



Rossmoor IN News



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Monroe Township, New Jersey

September 2019

Monroe seeks to reduce heavy truck traffic

By Gerald W. Tamburro,
Mayor of Monroe Township

There is absolutely no question but that there are too many tractor trailers on our local roads.

It affects motorist and pedestrian safety and threatens the quality of life that we all enjoy in Monroe. There is no reason why our motorists and residents must continually have to deal with these out-of-town trucks, many of which are bringing goods to and from these new giant warehouses that border us in Cranbury.

You might be aware that my administration conducted a tractor-trailer survey in June and July along Cranbury Station Road and Cranbury Half Acre Road. I found the results to be unacceptable, with engineers and police reporting that more than 1,200 trucks pass each day on these roads. We have similar concerns on Prospect Plains Road and are considering traffic reductions on these three thoroughfares into Cranbury to be a top priority.

There are ways in which we can apply to the state to limit the number of tractor trailers on these roads. We can limit the permissible weight of these trucks, and our police officers can ensure these trucks fully comply with our local laws. By limiting the weight, we are limiting the number of trucks heading to those Cranbury

warehouses through Monroe.

We can also seek regional solutions, working with the many surrounding communities that are also dealing with the tractor-trailer nightmare generated by Cranbury's warehouses.

Together, we can advocate for Cranbury to finally complete its Liberty Way Bypass, which was designed years ago as a road to divert truck traffic from our neighborhoods.

The Liberty Way Bypass is vital and is included in the Cranbury Master Plan. It has been in the works for years but never completed. There now needs to be additional funding that Cranbury must secure – through its taxpayers who benefit from the revenue of these warehouses, or through the state. Whatever the case, Cranbury must get the money to allow the critical, final pieces of its two-mile bypass to be constructed as soon as possible, for the relief of us all.

The fight for the bypass is not new. At the request of the former Cranbury mayor, in March 2015 the Monroe Planning Board adopted a resolution in support of the proposed bypass, which was to include a bridge over the Cranbury Brook. At the time, Monroe officials expressed appreciation to Cranbury, saying the bypass sends a positive message to neighboring communities about the growing traffic

problems from the Cranbury warehouses. South Brunswick approved a similar resolution on July 22, 2014, saying the bypass would remove 14,000 vehicles from Route 130, providing "much relief."

The chair of the Cranbury Planning Board called the two-mile Liberty Way a "no brainer." That plan was also enthusiastically promoted by former Cranbury Mayor Susan Goetz, and appeared to be funded in cooperation with Cranbury-based developers.

At the time, Cranbury clearly recognized that its truck traffic is a regional problem. But, in a few short years, and with a new Cranbury leadership now in charge, attitudes have changed. Suddenly, any of the truck traffic generated by Cranbury is no longer their problem. More warehouses are now being planned on our border, and the Cranbury mayor couldn't be more indifferent.

In his written statements, Cranbury's mayor argues our residents should have known better. Our residents should have known they were buying or renting homes on the border of Cranbury, where warehouses were located. So, apparently, Monroe residents deserve to suffer because they didn't build Lib-

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The Meeting House in the early morning

Dave Salter – On top of the ladder in our Maintenance Department

By Linda Bozowski

Need your windows caulked? Is your garbage disposal leaving the coffee grounds in the sink? Maybe

it's time to update the shower head with a burnished copper model. Finding a plumber, electrician or handyman is not always an easy task. Friends and neighbors can offer their experiences, good and bad, and make recommendations. An easier way to get the job done might be as simple as contacting the Rossmoor Maintenance Department.

Unlike some of the surrounding communities, Rossmoor is fortunate to have its own in-house, well-staffed maintenance department. Our folks are available for emergencies seven days a week, 24 hours a day. Calls get returned, emergencies are dealt with promptly and routine upgrades or repairs are handled within a few days. Even though the Department handles over one thousand work orders per month, appropriately qualified work professionals are dispatched to deal with whatever task may need to be addressed.

At the helm of this Department is Operations Manager Dave Salter, a nine-year veteran at Rossmoor. Dave started his career here as a

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Blessing of the Animals

By Sidna B. Mitchell

Recognizing that our pets are like members of our family, E&R and the Community Church are joining together for the Blessing of the Animals on Saturday, Oct. 19, in honor of the 2019 Feast Day of St. Francis of Assisi. The Community Church's pastor, the Rev. Robin Bacon Hoffman will hold a short ceremony and blessing of the animals on the Village Green, in front of the Meeting House, starting at 10 a.m.

All residents and their families are encouraged to bring their pets for this nondenominational event. This is a service with special appeal to children. Pictures of pets that cannot attend are welcome.

All pets must be leashed with owner control or in an appropriate carrier. Owners are encouraged to know their pets' personalities and how they interact with other animals.

Pastor Robin will give a prayer and overall blessing for the animals, followed by individual blessings of pets if the owners so wish.

Pastor Robin explained, "Blessing the animals is a celebration of God's creation, and of the deep bonds we have with our pets, and with other animals. Everyone can participate in the short ceremony and general blessing, and individual blessings will be offered to those pets, and their people, who would like one. We will give thanks for our dear companions, and remember those who have been with us in the past. We will give thanks for the wild animals who make our lives richer as well."

Water and treats will be available for the animals. Pet owners are reminded to pick up after their animals.

All residents are invited to participate in this joyous event being offered for the first time.

We need help

The Players have an urgent need for members who'll work behind the scenes. We have so many positions, both pre-production and production, for which we need people. A willingness to participate is the most important ingredient in a valuable Player.

If you will consider joining

our very entertaining group, please come to our special volunteers meeting on Thursday, Sept. 5, at 6 p.m. in the Gallery. If you cannot attend the meeting, but are interested in joining us, please contact Sue Archambault, shpqun@aol.com or call her at 201-981-5959.

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at the governors' meeting

The RCAI Board of Governors meeting was called to order at 9:00 a.m. on Thursday, August 15, 2019, in the Village Center Meeting Room by Mr. Daniel Jolly, President.

Mr. Gerald McQuade, Treasurer, reported that there is an approximate surplus of \$400,000 through June 30, 2019.

The board approved Resolution Number 19-22, Approve the Actions of the Executive Committee to Purchase a Replacement Barcode Reader at the East Gate

and Resolution Number 19-23, Authorization to Engage the Services of FWH Associates to Prepare Drainage Remediation Plans for the Meeting House.

Ms. Jane Balmer, RCAI General Manager, reported that there is some savings in fuel cost at the Clubhouse by changing from oil to natural gas as compared to past years; the bid opening for Bus Services, North Gate Personnel and Trash/Recycling Removal will be held on Tuesday, September 3, 2019, at 10:00 a.m. in the Village Center Meeting

Room; and the first Blessing of Animals sponsored by the Education and Recreation Department and the Rossmoor Community Church will be held on Saturday, October 19, 2019, at 10:00 a.m. on the Village Mall.

It was suggested that if a pet cannot behave around other animals, pet owners should think about bringing a picture of the pet to the Blessing of Animals.

There was no other business for the Board to discuss and the meeting was adjourned at 9:30 a.m.

Dave Salter

(Continued from page 1)

helper, which means that he assisted other workers on their jobs. He learned plumbing, electrical, heating and air conditioning and other skills along the way. After several years of experience, Dave was knowledgeable enough to go out and estimate more complicated jobs: replacing faucets, putting in new tiling, doing shelving installations and the like. Wanting to learn more, Dave took online courses offered through the

Community Management Association related to facilities management. Dave took the necessary exams and received his certification, making him qualified to function as a facilities manager in planned communities like Rossmoor. Not one to cease his education, Dave is taking Property Management Certification courses so he can be certified for larger projects in planned communities.

While managing a staff of 13 repair persons and an office staff of four professionals, Dave still goes out and

about, checking on jobs in process and assisting with estimates on new work. The Maintenance Department has expanded its lists of tasks, and in addition to routine plumbing, electrical and air conditioning maintenance projects, workers are now available for painting, flooring installations and tiling. Outdoor work, while not charged to specific homeowners, takes up a good amount of staff time, since our workers are responsible for gutter cleaning, mold remediation, and maintenance and repair of walkway lighting and mailboxes. Snow removal along sidewalks and in public parking areas is an important task when the weather is bad, but is always handled in a timely manner.

A lifelong resident of Monroe, Dave still enjoys living in our Township. Educated at Barclay Brook School, Oak Hill Academy and Monroe Township High School, Dave went on to Mercer County Community College. Independent study is still in process as he works toward achieving his Certified Associate in Project Management designation. In the meantime, Rossmoor benefits from his skills and leadership of our Maintenance Department.

Open RCAI Meetings in September

Thursday, September 12

Standing Committee Meetings...9 a.m.
Maintenance Committee
Community Affairs Committee
Finance Committee

Thursday, September 19

Board of Governors Meeting...9 a.m.

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

Please watch Channel 26 for any changes or cancellations.

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



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Linda Monaco

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

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

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

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Bits & Pieces

Sue Ortiz

Summer is almost over, school is starting, and it's time to write that essay on "What I Did This Summer."

Well, not much. It went too fast. Lots of rain. Lots of heat and lots of bugs – both literal and figurative.

June started with a nasty ear infection accompanied by a 102-degree fever. Woo-hoo. Cheap vacation: For the cost of my copays, I got a trip to the doctor, three days off work, lots of rest, and a five-day treat – I mean prescription – of antibiotics. Well, that was fun. Not!

Back to work, back to the daily grind, and I start to count down to my *real* vacation.

Not quite a month later, the 102-degree fever knocked on my door again. This time it was accompanied by a severe sore throat. Another trip to the doctor was looming, but it was Friday, and her office was closed. Off to the Minute Clinic on Saturday I went. After waiting an hour at the travel agency – I mean waiting room, I saw the resident physician. She did a strep test, which determined it was not, sent me home with some ibuprofen, and said, "This, too, shall pass." So, this was just a *day trip*, I guess. Fun.

Still weeks away from my real vacation – I can't wait.

I spend the following days going about my routine: get up, go to work, go home, spend some time communing with nature in my backyard, watering the few flowers and weeds that are growing in my yard, as well as feeding the birds, squirrels, rabbits, chipmunks, and mosquitos. Before you ask, the mosquitos eat— me! Those mini vampires feast on my blood. Itch, itch, scratch, scratch.

One day, I found myself absent-mindedly itching and scratching my legs all day. Must be those darned 'skeeters. I went home to the same routine, and, after dinner, I was shocked to see my lower legs covered in a hive-like rash or bites of some kind. These were not mosquito bites. No.

Had I changed shower gel or eaten something different? No.

So, another *day trip* to the doctor. I could tell by the look on her face that she was shocked at the sight. It was ugly. Not sure if it was a rash or bites (from what?), she gave me a shot of cortisone and a prescription for a course of steroids to ease the itch. More copays. Jeez, these little excursions are starting to get expensive.

At home, I surfed the web for clues as to what could cause it. All sorts of things ran through my head, from simple insect bites to devastating diseases. My head was swimming, thinking the worst. I finally happened upon a site that showed different bug bites, and, lo and behold, I found a match. Chiggers! I had been bitten by a swarm of teeny, tiny chigger* larvae. Ewww. I won't go into the gory details (you can do the research), but chiggers can do a nasty job on one's skin. They

do not transmit any diseases, but they do cause a widespread rash with intense itching, and the affected area takes a couple of weeks to clear up. I've since talked to others who have also suffered chigger bites, and they confirmed my suspicions.

Now, where did I disturb a nest of chiggers? I have no idea. They live in tall grass and hop on you as you walk through it. But, my yard has only two trees, one small patch of black-eyed susans, a lilac bush, and few other flowers, here and there. No tall grass. But, the squirrels have been too busy scratching, also, that they don't even want to eat peanuts. Could they be bringing those nasty little buggers to my yard?

Weeks have passed, my legs have cleared up. I've stayed inside as much as possible. The only fever I have now is cabin fever. As I write this, I'm one week from vacation – my *real* vacation. Don't know what I'm doing, but I'm gonna do it! I'll keep you posted.

Lesson learned: Keep calm, and mind the chiggers.

B&P

*From Healthline.com: *Chiggers are tiny larvae members of the arachnid family and are sometimes called red bugs. Although the larvae are extremely small in size, their bites pack a powerful punch. They're so tiny that you probably won't notice when they jump from that tall blade of grass onto your skin. You won't feel it as they hitch a ride right into your home. When you eventually do feel them, however, they can be extremely itchy.*

"By all these lovely tokens September days are here, with summer's best of weather and autumn's best of cheer." – Helen Hunt Jackson (American writer, 1830 – 1885)

Truck traffic

(Continued from page 1)

erty Way or force trucks to State Highway 130.

We all believe in the common good of our fellow people. After all, this is a larger community and Cranbury is part of it. Together, we must work to solve regional problems proactively, such as advocating together for the completion of the Liberty Way Bypass and having Cranbury trucks use State Route 130 instead of Monroe residential roads.

Until we see a serious solution from Cranbury about this ongoing, unceasing barrage of truck traffic coming through Monroe, we must do whatever we can to safeguard our residents. That is why we have authorized a full planning study and we will be taking action this month to protect our residents. I will be doing everything in my power to limit truck traffic, until the leadership in Cranbury recognizes that our problem is their problem as well.

How impact fees affect our schools

By Linda Bozowski

When we need some paint, we go to the hardware or to a big-box store and choose between Benjamin Moore or Rustoleum or Behr. At the grocery we put Cheerios, Wheaties or Kashi into our shopping carts. When we pay our property taxes, the money is allocated according to formulas over which we have very little control. Some goes to Middlesex County, some goes to support our fire districts, and some is designated as funding for our schools. Why do we have to foot the tab? Why can't the companies that are building all of these homes and warehouses kick in more money?

The answer is that these builders are putting money into the pot, in the form of impact fees. So the next question is, can we as taxpayers tell the builders that they have to widen Applegarth Road or put sidewalks up to the front door of Barclay Brook School? The answer is, "No." What are the limitations on what we can charge these builders? How can the funds be used to provide services to us, the community on which they are having an impact?

The debate about impact fees goes back many years. In the olden days, if homes were built and children were added to the population, the community got together and built a new schoolhouse. Our early one-room school buildings dotted the landscape of Monroe Township, and one has been meticulously restored at the Dey Farm Historic Site.

As military people returned from service and chose to settle in what grew into suburbia throughout our region, builders saw the need and opportunity to build multiple homes, aka housing developments. Look at Levittown, N.Y., or Levittown, Pa., or Kendall Park, N.J. A handful of neighbors might be able to build a school for a dozen students, but coordinating 500 homeowners to build schools for several thousand students was not a likely prospect. So the community leaders said to the builders, "If you want to add homes to our community, you must build schools for our children."

The price of progress

And it was good. The new residents had new houses and the children had new schools. Now the residents had to pay for books and hire teachers and plan bus routes. To their surprise, there was a bill to be paid for these purchases, and that bill was called the school portion of property taxes. So even though the contractors built the buildings, someone had to pay for the day-to-day operation of these buildings, and that was the residents. The builders had met their obligations as part of their agreements with the communities — they built the schools. They paid their property taxes on the proper-

ties they owned, and that was the end of that part of the story.

But the communities realized that more was needed. Roads were in need of repair. More and better sidewalks were needed so that fewer children would have to rely on school buses to take them to their schools each day. As the population of New Jersey continued to grow, some communities decided that it was time to impose fees on developers in exchange for granting permission for new development. In 1959 at the New Jersey Superior Court, a legal decision written by Justice Joseph Halpern clearly stated two significant points: 1) that funding schools was the responsibility of residents/taxpayers and 2) that approval for developments or other construction could not be contingent on payment of to-be-determined impact fees.

What are impact fee restrictions?

