indoor voices and outdoor voices, screaming also begins. “M o m m y , mommy” (mother appreciation) and “mine, mine” (toy possession) are extreme screams. Conversation between children are normal screams. They run from room to room, screaming. Adults begin to run also to determine the cause of the screams. The babies don’t run, but crawl very fast. Sometimes the runners pause for climbing exhibitions on any type of furniture. The last four steps on the stairs are for jumping, bruises, and screams. The mother and father tag teams scream the names of their children for diaper changes and discipline. Throughout, the runners can be naked, in diapers, half-dressed, in pa-

jasas, or dressed in haphazard clothing. None of the children will wear socks.

Just when everything is going well, it’s time for breakfast, 6 to 11 a.m. Six is feeding time for the children. Ten to eleven is feeding time for the teenagers or young adults. The box of Cheerios will be emptied quickly, unless grandma has volunteered to make pancakes. Every child will spoon Cheerios into its mouth or near it, Cheerios everywhere. Luckily, pancakes are finger food.

Lunch is not a specific menu either, but PBJ and macaroni and cheese are required. Extra PBJ will remain on faces of the children. Macaroni and cheese will remain on the floor for the vacuum cleaner. Adults raid the refrigerator to avoid starvation.

The sub-family responsible for dinner should be prepared to cut servings into bite size pieces, omit the word vegetable and repeatedly say “one more bite.” On vacation, evening meals are “iffy,” depending on the quality of the dinner chefs. Adults will probably be saved by cocktail hour and snacks. Snacks are more important than meals except for desserts. Only the young children will not gain weight.

Various activities are part of a family vacation; play ar-

(Continued on page 11)



Left to Right
Councilman Terry Van Dzura, Council Vice President Betty Schneider, Senator Linda Greenstein, & Dr. Alton Kinsey

*Re-Elect Senator Linda Greenstein
on Tuesday, November 2nd!*

Senator Linda Greenstein worked to enact legislation to protect residents of adult communities that should ensure they can use clubhouses and pool facilities without the fear of their communities facing COVID- related litigation.

On July 1st, Governor Murphy signed S-3584, sponsored by Senator Linda Greenstein, that will establish immunity relating to COVID-19 spread in planned real estate developments.

"IT'S BEEN A ROUGH YEAR FOR OUR SENIOR COMMUNITIES. I AM PLEASED THAT THE GOVERNOR HAS SIGNED LEGISLATION WHICH SHOULD PROMPT THE RE-OPENING OF POOLS AND CLUBHOUSES. THIS WILL PROVIDE MUCH NEEDED RELIEF, ESPECIALLY TO THE VIBRANT AND ACTIVE SENIOR COMMUNITIES IN MONROE, TO REGAIN ACCESS TO AMENITIES THEY DESERVE."
- SENATOR GREENSTEIN

Paid for by Greenstein for Senate, PO Box 492, Plainsboro, NJ 08536

ELECT STEPHEN DALINA FOR MAYOR

- Mayor Stephen Dalina has lived in Monroe for over 20 years with his wife Susan, and two sons, Stephen and Jayson.
- He was first elected to the Monroe Township Council in 2011 as an at-large council member, and was appointed as Mayor of Monroe in January 2021 after the passing of Mayor Gerald Tamburro.
- In his first months in office, Mayor Dalina worked to get 90% of the senior community in Monroe vaccinated, adopted a municipal budget with a modest tax decrease, and put forth plans to restructure the Master Plan to preserve 50% of Monroe as open space.

ELECT TERRY VAN DZURA FOR AT- LARGE COUNCIL

- Terry Van Dzura has lived and raised two children, Nicole and Brandon, in Monroe for the last 25 years.
- He was appointed as an at large council member on the Monroe Township Council in February 2021, currently serves as the Mayor's Representative on the Planning Board, and was formerly a softball recreation coach for five years.
- Councilman Van Dzura has practiced law for over 40 years and uses his legal expertise on the council to advocate for grants to have local roads paved, improve recycling, and increase library and energy improvements.

RE- ELECT BETTY SCHNEIDER FOR WARD 1 COUNCIL

- Councilwoman Betty Schneider has lived in Monroe for 21 years, and is an active member of the Rossmoor community.
- She has served as Councilwoman in the first ward for eight years and has produced results for the Monroe senior community, by ensuring Monroe keeps its status as the second lowest tax rate in Middlesex County.
- Councilwoman Schneider was one of the first two women to lead the council after being selected as Council Vice President in 2020.

ELECT RUPA SIEGEL FOR WARD 2 COUNCIL

- Rupa Siegel has lived in Monroe for 12 years with her husband and two kids, Kyle and Shaun.
- She proudly serves on the Monroe Township Board of Education and formerly as President of both the Barclay Brook/Brookside PTA and Middle School PTO.
- Rupa has worked to improve the school system by voting to approve curriculum advancements, hiring the first female superintendent, and adopting a school tax decrease for Monroe residents.

ELECT ALTON KINSEY FOR WARD 3 COUNCIL

- Dr. Alton Kinsey has lived in Monroe for 6 years and is a resident of the Regency community.
- He has served two terms on the Regency Home Owners Association board and was instrumental in adopting Regency's disaster relief plan in 2018.
- Alton will work to sustain Monroe's AA+ bond rating, preserve open space, and enhance community services for Monroe residents.

Paid for by Monroe Twp. Victory 2021, 57C Yorkshire Drive, Monroe Township, NJ 08831



*Meet The
Candidates*

**Elect
Team
Dalina
2021**

"WE HAVE HELPED EACH OTHER DURING THE PANDEMIC. LET'S HELP EACH OTHER PLAN FOR MONROE'S FUTURE BY WORKING TOGETHER."
- MAYOR STEPHEN DALINA

This month in pictures

By Joe Conti and Walter Gryskiewicz

Flowers by elgrace



Beautiful flowers around the Clubhouse



More flowers around the Clubhouse



Yay, the pool is open. Photo by elgrace



Mayor's Cup Cornhole Team Front l-r Pat Delacy, Nancy Blume, Yvonne Nobile, Debbie McCauley. Rear, L-R Tom Delacy, Tommie Croake, Bill Blume, Dennis Haggerty.



Several people are seen enjoying the pool!
Inset: John Calandruccio says the water is fine!



Mutual 16 Directors, L-R Dan McOlvin, Jim Murphy, Ray Clarke hosted the M16 Get together.



Linda Hilbert, Judi Frei, Jim Murphy, Ray Clarke delivering the food "Come and get it!"
Below: folks enjoyed the barbecue.



Tennis Court: Still dealing with drainage issues.



Mary Anning

By Jean Houvener

The circumstances of Mary Anning's birth in 1799 were not propitious. She was the child of a carpenter, Richard Anning, and Mary Moore. Named for her four-year-old older sister who had died a few months previous, she and her older brother Joseph were the only siblings of nine to survive past age four. At only 15 months of age, she was being held by one of three women standing under a tree watching an equestrian event when lightning struck the tree and killed the three women. Mary was rushed home and into a warm bath, by which she was revived. In later years some credited her brightness to that revival.

George III was king of England at the time, the French Revolution and later Napoleonic wars led to shortages of food, making it a difficult time for the impoverished family. Additionally, as Dissenters, or Independents, as they called themselves, later named Congregationalists, from the Church of England, they were subject to discrimination in employment.

Mary's father collected fossils that were exposed after tides and storms along the limestone and shale cliffs where they lived in Lyme Regis, to supplement their income. The area had been a shallow sea during the Jurassic Period, with the animal fossils preserved over millennia. He took both Mary and Joseph with him on the excursions, teaching them how to spot and process the fossils for sale in his shop. The sale of small items, such as coprolites and fossilized vertebrae, to tourists was a mainstay of the shop.

The work was dangerous as shown when Richard was injured, falling from the cliffs, and succumbed ultimately to

his injuries and tuberculosis in 1810, leaving the family without its primary breadwinner. During this time the price of wheat skyrocketed, but wages for working people had stagnated. Both Mary and Joseph had to step in to support the family. Mary became quite adept as a fossil collector. Joseph was apprenticed to be an upholsterer, but also collected fossils for the shop, which their mother ran.

When Joseph found a four-foot skull, later named an ichthyosaurus, Mary searched for and found the rest of the skeleton a few months later. She carefully extracted and reassembled the entire fossil and mounted it for sale in 1811. The fossil was named ichthyosaurus, meaning fish lizard, but was actually neither, being a marine reptile.

The fossil created a sensation as it was totally unknown and at a time when all creatures currently alive were thought to have been alive for the duration of time, thought to be some 5,000 years. Neither extinction, first proposed by Georges Cuvier in the late 1700s, nor evolution, not yet proposed by Darwin (published in 1859), were accepted theories for scientists or the general public.

In the following years, Mary found several more ichthyosaur skeletons, more or less complete, one 20 feet long, which she sold to various collectors and scientific institutions.

As a child from a dissident religion, female, and poor, Mary had received no formal education, but had learned to read in her church school, and educated herself as much as she could in anatomy and geology, performing dissections of current species to get an idea of how her fossils fit into the categories of animals.

While she shared her observations with various buyers, she was not always credited with her insights or with finding

the item when the scientists published their findings. Over time, as she found the first complete skeleton of a plesiosaur (meaning near reptile, but again a marine reptile) and the first skeleton of a pterosaur (a flying reptile) found in Britain, she became increasingly famous, and sought for her well preserved fossils. She also proposed, based on her analysis of the contents, that coprolites were fossilized feces, which William Buckland published and credited Mary with discovering.

