



The beautiful summer sky

Photo by Y. A. Lee

Silent Heart Attacks

By Kaytie Olshefski, BSN, RN-BC

The heart is an amazing muscle that pumps nearly five quarts of blood through your body every 60 seconds. In one day, the heart beats 100,000 times, pumping 2,000 gallons of blood. It weighs between 7 and 15 ounces and is about the size of your fist.

What is heart disease? There are many types of heart disease, also known as cardiovascular disease. The symptoms of the different types of heart disease can vary from one person to another. As we age, the lining of our blood vessels starts to build up fatty material and plaque. As we get older, the lumen of the artery starts to narrow, causing the blood to push harder to pass through the blood vessel. In time, this build-up may obstruct the heart vessel and stop the blood from flowing; causing the person to have a heart

attack – medically known as myocardial infarction.

Symptoms occur when the heart does not receive oxygen rich blood. The classic signs and symptoms of a heart attack include chest discomfort, chest pressure, burning, fullness or squeezing pain. The pain may radiate from the chest area to the shoulders, arms, neck, throat, jaw or back. Other symptoms include shortness of breath, palpitations, a faster heartbeat, weakness, dizziness, nausea and sweating.

Silent heart attack symptoms are mild, meaning they do not have the intensity of a classic heart attack. Symptoms include nausea, muscle pain, discomfort in the arms, dizziness, shortness of breath, cold sweats, mild discomfort in the chest that goes away. Symptoms may even mimic the flu. Silent heart attack symptoms may be ignored or confused with

other discomforts one may feel. Some may attribute the mild symptoms to not sleeping well, feeling tired, heartburn or indigestion.

The risk factors for silent and regular heart attacks are similar. Risk factors that cannot be changed are getting older, your gender, and a family history of heart disease.

Silent heart attacks have a few known risk factors of their own. Gender is also a risk factor, but men are prone to classic heart attacks while women are more likely to have a silent heart attack that might be mistaken for an

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Editors say thanks

By the Rossmoor News Editorial Board

In July 2021, The Rossmoor News finally became available in hardcopy. It had been an online only publication since May 2020.

Due to the severe economic downturn and staffing shortages during the pandemic, it was not feasible to print and mail over 2,000 copies a month. Now that printing has resumed we are happy to say that residents can pick up a copy from the bin on the porch outside the Village Center exercise room. Of course, the paper is online as well.

Throughout this long hia-

Moping around during the shutdown? Not in our Maintenance Department

By Carol De Haan

The coronavirus put life on hold for most of the year 2020. We filled our lives with long walks, telephone and computer time, and, inevitably, lots of TV time. Maybe snack time. Maybe nap time, too.

But in our Maintenance Department, it was Opportunity Time for Manager Dave Salter and his staff. With none of us out and about, Dave's 20 Maintenance staffers fell back on a late 2019 authorization by the Board of Governors to undertake these big jobs:

- Replacing 18 walkway lights at the Meeting House;
- Replacing shutters in the Meeting House;
- Installing a new floor in the Gallery;
- Replacing the floor in the East Gate house with remnants from the Gallery;
- Removing peeling wallpaper in the Ballroom, then painting the walls;
- Removing the popcorn ceiling in the Pro Shop, then painting, and installing new lighting;
- Replacing stalls in the Pro Shop men's room;
- Replacing one stall door in the Pro shop ladies' room;
- Replacing the exit door from the Pro Shop to the pool.

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Board of Education candidates introduce themselves

By Carol De Haan

The Monroe Township Board of Education consists of nine elected community members who serve three-year unpaid terms during which they oversee educational matters for our young people, as well as the funding needed to provide for our school system.

Of the municipal taxes we pay, 55% is dedicated to school funding, which means that a school board election should be a meaningful event to Monroe residents.

We have three vacancies on the Board of Education, with seven candidates each seeking one of those open seats. The Rossmoor News invited all seven candidates

to introduce themselves to our readers. Six responded, and we include their statements in the order received. Please acquaint yourself with these people and be sure to vote on Election Day, Nov. 2.

Linda M. Bozowski

I am pleased to be running for a position on the Monroe Board of Education. Growing up as a Monroe resident, I was afforded an excellent education, thanks in part to the Monroe Township School District that saw me through what is now Applegarth School and Hightstown High School.

Following completion of an accounting degree from Rutgers, my career has been focused on healthcare finance. In addition to my professional endeavors, I've been a volunteer with PTA, church, Girl Scouts, the Rossmoor News and our Music Association. My three grown children and my grandson are all successful adults.

I've chosen to seek election because I feel that we, as a community, need to take our educational obligations more seriously. Many of us have benefitted from dedicated teachers and well-equipped schools, and now must "pay it forward" so that our young people will have even broader opportunities to learn in an equitable environment.

We must offer safe and

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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 19, 2021, by Mr. Daniel Jolly, President. The meeting was open to Owners and Stockholders that wished to participate by reservation.

The Minutes of the Board of Governors meeting on July 15, 2021, were approved 18-0.

Mr. Robert Gleason, Secretary, read Resolution #21-21, Authorization to Engage the Services of FWH, Associated, P. A. to Prepare Detailed Plans/Specifications for the Reinforcement of Ceiling Panels in the Cooperative and Condominium Units, the motion passed 18-0.

Mr. Jolly thanked the Search Committee; Paul Pitari, Chair, Judith Sforza and John Craven; for their time and talents in interviewing and recommending General Manager candidates to the Executive Committee. Mr. Jolly said he was pleased to announce, after completing the interview process, that Thomas Curry has accepted the position of RCAI General Manager and will be starting November 1, 2021.

Mr. Jolly also announced that he has been working with Monroe Township and has received word that the Township has set aside \$250,000 for a stand-by generator for the pump station at Cedar Brook Pond and if there is enough money for a perimeter fence.

Ms. Jane Balmer, General Manager, reminded the board and directors in attendance that only Owners, Stockholders and residents may undertake to exercise rights to express political free speech by canvassing units with notice to the Mutual and within certain times and days as described in the 18 Mutuals' Rules and Regulations.

Board members and attendees' questions about the old bank drive-in building by the Village Center, the progress of the reconstruction of the tennis court, the possibility of a directory this year, code of ethics, annual audits of RCAI and the Mutuals, pool parking, and the condition of the pool surface were discussed and answered.

There was no further business for the Board to discuss and the meeting was adjourned at 9:45 a.m.

Open RCAI Meetings in September

RCAI Board of Governors Meeting
Wednesday, September 15 - 9 a.m.

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

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

Our Website

Go to rcainj.com to access the Rossmoor website.

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

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



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Myra Danon
Bob Huber
Jean Houvener
Anne Rotholz
Linda Bozowski
Walter Gryskiewicz

Editorial Assistants

Alex Monaco
Linda Monaco

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

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

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

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Bits & Pieces

By Sue Ortiz

Kindle, Nook, hard cover, soft cover, paperback, or audiobook: Which is your preferred method of reading the latest, or classic, novels?

E-readers are great for on-the-go and vacation reading. The font can be adjusted for easy reading, which is great, because the font on some of those 800-plus page books can be tiring on the eyes. While I do have a Kindle filled with an ever-growing TBR (to be read) list, I still like the hands-on, tactile feel of a physical book. Nothing compares to the smell of a new book and the cracking of a spine when it's opened for the first time! I like the cover art, too. If the book is on my shelf, the entire story floods back to me each time I look at it.