At this time, 27 states permit imposition of impact fees on developers, but each state has its own set of parameters. Eight of the 27 states, including New Jersey, do not permit the use of impact money for school construction or repairs. In New Jersey funds can be used only for water, sewer, drainage and street improvement projects. Not permitted are projects related to other public utilities like electrical service, transit projects, libraries or park or other open space.

As the state legislature looks at school funding, we will try to keep folks aware of what our current funding guidelines are and what changes are being considered. There will be more information on this topic in the October Rossmoor News. Please check the Monroe Board of Education website for additional information as well.

"The aim and final end of all music should be none other than the glory of God and the refreshment of the soul."

Johann Sebastian Bach

Come, refresh your soul with us.

The Rossmoor Music Association invites you to enjoy its Sept. 20 concert, the first of its 2019-2020 season. See article on page 16.

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OCTOBER 9
Yizkor: 9:30 am
Mincha/Neila: 12:00 pm
Break-fast: 5:00 pm
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For RSVP and information call
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Nneka Njideka Caregiver Consulting and Mediation, LLC	How to Plan a Family Meeting When Family Members Disagree
Gael Chiarella Alba SelfCareOasis.com	Selfcare Toolkit for Your Busy Days
Debra Hallisey Advocate for Mom and Dad, LLC	Your Caregiver Relationship Contract: How to Navigate the Minefield of New Roles and Expectations

Saturday, September 21, 2019
8:30 a.m. – 2:00 p.m.


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Monroe Township, NJ 08831

Early-bird rate of \$20 includes continental breakfast and a box lunch. Early-bird rate ends September 1, 2019.



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In some ways, recycling becomes a moral issue, because less trash in the ocean will save the lives of marine mammals. Less trash on land will keep our landfills from filling up, allowing us to leave a cleaner world for the grandchildren we love.

The fussy ones are the people who purchase recyclable items after Waste Management sorts the stuff. Many of these companies

Another reason listed is that the animal was being fed and was used to it, so it wasn't afraid of people. (We want them to be afraid of us, especially because they are strong and have very sharp teeth.) Listed last in most of

732-642-9118

Wild animals

(Continued from page 4)

perative that everyone heed and obey this warning. Foxes need to stay away from people, not only for our safety, but because it interferes with their hunting ability, which in turn, interferes with the ecosystem. In a way, feeding them is harming them; leaving food will most likely slow down or stop particularly in bad weather. If they lose their ability to hunt, they will die, and if they can't teach their pups to hunt, they will also die. There will be pups—there have already been sightings of other foxes. Again, the ecosystem

is affected because the rodents and other prey the wild animals hunt, will increase.

The addition of coyotes creates a serious situation because they compete with the foxes for food, and end up killing them and going after the pet dogs, which lead to real danger for us, and for the animals we live with and love. Foxes generally don't attack humans; however, coyotes do bite, and one did inflict considerable damage to the woman in the other community. It is safer if we withdraw our welcome mats laden with food for wild animals. Everyone needs to cooperate to assure everyone else's safety.

Thanks to all who donated to this year's school supplies drive

By Diane England

This was the third year we've held the community-wide school supplies drive, and what a success you all made it. The Benevolence Committee of the Rossmoor Community Church, chaired by Jean Cooke, wishes to extend their warmest thanks to you. The Trenton Area Soup Kitchen (TASK), which distributes these supplies to needy school children in the greater Trenton area, was certainly most grateful for your generosity as well.

Here is the estimated value of the school supplies

you donated this year:

- Before Sunday church service: \$831 (\$99 increase from 2018)
- From the community: \$1,169 (\$514 increase from 2018)
- Grand total: \$2,000

Jean Cooke and Marilyn Cohen were the women collecting your donations in the Craft Room -- as they did last year. They were both happy to see familiar as well as new faces. If they barely had time to acknowledge your generous donation at the time you delivered your items, they

do apologize. They reported back that it was so busy on that Monday that they hardly were able to collect everything as people appeared.

I suspect they'll be adding another helper next year. After all, they do expect to hold this drive again in 2020 near the end of July. Meanwhile, enjoy the rest of your summer. Also, when you see those school buses in our midst once again, remind yourself that some child is smiling because he or she had school supplies due to your generosity.



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Monroe Township

Falcon Care and E C E – Two options for our students

By Linda Bozowski

Before and after school opportunities for our students

Do you remember the olden days when in "Father Knows Best" and "Leave It to Beaver," Margaret Anderson and June Cleaver stayed home and wore aprons and high heels and baked cakes? Do you remember the old days when maybe you did that, without the apron and

high heels, but maybe in jeans and flip-flops and maybe you made fondue? Far fewer moms or dads have the option of being stay-at-home parents these days, so child care becomes an issue in many homes. Fortunately, in Monroe, parents have safe options. The Falcon Care Program is one of them.

As Monroe Township continued to grow and more households had the need for additional income or the desire to pursue or continue a career, safe care of children before and after school-hours became a need that could not be easily satisfied by grandparents or neighbors or in-home babysitters. Professional services opened that offered programs to help meet these childcare needs. After seeing the success of other programs and the increasing demand for such services, the Board of Education decided that being in the limited childcare business would be good for students and parents. In 2014 Falcon Care began its program using six of our schools. Each school would serve the students who attended that school and parents had the options of before-school, after-school, several-day-a-week choices and later-in-the-day care. Since students would be serviced in their home schools, there were no transportation issues.

Staffing was composed of a central office program director, and, in each facility, a site coordinator, a group leader, and one or several assistant group leaders. While the program director is a fully-certified educator, the rest of the staff has various levels of education and all have sound child-care experience. Each of the six locations is open and in session in accordance with district school times. However, because each of the six schools is a unique facility, there is "personality" in each of the six programs that fits in with the temperament of each of the schools.

Falcon Care is not a babysitting service. Students are expected, according to the agreements that the students and parents sign, to deal with their homework assignments. Arts and crafts, games, outdoor activities, movies, reading, dress-up, and other activities occupy their time. Use of electronic devices is very limited and is sometimes granted only as a reward for the student having completed some task or challenge.

Currently about 350 students participate in the Falcon Care Program. Fees for the programs depend on the service levels selected, but are below those of other programs in the area. The Program is open only on the days that school is in session, so there is no summer program or services during spring or winter break. Despite some of its limitations,

the Falcon Care Program has contributed approximately \$650,000 profit to the school system in the year that just ended. More importantly, the Program provides safe and stimulating care to our students and meets a very important need of our families.

Kindergarten enrichment through the E C E Program

Like many of our surrounding communities, Monroe Schools offer half-day kindergarten to our little ones. Since many of our youngsters have attended pre-kindergarten or nursery school programs in private facilities, parents may have the desire for their children to have a more structured extension of the school day and additional learning opportunities. Because of this interest, the Board of Education expanded the Falcon Care Program to offer the Early Childhood Enrichment Program at the three elementary schools at which kindergarten is offered – Mill Lake, Oak Tree, and Barclay Brook.

Each of the three schools offers a morning and afternoon program with each session serving approximately 20 children. Unlike the staffing in the Falcon Care Program, the staffing of the E C E program is made up of certified teachers and teachers' aides. The educational program offered in the E C E model is consistent among the three facilities and follows a well-founded curriculum in accordance with school system guidelines. Although the students do not receive report cards, parents are kept informed about each child's progress and have an opportunity to meet with teachers and visit classrooms for special events and programs.

Because the program is only offered in three of the district's buildings, children are transported between their home schools and the E C E facility in which they are enrolled. At the end of the E C E day, the students are returned to their home school for pick-up or attendance at the Falcon Care After School Program.

Fees are charged for this program, and participation may be selected for three, four or five days per week at different rates. Student participation in the E C E Program has been well received by parents and students. This program offers students a leg-up on preparedness for the early elementary grades. Because the students are not restricted to their home-base schools, they also have the opportunity to get to know students from other parts of the township and make new friends. As the students meet new friends, parents also have the opportunity to interact with parents from the district's other schools. This program helps foster cohesiveness among our schools and in our community, a worthwhile benefit.

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Director of Programs and Services | alzheimer's association

Tuesday, September 17 • 5:30 p.m.

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Labor Day: a day off from work

By Jean Houvener

The first Monday in September is celebrated as Labor Day. Most of us think end of summer, back to school, mattress sales, and barbecues. The origin of Labor Day was meant to celebrate American workers, and was particularly pushed for by the labor unions of the late 1800s. The beginning of the push for a Labor Day, representing a day off from work, has several sources.

The first Labor Day was in New York City on Sept. 5, 1882, for which a one-day general strike was called by the Central Labor Union and to which all unions were invited. The march around New York from City Hall to Union Square was apparently the idea of Matthew Maguire, secretary of the Central Labor Union, as an unpaid day off for workers, and some 10,000 workers took part.

At that time, the United States was transitioning from an agrarian economy to an industrial economy. Many of those industrial workers were recent immigrants. Most workers worked 10 hours a day seven days a week. It was also common for children to be working as well as their parents, so a day off

was a welcome idea. A picnic and fireworks were scheduled to follow the parade.

Other sources credit Peter J. McGuire, a founding member of the City Brotherhood of Carpenters and Joiners and later of American Federation of Labor, with suggesting in 1881 a day off half way between Independence Day and Thanksgiving Day to celebrate workers.

The unions were all pushing for a six-day work week. Ultimately, we have arrived at the five-day, 40-hour work week. The states came on board individually at first. By 1894 30 states had declared the first Monday of September as a holiday.

A major catalyst for the Federal government to declare Labor Day a holiday came after the Pullman strike of 1894. George Pullman, president of Pullman Railroad Cars, ran a tight ship. Workers lived in housing he had built and for which they paid rent. They were paid through Pullman's bank, and shopped in Pullman's store. The whole town was controlled by Pullman. In 1893,



as business declined, Pullman reduced pay for workers, but did not reduce rent or prices of goods. Workers found they had no income once all the deductions had been made back to Pullman. Some workers were laid off. The workers not laid off were unable to support themselves. They went on strike. Then all the railroad unions went on strike, boycotting any trains with Pullman cars. President Grover Cleveland called in 12,000 federal troops to force an end to the strike, which added further violence to an already volatile and violent situation. The strike ended Aug. 3, 1894.

Cleveland was not very popular after that move, so to improve his re-election chances, he was happy to sign a declaration that Congress had passed creating Labor Day as a Federal holiday. Although Labor Day endures, Cleveland lost the election.

Proper display of the American flag

By Alex Monaco

As you drive around Rossmoor you see many American flags on display. Are we properly displaying the American flag? I have received some queries about this.

The questions are

1. How should we display the flag?
2. Can it be displayed in inclement weather?
3. Can it be displayed at night?

I did some research and finally arrived at the Congressional Research Service report for Congress, namely, The United States Flag: Federal Law relating to display. Household flag display is



normally a very limited set of actions.

1. Displaying the flag on a flagpole: The flag should be displayed upright or at an angle that keeps the union, the blue field with the stars, the highest part of the flag. No other flag should be above the American flag. To display the flag inside the house on a wall, it should be placed horizontally or vertically with the union in the upper left corner. To display the flag to be seen from the outside through a window, the union appears in the upper left quadrant.
2. The flag may be displayed in all weather as long as it is made from a weather resistant material.
3. A flag may be displayed 24 hours a day if it is properly illuminated.
4. If the flag is taken down, it should not touch the ground and should be folded and stored respectfully.
5. Damaged or worn flags should be disposed of properly. The recommended disposal method is by burning, but since Rossmoor rules limit fires, you can contact a local VFW, American Legion post, or scout troop to dispose of the flag.

Be careful where you leave your car

By Carol De Haan

The big parking lot adjacent to the North Gate is owned by the Heritage Partnership, 1 Rossmoor Drive.

A new sign, erected at the entrance to the lot, warns that parking in that lot is restricted to tenants and visitors only. It says that unauthorized vehicles will be towed to a garage in Cranbury at a charge of \$125 per hour, plus other hefty fees.

Be warned: It might cost a great deal of money to retrieve a car that has been towed.

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Mitochondria: Nature’s miracles

By Jean Houvener

The third full week in September is Mitochondrial Disease Awareness Week, this year from Sept. 15 to 21. The United Mitochondrial Disease Foundation is responsible for creating this observance. Most of us probably remember the Krebs cycle, also known as the citric acid cycle, along with mitochondria from our high school biology class.

The theory is that in very early days of life on earth, when single celled organisms absorbed (ate) other single celled organisms, they digested the absorbed cell and used its energy for their own purposes. Somewhere along the way a single cell absorbed but did not destroy another single cell. Instead the two functioned more efficiently as a more complex cell. The first cell was a eukaryote, which is a cell including a nucleus containing its chromosomes, as opposed to bacteria. The second was a prokaryote, which is what bacteria are, with cell wall and nucleoid region and other structures, like bacteria. Ultimately the absorbed prokaryote became mitochondria.

While there are many differences, the similarity between mitochondria and

modern prokaryotes is still striking. The new combined cell gave life to all multicelled organisms, plants as well as animals. Mitochondria have their own DNA, but make use of the cellular DNA for many of their functions. Over the millennia, they surrendered some of their DNA to the nucleus of the larger cell, diverging differently in different species.

These organelles are known as the energy factories of our cells. A mitochondrion consists of an outer wall that is permeable to large protein molecules and an inner wall, which has many folds, known as cristae, which increase its surface. Molecules including those from the food we eat and the oxygen we inhale are processed, first through the outer wall, and then in a series of complex operations along and through the inner wall, creating water (H₂O) and ATP (adenosine triphosphate), a neat little packet of chemically bound energy which cells release when energy is needed. The process adds and strips electrons and protons from the molecules, and folds the molecules into the ATP.

The process is driven by the mitochondrion’s DNA

and also by the cell’s DNA to create the templates for necessary proteins and enzymes. The mitochondria do not reproduce as the cells do, but have their own schedule of cell division, duplicating themselves as needed. There may be many mitochondria in a cell or none at all, depending on the function of the cell. Muscle, brain, and heart cells have many mitochondria because the energy requirement for them is high. Red blood cells on the other hand have no mitochondria.

Mitochondria also have other functions besides creating energy. They regulate when a cell needs to be destroyed (apoptosis). They control the storing and use of calcium. They also create heat in a different way for the body, particularly in babies; this ability fades with age. The proteins mitochondria create vary from species to species.

Playing a vital role as they do, mitochondria can also fail to do the jobs they are needed for. The creation of ATP with its actions on protons and electrons can release free radicals, which damage both the mitochondria and the cells, in particular both mitochondrial and nuclear DNA.

Most mitochondrial disease is the result of mutations in the mitochondrial or cellular DNA, and can be either inherited or acquired. Mitochondria are inherited solely through the matrilineal line. Estimates of the most recent common ancestor for human mitochondria are 150,000 to 200,000 years ago, and is thought to have arisen from one woman in Africa before the various migrations out of Africa by humans.

Because of the importance of mitochondria to various organs, the failure in one or more organs can

present as different diseases, but the cause may still reside with mitochondrial failure. While research is ongoing for these diseases and some research is also looking at the role of mitochondria in cancer or Alzheimer’s, there is much we still need to learn about these complicated interactions and how to diagnose and control mitochondrial disease.

Given the complexity involved it is truly miraculous that from this chance encounter billions of years ago, most of life as we know it has arisen.

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Gerald W. Tamburro

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COUNCIL PRESIDENT

Stephen Dalina

Council President Dalina and his family have lived in Monroe for over two decades. A former President of Monroe Baseball, Steve is a current member and past chair of the Monroe Recreation Advisory Board. An experienced Rutgers University educator and professional, Steve also serves on the Monroe Township Library Board. Steve became Council President in 2017 and is a strong advocate for our recreation programs.