While she was able to purchase a home with an improved storefront for her fossil shop, which she had taken over from her mother, and in spite of many friends, she continued to exist in a precarious financial state. Major finds were intermittent and the demand for fossils volatile. Her good friend, geologist Henry De la Beche, commissioned the lithograph printing of his water color *Duria Antiquior* (ancient Dorset), based on her fossils, with the proceeds to go to Mary. The print proved to be wildly popular and was a needed financial benefit for Mary. In 1835 her friend William Buckland secured a civil list pension for her through the British Association for the Advancement of Science for her many contributions to the new science of paleontology.

The danger of her work was again shown when in 1833 a landslide killed her faithful terrier and came within inches of Mary herself. In 1847 Mary died of breast cancer, which had caused her great pain in the preceding years. While she struggled during her lifetime for recognition, her contribution was recognized more widely after her death, and particularly in recent years. Many of her major finds can be seen at the Natural History Museum in London.

Vacations

(Continued from page 9)

eas, tours, swimming, games, TV cartoons, shopping and golf. This list doesn't need an explanation, but one family side trip was memorable.

Mount Washington

I do not like heights, however, grandfathers are required on all vacation trips, so the shotgun seat was mine. My daughter would drive the family (8) up Mount Washington. The road was wide initially, then wide disappeared. The two-lane road was hardly a description, then narrowed.

"Up" was another word I didn't appreciate and that word defied description. I thought we passed some clouds. To the left or right looking out the SUV windows was down, down, down. The tourist pavilion on top of Mount Washington was designed for those who like heights. I didn't leave the SUV. On the way back, I couldn't breathe normally. One wrong swerve and the Thomas Family name would

end forever. I closed my eyes and prayed.

My daughter was nervously following the car in front of us, but we had to stop, because our brakes were smoking. I prayed more sincerely. The tourists' shop at the bottom of Mount Washington was beautiful, like b-e-a-u-t-i-f-u-l! T-shirts and a Mount Washington bumper sticker thankfully ended this family trip.

Our family vacations included other adventures. My children, grandchildren and great-grandchildren will remember them. I will remember s'mores in the fireplace, a grandson sleeping in my lap, adding chocolate syrup to ice cream, laughing at his knock, knock joke, and a great-granddaughter's kiss goodnight.

Good night generally ends the day for most children, but my family is the exception. They never go to sleep or stay asleep. What are naps? I cannot explain the frequent failures of the spastic sandman in my family. Shhh! Don't wake up my grandchildren!



STEVE MOSKOWITZ

HANDYMAN

PLUS

SEMI-RETIRED EAST BRUNSWICK RESIDENT

WHO KNOWS A THING OR 2

732.616.8999

WILLING TO DRIVE AND SHOP OR HELP WITH ANYTHING YOU NEED

WANTED TO BUY

JEWELRY (GOLD, SILVER OR COSTUME)

DIAMONDS • ARTWORK • FURNITURE

GUITARS • CAMERA • RECORDS, ETC.

COMPLETE CLEANOUT SERVICES

Call Dan at 609-306-0613

AMERICAN FURNITURE EXCHANGE

CATS AT HOME

Emily Jarvis, DVM

609-915-8671

home veterinary visits

22 years all-feline experience

\$10 off first house call fee with this ad



PART TIME CAREGIVERS WANTED

Earn money while helping seniors with personal care, transportation, meals, errands, and more.

HOURLY & OVERNIGHT CARE

For information about a job helping others in your spare time.

Call or text Elizabeth at 646.413.0813

Outlook Eyecare

An affiliate of **PRISM** Vision Group

Comprehensive Care, Local Focus!

Outlook Eyecare offers top quality comprehensive eye care for all of our patients. Our staff and doctors provide quality care tailored to your individual needs.

Our Services:

- Cataract Surgery
- Glaucoma Screening and Care
- Diabetic Retinopathy Treatment
- Eyelid & Orbital Surgery
- Cosmetic Fillers
- Routine Eye Exams
- Full Service Optical Shop
- Wide Range of Contact Lenses

Our Team


Welcome Noah Saipe, MD!
Ophthalmologist, Cornea Specialist, Cataract & Refractive Surgeon

- Joseph P. Shovlin, MD
- Colleen M. Coleman, MD
- Margaret M. Ritterbusch, OD
- Michael R. Trottini, OD

Call for your appointment today or stop in and browse our Optical Shop at our two convenient locations!

Princeton (609) 419 -1920 • Monroe Township (609) 409 -2777

www.outlookeyecare.com


POONAN'S
AUTO-CENTER

AB LIC# 00678A

Serving the community for over 34 years!

Your One Stop Auto Shop!
Automotive Service & Repair • Auto Body & Collision
NJ State Inspection & Re-Inspection • Towing
609-655-AUTO (2886)
251 Applegarth Road- Monroe Township NJ, 08831

Dog Days

By Bob Huber

We have made it to August, usually the hottest month of the year. August weather is typically referred to as “the dog days of summer.” The bright green foliage that we have enjoyed from spring into early summer has dulled slightly, and the chirping of cicadas and blackbirds fills the air. It’s too hot to exert much physical effort, and gas is too expensive to take any extended road trips, so it’s time to relax and curl up next to the air conditioning with a trashy novel.

The term “dog days” refers to an ancient belief that Sirius, the Dog Star, which was responsible for weather, appears closest to the sun this time of year, and that’s what causes the weather to be so hot. That’s an easier explanation than the one we usually get from the TV meteorologists.

Native Americans in New England and the Great Lakes

region refer to the first full moon in August as a “sturgeon moon,” the time when this popular fish is most plentiful. This year, the full moon appears on Aug. 22. All sturgeon take note.

Actually, there is a lot going on in August. It embraces Senior Citizens Day (only one day?! We get short-changed again!), National Aviation Week, (always the week of Orville Wright’s birthday), and the Little League World Series, which is often more entertaining to watch than the one the pros put on at the end of the season.

Aug.1 is also National Girlfriend’s Day, although we suspect that any swain who only celebrates his girlfriend

one day out of the year won’t have a girlfriend for very long.

National Mustard Day occurs this month, which is a gross misplacement by the authorities. It should have been included with National Hot Dog Month, which we celebrated in July.

For the more frivolous minded, there’s Sneak Some Zucchini on to Your Neighbor’s Porch Night, National Underwear Day, International Bat Night, National Halitosis Day, and a host of other observations, 132 in all. Take your pick.

Autumn will be upon us all too soon, so enjoy the dog days of summer while you can.

Tangy Feta cheese – Buy it or make your own

By Linda Bozowski

Does the thought of seeing and eating a tangy Greek salad make your mouth water? Beautiful greens, slices of red onion, various olives and of course Feta cheese.

So delightful, to some folks (not everyone shares the admiration). But what makes this salad so enticing is, you guessed it, the crumbly and tangy Feta cheese.

Feta cheese is called by several names. The French name, Chevre, means goat, since Feta is traditionally made from goat milk, although cows’ or sheep’s milk may be used by some cheesemakers. Its texture can range from cream (generally a young cheese), to a more mature tangy and slightly firmer product. Goat cheese may grow firmer, but it does not harden like cheddar or Swiss. It generally remains spreadable, which is, to those who enjoy it, one of the cheese’s more important and delightful attributes. Fresh goat cheese does not develop a rind, but some of the aged varieties may be coated with natural or waxed rinds or even a white mold.

Easy to make at home

It is noted in some references that goat cheese is probably one of the oldest dairy products, because it is made so simply. The raw milk is allowed to naturally curdle and then is drained. The pressed curds are the cheese. How simple is that!

The home cheese-maker may use purchased goat milk (in the dairy section of supermarkets), and then initiate the curdling process by adding vinegar, lemon juice or rennet. The product must remain at room temperature in order for the curdling agent to do its work, and then the curdled product is placed into cheesecloth, where it is allowed to drain, at room temperature, for several days. What remains in the cheesecloth is the cheese, which then may be stored in the refrigerator.

Having followed the directions for do-it-myself cheese-making, I must note that the texture of homemade goat cheese is different from the packaged product I buy at the market. It is less firm (perhaps I did not drain it long enough), however, it was tasty as a spread on toast. Very easy directions can be found online.

(Continued on page 13)

I.C.C.



Heating & Air Conditioning

ICC HAS SERVED THE COMMUNITY FOR OVER 45 YEARS.

WE ARE A YORK DEALER AND OFFER THE MOST COMPETITIVE PRICES.

This may be the time to change your equipment!!!

CALL FOR A FREE ESTIMATE.

License #s
19HC00510800
19HC00615600

609-655-4647

John Intravartolo
Santo Intravartolo








Right to Left:
Dr. Gregg Berkowitz,
Orthopedic
Program Director with
Brenton Gray, COTA

**SPACIOUS
PRIVATE ROOMS!**

**TOP-NOTCH
ORTHOPEDIC REHAB
CLOSE TO HOME**

The Jewish Home is proud to present specialized Orthopedic Rehabilitation under the leadership of **Dr. Gregg Berkowitz, MD, FAAOS**. Our expert clinicians fuse the latest treatment and technology with personal attention, warmth and encouragement to maximize the recovery of individuals recovering from joint replacement, back surgery or any other orthopedic related problem.