Sorry, but I don't care to read the classics like "To Kill a Mockingbird," "Catcher in the Rye," "Grapes of Wrath," "The Great Gatsby," or even Shakespeare. They were required reading in school. Maybe it was the *compulsory-ness* that soured me on those selections; I preferred my own choices.

My reading habits are eclectic.

I like Earth-based science fiction, especially if the story's theme is time travel, like H. G. Wells's "The Time Machine." Wells's "War of the Worlds" is another favorite. In fact, I have happily read most of his novels, short stories, and even his autobiography. I have many copies of his works in my collection. Can you tell he's my favorite author?

Cozy mysteries, without a lot of gore and foul language (some is okay, just to make it real) is my go-to sleuthing genre. Ellery Queen is one of my favorite mystery authors. Actually, Ellery Queen is the nom de plume of Frederic Dannay and Manfred Bennington Lee, who co-wrote mysteries with Ellery as the 1940s sleuth. I even did an oral report in high school on his "Cat O' Nine Tails," an early serial killer story, which had a slew of characters – so many, in fact, that the book had a note on names after the last chapter to explain them all.

Agatha Christie's "And Then There Were None" (aka "Ten Little Indians"), published in 1939, is my favorite mystery about eight people, all strangers to each other, who are invited to an island off the English coast where they are ultimately abandoned and killed, one by one.

I'll read the occasional bodice-ripper, if it involves time travel, like the "Outlander" series by Diana Gabaldon. Those are some of the aforementioned 800-page tomes, but they are

worth it.

The Harry Potter series is another well-loved set of seven books that sit on my bookshelf. Each book was increasingly longer than the previous. I couldn't wait to devour the continuing story of "The Boy Who Lived," on the day each new book was published.

As a child, I loved "The Pokey Little Puppy," "The Teeny Tiny Woman," and "Put Me in the Zoo" (a Dr. Seuss book) about a polka-dotted leopard, although I was not a fan of the Dr. Seuss books in general. I think I'm the only person who doesn't like the Grinch. My copy of "Little Golden Books" about Raggedy Ann still holds preserved four-leaf clovers that I found in my grandparents' back yard way back when.

Growing up, I enjoyed the Nancy Drew, Trixie Belden, and Dana Girls mysteries. These young adult sleuths led me to Ellery and Agatha later on.

I do have a shelf or two, and now a Kindle category, dedicated to non-fiction science, especially the theory of time travel. Wormholes, time loops, string theory, black holes, and Einstein-Rosen Bridges all pique my interest on the subject. Where would you go, if you could travel to the past? Would you want to see the future? Interesting stuff, even if I can't wrap my head around all the equations.

Once in a blue moon I'll listen to an audiobook in my car, but I tend to zone out of the story because my thoughts drift elsewhere – to whatever else may be coming down the pike of my life. Written words take more effort to read. You have to visualize the story in your mind. There is no time for drifting, only to sleep, after page 604.

How will we read books in the future? Only time will tell (pun intended). Just make sure your device, and you, are fully charged.

B&P

"When you have mastered numbers, you will in fact no longer be reading numbers, any more than you read words when reading books. You will be reading meanings." – W. E. B. Du Bois (American writer, 1869-1963)

"Computers allow us to squeeze the most out of everything, whether it's Google looking up things, so I guess that tends to make us a little lazy about reading books and doing things the hard way to understand how those things work." – Buzz Aldrin (American astronaut, b. 1930)

Preparing for September 2021 school year

By Dr. Dori Alvich,
Superintendent of Schools

Throughout this summer, representatives of our district's administration, staff members, school nurses, bus drivers, and counselors have spent many hours meeting and planning to ensure that we are ready for a full-day reopening of schools for September 2021. We look forward to welcoming back our students in person.

Our plans include protocols for the health, safety, and emotional well-being of our students and staff members; continuity and advancement of student learning; ongoing training and support for staff; research-based practices to support the social and emotional learning of students; and protocols and processes to mitigate the transmission of COVID-19.

In response to the New Jersey Department of Education and New Jersey Department of Health's guidance document, "The Road Forward" (released June 2021), the district has developed a reopening plan to provide for a return to in-person education for the fall 2021. As you read through the Monroe Township School District Reopening Plan, it is important to understand that the document serves to provide a high-level overview of our district's strategies.

The Reopening Plan is a

living document that will be modified as health circumstances, guidance, and conditions shift within our communities, the state and nation. Throughout our planning, every effort has been made to ensure the health, wellness, and safety of our students and staff.

Some highlights of our plan include

- Daily screening for all staff and students
- Proactive planning for all students to have access to technology if a class or the district must move to a remote schedule due to a health concern.
- Social distancing in all locations within our school buildings and cohorting of students as much as possible to assist with contact tracing efforts. This may include updating lunch schedules to have more space between students while eating.
- Protocols for virtual home instruction learning for students who may require quarantine due to exposure to a person with a positive COVID-19 result or a positive COVID-19 result for the student.
- Ongoing education on proper handwashing techniques and hygiene.
- Ongoing cleaning and disinfecting of all school buildings and buses.
- Communication of vaccine

availability for students and staff.

Every aspect of the plan is flexible and dependent on health conditions. The district will continue to monitor all updates and adjust as needed. This challenge has definitely shown the creativity of educators across the country and here in Monroe Township. As always, we will continue to update information to our district website regarding this topic and all matters related to our school district.

111 and Counting

By Allan Kaufman

One hundred eleven countries and counting. That is the number of countries Rossmoor residents, Steve and Therese Marcus have visited traveling close to 50 years.

A few months ago, Steve and Therese decided to become members of the Rossmoor Jewish Congregation. Because I'm the vice president of membership, Steve came to my house to discuss the congregation. We discovered we went to the same

4. Norman Perkus had to postpone his popular in-person yoga class, but he continues to lead his book discussion group, which meets monthly via Zoom. Norm's Writer's Group also meets – virtually, that is – every month, keeping members busy and fulfilled.

5. Another Norman, this one Norman Politzner, sends his "Sound Advice" column every month. He keeps us up-to-date with financial info, warns us about scams, and helps us deal with the more technical aspects of modern living. We owe him a round of applause.

These five faithful contributors enrich the lives of their neighbors. We thank them, also, for enriching The Rossmoor News.

college (he graduated before me) and our families both enjoyed traveling. I then found out to what extent Steve and Therese traveled. Diane and I were not in the same ballpark. In fact, we were not in the same country, so to speak.

A few weeks after I met Steve, I thought it would make an interesting story for the paper if I had a chance to sit down and discuss their travels. Diane and I met with Steve and Therese and their pooch, Jean-Luc (he is not named after the Star Trek Captain). Their home is gorgeously decorated with many items from the various places they've traveled to. And they both can tell you a story about each item. We were amazed at their recall of details from each trip, from the restaurants they went to, to the people they met.

Steve and Therese were born in New York City. Steve in Brooklyn and Therese in Queens. While at Hunter College he began his career working at the legendary Barry Farber Show at WOR. He eventually became executive producer and substitute host. While working for Farber he took his first trip to Europe and reported details of the trip back to WOR nightly for two months. During that time, he also provided travel reports to 12

Thanks

(Continued from page 1)

size. Like the philosopher Diogenes, you'd need a lantern in the daytime to find another person as creative and as tenderhearted as Sue.

2. Sidna Mitchell has never failed to send a recipe each month, with a lively story to go with it. Her recipes are always original and healthful, to say nothing of tasty. (That Curried Squash Soup is a keeper.)