COUNCILWOMAN

Miriam Cohen

Councilwoman Cohen was elected to the Township Council in 2017. A registered nurse by profession, Miriam is currently an adjunct professor at the College of New Jersey, School of Nursing. As a former Vice President of the Middlesex County League of Women Voters, Miriam is a strong advocate for civic issues and public policy. She is an active member of Monroe Township Cultural Arts Commission and serves as President Greenbriar at Whittingham Home Owners Association. Miriam is a strong advocate for expanding public health and awareness programs.

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International Day for the Preservation of the Ozone Layer

By Anne Rotholz

On Dec. 19, 2000, the U.N. General Assembly designated Sept. 16 as an International Day for the Preservation of the Ozone Layer. This day was chosen to commemorate the date in 1987 when the U.N. adopted the Montreal Protocol on Substances that Deplete the Ozone Layer.

The earth's atmosphere (or air as we usually call it) is a protective layer of gasses that surround the planet. It has five layers determined by temperature.

The ozone layer (sometimes called the ozone shield) is found in the stratosphere which is the second

layer up from earth, beginning at an altitude of about nine miles. It contains a high concentration of good ozone (about 90%) which absorbs the harmful ultraviolet radiation that comes from the sun to our earth. In humans, ultraviolet radiation causes skin cancer, cataracts and damage to the immune system. It also has a negative effect on animal and plant life.

A small percentage of ozone found at ground level is known as bad ozone. It becomes a component of smog when it comes in contact with pollutants emitted by cars, refineries, chemical plants, etc. This happens mostly in the summer months when we have lots of sunshine and high temperatures. It poses a great danger to our lungs, to animals, to forests, to vegetation in general, and to all living things.

A healthy ozone layer is essential to our well-being. Scientists became alarmed when in the 1970s they noticed a change in the ozone layer. Studies showed a lowering of about 4% in the amount of ozone in the earth's atmosphere. They also noticed a much larger ozone decrease in the polar regions in spring, especially around the South Pole. They theorized that chemicals being used at that time could reduce ozone levels in the stratosphere.

Then, in 1985 British scientists shocked the world when they announced that they had found a huge "hole" in the ozone layer over Antarctica. This "hole" indicated a large-scale thinning of the ozone layer. They strongly suggested that if nothing was done to remedy the situation the ozone shield would collapse by the year 2050. Ozone "holes" can form over the poles (especially the South Pole) in winter because of the extremely cold temperatures and special cloud conditions there.

Further studies led scientists to believe that the culprit was Chlorofluorocarbons (CFCs) which were chemicals discovered in the 1920s. CFCs were used in refrigerants, solvents, propellants (aerosol spray), foams, and packing materials.

Ultra violet rays break down CFCs and chlorine gas is released. This chlorine gas goes to the earth's atmosphere ending up in the stratosphere where it destroys ozone.

It turned out that two chemists working at the University of California, Sherwood Rowland and Mario Melina had already come to this same conclusion. In 1974 they published a scientific paper warning that the use of human generated CFCs could do serious harm to the protective ozone layer. At that time the chairman of the board of Dupont (one of the large companies that made some of these products) called their findings "a science fiction tale" and also "a load of rubbish." In 1995 Rowland and Molina were awarded the Nobel Prize in Chemistry for their work.

People in general were very alarmed by all this information and they were eager to help solve the problem before things got worse. Consequently, the world welcomed The Montreal Protocol and for the most part people took heed of its recommendations.

The Montreal Protocol on Substances that Deplete the Ozone Layer (a protocol to the Vienna Convention for the Protection of the Ozone Layer) is an international treaty designed to protect the ozone layer by banning or phasing out the many substances that are responsible for its depletion.

Adopted by the U.N., it was ratified by all 197 member states. It was the first universally ratified treaty in the history of the U.N.

The Montreal Protocol is believed to be one of the most successful treaties in history. Speaking about it, U.N. Secretary-General Antonio Guterres said, "It was historic for our people and for our planet."

The success of the treaty is becoming more evident each year. Some 99% of the ozone-damaging materials are no longer in production. The ozone layer is recovering as ozone levels continue to rise and the "hole" over Antarctica is closing.

Perhaps the greatest success of all is that the people of so many countries in the world came together to solve a common global problem.

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- 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.

Sound Advice

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

A Primer on setting up a Trust Fund

Trust funds used to be the realm of the wealthy, providing a tool to pass money to heirs and charities. Nowadays, though, they are becoming a means for more people to engage in smart estate planning.

Trusts are legal arrangements allowing you to put assets into accounts that benefit another person or an organization, like a charity or college. They are often complicated and require a lawyer to put together — although there are online alternatives if you want to attempt to do it yourself.

The basic idea is to control who gets your assets, either when you're alive or afterward. A trust can help you lower estate taxes and avoid probate, the often-arduous legal procedure that proves a will is valid.

First Steps. As you set up a trust, you need to settle a few key questions:

- What assets go into the trust: stocks, bonds, mutual funds, cash or property?
- Who are the beneficiaries, meaning the people who receive

the trust's benefits?

- Who will be the trustee, the person who manages the assets and oversees the trust? The best thing is to appoint someone you know, who also is familiar with your financial situation and your beneficiaries. Plus, this person should be financially astute, and knowledgeable about taxes and investing.
- How will assets be invested and managed, and when will they be paid out? For instance, you might not want your children to receive the benefits until they're 35, as an established adult.
- What is the duration of the trust, and under what conditions will it end operations? Is it paid out over time, or all at once?
- Can its conditions be changed? Some trusts are irrevocable, meaning they are chiseled in stone. Others are revocable, meaning for instance you can shift the beneficiary to be your daughter instead of your younger brother.
- What stipulations do you want? Maybe the money will go to your son for everything except paying

off his creditors. Or your daughter, but not your son-in-law if she should die.

Beyond these considerations, it's wise to find a good, experienced estate attorney. The lawyer will craft a document called a declaration of trust, which will set up the trust fund and establish its conditions.

Timing. Next, the trust fund is registered with the IRS, allowing it to file its own tax returns and legally open financial accounts at banks or other institutions. Then, you transfer the assets into the trust, a process called retitling.

Do you want the trust to take effect now or at your death? And should it be revocable or irrevocable? The argument for revocable is that your beneficiary, perhaps a young person, may not grow into someone who deserves your generosity. The case for irrevocable is if you want to earmark the assets to support an activity whose necessity won't likely change, such as educating a child or supporting a charity.

The question of how long the trust will stay around, before its last assets are paid out, is a tricky one. Common law is structured

against letting trusts persist indefinitely. But many states let you get around that by setting up a so-called dynasty trust, which permits the wealth to grow for a long time without being taxed.

Types of Trusts. Aside from whether the trust is revocable or not, its structure can be very complex and carry advantages and

disadvantages. Some examples:

Generation-skipping trust, aka a dynasty trust. This lets you transfer money tax-free to beneficiaries who are two generations younger than you. The goal is to avoid the assets being taxed twice: once when they go to your grown children, and again when that generation passes the assets along to their own

(Continued on page 12)

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

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Musings and Memories

By Betty Emmons

And I Smile

As you look back over the years, isn't it wonderful to realize how far you have come in life, the joys and the sadness. Do you rejoice or regret? It is all there to think on and you have a choice of memories to chose from.

As for me, I have chosen to think on and remember the friendships of the past and present and how old friendships still shape who I am today. On that score I think of my best friend from as far back as kindergarten. She is long gone now but the things that we did together are still with me and it causes me to smile.

How could I have known this is how it would be when I got old and that it would be a comfort to live and feed on my

memories? Now I meet people every day. They are not necessarily friends but people we admire and think of in a friendly way, and I smile.

There were also friendships that were never meant to last but were enjoyed at the time. But people move on and life goes on and the memory of who they were is still a part of who we are today. This fascinates me to say the least, and I smile.

New friends, old friends, acquaintances. It is all the same when you think about it.

Friendship is definitely a gift that we enjoyed at the time and that we can take and hold dear to our hearts now. There is much joy in remembering, and you will smile.

Sound Advice

(Continued from page 11)

kids — namely, your grandchildren.

Bypass trust. Here, you bequeath an amount up to the estate tax exemption (in 2019, that's up to \$11.4 million from a single giver or double that from a couple). The rest goes to your spouse tax-free. After your spouse dies, you can stipulate that what's left goes to the kids.

Qualified terminal interest property (QTIP) trust. This is best at singling out which particular relatives to direct your largesse to. A QTIP is often helpful in families where there are divorces, remarriages and stepchildren. Your surviving spouse can receive income from it, and once that spouse dies, the remaining principal goes to specific younger relatives.

For you, the donor, creating a trust fund gives you

peace of mind that the legacy you want to leave is well constructed and wisely directed. This article is not intended as personal advice, but rather as an educational resource about planning techniques available when working with a financial professional.

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.politziner.com or call us at (732) 296-9355.

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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.

Mailing Addresses

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

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

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New Neighbors



By Christina Smith, CMCA,
Resident Services Manager

Robert Antony and Lashin Chang, 16N Old Nassau Road, formerly of Edison, N.J.

Madeleine Napolitano, 492N Somerset Lane, formerly of East Brunswick, N.J.

Zulay Camino Greaves, 26D Bradford Lane, formerly of Matawan, N.J.

Richard and Maria Reynolds, 580A Old Nassau Road, formerly of North Brunswick, N.J.

John and Cherie Copinger, 416C Onset Lane, formerly of Tafton, Pa.

Young Hoon Shin and Dae Youn Kim, 207A Madison Lane, formerly of Edison, N.J.

Patricia Bittenbaum, 396A Newport Way, formerly of East Brunswick, N.J.

Gregory Emburgia, 546A Springfield Way, formerly of East Windsor, N.J.

Cynthia Erickson and Jennifer Bonelli, 130B Plymouth Lane, formerly of Trenton, N.J.

David and Linda Appleby, 686A Yarrowborough Way, formerly of Sayreville, N.J.

Carey Brown and Adrienne Sellers, 409N Oxford Lane, formerly of Newark, N.J.

Thomas and Geraldine Gallino, 548A Sheldon Way, formerly of Wilmington, Del.

Kathleen Hippeli, 374N New Bedford Lane, formerly of Spottsville, N.J.

Sheila McCue, 385B Sudbury Lane, formerly of Bixby, Ohio

Edward and Mary Ann Campanella, 462B New Haven Way, formerly of Linden, N.J.

Jai and Darshan Rai, 293D Sharon Way, formerly of East Windsor, N.J.

Dolores Codner, 329C Nantucket Lane, formerly of Tenafly, N.J.

Denise and Daniel Providence, 300N Sanford Lane, formerly of Irvington, N.J.

Dianne L. Walker, 538N Sutton Way, formerly of Cedar Rapids, Iowa

Carrie Hall, 354F Old Nassau Road, formerly of Old Bridge, N.J.

Jane Schreiber, 397B Newport Way, formerly of Old Bridge, N.J.

Ruth Newman, 731 Mt. Vernon Way, formerly of Skillman, N.J.

Pet reminder

Residents have an obligation to immediately clean up after their pets on all common elements. Waste should be removed/disposed by placing it in a sealed, nonabsorbent, leak proof container. Please do not dispose of pet waste in any catch basin, detention basin, or other common element.

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CULINARY CORNER

By Sidna Mitchell

Try a taste of history and gingerbread

When we had to cancel the Kooky Kroquet challenge and the cookout to follow because of the extremely hot weather and possible thunder showers, Ken and I headed to Panera's in Princeton for breakfast and people-watching. After considering several possibilities, we drove up to Kean University to soak up some history at Liberty Hall.



Liberty Hall is a large, 50-room house with parts dating back to 1772. The mansion and other buildings are located on what was the farm estate for William Livingston, a signer of the U.S. Constitution and New Jersey's first elected governor. Distinguished visitors included George and Martha Washington as well as Alexander Hamilton. There are letters from Benjamin Franklin and Thomas Jefferson among the artifacts. If you're interested in wine, check out the wine cellar with bottles dating back to Colonial days.

The estate came into the Kean family in 1811 when Peter Kean purchased the property for his mother, Susan Livingston Kean, niece of Gov. Livingston. During their tenure, the Kean family welcomed such presidents as Ulysses S. Grant, William Howard Taft, Herbert Hoover, Gerald Ford and George H.W. Bush.

We and one other couple were so fortunate to have Gary, a wonderfully knowledgeable guide, who patiently answered so many questions. As we five wandered from room to room, we realized that he was a treasure of historical information, explaining portraits, furniture, china, silver, toys, etc., among the vast collections.

In the Colonial-era kitchen were copies of recipes. The one for gingerbread caught my attention since that was a favorite treat centuries ago. I wasn't able to get that recipe but I did find one that works deliciously in these modern times.

Monroe Township Green Fair offers sustainable solutions and healthy living options

The Monroe Township Environmental Commission, in cooperation with the Monroe Township Library, will host the tenth annual Green/Health & Wellness Fair on Saturday, Sept. 28 from 10 a.m. to 3 p.m. at Monroe Township High School, located at 200 Schoolhouse Road.

This year's event offers more than 100 exhibitors and speakers who will provide valuable information, products and services to help attendees stay healthy and save money while protecting the environment.

"I'm pleased to see how the Green Fair has grown over the past decade and I am proud of our continued collective efforts to promote a more environmentally friendly lifestyle in Monroe Township," said Mayor Gerald W. Tamburro. "Through events like the Green Fair and other community engagement efforts, we are one of only three communities in Middlesex County to achieve silver status by Sustainable New Jersey."

Attendees are invited to

(Continued on page 14)

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Gingerbread

Culinary corner

1/4 cup butter
1/4 cup sugar
1 tsp. cinnamon
1 tsp. ginger
1 tsp. ground cloves
pinch salt
1 tsp. baking soda

1 1/4 cups flour
1/2 cup molasses
1/2 tsp. baking soda
3/4 cup boiling water
1/4 tsp. baking soda
1 beaten egg

Cream the butter and sugar; set aside.

Sift spices, salt, baking soda and the flour together; set aside.

Beat the 1/2 teaspoon baking soda into the molasses until the mixture is light and fluffy. Add to the creamed sugar.

Mix the boiling water and 1/4 teaspoon baking soda and then add that alternately with the sifted dry ingredient to the creamed sugar mixture.

Fold in the beaten egg.

Mix well and pour into a greased nine-inch square Pyrex dish.

Bake in 325-degree oven for 20-25 minutes or until a toothpick comes out clean.

NOTE: This is best served warm with gobs of butter.

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

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Clubs and Organizations



The Rossmoor Chorus starts a new season

Do you like to sing?

By Janet Wilson

All are invited to join us in the Rossmoor Chorus. You don't need to be able to read music, although it does help. We practice every Wednesday from 4 to 5 p.m. at the Meeting House. Chorus resumes on Sept. 4.

The Rossmoor Chorus sings at the Rossmoor Community Church service on the third Sunday of each month.

We are also involved in singing at special events such as the Memorial Day service, National Day of Prayer, and Thanksgiving service.

The Chorus is made up of men and women and is open to all faiths. We've led two annual sing-alongs, with more than 125 enthusiastic Rossmoorites and friends joining us each time for the fun! We also sing at various

local nursing homes a few times during the year.

For those who would like extra help with notes, workshops are given by the director, Janet Wilson. Join us in having a free music lesson by coming to one or more of these.

If you're interested in further information, please call Janet at 609-655-4129. See Channel 26 for updates.



October: Three artists will grace the Music Association stage

By Linda Bozowski

What happens when you mix a mezzo-soprano, a baritone and a pianist? You get a wonderful evening of music, brought to you by the Rossmoor Music Association. On Friday, Oct. 4 at 7:30 p.m., at the Meeting House, pianist Jeffrey Uhlig will accompany Jody Kidwell and Marcus Beam. Uhlig has performed for us in past seasons. Kidwell and Beam will be visiting us for the first time this season.