**THE JEWISH HOME
FOR REHABILITATION & NURSING**

1151 W. Main Street, Freehold, NJ 07728
P. 732-202-1000
jewishhomefreehold.org


Glatt Kosher

Post Acute Care • Orthopedic Rehab
Cardiac Care • Stroke Recovery • Skilled Nursing
Traditions Memory Care • Short-Term Respite

It was just a toad

By Allan Kaufman

The number on my cell phone lit up indicating that my daughter Lisa was calling me. She and her family were visiting her husband's mom in Wisconsin and it had been a few days since we last spoke. I expected to get an update on what her kids were doing.

"Hello, Papa," said my granddaughter, Sophie. Having just turned all of six years old two weeks ago, I guess she found it easy to call me without any assistance from her brother.

"Hi, Sophie. What's going on?"

Immediately I was deflated as she replied, "Is Nana there? I have to tell her about our toad."

"I'm in the car and Nana's home so you can call her on her cell. Why don't you tell me about the toad first?"

"Joshua," her brother, "and me found this toad by the house. We put him in a box, made a bed out of leaves and put some water in the box."

And that made me think of just how much pleasure Joshua and Sophie got out of a small toad, found by their

grandmother's house in Wisconsin. They have video games, iPads, electronic stuff, all the modern toys, and the simple pleasure of a toad had me thinking.

Growing up, all of us had the simpler toys to play with. We may not have had a toad, but the toys we had were just so simple and we had as much fun as Sophie had this day in July. One of the first toys I received was an Erector Set.



Courtesy of Ebay.com

This was the forerunner of LEGOs. What seemed like a thousand nuts and bolts along with metal rods and other things too complicated for this six-year-old. Good reason I never became an architect. Of course, my set had fewer pieces. My mom and dad knew my limitations.



Courtesy of worthpoint.com

A similar toy that made it to my bedroom was Tinkertoy. A canister of wood sticks and round joints (often the holes in the joints were too small for the sticks) you could spend hours creating things that defied explanation. It was a fun toy to play with, but one without any logic to it.

This next game was a great game and one that I played for hours with my



Courtesy of worthpoint.com

dad. This hockey set had a marble ball for a puck and I believed that I could will the Rangers to win the Stanley Cup playing against my dad, even though the NHL Rangers were a horrible hockey club in the late 1950s-early 1960s. The challenge would be passing the ball from player to player given the fact that the players were only moving 360 degrees on their spot. Eventually, my dad and I figured it out and we had many hours of fierce competition.

The ultimate toy, if you could call it a toy was the Spalding, known affectionately as a Spaldeen, pink ball. It is a high-bounce rubber ball, about the size of a tennis ball without the felt. Used to play stoop ball, box ball, but as soon as we could throw the ball about 30 feet, stickball became a mainstay of my childhood. You could

(Continued on page 14)

Feta cheese

(Continued from page 12)

It's not just French

Goat cheese is made throughout the world, since goats are found around the world. It is called by different names, with some areas favoring goat milk over that from cows. Some of the common names of the cheese and sources of the milk are Yagi (Japan – goat milk), Rubing (China – cow's milk), and Shosha (China, goat or yak milk). In France, most of the cheeses are made from goat milk and are sold by the names of Chevre, Bucheron, Clochette, Montrachet, Valencay and many others. In Greece, Feta, mizithra and anthotyros are goat milk products. Italy has numerous varieties and uses goat milk for most, as does Spain.

Why eat goat cheese?

Goat cheese is a good source of probiotics and is high in calcium, of great benefit to bone health. It also contains copper, iron, and riboflavin, all beneficial to blood flow and new cell growth. It is also easily digestible, for those who might have difficulties with other milk products. The cheese is also a good source of protein and has no carbohydrates or sugars.

How do I eat it?

Goat cheese can be crumbled and sprinkled on a salad. It is particularly good with fresh spinach or arugula. Add it to scrambled eggs. Top burgers with it. Make a cold orzo salad with chopped cherry tomatoes and crumbled feta, or add to any warm pasta dish for a creamy and tangy taste. Or spread it on toast with sliced berries. All good and good for you! Enjoy!



MONROE DENTAL GROUP

Comprehensive Dental Care
609-655-3551
www.monroedental.net

New Patients Welcome

- General & Cosmetic Dentistry
- Implant Dentistry
- Digital Radiography
- Emergency Dental Care

Adam Klein, DMD
Amanda Thompson, DMD

18 Centre Drive Suite 102, Monroe Twp, NJ
Located right off Applegarth Road

You name it, we take it!



- Estate Sale Clean Outs
- Garage Clean Outs
- Appliance & Furniture Removal

We will beat or match any price!

800-609-3696
www.wecollectjunk.com



We're Accepting New Admissions for our Nursing & Memory Care Homes

Meeting all the state's infection control requirements for senior living communities

Call and ask how we keep your loved one safe in our care.

Parker at Monroe
395 Schoolhouse Road • Monroe Twp, NJ 08831
Parkerlife.org | 732-992-5200 | 

THE LOWEST PRICES. PERIOD.

We don't inflate our charges so that we can then offer you "discounts" when you ask. *THAT'S NOT RIGHT.*

Our service charges are the lowest in the area for superior service, and we are Central NJ's premier Independent Jewish Funeral Chapel.

Mount Sinai Memorial Chapels

Being FAMILY OWNED & OPERATED, without a "network" of stockholders, lets us guarantee that.

454 Cranbury Road,
East Brunswick, NJ
(732) 390 - 9199 (800) 395 - 9199

For Yahrzeit Dates, Candle Lighting Times, Directions, & more:
www.MSMC.us



M. Kulbacki, Mgr. N.J. Lic. No. 4870

Where Compassion Meets Reliability.



WILF TRANSPORT
at the Wilf Campus for Senior Living

Wilf Transport is a non-profit community transportation program that provides assisted non-emergency medical, social and quality-of-life transportation for seniors and individuals with special needs.

*We can help with any transportation needs you may have.
Rest assured that we are taking every necessary precaution to keep our clients safe!*

Available 7 days a week!

For more information, rates or to arrange transportation:
Call 732-649-3502, email Transport@wilfcampus.org
or visit our website: www.wilfcampus.org

Commitment. Compassion. Community.

Senior Citizens Day

By Bob Huber

In case it escaped your attention, Saturday, Aug. 21, will be National Senior Citizens Day. It was established by proclamation in 1988 by President Ronald Reagan. This is a little confusing, since both presidents John Kennedy and Jimmy Carter had previously designated the month of May as Senior Citizens Month (now known as Older Americans Month).

To complicate matters further, there doesn't appear to be any specific indication as to what is supposed to happen on these occasions, other than vague references to "ceremonies, events, fairs and other such activities."

President Reagan's proclamation reads, in part: "for all they have achieved throughout life and for all they continue to accomplish, we owe all older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older, places in which older people can participate to the fullest and can find encouragement, acceptance, assistance and services they need to continue to lead lives of independence and dignity."

Rossmoor life certainly meets the provisions of President Reagan's proclamation, but it was not that long ago that families were expected to include a home for their elderly relatives. Since then, the dynamics have changed drastically. Nowadays, with highly mobile families spread to the four winds, seniors are more likely to live in communities like Rossmoor than in the "bosom of the family."

Current lifestyles may keep up with the ever-increasing pace of our modern society, but there is one important element that is in danger of being lost in the shuffle: our anecdotal family history; those wonderful stories about "the old days" that were once told around the table when the family gathered for dinner. When I was young, my maternal grandparents lived with us. I cherish the stories my grandfather told about running away

from home at the age of 15 and signing on board a sailing ship as a cabin boy, eventually becoming an able-bodied seaman. At one point in time, when he was teaching me how to row a boat, he said, "Always keep an eye on the wake behind your boat." When I asked why this was important, he said, "Because knowing where you've been is the best way to keep track of where you're going," a valuable life lesson that has served me well.

Considering that day-to-day in person contact with older family members may no longer be practical, I would like to make the following suggestion: Senior Citizens Day would be a

good time for us seniors to begin collecting those dinner table stories by writing them down or recording them. If letter writing doesn't appeal to you, book and stationery stores have books specially designed for this purpose. It's simply a matter of filling in the blanks. If voice or video recording is more your style, it's often better to do so with a friend or family member who can serve as a prompter.

However you accomplish it, your personal account of your life and times will become a document treasured by succeeding generations. Rather than just a name on a genealogy chart, you will come alive for those who never had the privilege of knowing you.

Happy Senior Citizens Day!

Shapewear – An interesting history

By Linda Bozowski

The great fantasy – a recollection of the condition of our bodies when we were 17 years old. Four years of phys ed, running track, stretching exercises on the gym floor – oh, the firm muscles that required no external implements to appear shapely. Maybe those who continued their athletic activities in college or who had hyper-active toddlers to chase after were fortunate enough to keep all those muscles firm. No flabby upper arms, no bounce or jiggle, and then, as the years went by, none of the dreaded cellulitis.

Did we all eat well, or did Dunkin Donuts or McDonalds offer temptations that resulted in muffin tops? Is the tummy not so flat as it used to be? As fashions changed, was it important that we looked as svelte as Marilyn Monroe in "Some Like It Hot" when we went to that important social event?

As the old saying goes, "Vanity, vanity, all is vanity." Don't know who said it, and it's as true for men as it is for women, but I'm not sure what

shapewear has existed or does exist that tortures men to the degree that women have endured. I remember as a young girl helping my wonderful grandmother lace up her most-of-the-way down the back corset as she was dressing. When I think about this now, it is even more curious, since we were farmers who maybe had an out-of-house outing once a week to go to the grocery store in Jamesburg. There was no reason for my slender grandmother to wear a corset under her dress when she wasn't going any farther than the kitchen or the clothesline. But that's what women did in those days – wore corsets.