3. Judy Perkus has kept us dancing, well, at least in our imaginations. She's kept spirits high until the happy day when the Dance Club will meet again, and members can trip the light fantastic till all hours of the night. Good for you, Judy.

(Continued on page 5)



Noah A. Goldman, MD
Medical Director
Cancer Programs

Penn Medicine Princeton Health Welcomes...

An expert clinician specializing in treating gynecologic cancers with minimally invasive surgery.

As the new Medical Director of Cancer Programs, Dr. Goldman is working with leaders at both Princeton Health and Penn Medicine's Abramson Cancer Center, a world leader in clinical research and patient care, to transform cancer care in central New Jersey.

Dr. Goldman joins a growing team of experts at Princeton Health who are utilizing the latest technology and raising the level of care for patients with gynecologic, lung, breast, colorectal, prostate and other cancers.

Dr. Goldman sees patients in Suite 540 of the Medical Arts Pavilion in Plainsboro, adjacent to Princeton Medical Center (PMC). For more information, visit www.princetonhcs.org/directory. To make an appointment, call **609.853.6590**.

Advanced care, close to home.

Happy Fall y'all

Bob's Almanac—September 2021

By Bob Huber

Labor Day occurs on Monday, Sept. 6, this year; the traditional end of the summer vacation season. It will be a return to normalcy

for many of us. As always, the kids will do the most complaining about having to go back to school, but they are usually the ones who adapt the fastest to the change in the routine. Many will be returning to school and the office for the first time since COVID-19 dictated working from home. There is always a lot of wistful staring out the window and extended conversations around the water cooler. None of this appears to be very productive but in fact, down through history, September has been a very active month.

On Sept. 4, 1609, Manhattan was discovered by explorer Henry Hudson, and on this same date in 1781, Los Angeles was founded by the Spanish governor, Felipe deNeve, eventually anchoring the continental United States with two of its largest cities.

On Sept. 9, 1774, the first

Continental Congress convened in Philadelphia, and two years later, on Sept. 15, the Congress officially adopted our country's new name: The United States of America.

On Sept. 15, 1789, James Fenimore Cooper was born in Burlington, Vt. This novelist, historian and social critic was one of the earliest writers to characterize our country's formative period. His best-known novel, "Last of the Mohicans," remains as popular today as when it was first written.

On Sept. 16, 1620, 120 pilgrims departed England for America. They landed in Provincetown on Nov. 21, and eventually disembarked at Plymouth on Dec. 26.

On Sept. 22, 1862, President Abraham Lincoln issued the preliminary Emancipation Proclamation, freeing slaves in confederate territory as of July 1, 1863.

Two American entertainment icons claimed September as their birth month: puppeteer Jim Henson was born on Sept. 24, 1936. Starting with Kermit, a little frog character fashioned from a piece of his mother's discarded coat, he went on to develop a whole cast of wonderful characters who entertain and educate our children on Sesame Street.

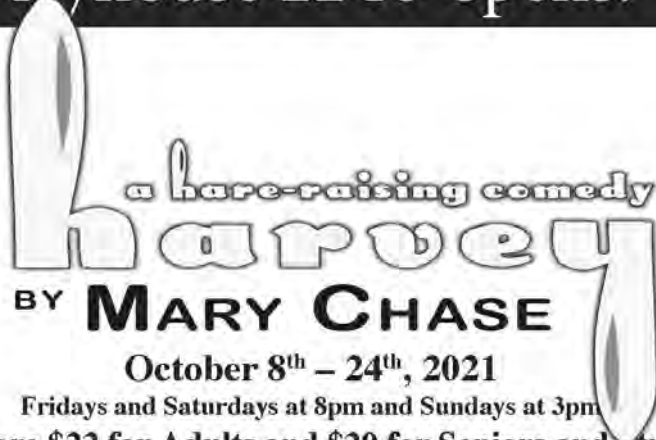
The prolific pianist and composer, George Gershwin, was born on Sept. 26, 1898. His creative genius put an indelible American stamp on both popular and classical music.

Though this column deals primarily with American people and events, we take note of a bit of bother which involved our cousins across the pond. It seems that after pondering the issue for about 200 years, England decided to convert from the Julian calendar to the Gregorian calendar on Sept. 2, 1752. This is the calendar that is most commonly used today around the world.

The conversion caused a major adjustment, requiring Wednesday, Sept. 2 to be followed by Thursday Sept. 14. This was most upsetting to the gentry and for weeks there were riots in the streets. The Brits wanted their 11 days back! Eventually, cooler heads prevailed, and the matter was put to rest.

Now, if we could only get them to drive on the right side of the road.

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Steve, Therese, and Jean-Luc

111 and Counting

(Continued from page 3)
radio stations. He met Therese when she started working at the radio station. They married in 1973 and that is when the travel began.
“We started our travels on our honeymoon,” Steve said. “We went to Europe,” he continued. “Italy, France, Switzerland, The Netherlands and England.” Their travels continued in 1979 when, as part of Steve’s assignment as the Arts, Entertainment, and Travel reporter for WKSS, a radio station in Connecticut, they were the celebrity hosts for a cruise to Bermuda, not a sovereign country but a great place to visit.
After staying in the New York area for a few years they first moved to Los Angeles in 1983 and then to San Francisco in 1993. While in Los Angeles they started an advertising business and in 1986 began a lifelong journey that has led them, currently, to 111 countries. They first went to the Panama Canal. When they started traveling extensively, the Greek Isles, a cruise in Russia and countries on all continents were on their bucket list. At times they planned their trips themselves and for the longer trips (about one month in length) they would often go to a company that packaged vacations for a



Steve and Thérèse Marcus with chief of a Vanuatu tribe with his grandson. The chief’s family used to be cannibals, now they are vegetarians.

maximum of 16 people.
“We had no set agenda as to where our next trip would be,” Therese said. “We looked at a map and said ‘Here!’ “
I asked them, “When did you start counting the number of countries you visited?”
Steve said, “It was around 2000.”
I wanted to know if they

were disappointed in any of the places they’ve been too. “Not really,” Therese said. “Even in countries that are remote and exotic such as Uzbekistan and Kyrgyzstan, we were enthusiastically welcomed as Americans.”
The pandemic had put a damper on their travel plans. “We have planned our next trip for 2022 to Armenia,



Steve Marcus with Chief, King and Queen Kodzo Ageve V of the Akato village of the Ewe tribe outside of Lome, Togo. (Photo by Thérèse Marcus)

Georgia and Azerbaijan. Hopefully we can go,” Steve said.
There are 189 countries in the world. The giant globe that sits in their living room is up to date. But they have visited many countries that didn’t exist on the globe they purchased in 1984 that sits in their guest room. “We will try, but we won’t come close to getting in all 195, especially with countries like Iran and North Korea not being receptive to visitors, particularly American,” Steve said, 111 and counting.
I can be reached at allan.kaufman0125@gmail.com or 732 690-2145. Your comments are always welcome.

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

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Ice cores in search of a volcano

By Jean Houvener

In 1980, scientists in Greenland were examining ice cores, originally drilled there in 1974, when they found evidence of a high spike of sulfate and ash. They also found evidence of a large volume of tephra, or small stones, typically the result of a volcanic eruption. The specimens were dated to around 1257 or 1258.

In 1988, cores from Antarctica, Byrd Station, were found to have similar sulfate spikes, as did cores from Ellesmere Island, Canada, dated to the same time. Given the size of the spike and the widespread distribution, it was estimated that a volcanic eruption up to eight times the size of that of Krakatoa and twice that of Tambora had occurred, putting it among the largest volcanic eruption in the last 7,000 years.