Kidwell, classically trained at Ohio State University and

the Academy of Vocal Arts, is a winner of the Third Luciano Pavarotti/Opera Company of Philadelphia International Voice Competition. She has sung in numerous operas in the Philadelphia area and has traveled throughout North and South America as a guest soloist with many orchestras. She has also been recorded singing Mozart's Requiem and Beethoven's "Missa Solemnis."

Not limited to opera, Kidwell performs major concert works of such compos-

ers as Verdi, Rossini, Elgar and Mahler. She was director of the Women's Ensemble Adult Choir and assisted with the children's choir at Congregation Rodelph Shalom in Philadelphia for nearly 20 years. She also teaches private voice at several schools and maintains a private studio in Philadelphia.

In contrast to the strong soprano skills of Kidwell, Marcus Beam brings a lusty baritone presence to the stage. With a repertoire ranging from pieces of the 17th century to those of the 20th, Beam has to his credit numerous opera performances including events at Carnegie Hall and with the Opera Orchestra of New York. Performances in Rome, Palermo, and Berlin also grace his very varied resume. Among the many better-known works in which he has performed are Rigoletto, Faust and La Traviata.

While completing his education at Philadelphia's Academy of Vocal Arts, Beam also performed in La Boheme and Figaro. He has won numerous competitions, including Regional Winner of the Metropolitan Opera national Council Awards.

Grounding the performances of our vocalists is returning artist Jeff Uhlig, a regular with members of the Philadelphia Orchestra. He

(Continued on page 16)

Green Fair

(Continued from page 13)

check out exhibits on green and sustainable living products, recycled/upcycled creations, organic food and environment and wildlife protection programs. An electric car booth will offer test drives, a children's wing will offer environmentally friendly crafts and activities, and a health and wellness area will provide free flu shots and wellness checks.

Guest speakers will present their expertise on a variety of topics throughout the day. Jaclyn Lithgow starts the lecture series talking about essential oils at 10:30 a.m. followed by a discussion about climate change with State Climatologist, Dr. David Robinson at 11 a.m.

For those interested in oceanic efforts, John Dohanec of Aquatic Performance Training will host a lecture on aquatic rehabilitation at 11:30 a.m. Dr. Maria Choy is back again this year and will present The Medical and Environmental Applications of Hemp at 12:30 p.m.

For the kids and grandkids, there will be the Zoo Jersey Animal Show at 1 p.m. The day wraps up with Michael Lewis presenting New Jersey's Clean Energy Program at 1:30 p.m. And, just in time for fall, the Shade Tree Commission will be handing out seedlings.

For additional information, contact Environmental Commission Secretary, Kathy Budge, at 732-521-4400, ext. 130.

Rossmoor Clubhouse News

September 2019

"THE FUTURE OF MONROE" TOWNSHIP PRESENTATION

Presented by Alan Weinburg, Business Administrator

Thursday, September 19 at 6:30PM, Meeting House

"PROTECT YOURSELF FROM SCAMS AND FRAUDS"

Presented by the Monroe Twp. Police Department
and Mayor Tamburro

Wednesday, September 25 at 6:30PM, Meeting House

WELCOME

Clubhouse

Open daily from 8AM - 10PM

E&R Office

Open Monday-Friday

8:30AM - 5PM

*Closed Daily from 12noon-1PM

Phone: (609) 655-3232

Melissa Barnard: Clubhouse Manager

Sue Ortiz: Office Coordinator

Sebrina Jinks: Office Assistant

Jessica Roberts: E&R Foreman

ON SALE - NOW & UPCOMING

EVENTS

"ROCKETMAN" SUNDAY MOVIE LUNCHEON

Sunday, October 6 at 12:30PM, \$15

On Sale 9/3

AARP SAFE DRIVING COURSE

Friday, November 8 at 8:30AM, Gallery

\$15 Members/ \$20 Non-Members

On Sale 9/24

BEATLES TRIBUTE SHOW by Maggie Worsdale

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

On Sale Now

SPORTS AWARDS DINNER

Wednesday, November 6 at 5:30PM, Ballroom, \$20

On Sale 9/19

OKTOBERFEST LUNCHEON

Friday, October 4 at 12:30pm, Ballroom, \$20

On Sale Now

NEW YEARS EVE CELEBRATIONS

Tuesday, December 31

On Sale 9/17

EXCURSIONS

TROPICANA-ATLANTIC CITY, NJ

Tuesday, September 17, \$25pp-\$25 slot play

Bus departs poolside at 9AM

On Sale Now

LOS ANGELES ANGELS AT NEW YORK YANKEES

Thursday, September 19, \$85pp

Depart Clubhouse at 3:00PM, Game at 6:35PM

Includes bus, gratuity, game ticket and food voucher

On Sale Now

RICE'S MARKET & PEDDLER'S VILLAGE

Tuesday, September 24, \$25

On Sale Now

SOLD OUT-"AIN'T TOO PROUD" TEMPTATIONS

"TINA: THE TINA TURNER MUSICAL"

Wednesday, December 4, \$155

On Sale Now

NYC HOLIDAY LIGHTS TOUR WITH LUNCH AT CASA DI NAPOLI

Monday, December 9, \$85-Departs pool side at 1:15pm

On Sale Now

ON SALE SEPTEMBER 17

New Years Eve at Noon

11:30AM Ballroom \$40pp

Join us for an afternoon brunch with Vocalist
Lou Ruvolo as we welcome 2020!

Menu includes scrambled eggs, French toast w/ maple
syrup, applewood smoked bacon, home fried potatoes,
chicken cordon bleu, grilled salmon Florentine, salads,
mini Danish, pastries, fruit platter and more!
Coffee, tea and water.

Rossmoor's Roaring 2020

New Years Eve Speakeasy Party

7:30 PM-12:30 PM

Clubhouse Ballroom \$78 pp

Ring in the NEW YEAR with friends and
neighbors! Entertainment by CJ the DJ.

Full menu available at E&R.

Call (609) 655-3232 for additional information

CULTURAL

AFRICAN HERITAGE GROUP
Saturday, August 7, 3:00pm, Gallery

AVIATION GROUP
2nd Wednesday, 1:30pm, Ballroom
"Flying Supersonic"

BOOK DISCUSSION GROUP
Thursday, Sept. 19, 3:00pm, Dogwood
"Our Souls at Night" by Kent Haruf

CURRENT EVENTS ROUNDTABLE
Mondays, 10:30am, Maple

GERMAN AMERICANS
Thursday, September 26, 1:30pm, Cedar

KOREAN AMERICANS
Saturday, Sept. 28, 5:00pm, Gallery

LATINO/HISPANIC-AMERICANS
Wednesday, Sept. 25, 6:00pm, Gallery

POLISH AMERICAN
Friday, September 6, 1:00pm, Maple

PROGRESSIVE GROUP
Thursday, Sept. 6, 7:00pm,
"Celebration of Festival"

RECIPE GROUP
Wednesday, Sept. 11, 6:30pm, Maple

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

WRITERS GROUP
Thursday, Sept. 26, 10:00am, Cedar

THE ARTS

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

ART CLASS/WORKSHOP
Wednesday, 9:30am—11:30am, Gallery
Resident/Artist Paul Pittari offers basic instruction. Easels provided. Supplies on your own.

CERAMICS STUDIO
Monday & Thursday, 8:30am—12pm.
Monitor present. Molds & Kiln on site.
Supplies on your own.

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

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

OPEN WOOD CARVING WORKSHOP
Fridays, 9am—12pm, Woodshop
Monitor present. Supplies on your own.

WOODSHOP
Mon-Fri 9am-3pm Saturday 9am-Noon
Open to Residents who have completed the orientation and safety class. Monitor present.



CARDS & GAMES

BANANAGRAMS
Mondays & Thursdays, 2pm, Game Room
Contact Dolores Wardrop.

BILLIARDS ROOM
Open 7 days, 8am-10pm
(Closed for cleaning Wed. 8am—11am.)

BRIDGE
Contact Clubhouse

CANASTA
Mondays & Wednesdays, 1pm-4pm
Contact Sandy Davidson at (609) 395-4057 or
Linda Ortlepp at (609) 664-2965

MAHJONG
Contact Clubhouse

MAY I
Contact Sophie Prata.

MAH JONG
Beginners and experienced players
wanted. Contact Linda DeMorato.

MEN'S POKER
Contact Alan Lasky.

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

PINOCHLE
Please call E & R if interested.

POKER
Contact E&R

GET MOVING!

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

"DOWNSIZING"-Weight Loss Support Group
Wednesday, 9:30am, Maple
Call the Clubhouse for information

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

NEW DEMONSTRATION!
LATIN-INSPIRED DANCE
Tuesday, September 10, 6:30pm, Hawthorn
Join us for an hour of instructional dancing—Salsa,
Merengue, Bachata and more! RSVP your
attendance to E&R

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

NEW CLASS UPDATE!
T'AI CHI by Siobhan Hutchinson
Classes begin Monday, September 23 at 9:30am
\$80/10 classes or \$10 per class drop-in rate

WALKING GROUP (Weather Permitting)
Mondays, 9am, Front of Clubhouse
Walk the 1 mile or the 2.5 mile loop around Old
Nassau. Bring water and wear comfortable shoes.

YOGA
Wednesday, 9:30am, Cedar
Resident instructor conducts the class. No Charge.
Bring floor mat. SPACE LIMITED.

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

INSTRUCTIONAL DEMONSTRATION Latin-Inspired Dance

Tuesday, September 10
6:30PM Hawthorn Room

Salsa, Merengue, Bachata
OH MY!

Join us for an hour of instructional
dance. Closed-toe shoes required.

No cost. Resident instructor.
RSVP your attendance to E&R.

T'AI CHI CHIH
with Siobhan Hutchinson

Classes begin September 23
9:30AM Gallery

\$80 for 10 classes (paid on 9/23)
or \$10 per class drop-in rate

SPORTS FUN!

BOCCE
Bocce Awards Breakfast Sign-up is now open!
Wednesday, October 2, 10am, Ballroom
Cost: \$17pp—Menu available at E&R

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

HIKERS
New Hikers welcome! All hikes depart from
Clubhouse at 9:30am, unless otherwise noted.

PICKLEBALL
Make-A-Wish Pickleball Event
Saturday, October 12, Rain date: 10/13
Contact E&R for donation & event information

SHUFFLEBOARD
"Mayor's Cup" Tournament
Thursday, September 5 at 9:00am, Courts

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

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



MOVIE CORNER

"DENIAL"

Rated PG-13 / 1hr 50m / No Charge



Sunday, September 8
1:30pm Ballroom

Tuesday, September 10
1:30pm & 7pm Ballroom

TUESDAY MYSTERY MOVIES

September 3 at 1:30pm & 7pm
September 17 at 1:30pm & 7pm

Movies are subject to change.

RSVP Your Interest

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

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

LIBRARY ON LOCATION

"Web Junkie"

Wednesday, September 18 at 1PM, Ballroom

An extraordinary look into an internet addiction rehab in Beijing, China, the first country in the world to classify this evolving diagnosis. A film by Shosh Shlam and Hilla Medalia. [2015, 52 min.]

"Ai WeiWei: The Fake Case"

Thursday, September 26 at 1PM, Ballroom

How the government's attempts to silence Ai WeiWei have turned him into China's most powerful artists and irrepressible voice for free speech and human rights around the globe. A film by Andreas Johnsen. [2015, 60 min.]

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



F41

- **RCAI Offices** will be Closed on Monday, September 2nd in celebration of Labor Day.
- **CONTACT THE CLUBHOUSE** for information regarding events and trips.
- **EVENT REMINDERS:** Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- **TRIP REMINDERS:** Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident **MUST** be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- **CLUB PRESIDENTS & GROUP REPRESENTATIVES:** Channel 26 announcements and room set ups **MUST** be handed in on the official forms. Forms can be found on the website or in the Clubhouse.
- **ROSSMOOR CLUBHOUSE NJ** is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- **RCAINJ.COM** is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- **EVENTS & TRIPS** are subject to change.



Residents boarded the River Lady out of Toms River and enjoyed delicious lunch, before spending time shopping in Smithville.



Bob Denson's Blues Band joined us for a great night of dancing at our Summer Pool Party!

Rossmoor hosted Kid's Day for nearly 80 children, their parents and grandparents. Some golfed, others swam—Everyone had a sweet treat from Goldy's Ice Cream Truck!



Monroe Twp. Fire Dept. stopped by with one of their fire trucks.



Sebrena and Jose cookin' up some hot dogs on the patio.

SEPTEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	RCAI Offices Closed 	 9:00am RCAI Bid Opening 1:30pm Mystery Movie –BR 7:00pm Mystery Movie –BR		9:00am “Mayor’s Cup” Shuffleboard-Courts	 10:00am Mutual 3 Open—GL	3:00pm Mutual 11 BBQ–BR
8	9	10	11	12	13	14
1:30pm “Denial” Movie –BR	Golf Outing 1:00pm Health Care Lecture – MP	10:00am Fitness Orientation- VC 2:00pm Golf Committee-VC	9:00am Mutual 1 Open— DW 1:30pm Aviation “Flying Supersonic” – GL 6:30pm Recipe Exchange- MP 	9:00am Committee Meetings- VC 7:00pm Mutual 4 Open –MHP 7:00pm Songs of the Beatles by Maggie Worsdale—BR		
15	16	17	18	19	20	21
1:00pm Mutual 9 Picnic–BR	Golf Outing 2:00pm Mutual 14 Open–DW	 Resorts Casino Atlantic City, NJ* 1:30pm Mystery Movie –BR 7:00pm Mystery Movie –GL	10:00am Mutual 2 Open–DW 1:00pm Library on Location- BR 3:00pm Mutual 10 Open–GL	 Los Angeles Angels at New York Yankees* 9:00am Board of Governors - VC 6:30pm “Future of Monroe Twp” Presentation- MH	10:00am Mutual 9 Open–DW	
22	23	24	25	26	27	28
	10:00am Mutual 7 Open—BR	 Rice’s Market and Peddler’s Village* 8:00am–2:00pm Flu Shots - BR 1:00pm Mutual 6 Open –GL	6:30pm “How to Prevent Yourself from Scams and Fraud” Presentation-MH	1:00pm Library on Location- BR  6:30pm Bingo—BR		
29	30					
						

INDEPENDENT CLUBS			
Chorus	Wed	4 pm	MH
Church Discussion	Tues	1:30 pm	MHP
Computer Club	3rd Mon	10 am	GL
Dance Club	Last Sat	7 pm	BR
Emerald Society	4th Wed	2 pm	BR
Indian-American	Sun	9:30 am	GL
Italian-American	3rd Wed	7:30 pm	BR
Players	Last Mon	7 pm	GL
Torah Study	Sat	10 am	CD
Women’s Guild	3rd Thurs	1:30 pm	BR

MEETING HOUSE SERVICES		
Catholic Society Mass	2nd Thurs	7 pm
Jewish Congregation Sabbath	2nd & 4th Fri	7:15 pm
Community Church & Communion	1st Sun	11 am
Community Church Worship	2nd & 4th Sun	11 am
Community Church & Fellowship	3rd Sun	11 am

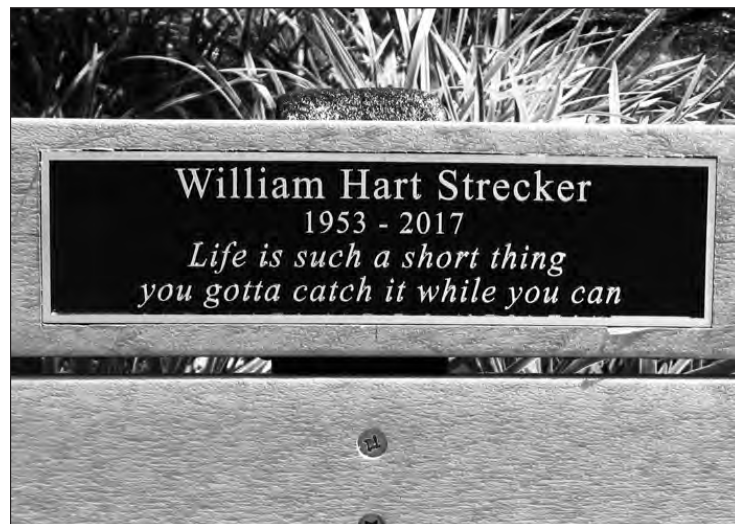
ROOM KEY		
BR	Ballroom	H Hawthorn
C	Court	MP Maple
CD	Cedar	MH Meeting House
CH	Clubhouse	MHP Meeting House Parlor
CFT	Craft	TR Terrace
DW	Dogwood	RR Red Room
GL	Gallery	VC Village Center
GR	Game	

This month in pictures

Photos by Joe Conti and Walter Gyskiewicz



The bench in front of the Meeting House is dedicated to the memory of Bill Strecker



Close up of the William H. Strecker bench. The saying is "Life is such a short thing you gotta catch it while you can."