The evolution of the garments

It is generally believed that the first shapewear was probably the corset, but some historians argue that the girdle was the first bit of clothing. The early girdles were worn around the waist like a wide belt. Their purposes were more poetic than esthetic: some ascribed magical properties to them,

(Continued on page 15)

A toad

(Continued from page 13)

play stickball in the streets, but being all of 10 years old, all the parents frowned on playing in the middle of University Avenue in the Bronx. The way we played required a wall, a piece of chalk, to draw a batter's box, a stickball bat and at least three Spaldeens (on a solid hit, the balls could break apart). At 15 cents each, the Spaldeens were the cheapest form of being occupied for hours at a time.

You made up your own Major League Team batting order, with all of us fighting to be the Yankees. I often played as the Giants as their team batted mostly from the right side of the plate, with the exception of McCovey. When it came time to announce McCovey I had to bat lefthanded. I also realized by doing this that my life as a switch hitter in Little League would not happen. Selected

distances represented singles, doubles, triples and home runs. Usually played with two friends per team, catching a ground ball and/or a fly ball was an out.



"Spalden"
Stickball anyone?

There were so many other toys that I played with by myself, with my dad or with friends. The toys represented a simpler time, just as the time my granddaughter Sophie had when she found her toad.

I can be reached at allan.kaufman0125@gmail.com. Comments are always appreciated.

DR. OLGA ROZIN, Family Dentistry

Established 1995

WE'RE RIGHT IN YOUR NEIGHBORHOOD!
190 BUCKELEW AVE (Rte. 522) • JAMESBURG

732-521-0550

www.JamesburgFamilyDentistry.com

• **EMERGENCIES AND NEW PATIENTS WARMLY WELCOMED**

• **ONE-DAY DENTURE REPAIRS**

• **COSMETIC & IMPLANT DENTISTRY**

• **HANDICAPPED ACCESSIBLE**

• **FREE INITIAL CONSULTATION**

• **APPOINTMENTS TO MEET YOUR SCHEDULE**

(EVENINGS & SATURDAY APPOINTMENTS AVAILABLE)

• **SPECIAL FINANCIAL CONSIDERATION FOR OUR NEIGHBORS IN THE ADULT COMMUNITIES**

GENTLE DENTAL CARE
IN A STATE-OF-THE-ART
FACILITY



DR. ROZIN

Lester Memorial Home

Thoughtful, Personal, Dignified Service

"A choice for Rossmoor Residents since 1965"

Gregory S. Lester, Manager, Lic. #3364

David L. Lester, Director, Lic. #3483

16 W. Church Street, Jamesburg

New Jersey 08831

732-521-0020

www.LesterMemorialHome.com

Debra G. Salman, DDS

Practice Limited to Periodontics
NJ Specialty #3508

- Dental Implants
- Gum Treatment
- Periodontal Surgery
- Crown Lengthening
- Bone Grafting and Regeneration



Graduate: NYU College of Dentistry

Residency: New York VA Medical Center

Richard A. Salman, DDS

Practice Limited to Oral & Maxillofacial Surgery
NJ Specialty #3504

- Emergencies
- Dental Implants
- Extractions
- Impacted Wisdom Teeth

Diplomate, American Board of Oral and Maxillofacial Surgery

Graduate: NYU College of Dentistry

Residency: NYU Medical Center/Bellevue Hospital

www.monroeoralsurgery.com

18 Centre Drive, Suite 202, Monroe Township • 609-395-8300

On a bicycle

By Ken Thomas

We learned about this bicycle trip of 50 miles from a friend. The route followed an almost unused, mostly paved road in northern New Jersey. Many historical sites were along the route. At the midpoint was a restored village where blacksmiths, carpenters, jewelers and others still practiced those crafts as did their ancestors of the 1800s. A guidebook was available with a mile-by-mile description of the trip and information about the historical stops along the way. I could not resist volunteering. Fifteen boys signed up for the trip. No father shared our enthusiasm.

The last time I was on a bicycle was 30 years ago. Luckily, my father-in-law just purchased a 10-speed after his retirement, so I could borrow his new Schwinn. I did not forget the bicycle lessons from Dad, but 10 gears were nine more than I ever used. The miles ahead would be interesting.

I volunteered to be the ca-boose, so "I could help those having trouble." Those words were a pound of baloney. I

did not want an audience until I could develop some adequate skills. When did they invent hand brakes? The first five miles were flat with several historical points of interest, so we stopped often and took turns reading the guidebook information, "Washington slept here." The next 10 miles were hilly and I appreciated the 10 gears, wishing for 10 more.

The village was in a valley, which meant a long downhill run. The boys were shouting as we picked up speed. It felt heavenly just to coast, not pump. Yet, as I went faster and faster, a disturbing thought entered my head. What if I fall? I could imagine my blood painting a new line down the center of the road.

Touring the village, I was amazed how wonderful it was to walk. My body was only sore. The agony would come later. Those villagers demonstrated their skills and told us stories about their ancestors. We sat in the village square to eat our lunch and drink the town's home-made root beer.

"Only 20 miles to go" is not a positive statement. The

guidebook indicated an initial three miles of dirt road from the village back to a main road.

Now is a good time to mention the strange seats attached to a bicycle. They are only uncomfortable on smooth roads and short trips. On a dirt road for three miles, the seats are a form of torture.

The heat of the afternoon began to play havoc with my second wind. Every little hill looked like Everest. By now, I was walking my bike up every incline. One of the boys dropped back to keep me company. While I walked, he crisscrossed the road on his bike, keeping our conversation going and giving me encouragement. Now that got me angry. I hated the old man image and my embarrassment choked my ego.

With two miles left, I mounted that miserable metal contraption, determined to finish. From the waist down, every muscle throbbed and even my toes cried out for Advil. I pedaled to the finish amidst cheers from the boys, dismounted and sat down. I sat because I could not stand.



NEW NEIGHBORS

By Christina Smith, Resident Services Manager

Carmen Rivera and Jimmy Roman, 91B Greenfield Lane, formerly of St. Cloud, Fla.

Michael McDonald, 710A Yarborough Way, formerly of Monroe Twp., N.J.

Cathleen DeStasio, 422A Onset Lane, formerly of Ise-lin, N.J.

Maria Rutenski, 416A Onset Lane, formerly of Sayreville, N.J.

Jacqueline Daniels and Daniel Shaq, 10-O Sussex Way, formerly of Morganville, N.J.

James and Ellen McCon-nell, 514A Sutton Way, formerly of Fort Worth, Texas

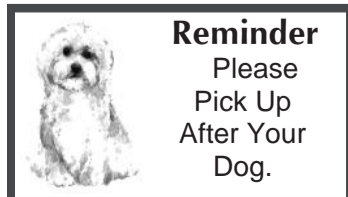
Shi Han Oh, 11N Village Mall, formerly of Gahanna, Ohio

Thomas Czech, 590B Troy Way, formerly of Monroe Twp., N.J.

Karen Ross, 488 New Haven Way, formerly of Perth Amboy, N.J.

Gregoria Montalto and Riccardo Ravalli, 480N Newport Way, formerly of Brooklyn, N.Y.

Catherine Sellers, 200C Old Nassau Road, formerly of Paterson, N.J.



Reminder

Please
Pick Up
After Your
Dog.

Smiles that look
as young as you feel.

**FREE Cosmetic Consultation
and 2nd Opinion**



SARI KLERER DMD

254 Cranbury Half Acre Rd.
Monroe Twp., NJ 08831

609-655-3555

www.monroesmilesnj.com



**GOLDSTEIN
FUNERAL CHAPEL INC.**

**The only Jewish owned funeral home
in Middlesex County**

*We value the dignity and the
sanctity of the Jewish soul and we
uphold and maintain reverence for
the Jewish tradition.*

732-777-0032

Martin Goldstein, Mgr.

N.J. Lic. No. 4025

2015 Woodbridge Avenue

Edison, New Jersey 08817

www.goldsteinfuneralchapel.com

**CLINTON MONUMENT CO.
EAST BRUNSWICK MONUMENT CO.**
Since 1866



**SERVING ALL FAITHS
SERVING ALL CEMETERIES**

- Superior Craftsmanship
- Memorials in Granite & Bronze
- Cemetery Lettering

841 CRANBURY RD.
Opp. Holy Cross Burial Park
East Brunswick/Jamesburg
Convenient to Rt 1 & Rt 130

Phone (732) **521-3020**

Fax (732) **521-2792**

Email storynstone@aol.com



WE BUY

ANTIQUES, COLLECTIBLES, JEWELRY,
POSTCARDS, EPHEMERA, POTTERY, PRINTS,
PAINTINGS, SILVER, COINS AND BOOKS.

WE PURCHASE ESTATE CONTENTS

DOWNSIZING/MOVING? CALL US.

ANTIQUÉ APPRAISALS AVAILABLE.

609-658-5213

Email: LarryFeldman51@gmail.com

YOU NAME IT WE HANG IT

DECORATIVE ITEMS OF ALL KINDS • PICTURES • MIRRORS
SHELVING • TVS AND MONITORS • BLINDS • CURTAINS
VALANCES • VERTICAL BLINDS • SHADES

THE HANGMANPRO

We hang anything that goes on your walls or windows

Call **732-354-6464** for free estimate **30 YEARS EXPERIENCE**

In Memoriam

Dr. Albert C. Parker

Dr. Albert C. Parker, 88, went home to be with the Lord on Sunday, July 11, at Village Point in Monroe Township, N.J. He and his beloved wife Eileen moved to Monroe Township in 2003, after raising their family in North Carolina, New York, and Connecticut.