The hunt was on for the likely source of all this volcanic material. Early explorations were for explosions around Greenland or Iceland, but the written records contained no references to such an event at this time period. There were historical references for a volcanic explosion at Haraat al-Rahat near Medina in 1256, but the event appeared to be too small to be the culprit. Candidates El Chichon in Mexico and Quilotoa in Ecuador did not match the chemistry of the sulfate spikes in the ice cores. Those two along with Okataina in New Zealand did not match the time and size of the eruption shown in the cores.

As evidence grew that the eruption was a global event with a large spread of material, it became likely that the candidate was somewhere in Indonesia along the "ring of fire," in the same area as Krakatoa and Tambora.

There are many active volcanoes along this line, and particularly nearer the equator, where the scientists suspected the volcano would be found. The Tofua volcano in Tonga was researched, but seen as too small an explosion. Indonesia has had dozens of volcanoes, in the west where the Indian plate

plunges under the Eurasian plate and in the east where the Australian plate plunges under the Eurasian plate. It is an extremely active area for volcanoes.

In the meantime, scholars had linked such events in Europe as the terrible weather in 1258 and subsequent cooling of the atmosphere which led to crop failures and famine to the apparent 1257 eruption. It is also thought that this was a contributing factor to the Little Ice Age, which lasted for 600 years and put an end to Viking explorations further and further west from Iceland to Greenland to perhaps North America.

In 2013, the hypothesis was put forth by Franck Lavigne, a French geoscientist, and strongly supported by evidence he found, that the volcano in question was Samalas on the island of Lombok in Indonesia. The sulfate signature and tephra in the ice cores was found to closely match that of the layers of volcanic debris on the island. Trees destroyed and the subsequent new growth of trees above the layer of destruction were dated to the correct time.

Finally, writings in the "Babad Lombok," an ancient history written on palm leaves, were found which described the catastrophe that struck the island some time before 1300. "All houses were destroyed and swept away, floating on the sea, and many people died."

Pamatan, the capital city of the Kingdom of Lombok, was buried in volcanic debris and pyroclastic flows, much like what buried Pompeii, but worse.

Not long after, the king of Singhasari on Java was easily able to conquer the area once controlled by the king of Lombok. His troops met virtually no resistance. Lavigne puts the likely date for the eruption to between May and October of 1257, given the dates for the later crop failures and climate changes of 1258.

It is thought that the first phase of the eruption sent ash and sulfur, creating a column up to 25 miles high and spreading over an inch of ash across 150 square miles. Next came pumice, which reached 3 inches, on East Lombok and on Bali. Some of the pumice fell 38 miles away. Rock and pyroclastic flows followed, crossing over the straits between Lombok and its neighboring islands. It incinerated vegetation and buried coral reefs.

The total volume of material was at least 9 cubic miles. The eruption of Samalas has been given a VEI (Volcanic Explosivity Index) of 7, putting it among the largest in recent time. The explosion left a 4-mile-wide caldera, with a crater lake some 660 feet deep where the original volcano had been. There are still three active volcanoes in the caldera, Barujari, Rinjani, and Rombongan.

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Do Si Do – Square Dancing is still a popular event

By Linda Bozowski

One of the most popular folk dances enjoyed around the world is called square dancing, originally documented in the 1500s in England. Far less formal than other dances of the time, folk dancing was enjoyed by all classes of participants. The dances, now generally made up of four couples arrayed in a square, were sometimes configured differently. The Morris Dance, for instance, was six men-only dancers in a line formation. Other dances used circle or line formations instead of squares.

The Americanized square dance usually relies on the "head couple" initiating a dancing action, which is then repeated by the three other couples. Another variation on this technique is the quadrille, in which the steps are called out. This version led to the most often-danced version, in which a caller announces the steps that are to be performed as part of the dance, and all participants follow those directives.

Variations abound

Dancers in the United States are fairly consistent in how they approach the dances. There are, however, three regional styles, according to Wikipedia: Northeast/



New England, Southeast/Appalachian and Western.

Western square dance generally consists of about 70 different standardized moves that may be called by the event's caller, who performs a master of ceremonies role. This form of dancing is taught and used in about 30 countries, including those in Europe and portions of Asia. Different formations exist in some countries. For instance, in Ireland and Scotland, another technique called stepping, which may include a flat-foot polka step, may be incorporated. Other regional formations exist, since dances are sometimes held as barn events. There are dance competitions as well as social events

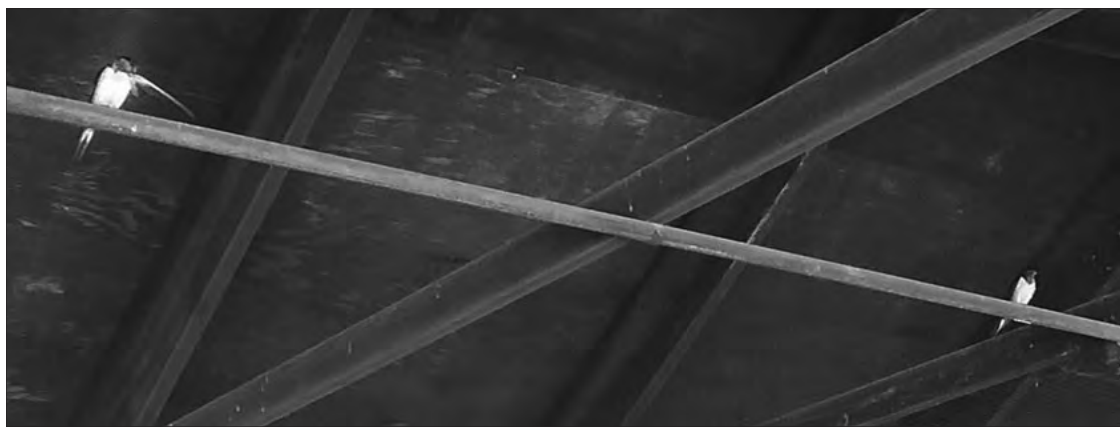
(Continued on page 7)



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A farewell to our summer friends



Swallows are in possession of the carport

By Anne Rotholz

The carports on Prescott Lane are quiet again. Our little feathered friends from the southern hemisphere have gone home. They arrived here in late May, having travelled a distance of approximately 7,000 miles, to nest in Rossmoor.

The barn swallow (*Hirundo rustica*), one of many species of swallows, is found worldwide. It is a very attractive and colorful bird with a deeply forked tail, a glossy steel-blue upper side, black wings, a tawny underside and russet markings on the head and throat.

In the western world the barn swallow winters in South America but migrates northward in spring to breed in North America. Banded swallows have been tracked from Argentina to Alaska and back in a single season! Swallows sometimes travel up to 600 miles a day. They have a lifespan of six to eight years.

As they travel cruising

low, the swallows forage on flying insects and skim the water to drink and to bathe. While flying over fields, marshes, lakes and coastal waters the swallows perform an important ecological function as they consume large numbers of flies, beetles, moths and other insects.

Upon reaching their destination they look for a man-made structure in which to build a nest. The cup-shaped nest is made from mud and chopped grass. Over 1,000 beaks of mud are necessary to complete a nest. They return to the same nest each year and refurbish it as necessary. If need be, they will build a new nest in the same place or nearby. The parents-to-be make the nest comfortable by lining it with straw and feathers. Swallows usually nest in colonies and hunt together. My friend Pat and I checked the Prescott Lane carports and found several nests.