Come and kick off the Women's Guild 2019-2020 year

By Diane England

This year's fashion show is titled "Magical Movie Moments," and yes, there will certainly be a few of those depicted. If you've attended our fashion shows in recent years, you know by now that Linda Klink, our vice president and director of programs, is going to ensure that you're laughing uproariously at least part of the time. So indeed, no matter what your tastes in film may be, we suspect you'll not want to miss this fashion show, which will kick off our year. The date and time you need to mark on your calendar is Thursday, Sept. 19, at 1:30 p.m. in the Ballroom.

By the way, we welcome you to come dressed that

day as your favorite movie character (or, at least, the one that you have the clothes at home to emulate). Certainly, though, you don't have to do this. Wasn't it fun last year when, for example, some of our members wore truly wonderful and creative hats? You may remember the year before that when some women dressed as if they were actually going to a wedding. They looked terrific and added so much to the atmosphere of this event, didn't they? Hence, before you pull out one of your same old outfits, please consider dressing for the event, perhaps even as an extra for a particular movie.

If you haven't yet joined the Guild, consider sending a \$12

check, payable to Rossmoor Women's Guild, to our membership chairperson, Maureen Roaldsen, or you might want to come early on Sept. 19 and join that day. Remember, members will be seated first. Those planning to attend as guests will be seated if there is space available.

We look forward to seeing you in September for this great event. We'll be providing you with the year's calendar at this meeting and thus, we certainly hope you'll mark all future meetings and special events on your calendar immediately. We have some great things planned for you.



The repairs to the Meeting House cupola have been completed!

Computer Club

By Steve Gray

Do you have a lot of stuff that you would like to sell? Did you miss the last Trunk Sale? Have you considered selling online? If so, then come to our meeting.

The meeting of the Rossmoor computer Club on Sept. 16 will feature Mark Surks who will show us all how to sell on eBay and Craigslist.

This presentation will give us hints on how to safely sell your unwanted items online and make some extra spending money. Remember, your trash may be someone else's treasure.

The meeting starts at 10 a.m. on Monday in the Gallery. Doors are open at 9:30 a.m. for cake, coffee, and conversation. Please come out to support your Computer Club and you may even learn something.

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(former bank drive-up building across from Sal's)

Three artists

(Continued from page 14)

has also performed with artists of the New York Philharmonic and the Metropolitan Opera. On faculty at Settlement Music School in Philadelphia for the past 30 years, Uhlig earned his Master of Music Degree from West Chester University. At Settlement Music School, he holds the distinction of the Lillian Krause Felber Distinguished Faculty Chair in Piano.

Uhlig's skill as a chamber music player has taken him throughout the United States and to Russia. He has served as Principal Keyboard with the Princeton Symphony Orchestra. He currently serves as Principal Keyboard and Vocal Coach with the Ocean City Pops Orchestra.

In his previous performances in the 2016, 2017 and 2018 seasons Uhlig has performed with a variety of other artists. We're looking forward to enjoying his skills at this

Steven Lin to entertain Music Association audience in September

By Linda Bozowski

Waiting for the daffodils to emerge, checking the rose bushes each day for buds, smiling when the peonies begin to open. The joy of watching the progress of plants or of talented artists is hard to describe. We will have that opportunity at the Rossmoor Music Association performance on Friday, September 20 when Steven Lin sits down at the piano and shares his love of music with all of those in attendance at the Meeting House.

Lin was accepted at the Juilliard School on a full scholarship at the age of ten. He made his debut at Avery Fischer Hall in Lincoln Center (now David Geffen Hall) with the New York Philharmonic Orchestra at age 13. He has played with many stellar orchestras including our own New Jersey Symphony, and the Baltimore, Tulsa and Sendal Sympho-

nies as well as the Orlando Philharmonic. No stranger to radio performances, Lin has played on NPR's From The top and WQXR'S Young Artists Showcase.

Born in Los Angeles, Lin went to Taiwan shortly after his birth and lived there for ten years. He spent eight years as a resident in North Jersey and commuted to New York for his Juilliard classes. Although he made his debut at Lincoln Center at age thirteen, his first major performance was with the Orlando Philharmonic at age twelve.

His is identified by many professional organizations as a member of the elite thirty best pianists listing. He has participated successfully in numerous international competitions and is in demand all over the world as a guest performer. Lin completed his Bachelor's and Master's Degrees at Juilliard.

It is noted in one of his biographies that, during his 2012 performance with the Sendal Symphony Orchestra in Japan while playing a complex Haydn sonata, an earthquake occurred. Despite its forty second duration, Lin continued with the piece and didn't even look up from the keyboard.

An avid L.A. Lakers fan, Lin doesn't play basketball since an injury to his hands

would cause serious repercussions to his piano career.

It will be our joy to watch him continue to grow. For those who have not sub-

scribed to the season, tickets will be available at the Meeting House on the evening of the concert. The performance begins at 7:30 p.m.

Introducing Abraham Alinea — new accompanist for Rossmoor Chorus

By Alyce Owens

When the Rossmoor Chorus returns from summer hiatus on Sept. 4 to begin rehearsals for the 2019-20 season, there will be a new accompanist by the name of Abraham Alinea at the piano where the much-loved Kevin Gunia has sat for the past three plus years.

At the end of the summer, Kevin plans to study and possibly work abroad in pursuit of his career as a composer. This left the Chorus in the position of seeking a new accompanist. What luck to find a very good friend of Kevin's and also a recent graduate from the Mason Gross School of the Arts at Rutgers in New Brunswick to be an extremely qualified candidate for this position.

Abraham Alinea will be staying in this area to pursue his Master's Degree at Mason Gross, and is happy to become a part of the Chorus about which he has heard so much from Kevin.

Born and raised in New Jersey, and currently a resident of Parlin, Abraham had no significant musical influence or formal training as a child. At the age of 11, he became fascinated with the piano and classical music, and developed his own musical abilities. Amazingly, Abraham began taking formal piano lessons only upon his enrollment at Mason Gross.

He was a finalist in the concerto competition at the famous Brevard Music Festival in North Carolina in the summer of 2016, and has appeared in concert and at numerous other piano competitions. As a winner of the Bronze prize in the World Piano Teacher Association First International Piano Competition, Abraham was honored to study with renowned pianist Elena Nesterenko at a one-week intensive course in Weimar, Germany, in July.

With an intuitive ear for music, Abraham also composes music and has performed his "Variations in E minor" at his senior recital, in Weimar, and at the Rutgers University New Music Ensemble Concert.

A stellar accompanist and sight-reader, he has worked with several soloists and choral groups, and currently accompanies a choir at the Agape Korean Church in Iselin. In addition to sacred and classical music, Abraham enjoys rock, rap, and Japanese pop music. He also likes video games and exploring local cuisine.

Chorus Director, Janet Wilson, and all the Chorus members are excited about working with Abraham, and hope that all Rossmoor residents will welcome him warmly whenever he performs with them, especially at Thanksgiving and Memorial Day Interfaith Council Services held at the Meeting House. Abraham also will be accompanying the Chorus at worship services on the third Sunday morning of every month at the Rossmoor Community Church beginning Sept. 15. All residents are always invited to these services, which are held at 11 a.m. at the Meeting House.

The Chorus is open to all residents. We welcome anyone who loves to sing to become a member. You are invited to attend weekly rehearsals at 4 p.m. every Wednesday at the Meeting House beginning Sept. 4. What better way to start the fall season than with a song in your heart!

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Italian American Club

By Tony Cardello

We had a sell out for the trip to Monmouth Race Track on Aug. 18. Those who went enjoyed the day filled with friends, food, and cheering the horses they wagered on.

Speaking of horses, Rossmoor Downs 2 will be held on Saturday evening Sept. 14 at 6 p.m. in the Ballroom. It is without doubt our most popular event and is always a raucous and fun filled evening for all who attend.

The next regular membership meeting will take place on Wednesday evening, Sept. 18 at 7 p.m. Please note the time change. All future meetings until the end of the year will be at 7 p.m.

There will be a sign-up sheet at this meeting for all who wish to attend the Columbus Day Party on Saturday evening Oct. 12.

Bingo will be played on Friday evening Sept. 26 at 6:30 p.m. in the Ballroom.



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Are you saving your gently used cast-offs for this year's bazaar?

By Diane England

As you read this article, it may be still be hot outside. But it won't be that long before you'll be putting away your summer clothes and dragging out those for the fall and winter. So, if while doing so, you realize you have some gently used things that

you no longer need or want, please set them aside for this year's Women's Guild Bazaar. It will take place on Nov. 2 from 9 a.m. to 2 p.m. throughout the lower level of the Clubhouse. Of course, we'll need you to deliver your items to the Hawthorn Room before that — on that Thurs-

day or Friday morning, to be more exact (between 9 a.m. and 1 p.m.), because we set up the sales rooms on that Friday.

To give you a better idea as to the type of items we're looking forward to having to sell (in order to raise money for scholarships for college-bound Monroe Township High School seniors), here's a list of the prospective sales rooms and the donated gently used goods we anticipate offering in each:

- *Ladies Fashion Castle:* Women's clothing, shoes, purses, jewelry, and linens. (Gallery)
- *Heavenly Décor:* Household items including working small kitchen appliances, pots and pans, baking/cooking utensils, dishes, stemware and glasses, decorative items, picture frames, and

(Continued on page 18)

Dance Club hosts its 35th annual anniversary dinner dance

By Judy Perkus

The Dance Club will host its 35th annual dinner dance on Saturday, Sept. 28, at 6 p.m. in the Ballroom. DJ and Keyboardist Carmine will provide the dance music during this four-course sit-down dinner. All Rossmoorites, singles and couples, are welcome to celebrate with us.

Please send in your \$40 per member/ \$42 per non-member checks and choice of entrée and dessert by the reservation deadline of Sept.19. Please send to the Rossmoor Dance Club, c/o Pres. Armen DeVivo, 449B Roxbury Lane. Call Armen at 609-655-2175 for more information.

First Course: Fresh baked dinner rolls and butter, tossed salad with aged provolone cheese, roasted peppers, olives, grape tomatoes and cucumbers with balsamic vinaigrette dressing on the side.

Second Course: Penne with broccoli rabe, sausage and cannellini beans

Third Course: Entrée (Choose one)

1. Chicken breast picatta OR
2. Roast prime rib of beef au jus OR
3. Grilled dill crusted salmon with creamy dill sauce

All entrées served with fresh string beans sautéed with julienne of carrot and herb roasted red bliss potatoes

Fourth Course: Dessert (Choose one)

1. Home made peach cobbler with vanilla ice cream OR

2. SUGAR FREE apple pie with SUGAR FREE ice cream

Beverages: wine, soda, fresh brewed decaf coffee, assorted teas

We don't have to tell you that it's been a hot summer. Those who attended the July 20 Dance Club BBQ can attest to that. The DJ was great. The food was delicious and the Ballroom was hot. There was no air conditioning and by 7 p.m., we were sweltering.

Some attendees sent email complaints to RCAI. In response to the emails, Jane Balmer, Rossmoor's General Manager, invited Dance Club President Armen DeVivo and other Dance Club officials to a meeting with some members of the RCAI executive board. We were told that a power surge had disabled the air conditioning. When the person in charge was reached, he had to leave an event he was attending and try to remedy the situation from his home computer. He then informed the company on call and someone was sent to fix the A/C. Unfortunately, it takes a long time for a hot room to cool down once the A/C has been turned on again.

Although the power surge and the subsequent A/C outage were unavoidable, RCAI will strive for better communication in the future.

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Name _____

Entrée Choice: _____


Sugar Free _____


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Emerald Society's summer and fall activities

By Joan Avery

Don't forget to mark your calendars for the very popular trip to the Christmas Show at the Sight and Sounds Theater on Dec. 10.

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

The August Emerald Society picnic was a great success. The picnic was held from 1 to 5 p.m. in the Ballroom and Patio of the Clubhouse. There was music and a sing-a-long by Outkast

Customs and delicious food including hamburgers, hot dogs, BBQ grilled chicken, pasta and salads. Drinks included soda, beer, wine coolers and water.

Dan arranged for members of the Emerald Society to enjoy a great sightseeing cruise on the River Belle leaving from Point Pleasant with lunch at the Shrimp Box, on Sept. 5.

A donation of \$150 was given to the Monroe Township Superior Officers Association for the presentation they gave to the Society members at the last meeting.

See you at the Sept. 25 meeting.

Players Pastimes

By Sue Archambault

The Players monthly meeting took place on Monday, Aug. 26, and focused on the life of our own Tom Smith. "It's a Colorful Life" was an inspirational and touching presentation in which Jim Wilson was the host of this "talk show." Tom was able to relate his career at Marvel Comics and the trials and tribulations of recovering from a stroke five years ago. The audience was spellbound by the show.

Believe it or not, the Players will present a brand new musical comedy by Jim Wilson next month. Jim wrote the book, music, and lyrics for "What's Up," which is centered on a struggling

morning TV show in Clayton, Ohio, and the lengths they are willing to go to boost their flailing ratings. It will be performed in the Meeting House on the evenings of Thursday, Oct. 17, and Friday, Oct. 18, and a matinee performance on Saturday, Oct. 19.

Tickets will cost \$10 in advance and \$12 at the door. Refreshments will be served.



Ticket sales information will be in next month's newspaper.

There will not be a Players general meeting in the month of September due to the Jewish holidays.

Democratic Club news

By Catherine Hunt

Greetings from the Democratic Club and thanks to everyone who participated in our July meeting.

Special thanks go to our exciting guest speaker, Julia Sass Rubin, associate professor of Planning and Public Policy at Rutgers University and at Princeton University. She is also a founding member of Good Government coalition and Save Our Schools N.J., an all-volunteer organization of 34,000 parents and other public education supporters. Julia works to strengthen democracy by working with New Jersey residents towards greater transparency, accountability, and participation in our state and local government.

Julia spoke on "Fixing N.J.'s Broken Democracy." Unaccountable political machines control N.J.'s legislature, a situation reminiscent of Tammany Hall. She explains how we got here, what

controlling the legislature means, how the political machines use their power, and how the legislative process is corrupted through the ballot line, noncompetitive legislative districts, lack of independent oversight, and other means.

Julia advocates for bipartisan solutions that give more knowledge and power to the voters, the opportunity to use our civics, the wisdom to fix our broken democracy, and make it strong.

Thanks to our members who participated in the lively Q&A discussion for sharing their experience, views and insights with each other and with Julia. She promised to let us know when she publishes, and we are looking forward to it.

We invite you to our meetings this fall: Monday, Sept. 16 at 7 p.m.; Bagel Rally, Oct. 22, 9:30 a.m.; Holiday Event with Silent Auction, Monday, Dec. 2, 7 p.m.