Born on February 26, 1933 in Jersey City, N.J., Dr. Al, as he was known by his friends, met his future bride when he was only four years old. He and Eileen grew up on the same street in Union City. She even remembers seeing him on his tricycle as a child. They started dating in high school and were married in 1954. They were about to celebrate their 67th anniversary when he passed away.

Al graduated of Columbia University and Harvard Medical School. After his internship and full residency, he continued his medical career in the Navy, where he received a commendation from the Secretary of the Navy for

redesigning the Naval operating room and training medical officers. He once saved a man's life by performing an emergency appendectomy in rough seas.

After the Navy, Dr. Al began a long and successful career as an Ob/Gyn with his office in Rye Brook, N.Y., and delivering babies at United Hospital in Port Chester. He once remarked, "I stopped counting after 3,000 babies." Dr. Parker was also an early pioneer for in-vitro fertilization and introduced IVF to other doctors in the northeast.

A Mayflower Descendent, he enjoyed trips on his sailboat "Pilgrim," won national awards for his marquetry, loved computer technology and went on to design countless pro bono websites pre- and post-retirement. He loved a good walk on a beach: Long Island Sound near his home; Longboat Key on his annual treks there; and various east coast beaches for regular reunions with all his grandchildren.

He was active in the Rossmoor Chorus, the Computer Club and the New Jersey Club. He loved learning and teaching others. In 2009, he was honored by the Kiwanis Club as Citizen of the Year.

Al is survived by his wife Eileen, daughter Janet Wilson (Jim), daughter Sue Mezzapelle (Dom), son Steve (Karen), and by grandchildren Jen Wilson, Steve Wilson, Kristen Mezzapelle, Lauren Mezzapelle, Ben Parker, Lizzy Parker, Erin Parker, great granddaughter Kaylee Mezzapelle-O'Brien and nephew Glenn Teichner. He was predeceased by grandson Michael Mezzapelle. He also leaves behind countless friends and patients who respected and loved him.

A funeral service was held on Saturday, July 17, at Prince of Peace Lutheran Church, Princeton Junction, N.J. Interment was private.

For those wishing to make a contribution in Dr. Al's memory, the family asks that donations go to Alzheimer's New Jersey, www.alznj.org Always giving, always serving; his was a life well-lived and well-loved. He will be deeply missed.

Arthur L. Phillips

Arthur L. Phillips, prominent attorney and longtime Rossmoor resident, passed away on Tuesday, July 6. He was 93 years old, born in New Brunswick, N.J., on September 25, 1927, the son of the late Philip and Jennie Busch Phillips. He lived there most of his life until 1987, when he moved to Rossmoor where he was an admired and well-liked neighbor. He was also a winter resident of Hunters Run, in Boynton Beach, Fla.

Phillips graduated from Rutgers Law School in 1952 and was admitted into the N.J. Bar. In that same year he opened his law office in New Brunswick as a sole practitioner where he counseled for 62 years. Retiring in 2014, he was honored for being the oldest practicing attorney in Middlesex County. He was a lifelong fan and supporter of Rutgers Scarlet Knights and an avid golfer until his death. He was a lifetime member of Anshe Emeth Memorial Temple.

In the 1960s, Phillips served as the attorney for the Rossmoor Corporation, through which he took part in develop-

ing the first retirement community on the East Coast. Additionally, he was instrumental in the creation of Exit 8A on the New Jersey Turnpike which gave easy access to the newly created area. He proudly served on the New Jersey Ethics Committee.

He married his beloved Marjorie Friedberg in 1952. Their marriage lasted until her passing in 2008. He is survived by his three children Donald, Lauren (Bruce) and Jeffrey (Diana), grandchildren Michael and his wife Jenna, Alexa and her fiancé Nicole, and Adriana and her fiancé Jordan. He is also survived by his loving partner of 11 years, Adrienne Machaver, and by his older sister, Anita Axelrod.

Graveside services were held on Thursday, July 8, at Elmwood Cemetery in North Brunswick, N.J. Shiva was observed later that day at his residence in Rossmoor, followed by prayer services. In lieu of flowers, donations can be made to the Rutgers Law School Scholarship Fund at <https://law.rutgers.edu/giving>



Arthur L. Phillips

It's Easy, It's Simple, It's Wise!

RECEIVE

\$1000

WHEN YOU OPEN A WISE CHECKING ACCOUNT*

- \$50 minimum deposit to open
- No minimum balance is required
- No monthly service charge
- \$500 minimum Direct Deposit of Payroll or Social Security needed to receive the exclusive bonus

The Bank of Princeton Bank Wisely.

*Offer valid on NEW MONEY ONLY and for NEW CONSUMER ACCOUNTS ONLY. New money cannot be funds held at The Bank of Princeton prior to the opening of this promotional Wise Checking account. To receive the exclusive \$100.00 Wise Checking Bonus: 1) Open new Wise Checking Account, which is subject to approval; 2) Deposit minimum \$50.00 at account opening; 3) Have a NEW Direct Deposit of a Payroll or Social Security check with a minimum of \$500.00 made to Wise Checking Account within 60 days of account opening (cannot be a Direct Deposit to an existing account with The Bank of Princeton that was changed to the new account). Limit 1 Wise Checking account per Tax ID. The Bank will deposit the \$100.00 promotional bonus to the Wise Checking Account within 30 business days after the initial direct deposit of a minimum of \$500.00 posts to the account. If Wise Checking Account is closed by the customer or The Bank of Princeton within 6 months after opening and the \$100.00 promotional bonus has been deposited into the account, the Bank will deduct the \$100.00 promotional bonus from the account at account closing. Wise Checking Offer begins 9:00 AM EST on June 17, 2019; subject to change or cancellation without notice. Other terms and conditions may apply. Offer not valid on Wise Business Checking Accounts. Wise Checking Bonus is considered interest and will be reported on IRS Form 1099-INT (or Form 1042-S, if applicable).

Letter to the Editor Our Flag

For all those who have, or are presently serving in the Armed Forces, we want to thank Bob Huber for his article regarding our Flag in the July issue of the Rossmoor News. Well said, Bob!!!

As an aside, should anyone have a Flag that is in need of replacement, please do not dispose of it in a trash bin. Contact either Denny or Dan and we will arrange to have it picked up and honorably retired according to military protocol.

Denny O'Malley Dan McOlvin Rossmoor Veterans ***

Rescind this Resolution

To: RCAI, Rossmoor Board of Directors, Mutual One, Rossmoor Croquet Club, Rossmoor Chorus, Rossmoor Community Church, Rossmoor Players, and Rossmoor News c/o RCAI.

Reference: RCAI Resolution 21-11

I am looking at 21-11. And I see 24 "Whereases" and then, the "NOW, THEREFORE, BE IT RESOLVED on this 20th day of May, 2021," and the "guidelines" for "REOPENING COMMON AREAS AND AMENITIES," paragraphs 1 – 16.

I hope I am not running afoul of the legal world in expressing my thoughts to you and to friends and associates I know in the organizations listed above. Here are some of those thoughts:

1. Whereas I feel that at least some of those "whereases," especially those from early 2020 are no longer applicable, and
2. Whereas it seems to me that there has been a lot of

(Continued on page 17)



609.655.7790 | www.thebankofprinceton.com



Clubs and Organizations

Reading and writing still going on

By Norman Perkus

The Book Discussion Group continues to meet monthly over Zoom on the third Thursday of the month. "Resistance" by Owen Sheers is the book to be discussed at the August meeting. Join us at 3 p.m. on Aug. 19.

On Aug. 26, the last Thursday of the month, the Writers' Group will meet virtually

at 10 a.m. to discuss what they have written.

All Rossmoorites are welcome. Call Norman Perkus for Zoom access. If the Clubhouse has reopened by these dates, we will meet in the Clubhouse. Watch Channel 26 for updates. Be sure to register with RCAI [same process as for the pool] so that you will be able to join us in the Clubhouse.

Don't throw out your dancing shoes

By Judy Perkus

As I write this in early July, Rossmoor is still mostly closed while the Monroe Township Senior Center and Public Library are open for indoor activities for the most part. The Meeting House was to reopen open for religious services and the Clubhouse for limited use later in July.

We hope that the Clubhouse Ballroom will be opening soon. Make sure that you sign up with RCAI (same registration as for the pool);



so that you will be able to enter the Clubhouse.

Rossmoor Dance Club President Armen DeVivo would love to put her eagerly awaited plans into action. Watch Channel 26 for announcements.

Windows 11 is coming, maybe.

By Steven Gray

As I write this, the Computer Lab will be reopened on a limited basis beginning July 6. I am in the middle of updating the computers and hope to have all of them done by then. Please do keep in mind that Rossmoor requires all to be fully vaccinated in order to enter the Clubhouse and that wearing a mask is still mandated. Please also remember, since Lab use is limited, we must enforce the members only rule.