A female swallow lays three to six eggs and is responsible for their incubation, while the male provides her with food. Once the young emerge from the eggs they are fed by both parents. If plenty of food is available, they grow very quickly and are ready to leave the nest in about two weeks.

Sometimes a pair of swallows will have a second brood in one season. If they do, the new family will help feed and raise them. Swallows have also been observed helping neighboring broods.

While the nest is being readied and the eggs are being hatched, the parent swallows do not seem to mind having humans around. Once the young emerge that changes and they can become fairly aggressive. A resident approaching a car may find a very protective parent swallow not just watching but ready for action if one inadvertently goes near the nest. Though they usually will not make contact, it can be very frightening to have a little creature suddenly and unexpectedly swoop over one's head.

Once the swallows recognize the residents, they generally do not make a fuss. (I find that talking to them from the day they arrive helps.)

Once August comes, the swallows begin to line up on the peak of the carport roof where they stay for a few days. Each day their twitter seems to get a bit more intense as they prepare for the long trip south.

The young remain with their parents until they reach their destination. Some flocks will go by way of Mexico and Central America. Others will opt for a shorter route and fly over the Caribbean Islands. This group is more likely to encounter tropical storms that will cause many of them to be lost.

At this time, the barn swallow population seems to be doing well in the U.S. Historically they had some problems. Perhaps the greatest threat came from the millinery (hat) trade in the 19th century. The birds were hunted almost to extinction for their beautiful feathers.

In 1886 the naturalist, George Bird Grinnell wrote an editorial for the magazine *Forest and Stream* decrying this waste of bird life. His article was the inspiration for the U.S. Conservation Movement and also led to the founding of the Audubon Society.

Do Si Do

(Continued from page 6)

such as clubs in most of the countries where square dancing is popular.

Configurations, music, and attire

Most modern square dancing is performed by sets of four couples. There is a head, or number one couple, and the moves are done in accordance with the instructions of the caller. The couples, within their sets, move around the dance floor, and do many active steps. Calls (instructions from the caller) may involve between four and 32 steps.

Music to which dancers make their moves can vary from pop, country, Broadway, Motown and hip-hop. Dancing is generally a vigorous activity.

In competitions and at traditional square-dancing events, attire is generally Western in appearance. Women often wear full-skirted outfits, men wear shirts and bandana or string ties, and boots are often seen on the dance floor.

So come on out and join the fun. Get some good exercise, learn something new, meet new folks, and get that old petticoat or bandana out of the closet. And remember, listen to the caller!



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Please be sure to check your phone or answering machine. All necessary information will be included in the message so you will not need to call the office in return.

Happy Cat Month

By Bob Huber

With all the political palaver dominating the media these days, it's no wonder that one important September event has been overlooked. This is Happy Cat Month! It's been several years since my cat, Clementine, went to that big litter box in the sky, but I vividly recall the following conversation with her:

Clementine, are you happy?

Is this some sort of trick question?

No, I was just asking, because this is Happy Cat Month.

Is there going to be a parade, or something?

Not to my knowledge. This month we're supposed to check up on the welfare of our cats.

Sounds like an admirable idea. Lead on.

What are the things that make you happy?

Well, let's see: a quiet,

comfortable home to live in.

We pass the test on that one.

Plenty of cozy places to take naps. I take six a day, you know?

I noticed.

Now and then, it's nice to have a pile of warm clothes, fresh from the dryer, to dive in for a quick nap. Just make sure that it's a pile of clothes that has not already been folded. Diving into a pile of folded clothes can be very upsetting to the housekeeping staff.

I'll go along with that. Anything else on your list?

Just a few more items: I require plenty of toys to play with.

Your toy basket overflows.

And a screened-in, open window where I can read the news.

Read the news?

Yes. I have to catch up on all the news that's going on in Rossmoor: what are the



squirrels, the rabbits and birds doing, which people are coming and going?

That must keep you busy.

It's a tough job, but somebody's got to do it. It absorbs most of my day, not including naps, of course. And then there's a need for a clean litter box. Cats hate stinky toilet facilities.

We do our best to keep yours clean, and we change the litter frequently.

I'll give you a B plus on that one. And then there's the matter of food. I require three meals a day, especially prepared for cats, none of those scraps off the dinner table.

Three meals a day?! Isn't that a little excessive?

Perhaps you have noticed that I am a "plus size" cat, and I'll tolerate no remarks concerning my weight.

It takes one to know one. Many cat owners tend to overfeed their pets.

Well, good for them.

I'm not quite sure that's the right attitude, but for the sake of domestic tranquility, we'll consider this interview concluded.

Veterinarians tell us that a happy cat is a healthy cat. Make sure your pet sees a Vet at least once a year. And regardless of Clementine's opinion, keep an eye on the weight.

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Team Dalina Priorities:

- Lowering and keeping taxes stable
- Funding to support our public safety
- Maintain AA+ municipal bond rating

Dumplings – All around the world

By Linda Bozowski

Whether you call them manti, pizza rolls, wontons, gyoza, pierogies, or pantrucas, they're all dumplings just the same. Stew wouldn't be nearly so good if there were not Bisquick (or homemade) dumplings on the top. And how about chicken pot pie? When you order wonton soup, those dumplings are really the star of the show, wouldn't you agree?

Most cultures offer some variation on these simple bits of deliciousness. After all, they're made of only a few ingredients – flour or potatoes, some sort of filling (or not) and they can be baked, boiled, fried, steamed or simmered to reach their tasty completion. As the star ingredient in soup, a topper on stew, or an appetizer or side dish with a dipping sauce, dumplings are satisfying.

Dumplings can be made using sweet or savory ingredient pairings. Baked sweet dumplings are sometimes prepared using a whole apple, which is then wrapped in pastry and baked until the filling is tender and the pastry is browned. A cinnamon and brown sugar sauce made with plenty of butter boosts the flavor. An apple pie in a different format – sure, but just as tasty. Smaller versions of this treat can be made with generous handfuls of fresh blueberries. How tasty does that sound?

We don't usually think of pizza rolls as dumplings, but they technically are, since there is a meaty or cheesy filling wrapped inside that dough. Great snack or quick lunch – take your pick. Moving south, Mexican empanadas qualify as tasty dumplings, too. Who can resist that crunchy pastry and the spicy meat on the inside? Dipping sauce on the side or unadorned, an empanada is a great hand-held treat. And the filling can be beef, chicken, pork, shrimp or cheese, each one a delicious choice.

Those of us who make dumplings at home (dim sum), often use wonton

wrappers or egg roll wrappers rather than making the dough from scratch. They are easy to make and are attractive to serve if the cook takes the time to pleat the tops before they are boiled and then fried. Dipping sauces made with soy, sriracha, or sesame oil add to the tastiness of these treats.

Filled wontons to be used in soup can be made more simply and don't require dipping sauces, but the ingredients are often the same as the appetizer dumplings. Just a little filling in a wrapper, and the little morsels are cooked in the chicken broth. Especially great for a cool day, this chicken soup may cure colds too – you never know! Sweet dumplings made in South China are often filled with sweet sesame, peanut, and red bean paste. Chopped dates may also be used.

In France, dumplings are made with two layers of pasta filled with cheese, parsley, and butter. These little bites are called Raviole du Dauphine. They sound just like Italian ravioli to me.