Bazaar

(Continued from page 17)

pictures/paintings. (Hawthorn Room)

- **Man Cave:** Items appealing to men including men's clothing, shoes, sports equipment, tools, and small electronic devices which are both up-to-date and working. (Maple Room)
- **That's Entertainment:** Books that represent more recent fiction and non-fiction (unless classics or art books), toys, games, puzzles, and CDs/DVDs. (Dogwood Room)
- **Santa's Christmas Village:** Christmas decorations. (Reading Room)

As president of the Women's Guild, I'd like to thank you now for your donation of merchandise. For those of you who've already made a commitment to volunteer on one or more days on behalf of the Bazaar, please know we couldn't do it without you. We certainly also love all of you who show up that day and shop until you drop. We could never fund those scholarships without you.

Preparing To Vote

By G. Moore

If you are listening to or reading the news these days, you know that locally and on the national level there is a buzz in the air that indicates election time is drawing near. Will you be prepared to cast your vote on Election Day?

Since its inception almost 100 years ago, the League of Women Voters has worked

continuously to secure and protect the vote for adult American citizens. The League believes that the ability to vote is at the core of our democracy—and that voting is both a privilege and a responsibility. Voting is our chance to choose our representatives and to weigh in on the issues that matter to us.

Our Monroe League has arranged a series of events to assist voters with voter registration and in gathering information about local candidates.

Tuesday, September 24, on National Voter Registration Day, we will sponsor a voter registration drive at the Monroe Township Library from 10 a.m. to 3 p.m. launching our 2019 voter registration drive schedule. This is an opportunity for potential new voters and for current voters who may need to update their registrations to register.

Saturday, September 28, the League will register voters at the Monroe Township Green Fair at Monroe Township High School from 10 a.m. to 3 p.m. We have invited candidates for the Board of Education to appear with us for an informal "meet and greet" opportunity.

(Please check our website, lvmonroetwpnj.org, which will be updated to include other registration drives as they are scheduled.)

(Continued on page 19)

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Religious Organizations

Jewish Congregation happenings

By Adrienne Brotman

Sabbath Services will be held on Friday, Sept.13 at 7:15 p.m. at the Meeting House. Our Torah reader will be Cantor Mary Feinsinger and our lay reader will be Jeff Albom. All are welcome to our Sabbath Services. The congregation will sponsor the Oneg. There will be no Sabbath Service on Friday, Sept. 27.

The congregation is busy preparing for the High Holidays. This year we will usher

in the new year of 5780 on Rosh Hashanah, which begins on the evening of Sunday, Sept. 29. The lay reader will be Jeff Albom. Services will be held at the Meeting House at 8 p.m.

On Monday, Sept. 30, Rosh Hashanah services will continue at 10:30 a.m., also at the Meeting House. For these services, the lay reader will be Janet Goodstein, the Torah reader will be Cantor Mary Feinsinger and the Haftorah reader will

be Bob Kolker. Barry Kloda will be the organist.

This year no holiday tickets will be printed. Although everyone is welcome to attend our regular bi-monthly Friday night Sabbath services, for the High Holidays we are forced to restrict admission to members in good standing and those who have purchased tickets for \$95. Ushers will have up-to-date membership lists and lists of those who have purchased admission. Please contact Karen Seiden if you would like to purchase tickets.

If you would like further information about the Jewish Congregation, please contact Karen Seiden, vice president - membership.

The congregation, the presidents, and the board wish you L'Shana Tovah, a happy, healthy and a sweet New Year.

Catholic Society highlights

By Lucille Conti

Holy Mass will be celebrated on Thursday, Sept. 12, at 1:30 p.m. in the Meeting House. (Please note change in time.)

Our celebrant will be announced.

Dates to remember

- Catholic Society Council meeting, Tuesday, Sept. 10 at 1:30 p.m. in the Meeting House.
- Holy Mass, Thursday, Sept. 12, at 1:30 p.m. in the Meeting House.
- Chaplet of Divine Mercy, Tuesday, Sept. 17, at 3 p.m. in the Dogwood Room.
- Prayer shawl gatherings, Thursday, Sept.12 and 26,

both at 1:30 p.m. in the Craft Room.

- Movie: "The Case for Christ," one man's journey to solve the biggest mystery of all time. Friday, Sept. 27, at 2 p.m., in the Gallery.

Vote

(Continued from page 18)

The deadline for voter registration for the general election in November is October 15.

Wednesday, October 16, a Candidates Forum featuring Mayoral and Town Council candidates will be held at 7p.m. at the Monroe Senior Center at 12 Halsey Reed Road.

Tuesday, October 22, a "Meet and Greet"with candidates for Freeholder and Sheriff is scheduled at 7 p.m. at the Monroe Recreation Center, 120 Monmouth Road.

In addition, we encourage all voters to utilize Vote411.org, an election information site sponsored by the League of Women Voters Education Fund, for comprehensive, non-partisan and unbiased election information. Spread the word. Tell your friends and family about Vote411.org. Be prepared to make the decisions that best support your interest when you step into the voting booth.

The League of Women Voters of Monroe Township is a nonpartisan political membership organization whose goal is to empower citizens to shape better communities. Visit our website, lwwmonroetwpnj.org, to learn more about us. We invite you to attend our General Meeting on Monday September 23 at 1 p.m. in the Monroe Municipal Courtroom. Our meeting will include a viewing of the film "Dark Money" by Kimberly Reed.

Community Church September Calendar

- Sept 1 Communion Service at 11 a.m.
Meeting House
Pastor ~ Rev. Robin Bacon Hoffman
- Sept 5 Women's Guild Board Meeting at 10 a.m.
- Sept 8 Sunday Service at 11 a.m.
Meeting House
Pastor ~ Rev. Robin Bacon Hoffman
- Sept 9 Deacons Meeting at 10 a.m.
Dogwood Room
- Sept 10 Finance Committee at 10 a.m.
Dogwood Room
- Sept 11 Worship Committee at 10 a.m.
Craft Room
- Sept 15 Sunday Service at 11 a.m.
Meeting House
Pastor ~ Rev. Robin Bacon Hoffman
- Sept 16 Council Meeting at 10 a.m.
Dogwood Room
- Sept 19 Women's Guild Meeting at 1:30 p.m.
Ballroom
"Magical Movie Moments" Fashion Show
- Sept 22 Sunday Service at 11 a.m.
Meeting House
Pastor ~ Rev. Robin Bacon Hoffman
- Sept 24 Library Committee Meeting at 1:30 p.m.
Will only meet if the Parlor ceiling has been repaired. Check with secretary
- Sept 29 Sunday Service at 11 a.m.
Meeting House
Lay Preacher ~ Sidna Mitchell



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SPORTS



18-Holers are Jo Schwegel, Carolyn Meyer, Janet Decker, Maria Hogan and Pat Crowley.

Ladies' 18-Hole golf league tournaments

By Arlene McBride

On July 2, low gross, low net tournament was held. Low gross, first place, Carolyn Meyer; second place,

Janet Decker. Low net, first place, Sue Petersen; second place, Denise Romano.

On July 9 and 16, the second major tournament was held. A flight: first place, Janet Decker; second place, Denise Romano. B flight: first place, Arlene McBride; sec-

ond place, Joan Lundy. Congratulations to all!

Some of our league members participated in the Mayor's Cup and the Senior Olympics tournaments sponsored by the Monroe Township Recreation Department. Our groups won first place

both times with the following members: Pat Crowley, Janet Decker, Maria Hogan, Carolyn Meyer, Jo Schwegel in the Mayor's Cup; Maria Hogan, Carolyn Meyer, Janet Decker, Pat Crowley, and Joan Semen in the Senior Olympics. Kudos to our first-place teams! Many of our scheduled

tournaments have been cancelled due to weather delays. The first major tournament of the season, Member/Member, has been postponed to a later date. The results of the Club Championship will be posted in the next article. Enjoy the Labor Day holiday.



Mary Leone and Marie Martino each placed two shuffleboard disks in the 10 point scoring area in their match in the Rossmoor Shuffleboard Singles Tournament.



Shuffleboard: No room for error

By Allen Kobezak

On a hot summer evening in July, in their match in the Rossmoor Shuffleboard Singles Tournament, Mary Leone and Marie Martino each placed two shuffleboard disks in the 10-point scoring area from a distance of approximately 30 feet. Wow.

To have four disks "snuggle" into this small area without pushing the previous disks out calls for a light touch and precision shooting. Long time players say they have never seen this happen in the many years of Rossmoor tournament games.

The ladies played three close, hard fought games in their match, which Mary won two games to one and will move on in the tournament. Everyone who was there will never forget and will often speak of the one frame in one game in which both Mary and Marie played perfectly.

Shuffleboard: A great season with one more challenge to come

By Allen Kobezak

It's been a great season so far for our shuffleboard players in Rossmoor.

After the enjoyment of playing with the Monroe High School students in the Senior/Senior Tournament in May and the excitement of bringing home the gold for shuffleboard in the Senior Condo Olympics in June, we are now looking forward to the Mayor's Cup Tournament on Sept. 5.

We have high expectations for the Mayor's Cup after our strong performance in the Olympics, winning seven of our eight games. In preparation for the Mayor's Cup,

(Continued on page 22)

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Senior Condo Olympics: July results



Mark McEntee, Captain, Warren Kelly, Parviz Oshidar, Miguel Lopez, Al Jacobs and Joe Marrone.



Our team members included: Al Jacobs, Cathe Dituro, Yvonne Nobile, Mark McEntee, men's captain, women's captain Pat Delacy, Joe Marrone; not pictured Warren Kelly, Miguel Lopez, Parvis Oshidar, Gail Piccirillo, Tamara Roscoe, Robin Kelly, and Jude Gorecki

By John Del Mastro
Pickleball

Rossmoor captures triple crown in Senior Condo Olympics Pickleball B Division tournaments.

On Monday, July 1, the Rossmoor Men's Pickleball Team took the gold medal, defeating Renaissance in a very close game 11-9. Renaissance finished with the silver medal, while Cranbury Crossing won the bronze medal. The Rossmoor team consisted of Captain Mark McEntee, Warren Kelly, Parviz Oshidar, Miguel Lopez, Al Jacobs, and Joe Marrone.

On July 9, Rossmoor's mixed doubles Pickleball team again won the gold. This was Rossmoor's third gold medal in the Pickleball Condo Senior Olympics, having previously won the gold in both the Men's and Women's Doubles.

Our last game was a nail biter, but the skills and perseverance of both Al Jacobs and Cathe Dituro prevailed, enabling us to clinch the gold. Team members included men's captain Mark McEntee, Al Jacobs, Joe Marrone, Warren Kelly, Mi-

guel Lopez, Parvis Oshidar, women's captain Yvonne Nobile, Pat Delacy, Gail Piccirillo, Tamara Roscoe, Cathe Dituro, Robin Kelly, and Jude Gorecki.

We wish to thank our fellow Rossmoor friends for supporting us and cheering us on to victory. Go Rossmoor!

Ladies' Golf

On July 18, our Rossmoor Ladies' Golf team won the gold medal for team low

gross. Low gross is the total score without handicaps. There is only one medal awarded for low gross, gold. Very impressive! The rest of the medals went to the teams that scored the low Callaway net, i.e., Regency received gold, Riviera the silver, and Ponds/Encore, a combined team, the bronze. The Rossmoor Ladies' team consisted of Captain Maria Hogan, Carolyn Meyer, Janet Decker, Pat Crowley, and Joan Semen.



Rossmoor women's golf team, from left are Maria Hogan, Carolyn Meyer, Janet Decker, Pat Crowley, and Joan Semen.



The Rossmoor Billiards team members are, from left, Vaughn Sandor, Greg LaCroce, Ron Ciesielski, John Ferraiolo, Paul Boisvert, Captain Frank Crocitto, and Harry Moorhouse.

Billiards

On July 8, the Rossmoor billiards team earned a tie for the gold medal in the Senior Olympics 8 Ball competition, winning six of their nine games. The event was held at Concordia's pool room with Rossmoor, Whittingham, and Renaissance also competing. Rossmoor tied for the gold in the final match of the evening against Whittingham, while other teams tied for gold. Since Rossmoor and Whittingham both got gold, Renaissance received bronze. The silver was not awarded.

The Rossmoor billiards team was led by Captain Frank Crocitto (second from right) and the team in order, left to right, are Vaughn Sandor, Greg LaCroce, Ron Ciesielski, John Ferraiolo, Paul

Boisvert, and Harry Moorhouse.

On July 15, Rossmoor captures Senior Olympics Billiards gold.

Led once again by Captain Frank Crocitto's outstanding performance, the Rossmoor Billiards Team bested three other communities to win the Straight Pool gold medal.

Rossmoor played teams from Whittingham, Concordia and Clearbrook, and broke a tie for the gold with Whittingham by having fewer points scored against them. Whittingham was awarded the silver medal and Concordia the bronze.

This event concludes the 2019 Division C billiards events, with Rossmoor having won two gold medals and tying for a bronze in the third event.

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9-Hole Golf

By Mary Shine

I can't believe it's already September. However, we still have lots of golf to enjoy.

August was super-hot with several cancellations. Our member/guest day on July 30 was fun as usual. Congratulations to our winners, Maureen Danahy and her daughter, Leslie. An excellent luncheon, including wine and prizes, followed at the Dayton Diner. Thanks, Alyce, for a job well done. It was really nice to see former 9-hole members attending the lunch.

On Aug. 6, our Low Gross tournament was won by

Grace Hammesfar. Congratulations, Grace.

September brings our Club Championship, two dates: Sept. 10 and 17.

Don't forget to check the Pro Shop for the date of the September FREE clinic run by Ted and Ray. Please be sure to contact the Pro Shop if you have signed up but find you must cancel.

For more information on joining the 9-Hole Women's Golf Association, please con-



tact membership chair, Mary Shine, 609-655-4518, maryshine1@verizon.net or President Joyce Cassidy, 609-619-3618, joyce3206@aol.com.

All tee times begin on Tuesday at 8:30 a.m. Please arrive at the Pro Shop at 8 a.m.

Enjoy the rest of the golf season. Happy golfing.



Golf Course Highlights

Shuffleboard

(Continued from page 20)

which will be held in Rossmoor, our members have been honing their skills in our own summer singles and doubles tournaments. These tournaments also help to decide who will play on the Rossmoor Shuffleboard Mayor's Cup team, which as of this writing has not been determined.

Of course, as with every season on the shuffleboard courts, we also have our social events which involve plenty of snacks, liquid refreshments, music, and even some fun shuffleboard games.

All residents are welcome to come and see what shuffleboard is all about. We are always looking for new players. Remember, shuffleboard is one sport that anyone can play. If you can push a disk down the court with a cue, you can play shuffleboard and have a good time. However, it takes experience, dedication, and a good strategy to become one of the more skilled players. Shuffleboard, if you think it's just for the older Rossmoor residents, I challenge you to give it a try.

By Ted Servis, Golf Professional

What's going on at the Golf Course? The Golf Course is in fantastic condition, thanks to Tom Tucci and his staff.

We just concluded our men's Club championship. In the championship flight, the winner was Mike Bazin. In the "A" flight, the winner was Howard Zitnitsky. In the "B" flight, it was Kevin Brennan. The "C" flight winner was Doug Martin. The "D" flight winner was Cabot Knowlton, and the "E" flight winner was

Dennis Ahern. Congratulations to all the players.

The ladies' free golf clinic will be held on Sept. 25, from 9 to 10 a.m.

If there is anything we can help you with, or any questions we can answer, please give us a call at 609-655-3182. Thank you, and enjoy the remainder of the summer.

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

Croquet "Kooky Kroquet" and BBQ and annual tournament

By John N. Craven

The "Kooky Kroquet" and BBQ, rescheduled from July due to bad weather, will be held on Saturday, Sept. 21. Members will navigate through myriad obstacles to complete a full round with the fewest strokes. Last year's winner, Carl Kruse, has relocated to his new home in Florida, so the club will be crowning a new winner. After play, members will enjoy a summer BBQ on the patio and in the Ballroom.