Since I am a tech person, I decided to check out the latest in wrist wear, a Smartass watch. I put it on, named it SA, and promptly asked SA "What time is it?" SA replied "What do you care, you're retired." Hm-m, that didn't go so well. I tried again - "What is on my schedule today?" SA "See my previous answer." Okay, not really ideal. {Ring, ring ring} that's my brother calling - click. "SA, Why did you hang up on my brother?" SA "I don't like him - or you either" click. The real reason I thought I need one is to watch my blood pressure (like most of us getting a wee bit older). "Hey SA. What is my blood pressure?" SA "Rising rapidly." I decided I did not need one (spoiler alert, no, SA doesn't exist, but if it did, I would own one).

In 2015, Microsoft announced that Windows 10 would be the last version of Windows and would just receive updates. Guess what! Windows 11 will be coming to a computer near you — or maybe not. Windows 11 computers will be shipping sometime in the fall with a free upgrade coming out at

the same time — maybe.

Microsoft has come up with new features and changes to Windows 11 but also new criteria for it to install (some of this can change between now and then). I will not mention all the requirements but will state that not all CPUs (the brains) will be supported, plus you have to have TPM (Trust Platform Module) installed and enabled in the bios.

As of this point, the Lab computers cannot install Windows 11, nor can my overpowered personal desktop or my two-year-old Surface Go. If you want to check your own computer, Microsoft had a health check app but has since pulled it, as it was not the most informative. In addition, MS may be changing the requirements.

The really strange part is that if you are a Microsoft Insider like me, you can download and use Windows 11, even if your system is supposedly not ready. Not ready does not mean your computer cannot run Windows 11, only that you cannot install it - not quite the same thing. The good news is that Windows 10 will continue to be supported to 2025. You now have four years to save up for another computer or switch to Linux.

Most of us have seen that new apps are written for IOS (Apple) or Android, not for Windows. Windows 11 will be able to run Android apps. What to do now if you want to use your computer to go on the American Pool app? You can use a program called Bluestacks:

(Continued on page 18)

CULINARY CORNER

By Sidna Mitchell

Hurry out for Curry Soup

Our sites—at our age I hesitate to say plots—in the Monroe Township Community Garden were flourishing after a slow start. By the first of July we had already had two cucumbers, two acorn squashes, a few radishes, lots and lots of lettuce and uncountable summer/yellow squash. We were patiently waiting for corn, okra and what should be a bumper crop of tomatoes—cherry and heritage.

Ken is really the farmer; he faithfully waters and pulls weeds. He carefully ties up the tomatoes to stakes with strips of my old panty hose. He neatly rakes any open soil and cuts dead leaves off plants. I, on the other hand, simply enjoy picking the produce, preparing salads and cooking the vegetables.

We had so much summer squash—at least two a day—that Ken and I gave yellow squash to our neighbors, to Rossmoor friends to take home after dinner and to friends who stopped by on their way back to Pennsylvania after time at the Jersey Shore.

In fact, for our Pennsylvania friends I served a curried squash soup and a salad Niçoise; for dessert there was vanilla ice cream with blueberries and a blueberry sauce. Since Coralie doesn't eat fish, I substituted chicken for the usual tuna in the salad. I included our garden lettuce, sliced squash and sliced radishes in the salad so I didn't follow the salad Niçoise recipe exactly.

Also, since the couple usually watches their intake of carbohydrates, I didn't offer any bread. They loved this soup that I served cold but I have also made it as a hot soup. You can add less curry powder for those who don't like spicy foods. This soup is easy to make and is so delicious.

Letters

(Continued from page 16)

"opening up," as in New York City, including Yankee Stadium, local restaurants, Thompson Park, Monroe Village, and Rossmoor golf, and

3. Whereas I interpret the croquet rules to say things like, for instance, I can be fined from \$100 - \$300 and even have my option to play revoked for just sitting on a courtside bench and watching someone play, and

4. Whereas I feel that those who have instituted and are enforcing these rules are an embarrassment to themselves and to the whole community,

5. Therefore, I feel that Resolution 21-11 should be ended without delay.

Carl Kruse
81B Dorset Lane

Curried Squash Soup

3 tablespoons butter
1 cup chopped leeks or sweet onions
2 cups chopped yellow squash
3 cups chicken broth

Culinary Corner

1 - 1½ teaspoons curry powder
1 cup applesauce
1 teaspoon salt
¼ teaspoon black pepper

Melt the butter in a pot and add the leeks or onions. Cook until the leeks/onions are translucent and then add the chopped squash. Add curry powder and mix well. Add chicken broth and applesauce and simmer until the squash is tender. Remove from heat and pour soup into a blender. Blend well and add salt and pepper to taste. Pour into soup bowls and serve warm or refrigerate and serve cold.

Makes about four to six portions, depending on size. Serve with crusty bread and a green salad.

NOTE: If you wish, garnish soup with thin slices of apple and/or chopped chives.

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

LWVMT to demonstrate new voting machines

By Judy Perkus

The League of Women Voters of Monroe Township (LWVMT) will host a demonstration of the new voting machines in the Monroe Township Public Library on Monday, Aug. 23 from 5 to 7:30 p.m. The public is welcome. The Middlesex County Board of Elections will supply the machines so that Monroe residents may become familiar with their use. The machines will be used again on Election Day, Nov. 2.

The League of Women Voters of Monroe Township is strictly nonpartisan; it neither supports nor opposes candidates for office at any level of government. Members include Republicans, Democrats and Independents. We study and take an active role in state, national and local issues. We sponsor candidates' forums and conduct voter registration drives.

For more information, call Judy Perkus, LWVMT treasurer at 609-395-1552.



M. David DeMarco, *President*, N.J. Lic. No. 3203
Thomas J. DeMarco, *Manager*, N.J. Lic. No. 4651
Peter S. Winther, *Director*, N.J. Lic. No. 4763
Jennifer L. Burry, *Director*, N.J. Lic. No. 5172

"Family Owned & Operated"

M. David DeMarco

"Totally Barrier Free"

DeMarco

Funeral Home, Inc.

205 Rhode Hall Rd.
Monroe Twp., NJ 08831
732-521-0555
www.demarcofuneralhome.com

DANIK SERVICES

Call 609 655 2624

Grocery Shopping
Lite Handyman Work
Lite Gardening
REASONABLE RATES

Indian American Club observes fifth annual Heritage Day

By Shatrughan Dawani

The Indian American Club is proud to announce the Fifth Annual Asian Heritage Day at the Monroe Township Senior Center Auditorium from 5 to 8 p.m. on Saturday, Aug. 28.

As Joe Biden, President of the United States, proclaimed in May 2021, "this is an opportunity to recognize the history and achievements of Asian Americans, Native Hawaiians and Pacific Islanders. During a difficult year of pain and fear, we reflect the tradition of leadership, resilience and courage shown by these communities and recommit to the struggle for their equity."

Since formation in June 2014, the Indian American Club has celebrated Heritage Day with Indian classical dance performances at the Monroe Township Senior Center. Due to the pandemic, last year's celebration was virtual.

With the July 1 opening of the Senior Center, we can

now celebrate in a grand manner with a classical Indian dance performance by the Siddhendra Kuchipudi Art Academy with catered appetizers and a delicious Indian dinner. Cost of admission is \$15. per person payable at the door (appetizer and dinner included).

On this occasion, the following foreign-born Americans will be recognized for their work and efforts in positively influencing some aspect of American society:

Dr. Madiha Jafri
Guru Malini Nair
Mr. Shashi Airi

As part of our New Jersey history project, we partnered with Rutgers Oral History Archives and recorded the oral history of the above candidates. A photographic album on the life journeys of the above persons will also be released on this occasion.

We invite the Rossmoor community to join us in this celebration. For further details, please call 609-664-2826.



Above: Chorus rehearsal in the park!

On right: Janet Wilson and Alyce Owens get the festivities started.



Rossmoor Dems support Team Dalina

By Michael Markel, president

Several officers and members of the Rossmoor Democratic Club joined Middlesex County and Monroe Township officials and candidates for office to enjoy brunch at the Americana Diner on the morning of Wednesday, June 16. As always when Dems get together, good vibes and high spirits filled the room, and the food was delicious.

Middlesex County Commissioner Leslie Koppel, well known to all of us, introduced the candidates for office in the upcoming 2021 election: Incumbent Mayor Steve

Dalina, who is now running to fill the unexpired term of two years left vacant by the passing of our former Mayor Gerald Tamburro;

Incumbent Councilman Terrence Van Dzura, who is running to fill an unexpired two-year term as councilman-at-large;

Seeking four-year terms on the Monroe Township Municipal Council are three candidates: Incumbent Elizabeth Schneider from Ward 1; Rupa Siegel from Ward 2; and Alton Kinsey, M.D., from Ward 3.

Election Day this year will fall on Nov. 2. We need to re-

member that Governor Phil Murphy is also up for reelection, as are our good friends, State Senator Linda Greenstein, Assemblymen Dan Benson, and Wayne DeAngelo. Claribel Cortes is candidate for Middlesex County Surrogate.

Running for Middlesex County Commissioners are Ron Rios, Shanti Narra, and Chanelle Scott McCullum.

These are candidates of whom we can be proud. It would be well to remember them in preparation for Election Day 2021. We hope to see you at the polls and, shortly thereafter, at the victory celebration.

Women's Guild will remain closed for 2021-2022 year

By Diane England

While things are beginning to open up in our community, I must inform you that the Women's Guild will not reopen for the 2021-2022 program year. After consultation with Jane Balmer, RCAI's General Manager, the members of the board, in place at the time we shut down in March, 2020, were all in agreement that we should take this action.