Cooks in Central Europe make flour dumplings, but they also may use potatoes or bread for the outer wrapping. Interestingly, the bread dumplings are sometimes shaped like a loaf of bread and then boiled in a napkin. They are then known as napkin dumplings. Some cooks like to use a heartier filling for their dumplings, including liver, sausage meat, or spinach. Sweet dumplings made with plums are popular in Romania, and may be garnished with powdered sugar.

The variations go on and on, but one point can be agreed upon – dumplings know no boundaries.

LINDA M. BOZOWSKI FOR MONROE BOARD OF EDUCATION



Questions or discussion?
Email me at :

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Linda B for BOE

PRIORITIES

- * Facilities construction and maintenance
- * Students - equitable opportunities for all
- * Support faculty, staff and administration
- * Continued financial stability
- * Community participation

BACKGROUND

- * Educated in Monroe schools, Rutgers, BS Accounting
- * 36 years in healthcare finance
- * Active with Rossmoor News, Music Association

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

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

This month in pictures

By Joe Conti and Walter Gryskiewicz



Top left: Banagram Players: Seated from left are Jane Praskach, Karen Seiden and Chris Dean. Standing are Dolores Wardrop, Helene Gray, and Marilyn Cohen.
Photo by Steven Gray



Four canasta players, from left, Adele Pabish, Ginny Marley, Janet Goodstein, and Judith Wistreich.
Photo by Helene Gray

Above, I thought those things were for water!
Photo by Y. A. Lee



At the bocce and shuffleboard courts, new concrete pavers were installed, as well as new roof shingles and siding.



A sun shelter was put up at the Golf Pro Shop.

Moping around during the shutdown? Not in our Maintenance Department

(Continued from page 1)

All this work was funded from the Reserve Fund and, because we did it ourselves, it came in under budget. (Yes, the famous Reserve Fund, by which we set aside money today for eventual projects, thereby avoiding a fiscal crisis in any one year.)

Using outside contractors

Some jobs present complexities that call for professional expertise. If so, the Maintenance Department calls in FWH Associates (engineers) to write specifications, then sends out for bids, negotiates with contractors, and finally oversees the work as it's

being done.

Contractors did these jobs for us:

- Replaced various Meeting House windows that had broken seals;
- Installed new double entrance doors, also at the Meeting House;
- Installed new handicap railings at the Meeting House (Go see them, they're handsome.);
- Installed new pavers at the entrance to the Meeting House;
- Resurfaced Redding Lane;
- Resurfaced cart paths on the golf course;
- Repaved common facility sidewalks, stoops, and pads;
- Replaced curbs, repaired cracks;

(Continued on page 11)



New railings were installed on the ramp at the Meeting House.

Maintenance Department

(Continued from page 10)

- Drainage remediation in the Village Center parking lot and storm inlet reconstruction;
- Built a sun shelter at the Pro Shop;
- Replaced the roof on the pool/golf building;
- Replaced concrete pavers at the bocce and shuffleboard courts; and
- Replaced roof shingles at the bocce and shuffleboard shelters, and siding on the shuffleboard shelter.

The Maintenance To-Do list

The Department normally gets about 200 calls every day, to which they respond as promptly as possible, although indoor projects were suspended during the COVID lockdown. But other work had to be done. In the past year, our Maintenance staff has taken care of these outdoor tasks:

- Yellow line striping of curbs and parking spaces;
- Replacing several hundred feet of stockade fencing on Redding Lane;
- Replacing about 25 curb boxes, those in-ground water shut-offs to each home. (If you see a little red sticker on the siding near your outdoor faucet, that's the location of your curb box);
- Working with Mutual presidents to clean mildew from house siding;
- Installing about 40 new PVC posts with stop signs and speed limit signs;
- Lots and lots of new plexiglass partitions in the Village Center, Clubhouse, and Maintenance office;
- One employee dedicated to the Meeting House for general handyman chores, painting, furniture restoration, etc.;
- One employee dedicated to the Clubhouse for general handyman chores, such as spackling, painting, refinishing furniture, installing plexiglass, and painting the E&R office.

On top of all this regular work, let's not forget emergencies like the carport fire near New Bedford Lane in Mutual 8. Our Maintenance Department had to assay the damage, deal with the insurance company, hire contractors to repair the damage, and oversee the work.

Then too, remember the big August storm that brought a huge tree down on a house on Yarrowbrough Way? It took two cranes to remove that tree. There was a blue tarp on that broken roof until Paul Baker of Happier Homes came in to repair the damage. Once again, our Maintenance people took charge – estimating the damage (extensive), dealing with insurance companies and engineers, and overseeing the work as it was being

done.

In addition, they dealt with damage to other homes, walk lights, street lights, and carport repairs.

When we consider the vast amount of work that's been completed in just one year, doesn't it seem as if we had at least twice as many industrious people

scurrying around getting it all done?

That Rossmoor remains such a handsome, safe, and comfortable community for us to live in is largely through the efforts of Manager Dave Salter and the terrific staff that works with him.

Kudos to them all.



New pavers were installed at the plaza entrance to the Meeting House.

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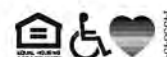


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Dealing with Financial Fear

If you suffer from financial fear and anxiety, talking about it is likely to help.

In talking about it, according to Dr. Frank Murtha, a financial psychology expert, you go through a process of recognizing, understanding, and constructively reacting to your fear, rather than keeping it inside you and causing anxiety.

Whether your fear is running out of money in retirement, paying back a large debt or caring for a family member with special needs, Dr. Murtha says personal financial issues evoke the full spectrum of human emotions – from panic to irrational exuberance and everything in between – but fear is the emotion that stands out as most impactful.

Professors Daniel Kahneman and Amos Tversky, founding fathers of the burgeoning social science of behavioral economics, famously discovered that people do not fear risk in investing; people fear a loss, specifically a loss of control of their future.

In fact, investors who have suffered an investment loss or financial setback often will actively seek out risk to break even and avert the loss. Of course, "doubling down" may actually compound a financial problem.

How we experience fear is partly dependent on physiology – your brain chemistry. The fear center of the brain is called the amygdala and it triggers several instinctual reactions to fear. The "fight" instinct can be evoked. Although this reaction may come in handy when you're getting physically attacked, it is not helpful in financial dealings.

A more common reaction

to fear is flight – the desire to remove the reason for experiencing fear, to retreat to safety and get back in control of your situation. In financial terms, the flight instinct may make you want to sell a losing investment at the height of a pandemic or amid a global financial crisis.

The other lesser-known neurobehavioral fear reaction is another F word. Can you guess what it is? The answer is "freeze." Freezing is a typical reaction in times of rising fear. You become too afraid to do anything! "People get stuck, unable to make a decision to change a situation and they let anxiety get the best of them," says Dr. Murtha. "A big part of dealing with financial anxiety is simply getting unstuck."

Talking about financial anxiety can help you unbur-

den yourself and that is often the first step toward re-instilling a sense of control, which is the key to fighting fear.

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

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September 28 is Confucius Day

By Anne Rotholz

Confucius, a Chinese philosopher, teacher and politician lived on our earth from 551- 479 BCE. Born Kwong Qiu in the state of Lu (now Shandong Province, China) he was later given the Latin name Confucius. Widely considered as one of the world's greatest sages, he is also believed to be one of the most influential people in history.

Confucianism deals with the philosophy and teaching of Confucius, emphasizing personal and governmental morality, correctness of social relations as well as justice, kindness and sincerity. It was not a religion but rather a way of life that was based on mutual respect, kindness to each other and harmony with the spiritual forces of the natural world.