As the summer ends and fall approaches, the world

turns its attention to the U.S. Open at Forest Hills. At Rossmoor, we have our own tournament, right here on the Croquet Court next to the Clubhouse. On Friday and Saturday, Sept. 13 and 14, our Croquet Club will hold its Annual Golf Croquet Tournament. Teams will be chosen from the sorting bucket for single elimination competition to commence on Friday afternoon. Teams will be competing for the Poulin Trophy, named after founding members Irene and Lucy Poulin. After spirited competition, refreshments will be served in the Cedar Room.

After the heat and rains of July and August, the club is gearing up for its fall activities. Golf Croquet is played on Friday afternoons and Wednesday mornings. Players look forward to cool, crisp competition in September and October.

The Club welcomes all residents. Anyone seeking a form of light exercise, the enjoyment of the outdoors, an opportunity to mingle with friends and neighbors and to learn a simple yet challenging game on a professional level playing court, contact Betty Ann Clayton. Look for us on the Croquet Court any Friday afternoon. Come join us, you'll like it.

**The deadline for
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News

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HEALTH CARE CENTER NEWS

By Kaytie Olshefski BSN, RN-BC

The Health Care Center is here for you and is open every day of the year from 7 a.m. to 7 p.m., including weekends and holidays. The Healthcare center is closed from 7 p.m. to 7 a.m. If you call the Health Care Center at night, you will be greeted with a recording, but no message can be left because there is no recording to accept messages.

If you experience an emergency, day or night, please call 911. The 911 dispatcher will call the Healthcare Center and leave word that the Monroe Township First Aid Squad is en route, along with the nature of the emergency and location.

All our nurses are RNs and are certified in Basic Life Support and Automatic External Defibrillator. Our nurses are also certified by the American Nurse's Credentialing Center in a nursing specialty, such as geriatrics or medical surgical nursing.

The nurse will respond to emergencies that occur in your home and within the community. If you come to the office and the nurse is not there, she is responding to an emergency. There will be a sign in the window indicating this. You are more than welcome to wait in the waiting room for the nurse to return.

We do blood work Monday through Friday from 7:15 to 10:30 a.m. Appointments are taken for blood work. We request that your prescription be dropped off at the Health Care Center no later than the day before your scheduled lab work. Please check with your primary insurance company, especially if you are covered by a Medicare Managed Care, HMO, PPO, or commercial insurance, to see if your insurance company has a contract with a particular laboratory. We use Saint Peter's University Hospital's laboratory and Quest. If you prefer to use Lab Corp, know that their lab is located right next door to Rossmoor's maintenance building on Prospect Plains Road.

Some of the services we provide are blood pressure monitoring, injections, and

dressing changes.

If it is possible, on Monday through Friday come in after 10:30 a.m. for the above services because people are having their blood work done before 10:30. On weekends, feel free to come in any time. We require a doctor's order to administer injections and dressing changes. In giving injections, it is our policy that the resident receive two injections of the medication at their doctor's office before we will administer additional medication. If there is a reaction to the medication in the doctor's office, the doctor has medications to counteract it.

For dressing changes, the nurse will follow your physician's instructions for how to care for your wound. We provide first-aid treatment, health teaching, and we are also a good referral source. If your doctor orders you to wear a monitor for a certain amount of time, we will assist you in applying it. Please call the nurse's office for when to come in, because this will take a bit of time to apply.

We have a side entrance door for people who are wheelchair-bound or who use a walker. This door is slightly wider than our front door. Just knock on the door and we will open and hold the door for you.

We provide informative health related lectures every second Monday of the month at 1 p.m., in the Maple Room of the Clubhouse. Our lectures are advertised on Rossmoor's Channel 26 along with flyers in the Clubhouse, Village Center, and Health Care Center. If you would like to attend, or would like more information, please call the Health Care Center at 609-655-2220.

We accept clean durable medical equipment from residents such as canes, walkers, wheelchairs, commodes, and shower chairs. We also accept other items, e.g., blue pads and Ensure. We in turn give the medical equipment and supplies to Rossmoor residents. Please call the Health Care Center if you are in need of something.

Stephanie Fitzsimmons, EdD, MSN, RN, APRN-BC, runs a free Caregivers Support

Group at Parker at Monroe Adult Day Care, located in The Pondview Plaza, on the second Thursday of the month at 1:30 p.m. If you would like more information, you can reach Stephanie at 1-800-269-7508, ext. 8662.

We provide Pre-Admission Testing (PAT) in Monroe Township for residents who are planning to have surgery or a procedure at Saint Peter's University Hospital. For more information, call the Health Care Center at 609-655-2220 or 732-261-8977.

Saint Peter's University Hospital provides free transportation to Saint Peter's University Hospital, Monday through Friday on a set schedule. Pick up is in front of the Clubhouse. The phone number for On Time Transport service is 1-800-858-8463.

Our "Monroe Physician Directory" is updated yearly and is available at the Health Care Center.

I would like to let you know that the Monroe Township Police Department has a program known as "Monroe Township Special Needs Registry" for residents who may be disabled, frail, or on oxygen. In the event of an emergency, the information on the Special Needs Registry forms will be accessed and the police will take the necessary steps to accommodate these residents who are on file. If you are on home oxygen, arrange with your oxygen provider to leave you extra tanks in case the electricity goes out. We have these forms in the Health Care Center. Complete the form and bring or mail it to the Monroe Police Department at 3 Municipal Plaza.

Residents have asked me how to dispose of used syringes and needles. Saint Peter's University Hospital has an exchange program. If you use On Time Transportation's free van service, you can be picked up at Rossmoor to exchange your sharp's container at the Emergency Room and return back to Rossmoor on the van. Another way to dispose of the syringes and needles is to use an opaque, puncture resistant, leak-proof container with a screw on top, such as plastic

(Continued on page 24)

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Health Care

(Continued from page 23)

laundry detergent, bleach, or fabric softener container. Do not use a coffee can because the lid comes off too easily. When the container is full, screw the top on tightly and label it "Needles and Sharps." Double bag the container with two plastic bags and dispose of it in the regular garbage. Do not place this container in with your recyclables.

There are physicians who come to the Health Care Center, on the doctor's side on certain days of the week. On Mondays, Dr. Lev Simkhayev, an internist, is here from 10 a.m. to 1 p.m. To contact him, call 732-360-9996.

Monday afternoons, Dr. Sang Song, a pain specialist, is here from 1 to 5 p.m. He can be reached at 732-660-8715.

On Wednesday mornings, Dr. Ronald Armenti, a podiatrist, is here from 8 to 11 a.m. To make an appointment, call him at 732-360-9200.

Dr. Richard Angrist, an ophthalmologist, will come to Rossmoor's Health Care Center, but you need to call him at

his office to arrange an appointment at Rossmoor. His number is 732-246-1050.

In our lecture series from Saint Peter's University Hospital, Lynne Manley, BSN, RN-BC, CCRN, the coordinator of bloodless medicine and surgery, will speak on "Anemia Management: The Hidden Diagnosis," on Sept. 9, at 1 p.m. in the Maple Room. If you are interested in attending or would like more information, please call the Health Care Center at 609-655-2220.

In the spring we have our annual health fair. In the fall we provide two flu and pneumonia clinics in the Clubhouse. For our second flu clinic, we are offering later hours to accommodate residents who work or are unable to attend those earlier hours.

Flu and pneumonia clinic dates: Our first flu clinic is scheduled for Tuesday, Sept. 24 in the Ballroom from 8 a.m. to 2 p.m. The second flu clinic will be on Monday, Oct. 7, in the Ballroom from 2 to 7 p.m. At our flu clinics, the flu and pneumonia vaccines will be given by the adult com-

munity nurses. We accept commercial, HMO, PPO, POS, Managed Health Care insurances, and Medicare at our flu clinics. Everyone needs to bring their primary insurance card with them because we need to see it.

We are offering standard flu vaccine; Flublok, an egg-free flu vaccine; and High Dose flu vaccine. You will need to fill out a consent form which is color-coordinated to the flu vaccine you are requesting. Our nurses will be there to assist you to fill out the consent form if needed.

If you would like a pneumonia vaccine, please have your doctor give you a prescription or have it faxed to the Health Care Center, indicating which of the two pneumonia vaccines he or she wants you to have. Our fax number is 609-655-5297. Pneumonia vaccine can be administered at the same time as the flu vaccine, according to the Center for Disease Control.

We provide home visits for residents who would like a flu shot but are home bound. Please call the Health Care Center for more information.

Your Garden

By Mel Moss

Goldenrod

Every year beginning about the end of August and well into fall, a yellow flowering perennial appears, coloring many open areas. This plant is called goldenrod. By most people it is considered a weed. But it is more than just a weed.

The botanical name of goldenrod is *solidago canadensis*, and it is in the aster (Asteraceae) family of plants. There are about 77 species native to North America and up to 140 species throughout the world.

As a preteen, I remember two things about goldenrod, both negative. One was as we drove around in our family car, whenever I saw goldenrod blooming, it meant I'd be going back to school soon. The other thing I remember is that it was one of the plants listed as causing my hay fever. Since that time, goldenrod has been taken off the list. Allergists now say ragweed, which blooms at the same time as goldenrod, is the cause of allergies. The pollen in goldenrod has been found to be very sticky and doesn't fly through the air: Insects carry it. However, the pollen in ragweed is carried by the wind.

Goldenrod grows 2 to 2-1/2 feet in height and by late summer it produces many densely crowded small heads of golden yellow flowers. Each flower measures about an eighth of an inch long and wide. These flowers can be seen in many open fields and orchards throughout almost anywhere in the U.S., Canada, Europe, and Asia. The flowers are edible and make attractive garnishes on salads.

The leaves can be cooked like spinach, or

added to soups, stews, stir fries, or casseroles. They can also be blanched and frozen for later use. Herbal teas are sometimes made from the leaves.

In Europe, the plant has been used for centuries for the treatment of kidney stones, urinary tract infections, and a variety of other medical conditions, although it was neither popular here in the U.S., nor approved by the U.S. Food and Drug Administration. Goldenrod, a prized garden plant in Europe, has been nothing but a weed in the U.S. and all of North America in the 20th century.

However, back in the 1980s, goldenrod began to be accepted in this country. Many states have introduced it by seeding it along their highways. This produces fall color for us to enjoy, and also makes food for butterflies, hummingbirds, and other small birds.

Being a perennial, goldenrod dies down in late fall and comes back in the next spring. It spreads through its roots or through seed. Some varieties are quite aggressive, but have not been put on the invasive plant list. The states of Kentucky, Nebraska, and Alabama named it their state flower.

A number of seed companies sell seeds of some of the less aggressive and more colorful varieties. But I do not recommend it for the mostly small and confined gardens we have here in Rossmoor. It might be hard to control, but it is nice to look at as we drive around some of the open areas that we still have around us. We should appreciate this plant for all the good it can do for our health, and even as a food source for ourselves and other living creatures.

A Message from High Tech Landscapes, Inc.:

By Jeff Voss

- Please call the East Gate phone and leave a message with any questions or concerns: 609-655-5134.
- The third round of fertilization was a liquid application of Nutsedge Control using herbicide that produces fast, visible results and controls difficult weeds such as Nutsedge, season long and aids in reducing future generations of weeds. This took place last month.
- The last lawn application of the year will be done between Oct. 25 and Nov. 30. This is a fertilizer and agricultural ground limestone on all turf areas except the outside perimeter along

- Forsgate Drive and Applegarth Road. Gypsum will be applied to the outside perimeter.
- The first pruning (late spring/early summer) has been completed. The second pruning of all bushes and flowering shrubs has started this month.
- Street sweeping was completed in August.
- Fall cleanups will start in October.
- Please remember to put any debris at the curb on Sunday night for us to pick up Monday morning.
- Just a reminder, the newly installed soil and seed needs to be watered at least twice a day for 45 minutes in the a.m. and p.m.


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Monroe Township Cultural Arts Commission

Boheme Opera Lecture Performance Series

The Monroe Township Cultural Arts Commission in collaboration with the Monroe Township Public Library will present: Boheme Opera Lecture Performance Series, a lecture by Jerry Kalstein on Wednesday, September 11, at 1 p.m.

Admission is free.

The Birth of an Opera – This lecture performance will focus on a current opera composer from the New Jersey area who will explain the process of creating and developing a new opera from start to finish. Featured will also be samples of his completed works. This program can also provide a question and answer session from the audience.

Each lecture performance will include three performers, pianist, and narrator-lecturer. Each program will last one hour and be performed by Boheme Opera NJ under the auspices of the Monroe Township Cultural Arts Commission. Performances will be held at the Monroe Township Library.

Grant funding has been provided by the Middlesex County Board of Chosen Freeholders through a grant provided by the New Jersey State Council on the Arts / Department of State.

Chamber Music Series

The Monroe Township Cultural Arts Commission, in collaboration with the Monroe Township Public Library and the Princeton Symphony

Orchestra present a Chamber Music series starting with:

- Date: Monday, October 21
- Time: 1 pm
- Location: Monroe Township Public Library.
- Princeton Symphony Orchestra Chamber Music Quartet for Violin, Cello, Oboe and Viola

Registration is not required. Free admission.

Sponsored by the Monroe Township Cultural Arts Commission, chaired by Maria C. Naumik, with support from Mayor Gerald W. Tamburro and the Township Council and the Monroe Township Patrons of the Arts, Inc.

MCCC's Kelsey Theatre Announces 2019-20 Schedule

Season Starts with 'The Sound of Music' Sept. 12

West Windsor, N.J. – It's a theater season filled with daring, colorful and memorable heroes. Mercer County Community College's (MCCC's) Kelsey Theatre has announced its blockbuster schedule for 2019-20. The curtain goes up on Kelsey's 46th season Sept. 12 with the beloved Rodgers & Hammerstein's musical The Sound of Music, followed by other major musicals, dramas, comedies, and shows for the entire family. Kelsey Theatre is located on MCCC's West Windsor Campus, 1200 Old Trenton Road. Kelsey Theatre is wheelchair accessible with free parking next to the theater.

Ten regional theater companies will perform this year, along with several companies starring MCCC theater and dance students. The Kelsey Kids Series will feature traveling professional troupes. Based on popular demand, the theater has added some Saturday matinees for its full-length productions (in addition to the Sunday matinees).

In keeping with the college's goal to offer quality,

(Continued on page 27)

MAINTENANCE DEPARTMENT

By Dave Salter

Heating units serviced in Mutuals 1, 2, 3 and 4

Furnace servicing is again being offered to homeowners of Mutuals 1, 2, 3 and 4. The charge for this service is \$35. plus tax. Servicing includes inspection of system, checking elements and wiring, oiling the blower motor and replacing the filters. Please call as early as possible for an appointment.

Winterizing manors

The Maintenance Department is again offering a winterizing service for homeowners who leave Rossmoor during the winter months. The fee is \$125. plus tax, unless you have two hot water heaters, in which case there is an additional \$25. charge). We offer a weekly inspection, which is \$30. a month. RCAI strongly recommends that you have this done. Contact our office as soon as you know your dates and to pick up the forms.

Dryer vent cleaning

Are your clothes taking too long to dry? Your dryer vent might need to be cleaned. Give us a call to schedule your vent to be cleaned inside and out. The fee is

\$16.50 for the first 15 minutes and \$16.50 every fifteen minutes after, plus tax.

Thermostats

With the fall coming upon us, you should turn on your heat thermostats to make sure they are working properly before the cold weather sets in. If you find they are not working, we can replace your thermostats for you. If you have PSG thermostats, Rossmoor strongly recommends you have them replaced because they can overheat. Please give us a call for pricing.

Weather stripping

Do your doors have the proper weather stripping? In the winter, do you feel cold air around your door? Putting on new weather stripping can help with your heating bills. Please give us a call.