Does this mean we will definitely reopen in the fall of 2022? While we hope that will be the case, we will just have to see how things are at that point. I'm not referring merely to COVID-19. I certainly hope it is gone by then. Instead, I'm concerned about what so many other clubs and organizations have faced — if there

will be enough people willing to dedicate their time and talents to running the organization at that time.

As many of you know, essentially the same team ran the Women's Guild for the four years prior to the pandemic's arrival. A month before we shut down, everyone had committed to return for a fifth year. However, as you probably know from your own experience, living through the pandemic has changed people's priorities. In another year, they may have changed again.

We all still face uncertain times. Some of us realize we are not functioning as well as we did prior to the pandemic. I will admit to the problem of brain fog, as will some of my friends. I just read an article where a clinical psychologist, Dr. Bryan, claims that brain fog could become even more noticeable and problematic as we transition back to lifestyles more in alignment with what we had before.

I rather hope that's not the case, but if it is, if I still continue to experience more anxiety and that feeling of being overwhelmed than I ever had prior to the pandemic, I'm not going to be thrilled about it. However, I'm going to remind myself of something else Dr. Bryan wrote — that while pandemic-related brain fog can make you believe you're suffering from early-stage dementia, this is not likely to be the case. Our cognitive functioning should return to normal once our lives have essentially done the same.

I hope things go well for you and your loved ones as we all step farther and farther back into our old lives. Then again, perhaps you have some new priorities or goals for yourself. If so, I wish you well with them.

Windows 11

(Continued from page 17)

WWW.Bluestacks.com which is an emulator for Android that will work on both your Windows computers and your Macs. Yes, it is totally free not only to download but also to use.

Once you download and install it you can then open the program (it is a bit slow) and go onto the Google app site to download Android programs like American Pool. You will need a Google account (if you have Gmail you have an account) and can either use your existing account or create a new account. Why create one? Simple privacy - a new account will not have any of your information or access to your existing account so you can freely give the app full permission since there will be nothing for the app to look at (pictures, contacts, etc.).

Religious Organizations

A Great Guy

By Adrienne Brotman

With great sadness Rossmoor, the Interfaith Council and the Jewish Congregation lost a special guy, Jeffrey Albom. Jeff passed away suddenly on June 12.

Jeff and Marcia moved to Rossmoor from Brooklyn, N.Y. about nine years ago. They were married for 55 years, and are blessed with two children and four grandchildren.

Jeff was an active member of our community. He served first as a director of Mutual 9, then as president, and was also a member of the RCAI Board of Governors.

Jeff was an active participant of the Interfaith Council. He was treasurer and with his fellow council members he was always eager to include all faiths here at Rossmoor in all Interfaith activities. He always volunteered to be a part of the Interfaith services and participated in the organization of these events.

He was instrumental in helping to deliver Thanksgiving dinners to homebound residents.

The Jewish Congregation will truly miss Jeff. We will miss him for his generous nature, his friendly smile and his hearty handshake but above all for all he did to keep the Congregation going and functioning. Judaism

was very important to Jeff. He enjoyed reading and studying the Bible. He was the treasurer of Torah Study and he always made sure there were coffee and goodies to eat whenever Torah Study met.

He was president, treasurer and social chair. He shopped, prepared, cooked and organized the congregation's seders, Purim parties, Simchat Torah celebrations, and 4th of July barbecues.

Jeff was part of the Samson Squad, always there to help set up and breakdown for services. He was one of the Congregation's Lay Readers and Torah Readers. He also was our Shofar Blower for the High Holidays.

Jeff loved history, especially the Civil War. He also loved to watch "M*A*S*H" on TV every day. He will truly be missed by many.

The Congregation will hold



Jeff Albom blowing the Shofar

services in the Meeting House on Friday, Aug. 13, and Friday, Aug. 27, at 7:15 p.m. Torah Study will be Saturday, Aug. 14, and Saturday, Aug. 28. Meeting place to be determined. Please check Channel 26 for updates.

If you would like more information about the Congregation, please contact Allan Kaufman, vice president of membership at Allan.Kaufman0125@gmail.com or 732- 690-2145.

Jewish War Veterans Post 609

By Charles Koppelman

The Monroe Township Jewish War Veterans Post 609 is collecting United States and foreign stamps, both on and off envelopes.

Stamps are used by veterans as a hobby and as therapy at VA Medical Centers nationwide.

The stamps are not traded or sold; they are forwarded to veterans at no charge.

Also requested are DVDs suitable for veterans at those locations.

Send all items to: JWV Post 609, c/o Charles Koppelman, 6 Yarmouth Dr., Monroe Township, NJ 08831-4742.



HEALTH CARE CENTER NEWS

Returning to normal from the COVID-19 pandemic

By Kaytie Olshefski, BSN, RN-BC

It has been a long road, but we are finally emerging from the grips of the COVID-19 pandemic. We have been waiting for this day to get back to normal. Governor Murphy has lifted the COVID-19 Public Health Emergency that had been in place since March 9, 2020.

What does this all mean? People who have not been vaccinated are to continue to wear a mask and maintain physical distancing especially when indoors. People who have been fully vaccinated do not have to wear a mask if they choose not to. Masks are required at public-facing state offices. Businesses may require face coverings for employees and customers.

Physical distancing is no longer mandated for vaccinated people but businesses may choose to continue to ask their customers to do so. Outdoor events no longer have a capacity limit of the number people allowed to attend. Indoor capacity has also been lifted.

People who were working remotely from home now may be called back to the office. New Jersey has reached over 70% eligibility of people being vaccinated with at least one vaccine shot.

When you come to the Health Care Center you will be required to wear a mask. The Executive Order from Governor Murphy requiring masks to be worn in health care settings is still in effect.

We have longed to get back to normal and be with

our family and friends again, but the past 15 months have changed us in some ways. Many people are hesitant and anxious about socializing and mingling with people again. Transitions are not as easy as just saying the COVID-19 Public Health

Emergency has been lifted. Our new normal will look different. We will be conscious of washing our hands more frequently. Zoom is here to stay whether it is for meetings or seeing family and friends via computer.

(Continued on page 20)

Learn to use the ** NEW ** Voting Machines

Come to a
Hands-on Demo
August 23
5 to 7:30 PM
Monroe Township
Library

★ Including specific information and training for individuals with disabilities and accessibility issues ★ ★



Sponsored by
LWV LEAGUE OF WOMEN VOTERS
OF MONROE TOWNSHIP

The League of Women Voters is a non-partisan organization that educates citizens on issues that matter.
Follow us online: www.lwvmtnj.org and on Facebook <https://www.facebook.com/groups/MTNJLWV>

Contact Waste Management
609-587-1500
ID# 61565342007
for pick up of household items
NO electronics
NO upholstered furniture
No mattresses

Recycle information from Waste Management



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

TRANSPORTATION TIDBITS Important phone numbers:

Rossmoor Bus.....609-655-4401
Hours 10:00 -11:00 a.m. and 2:30 p.m.- 4:00 p.m.

Monroe Township Transportation609-443-0511

Middlesex County

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

St. Peter's University Hospital

On Time Transportation1-800-858-8463

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

Classified Advertising

Home Improvement & Services

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

PAINT KING NJ — Concordia Resident. Fast service. Experienced. Ceiling & Wall specialist. NJ LIC 13HV10937500. Call (609) 598-2221.

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

Tax & Accounting Services

DON'T LET TAX QUESTIONS add to your stress. Call me for a free consultation. In-home accounting services at reasonable rates. Rebecca Bergknoff, CPA. 732-718-4359

Miscellaneous/Services

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

COMPUTERS BUILT & REPAIRED - RJF Sales Company LLC. Is your computer running slow? It may need a tune-up. Desktop and laptop repair in your home. I am fully vaccinated, use gloves and mask. Custom built computers. Virus removal and protection. Free Cordless Mouse with service. Monroe resident with over 20 years of computer experience. (732) 723-9537 or (732) 967-3400. Please leave message; most calls returned same day.

DOG WALKING & PET SITTING by Izabela. Monroe resident. Reasonable rates. Very dependable. 732-718-3800. Call or text.

Help Wanted

GOLF COURSE RANGER WANTED – Battleground Country Club: Friday – Sunday from 9am – 2pm. Free golf!!! Please call Marshall Bailey, 732-462-7466.

Transportation

CAROLE'S SERVICE—732-997-8094. Our 10th Year. Rossmoor residents. Senior assistance door-to-door. All appointments, local or long distance.

ARNIE'S DRIVING SERVICE. New York, airports, doctor offices. Anywhere, anytime. Call (609) 751-1612.

BOB'S RIDES FOR CASH is back. Concordia resident. Call Bob at (609) 819-1240.

LIMO GUY — Our 19th year. All airports and almost anywhere. Lincoln vehicles. Newark Airport \$75. Philly Airport \$155. JFK Airport \$170. Prices include tax and tolls. Call 732-452-9222 or 732-803-2521. (24/7)

AAA TRANSPORTATION—Monroe area. (Encore resident.) Transportation to airports, trains, piers, NYC, and I will drive your car to and from Florida. Reasonable rates. Call Howard (732) 979-3085.

House Cleaning

WANT COMPLETE DETAILED cleaning? Call Saile! 732-621-9985. Free estimates!

Help & Health Services

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

LEASE A NIECE HOME CARE AGENCY. Assistance w/personal and household activities – cooking shopping, appointments, local transportation. Companions. CHHAs, RNs. (732) 521-HOME or (732) 521-4663.