He believed that people

had to have inner peace in order to live in a peaceful world. He



felt strongly that only those with integrity and good moral values should be allowed in politics.

Confucius stressed the importance of cultivating personal qualities such as benevolence, reciprocity and love of family. He felt that people should never stop learning because knowledge is infinite. With this in mind he founded teaching as a profession and became a teacher himself. (Earlier in his life he was a shepherd, a clerk and a bookkeeper.)

When the Zhou dynasty collapsed after a 790-year rule, the people began to look at Confucianism as a replacement. It took a while but they finally realized the value of this new way of looking at life and government. Several surrounding countries adopted it as well. The influence of Confucianism can still be found in China today.

The teachings of Confucius are summed up in his Golden Rule. "Do not impose on others what you do not wish for yourself." Does it sound familiar?

Confucius left many wise quotes. Following are a few of them.

A journey of a thousand miles begins with a single step.

Everything has beauty but not everyone sees it.

It does not matter how slowly you go as long as you do not stop.

Three things cannot be hidden: the sun, the moon and the truth.

If you are going on a mission of revenge, dig two graves.

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Ten fingers, ten toes

By Allan Kaufman

It was toward the end of March when our youngest daughter, Lori Kaufman, her husband, Shane Derris, and their son, Simon paid a visit to our house. After greeting them, Simon handed me a piece of paper. Lori said that Simon, all of two years old, drew a picture of his family and wanted us to see it. Obviously, his teacher helped with the drawing.

"Simon," Lori said, "tell Papa who is in the picture." Simon pointed out to the first figure and said "That's Daddy." He pointed out to the figure next to Daddy and said, "That's Mommy and that's me," pointed out to the third figure. I looked and found a fourth figure with the words above the small figure that exclaimed, "Baby Derris, due October 9." It took me a few seconds before I realized that this was the way I was told that Diane and I would be grandparents again. I told Simon to take the picture to Nana who was in another room. When I heard the shout, I knew my wife knew what I knew.

That brings me to the title of this article. The excitement of a pregnancy, one that would bring us our sixth grandchild, was tempered by the question my other daughters and my wife asked. "Do you want a boy or a girl?"

After Lori and her family left my wife said, "It would be nice if she had a girl."

I asked her, "Why?"

"I just think it would be nice and I think she would want a sister for Simon."

"I just count."

"Count what?"

"Ten fingers and ten toes." I meant that the most important thing to me, and I know it was the same for both families, was the health of the baby. As the pregnancy progressed, friends had asked similar questions regarding our preference of the baby being a boy or a girl. One friend said, "You have three girls and two boys. It would be nice if Lori had a boy. You would then have three boys and three girls."

My response was, "Ten fingers and ten toes."



Granddaughter Sophie Muchow's ten toes

The subject was dropped for a few months until my daughter told us that the "Baby Gender Reveal" would take place on July 17. Before Simon, my two other daughters did not have such a party for their combined four

kids. For those that don't know, this is where the doctor provides the results of a test that determines the sex of the baby. The results are sealed in an envelope. The parents take the envelope to a bakery where they provide instructions telling the bakery to open the envelope and put either pink or blue icing in the middle of the cake.

This type of party has taken on a life of its own with the two families. Lori's husband's parents, Randy and Sandy Derris offered, as they did for Simon's reveal party, to host. Between the two families there are seven married couples with a total of 11 grandchildren, with two on the way, Lori and Shane's younger sister, Taylor, is due to have a girl three weeks after Lori.

Before the "reveal," people chimed in. "Lori is carrying differently than when she had Simon," my wife said. Others also had their take on the situation.

When they asked me what

my thoughts were, some ten minutes before they cut the cake. "Did I want to get into the baby gender guess pool?" My response was, "Ten fingers, ten toes." The cake was cut.



Blue icing inside.
It's a boy!

Up until the second week in October, I'm sure I will continue to be asked the same question about whether I'm disappointed that Lori will be having a boy. I know she's not disappointed and neither am I or Diane. We just want a healthy baby. "Ten fingers, ten toes."

The Fisherman

By Ken Thomas

The summer camp program choices for the afternoon were "Fishing" or a "Nature Walk." Mother Nature and I have had too many unfortunate meetings, and I am not an enthusiastic fisherman, so *my* activity preference would have been an afternoon nap. The camp staff was looking for an adult canoe partner for a young, avid fisherman. I usually nap more than fish when I'm fishing anyway, so I said, "yes." After lunch, we met at the canoe dock and launched toward an island in the lake.

As I paddled, Mike prepared for another cast. He could change lures faster than I could change a sock. In the first hour of trolling, he'd caught three fish: one small mouth bass and two perch, but no "keepers." No fish even nibbled at the worm on my hook, confirming the fisherman's talent and luck in the stern of our canoe. My partner obviously wanted the "big one." The sun was setting, the lake was like glass and Mike was smiling and casting, casting and smiling. I even managed a nap. All in all, it was a wonderful day in "what's his name's neighborhood" for both of us.

Since we did not have a fish net, Mike would coax a fish within the reach of my gloved hands to scoop into the canoe. He could easily give fishing lessons and we developed some teamwork with the other fish.

However, Mike's luck as a fisherman was questionable so far, but not his determination. As I turned the canoe toward the dock, his pole bent at a 90 degree angle and we almost stopped as he tried to reel



in the line. Both of us thought his lure was caught in some weeds or something on the lake bottom. I laughingly suggested a whale. Mike frantically began his fight to bring the whale to me. Minute after minute passed as they battled, the pole bending past bend tolerances. "It's a muskie," he shouted. "It has to be a muskie!" "What's a muskie," I shouted?

This fish was a big one and the water churned as he struggled. Mike reeled him closer to our canoe. I nervously held my breath, preparing for the hand snatch. When the fish broke water, we saw a huge sea monster with a mouthful of teeth. Jeepers Creepers. I hesitated and the line went slack.

Mike and I stared at the water where the muskie did his disappearing act. Before I could apologize for my fear and aborted attempt to land that giant fish, Mike began to whoop and holler, so I whooped and hollered. When we docked, Mike told his fish story to everyone and anyone. "It had to be over four feet long and weigh 25 pounds." "His head was as big as a bowling ball." "I fought him for an hour." For each slightly exaggerated word he spoke, I nodded my head. The excitement of an "almost caught" was much better than a boy's disappointment. I cannot tell a lie. It was "this big."



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White water rafting

By Ken Thomas

In a canoe, raft or kayak a special trip down our rivers is an adventure for all. Without some experience and practice, there's a better than 50% chance participants will wind up wet. This river was in Pennsylvania. The 17-mile section we rafted started outside a small village, wound through the Lehigh Valley gorge, and ended at the town of Jim Thorpe. After describing my trip down this river, several of my friends wanted to try it, so I volunteered to set up a couples' white-water rafting Saturday.

We entered the river five miles above the gorge. Our guides led the way in kayaks and five or six of us per raft followed. For the first 500 yards the rafts spun in circles and rammed into each other. I screamed directions to my five rafters. After all, I was the leader with experience and savvy. I fell out of the raft.

The lead kayaker stopped us in calm water, laughing at our ineptness. He did compliment me for showing everyone how not to stay in a raft. With all the rafts bunched together, he began giving us directions on the art of rafting, "This is a paddle." One of the most important basic techniques was how to get back into the raft. Again, he complimented me for demonstrating the incorrect methodology. We started down river trying to develop some teamwork and steer-ability.