Channel 26

It is very important that you keep an eye on Channel 26. It is the Rossmoor information highway. There is information regarding road closures, the landscaping daily schedule, important meetings, RCAI information, as well as Mutual information, and much more.

Sing with the Monroe Twp. Chorus

By Micki Myers

If you are a soprano, alto, tenor, or bass and would like to join the Monroe Township Chorus, we sing four-part harmony and rehearse at the Monroe Township Senior Center, at 12 Halsey Reed Rd., on Tuesday mornings from 9 to 11:30 a.m.

You do not need to be a senior citizen to participate since all ages are welcome. Come join the fun and camaraderie of a wonderful group of men and women and share "The Gift of Song."

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

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



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

Senior Center Highlights

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

Updated: Registration News

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

Fall Session Commences: The new fall session of classes begins the week of September 23, 2019, at the Senior Center. For complete details regarding art, exercise and other classes, please stop by the Senior Center to pick up a flyer or go onto the Monroe Township website (www.monroetwp.com) and click onto "DEPARTMENTS" and then "Senior Services" to access the information.

Songwriting 101: On Tuesday, September 3, at 10:30 a.m., enjoy this interactive morning as Sheli Monacchio, Director of Life Care Resources, of VanDyck Law, puts on her musical hat and helps you write a song as a group accompanied by her acoustic guitar. Learn the parts of a song and how they are structured as you create lyrics via storytelling. Refreshments hosted by Bright-Star Care.

Let's Jam: On Thursday, September 5, at 2 p.m., Rich Casella, founder of the Guitar Den, returns to get everyone singing along to songs from the 1930's to present. Percussive instruments are provided and dancing is encouraged, too!

Member Know-How: On Friday, September 6, at 11 a.m., do you know what your "Office of Senior Services" membership means and what it can do for you? Be "in-the-know." Find out what being a member is all about and why the Office, Senior Center and Transportation Office are here for you. Refreshments, too!

Rhythm and Sound: On Friday, September 6, at 2 p.m., enjoy a music review

featuring music from the 1940's to the 1980's. Get ready to dance to the "rhythm and sound" of Rhythm and Sound!

CarFit Assessment: On Monday, September 9, by appointment, get a CarFit vehicle adjustment as trained technicians observe you in your own car and provide a questionnaire. Hosted by Penn Medicine, AAA, and AARP, gain more confidence behind the wheel. This service will be located in our parking lot.

Robinson Artshop: On Monday, September 9, at 10:30 a.m., join J. Robinson Art as you bring out your inner artist and paint a wonderful instrumental painting with all supplies included. See how a "complicated" piece is broken down into simple steps.

Blood Pressure Screening: On Tuesday, September 10, by appointment, keep your blood pressure in check with this free screening. Please be sure to set-up your appointment time early!

Oro Macht Frei: On Tuesday, September 10, at 1 p.m., witness the "Best International Documentary Film" of the 2015 Garden State Film Festival. "Oro Macht Frei" tells the story of the Roman Jewish experience during Nazi occupation of Rome (1943-1944). This film seeks to bring the viewer into a relatable reflection of the Holocaust, in Italy, through the eyes of this historic community.

Ted Talk: On Wednesday, September 11, at 10:30 a.m., join Caryl and Ellie as they share and stir up discussion on Ursus Wehrli's *Tidying Up Art*.

Maggie's Broadway Showstoppers: On Wednesday, September 11, at 2 p.m., enjoy that magical moment when an audience reacts to a song with such force that it literally stops the show. Maggie Worsdale stops this show with her selection of unforgettable Broadway tunes.

Memory Screening: On Thursday, September 12, by appointment, receive a private 10-minute memory

screening from Stephanie Fitzsimmons, EdD, MSN, RN, Geriatric Nurse Practitioner, St. Peter's University Hospital. Like your blood pressure, it's a good idea to get your memory checked.

Reverse Mortgages: On Thursday, September 12, at 10:30 a.m., learn about Reverse Mortgages with Jackie D'Alessandro, VP and Relationship Mgr. from Amboy Bank.

Life Among the Stars: On Thursday, September 12, at 1:30 p.m., Jim DelGuidice explores New Jersey's contribution to the space age as well as NASA's 60 years of achievement.

Karaoke with Rick: On Friday, September 13, at 2:30 p.m., ham it up with Rick as you sing a merry tune of your choosing. You and your friends will have fun singing and/or cheering along with your neighbors.

The Gluten News: On Monday, September 16, at 10:30 a.m., find out if "gluten-free" eating is the healthy way to go with Saswati Chakrabarty, from Monroe Village. Learn how to make the gluten-free choice.

1970's Remembered: On Monday, September 16, at 2 p.m., travel back in time where platform shoes and leisure suits were the fashion. Enjoy this musical afternoon as your recall the sounds of the 1970's, from disco to soul.

Drivers Safety: On Tuesday, September 17, at 8:45 a.m., enhance your driving skills during this AARP-sponsored program. For pricing and space availability, please call the Office.

Judge for Yourself: On Tuesday, September 17, at 10:30 a.m., join "Judge Jen" as she shares true, sometimes controversial cases, for you to debate and discuss...as well as to discover the outcome.

Forty Second Street: On Tuesday, September 17, at 1:30 p.m., Marvin Fischer discusses the life of composer and lyricist, Harry Warren, who primarily wrote songs for films. Marvin performs some of Warren's hits on the piano from "Forty Second Street" to "I Only Have Eyes for You."

Why We Wobble: On Wednesday, September 18, at 10:30 a.m., Dr. Helena Zarco, PT, explores balance issues that are common among the older adult. Learn what you can do to help improve your balance and reduce your risk of falling at home.

Acting Up: On Wednesday, September 18, at 1 p.m., we welcome "Q" from the Elms of Cranbury, as she provides this "ham it up" afternoon. From sensory improvisation to creating your own scene, bring out your inner actor during this fun session.

The Time Machine: On Wednesday, September 18, at 2:30 p.m., enjoy this staged, radio drama of one of the earliest works of science fiction and the progeni-

(Continued on page 27)

Monroe Township Public Library
All events are open to the public.
www.monroetwplibrary.org

Book Café
Wednesday, September 4
Session 1 at 11 a.m. Session 2 at 1 p.m. Discuss books that you have read. Light refreshments will be served. Space is limited. Register at the Welcome Desk.

Socrates Café
Wednesday, September 4 at 7 p.m. Socrates Café are gatherings around the world where people from different backgrounds get together and exchange thoughtful ideas and experiences while embracing the central theme of Socratizing; the idea that we learn more when we ask questions along with others. Join us and pose questions, listen to others. Register at the Welcome Desk.

Poets Corner
Friday, September 6 at 11 a.m. A workshop and reading group for all ages. Please bring 12 copies of your work. Registration is not required.

Music Circle
Friday, September 6 from 3 to 5 p.m. Musicians of any level are welcome to play popular songs of various decades in a campfire-style setting. Songs will be done in simple 3-4 chord arrangements and lyrics will be shown on the projector for everyone to follow along. Join us and feel free to bring any songs you'd like to lead as well! Registration is not required.

Current Events Discussion Group
Saturday, September 7 at 10:30 a.m. Enjoy a discussion about global and domestic affairs. Light refreshments provided. Register at the Welcome Desk.

Monroe Township Library Foundation 50/50 Raffle Drawing
September 7, 2019 at 12 p.m. Price per ticket is \$1.00. Tickets are available for purchase at the Circulation Desk. The drawing will take place at the Library on September 7, 2019 at 12:00pm. This is a 50/50 cash raffle. Winner will receive 50% of the amount received for all tickets or rights to participate. No substitutions of the offered prize may be made. All ticket purchases benefit the Monroe Township Library Foundation.

POV Documentary Films
Sunday, September 8 at 10:30 a.m. and 1 p.m. 10:30 a.m. Below the rugged peaks of the Northern Rockies lies the site if the worst case of community-wide exposure to a toxic substance in US history. (2007) 60 minutes

1 p.m. Political thriller examines the influence of untraceable corporate money on the elections and elected officials in Montana. (2018) 85 minutes
These films are presented in collaboration with the award-winning documentary series P.O.V. (www.pbs.org/pov). Registration is not required.

The Great Courses: American Military History
Tuesdays, September 10 and 17 at 1 p.m. General Wesley K. Clark (Ret.), former NATO Supreme Allied Commander Europe, presents more than two centuries of America's wars in this DVD lecture series.

September 10: Korea and the Cold War & The United States Enters Vietnam
September 17: Elusive Victory in Southeast Asia & American Forces in Grenada and Panama

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

Short Story Discussion Group
Wednesday, September 11 at 11 a.m. Leah Wagner moderates a discussion about "History of China" by Carolyn Ferrell in Best American Short Stories and "Inversion of Marcia" by Thomas Bolt in O. Henry Prize Stories. Register at the Welcome Desk.

Genealogy Club
Wednesday, September 11 at 1:30 p.m. Beginner and experienced genealogists are welcome. Registration is not required.

POV Documentary Fall Film Series
Saturday, September 14 at 1 p.m. This is the first in our POV Documentary Fall Film Series. Inspiring teenage innovators prepare their projects for the largest convening of high school scientists in the world, the Intel International Science and Engineering Fair. (2018) 80 minutes

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

Non-Fiction Book Discussion
Monday, September 16 at 2 p.m. Join us for a discussion about Inheritance: A Memoir of Genealogy, Paternity, and Love by Dani Shapiro. Moderated by Leah Wagner. Register and reserve a copy at the Welcome Desk.

International Book Club
Tuesday, September 17 at 10:30 a.m. Join a book discussion moderated by Monica Teixeira. This month's title is The Secret Diary of Hendrik Groen, 831/4 Years Old by Hendrik Groen (Netherlands).

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

Page Turners
Thursday, September 19 at 11 a.m. Looking for something to read or add to your reading list? Library staff will present and recommend a variety of new titles pertaining to a different topic each month, both new and old titles. September's theme will be Getting Schooled. Light refreshments provided. Registration is not required.

(Continued on page 27)

TRANSPORTATION TIDBITS
Important phone numbers:
Rossmoor Bus609-655-4401
Hours 10:00 -11:00 a.m. and 2:30 p.m.- 4:00 p.m.
Monroe Township Transportation.....609-443-0511
Middlesex County
Area Transportation (MCAT) 1-800-221-3520
St. Peter's University Hospital
On Time Transportation 1-800-858-8463
All schedules are available outside the E&R office (near the copy machine) or via the Web at rcainj.com and following the links Facilities, Clubhouse and Activities, and Bus Info.

Classified Advertising

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LEASE A NIECE HOME CARE – Assistance with personal and household activities. Cooking, shopping, paperwork, appointments, companionship, local transportation. Companions, CNA's, CHHA's. Tracie (732) 521-HOME (4663).

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Senior Center Highlights

(Continued from page 26)

tor of the "time travel" genre. Based on the classic H.G. Wells novella, travel back in time with two Victorian scientists who are hurtled into the year 802,701.

Composing Singers: On Thursday, September 19, at 1:30 p.m., join Gordon James and his wife, vocalist, Carol Selick, along with pianist, Mark Minchello, as they discuss and perform songs by artists like Carole King, Neil Diamond, Stevie Wonder, Simon and Garfunkel, and more.

Life of Albert Einstein: On Friday, September 20, at 1:30 p.m., the Historical Society of Princeton presents this enlightening presentation about the man whose name has become synonymous with "genius."

Art of the Masters: On Friday, September 20, at 2 p.m., join Christina for an

Library

(Continued from page 26)

ister at the Welcome Desk.

Find Your Joy and Run With It

Thursday, September 19 at 2:30 p.m. Join two-time cancer survivor motivation and positivity coach Rosie Mankes as she shares: How to live a purposeful, meaningful life every day. How to overcome adversity. Wake up to a new YOU each morning. Register at the Welcome Desk.

Musician's Showcase: Michele Mountain

Sunday, September 22 at 2 p.m. Live performance by harpist Michele Mountain. Sponsored by the Friends of the Library. Registration is not required.

Songs for the Seasons Live Musical Performance

Wednesday, September 25 at 2 p.m. Musical performance featuring a selection of Broadway hits, from classic to contemporary, that take you on a journey from Spring to Winter and back again. Jim Schubert, actor, singer and 2016 winner of the prestigious international Lotte Lenya Singing Competition and pianist Jeffrey Uhlig, Principal Keyboard and Vocal Coach with the Ocean City Pops Orchestra, formerly with Princeton Symphony perform. Register at the Welcome Desk.

Closings

The Library will be closed on Sunday, September 1 and Monday, September 2 in observance of Labor Day.

overview on the life and work of Alphonse Mucha. Participants, who requested participation in the project, will help create a group masterpiece using acrylic paints in the artist's style. Space limited.

The Infernos: On Friday, September 20, at 7 p.m., get out and get dancing with this energetic band that performs four decades of musical magic.

Staying Abreast: On Monday, September 23, at 10:30 a.m., Dr. Lisa Hopkins, St. Peter's Healthcare, discusses the importance of breast self-awareness and knowing how each breast normally looks and feels in order to notice any changes. Bagels, too.

Music BINGO: On Monday, September 23, at 1:30 p.m., join Tara for a fun and interactive game where you test your music knowledge while trying to get a BINGO. Prizes, too!

Kelsey Theatre

(Continued from page 25)

affordable theater for all, ticket prices are a fraction of those at larger venues, with subscription packages available for discounts of up to 43 percent. Subscription packages are on sale now.

Unless otherwise noted, ticket prices for musicals are \$22 for adults and \$20 for seniors and students/children; tickets for plays are \$20 and \$18. (There is a small surcharge for order processing.) Orders may be placed by calling the Kelsey Theatre Box Office at 609-570-3333, by mail, or online at www.KelseyTheatre.org.

The season "starts at the very beginning" with *The Sound of Music*, presented by Pierrot Productions Sept. 12 to 22.

The mood shifts to light-hearted hilarity with *Leading Ladies*, presented by Maurer Productions OnStage Sept. 27 to Oct. 6. In this Ken Ludwig farce, *Twelfth Night* meets *Some Like It Hot*. Two fading British actors are willing to go to extreme measures to turn their luck – and their fortunes – around. More laughs are in store with *Tartuffe*, presented by Pinn-Worth Productions Oct. 11 to 20. A new translation of Molière's 1664 classic, its themes of lust, deceit and false piety are strikingly relevant today.

Catch Me If You Can touches down at Kelsey Theatre next, starring the larger-than-life faux pilot, doctor and lawyer Frank Abagnale. Presented by The Pennington Players Oct. 25 to Nov. 3, this high-flying musical is based on Abagnale's incredible true story and the hit film.

For other performances, more information or to purchase tickets, visit www.KelseyTheatre.org or call 609-570-3333.

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

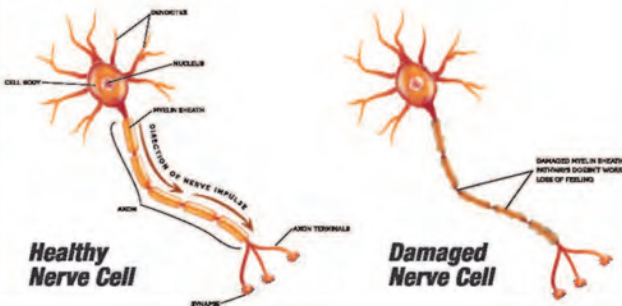
AllCure Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be felt on the first few 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 shown successful results treating patients with inflammation, muscle, joint, and nerve related pains. CBD is especially promising due to its lack of intoxicating side effects like other pain medications. The AllCure team will incorporate CBD treatments into your rehabilitation program, maximizing patient results. Please call us today and we will be happy to answer any questions!

HOW DO YOU KNOW IF YOU HAVE NERVE DAMAGE?

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



350 Forsgate Dr., Monroe Township, NJ 08831

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

Exp. 9-30-19