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

Wanted to Buy

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

Keep these contaminants OUT of your recycling bin:

- Plastic bags
- Food and liquids
- Electronics and small appliances
- Textiles, bedding, rugs and carpet
- Hoses, holiday lights, hangers, extension cords
- Film, sheeting, flexible film packaging
- Paper napkins, plates, cups, tissues
- Polystyrene foam
- Tires, auto parts, scrap metal
- Concrete, wood, construction debris
- Yard waste, wood
- Non-recyclable plastics

Adhering to these standards can save you money by reducing Rossmoor's trash pick-up charges.

Classified Information

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

Mail to:
Princeton Editorial Services
P.O. Box 70
Millstone Twp., NJ 08510

RATES

\$14 for 10 words, 50 cents each additional word per publication

Choose any below

- ☐ Clearbrook ☐ Rossmoor ☐ Encore
☐ Concordia ☐ GW Voice
☐ Regency ☐ Renaissance

• Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.

• 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.

Returning to normal from the pandemic

(Continued from page 19)

Our post-pandemic world brings hope of gathering with family and friends, returning to activities and being able to travel. While living through the pandemic, we adapted and developed a new normal. We have been waiting for this time to resume our pre-pandemic normal way of living. There are people who are excited and exhilarated by this update and there are people who are uneasy and unsure of returning to in-person interactions.

It is normal to feel anxious about resuming our daily activities. During the pandemic, we became more conscious of our activities with the possibility that we could come in contact with the coronavirus if we were not cautious. As we emerge from this pandemic, start slowly. As eager as you are to get out and start doing things and going places, pace yourself. Do not try to do several new things at once. Allow yourself to adjust and feel comfortable in what you have chosen to do.

As family and friends are starting to resume their lives, do not compare yourself to them. Do not place pressure upon yourself, feeling you need to keep up in getting out and about. Do what is comfortable for you.

Practice getting out in public where you feel safe and comfortable. Start slowly and meet with a family member or friend and then gradually increase the number of people with whom you socialize. Also understand other people's health risks and vulnerabilities. For example, if people are immunocompromised, they must take slower steps in socializing.

As you transition from the COVID-19 pandemic and return to your pre-pandemic normal activities, if the anxieties do not subside, talk to a professional who can help you through this.

We are planning our flu shots for this fall. We have the dates and times, so mark your calendar to get your flu shot from adult community nurses. Our first flu clinic is scheduled for Thursday, Sept. 16 in the Hawthorn Room from 10 a.m. to 2 p.m. The second flu clinic will be on Wednesday, Oct. 6 in the Ballroom from 2 to 5 p.m.

We will have standard flu vaccine, Flublok flu vaccine, and Fluzone high-dose flu vaccine. Flublok is approved for people over the age of 18. Flublok is a recombinant flu vaccine meaning it is not grown on eggs. It is an egg-free vaccine with no preservative and no antibiotic used in its manufacture. The Fluzone high dose flu vaccine is for people over 65 years of age.

At our flu clinics we accept most insurances, but there are four that we will not accept because they have no contract with Saint Peter's University Hospital.

- AmeriHealth Local Value

- Network,
- Out-of-State Medicaid,
 - Out-of-State Blue Cross Blue Shield, and
 - Cost Sharing plans.

Please bring your primary insurance card with you as we must see it. There will be a fee for anyone without insurance or for anyone with the above insurances.

Residents who are computer savvy will be able to make an appointment online starting July 26. Please log on to SPPANJ.com/FLUCLINIC. Choose Rossmoor, and the date and time

you would like to attend. Follow the prompts and complete all fields.

Residents who are not comfortable with a computer, or do not have one, may call 732-867-1059 to make an appointment. The phone will be open from 8 a.m. to 2 p.m. Monday through Friday, and on Saturday from 8 a.m. to 12 noon starting July 26. The phone will not accept messages. If the phone line is busy, or it is before or after those hours, please call back. Do not call the Health Care Center because the nurse will not have access to the appointment schedule.

We will not give pneumonia vaccines at the flu clinics this year; they will be given in the Health Care Center. If you need a pneumonia vaccine, we ask you to bring a prescription from your doctor, indicating which pneumonia vaccine he or she wants. Please call the Health Care Center at 609-655-2220 to make an appointment.

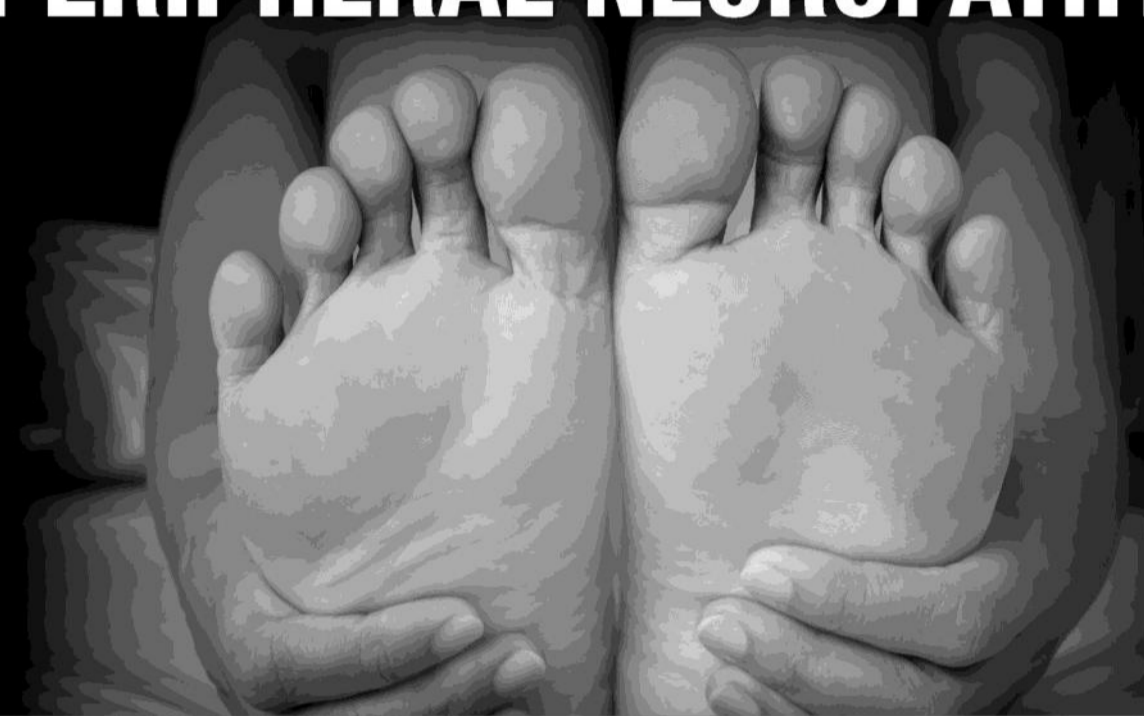
We will provide visits for residents who are home bound and want a flu shot. Please call the Health Care Center at 609-655-2220 for more information.

It is more important than ever to get your flu shot this

year, with coronavirus and variants circulating. Both the flu and COVID-19 are respiratory diseases that have similar symptoms and can cause serious illness, and even death. The flu vaccine will lower your chance of coming down with the flu and protect people around you, especially people who are vulnerable to serious illness. Getting your flu shot will help to minimize the possibility of your having two respiratory outbreaks at the same time.

Remember, **YOU** are the most important member of your healthcare team. Get your flu shot!

DO YOU SUFFER FROM PERIPHERAL NEUROPATHY?



DO YOU HAVE ANY OF THESE SYMPTOMS?

- ✓ Numbness
- ✓ Pain when you walk
- ✓ Sharp, electrical-like pain
- ✓ Burning or tingling
- ✓ Difficulty sleeping from leg or foot discomfort
- ✓ Muscle weakness
- ✓ Sensitivity to touch?

PERIPHERAL NEUROPATHY

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

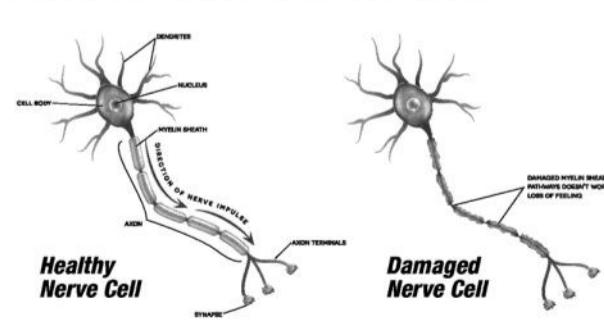
AllCure Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be felt on the first few 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 had successful results with treating patients with Inflammation, muscle, joint, and nerve related pains. CBD is a especially promising due to its lack of any intoxicating effects and lower potential for side effects compared to many other pain medications. At AllCure, we want to maximize patients efforts in getting them back to the quality of life that they want and deserve, and CBD treatment is the newest tool to help us do so. 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.




Healthy Nerve Cell

Labels: DENDRITES, CELL BODY, NUCLEUS, MYELIN SHEATH, AXON, AXON TERMINALS, SYNAPSE

Damaged Nerve Cell

Labels: DAMAGED MYELIN SHEATH, NERVE IMPULSES DON'T WORK, LOSS OF FEELING






AllCure
SPINE & SPORTS MEDICINE


732-521-9222

350 Forsgate Dr, Monroe Township, NJ 08831

FREE
15 minute
consultation
for the first
30 callers!
Exp. 8-31-21



allcurespineandsports.com

 We accept most major insurances and medicare!

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