The set of rapids before entering the gorge were rated average even though waves of white water entered the raft, we bounced off boulders and spun around and around in the fast water. I could see the end, but we had to maneuver past one last boulder dead ahead. I yelled for everyone to move forward as the guide had instructed. We would bounce off the rock and continue down river.

Of course, everyone in the raft saw the boulder and scrambled towards the rear of the raft. The front end rose up out of the water, slid on top of the boulder and we stopped, stuck. The lead guide paddled to us shaking his head at our rafting result. He helped remove that cumbersome hunk of rubber from

the boulder as friends paddled by laughing.

We entered the gorge and maneuvered through two more sets of rapids. It was a wild, bouncing, roller coaster ride. Breathless, we stopped to gather the group together again in a calm water cove. Part of our group of 20 rafts were some young teenagers from another state. They started a water fight using bailers, which everyone brought to empty the rafts along the way. Most of the rafters had some type of cut-off plastic bottle, varying in size.

Initially, my group of rafts backed away, trying to avoid wet T-shirts, but that was ridiculous. We couldn't get any wetter. Soon, our group of rafts joined the battle. Depending on the mixture of buckets and bailers, a raft could be a battleship, destroyer or cruiser. Some rafters became submarines, swimming underwater then emerging with a bucket of torpedoes. Rafts with a minimal number of bailers were dead meat. My raft was a rowboat.

We left the gorge and paddled to a pickup area outside the town of Jim Thorpe. The water battles and remaining rapids did not leave many dull moments. "Damn the torpedoes, full speed ahead!"

New Neighbors



By Christina Smith, Resident Services Manager

Concetta Natale, 139A Plymouth Road, formerly of Ozone Park, N.Y.

Severino and Marichi Adel, 621B Old Nassau Road, formerly of Dumont, N.J.

Judith Smith, 329B Nantucket Lane, formerly of Elizabeth, N.J.

Ronald and Tammy Mills, 362C Old Nassau Road, formerly of Hazlet, N.J.

Filippo Volo, 60N Old Nassau Road, formerly of Monroe Twp., N.J.

Linda Susan Baum, 161E Pelham Lane, formerly of

Brooklyn, N.Y.

Lucille Mota, 3A Old Nassau Road, formerly of Deltona, Fla.

Robert Demetrio and Joanne Barone, 22A Rossmoor Drive formerly of Staten Island, N.Y.

Pervez and Anis Fatima Zahoor, 294C Sharon Way, formerly of Roselle, N.J.

Howard and Mary Leib, 69P Amherst Lane, formerly of DelRay Beach, Fla.

Leonard Gelber, 614B Winchester Lane, formerly of Englishtown, N.J.

Jiamzhong and Xiyuam Li, 351-O Northfield Lane, formerly of Edison, N.J.

Margaret LaTorre, 42B Concord Lane, formerly of East Brunswick, N.J.

Robert Muscarella, 97A Glenwood Lane, formerly of Monmouth Jct., N.J.

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If possible, park your vehicles in your carport, driveway, or garage.

If you must park on the street, please do not block driveways, mailboxes, fire zones, or yellow curbs, and be considerate of your neighbors who might need to park by their Manor entrance.

CULINARY CORNER

By Sidna Mitchell

Blueberries are good anytime

This summer I had phone calls and text messages from blueberry farms down in Hammonton in South Jersey reminding me of blueberry season. One text from DiMeo Farms suggested after fast picking their blueberries — only \$1.66 a pint — that we enjoy a relaxing picnic in the forest along the Hammonton Creek. What a great idea!

However, Ken and I didn't make that trip this year, but a few years ago we took my granddaughter Maggie down for a fun day of traveling and picking; we came back with enough blueberries to share with family and friends. For many years long-time croquet buddies, Ginny Allen and Ruth Dowdell, would travel down to Hammonton during the season and buy blueberries for me and other friends.

Admittedly, I am a fan of almost every fruit, especially peaches and blueberries. I've even combined the two in a peach-blueberry cobbler. My peach recipes include a peach dump cake, peach pie, peach pizza, peach-praline pie and peach pimento jelly to name a few.

Blueberries were available back in colonial days so I've used such recipes as blueberry slump, blueberry flummery and blueberry boy bait in my talks on colonial cooking. My other blueberry cooking has included a blueberry banana cake, blueberry bread, blueberry pies, blueberry oatmeal pancakes, blueberry salad, blueberry sauce, blueberry soup and, of course, blueberry cobblers.

In one of the many magazines to which I subscribe I found a recipe for an easy blueberry cobbler. Indeed, it is easy and delicious.

Easy Blueberry Cobbler

1 (14-oz.) can sweetened condensed milk
1 ¼ cups self-rising flour
½ cup whole milk

Culinary Corner

8 tablespoons butter, melted
2 cups blueberries
¼ cup sugar

Preheat oven to 350 degrees.
Grease a 13x9-inch baking pan or use two smaller pans.

Whisk together condensed milk, flour, whole milk and melted butter in a bowl.

Pour batter into prepared pan/pans.

Sprinkle blueberries and sugar evenly over the surface.

Place pan/pans on a middle shelf in the 350-degree oven.

Bake until the cobbler is a deep golden brown and a toothpick inserted in the center comes out clean (about 35 minutes if you are using a single pan).

Transfer from oven to a wire rack and let cool (about 10 minutes) before serving warm with vanilla ice cream.

NOTE: If you use two pans, you can bake one cobbler right away and freeze the other for later time. I find dividing my desserts and other food works well for one or two people. Of course, if you're planning company, that's another story.

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

Charlotte F. Casey, GRI, SRES

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

Jewish War Veterans Post 609

By Charles Koppelman

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

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

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

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Clubs and Organizations

Scams, passwords, etc.

By Steven Gray, President,
Rossmoor Computer Club

I am writing this article at the beginning of August, right after the mask mandate has been reinstituted in Rossmoor based on CDC recommendations. Since it will not be published until September, please be aware that there may be changes between now and then. With that in mind, please also be aware that the Computer Lab is open to members only by reservation and mask wearing is a necessity.

As most of you know, I scan other countries as well as our own for security hints and procedures and sometimes find not so serious suggestions (or serious ones I can make fun of). The latest, reported by UK's Guardian, according to the National Cyber Security Center (NCSC) states that a three-word combination is better than the usual procedure of making up random letters, numbers and symbols. It supposedly creates an unusual combination of letters rather than a password that can be cracked by using specialized software. It is supposed to be three unrelated words, not a phrase, so "kiss my a\$\$" (with or without the \$\$) would not be good (or appropriate). Dr. Levy, the

NCSC's technical director stated, "Traditional password advice telling us to remember multiple complex passwords is simply daft." He does recommend using a password manager, something I have recommended for a long time.

Speaking of scams, let's look at a few. The ever-popular Grandkid Scam when you get a call asking for money for bail, a medical procedure, an immediate car repair or something else. It could be via a phone call, a hacked email account or social media. The key is that they need immediate payment and will pressure you before you have time to think about it. Suggestion if it is by phone — make up a name; "Johansen, is that you?" If he or she answers "yes" and you do not know anyone named Johansen then the scam becomes obvious. Tell that person the check is in the mail and hang up. If you are unsure, always check with another family member first.

Another very popular scam is the IRS scam. You receive a phone call stating you owe back taxes and it comes with a threat (arrest, lawsuit, deportation, revoke your license, whatever) unless you

pay immediately (see, the same immediate word should be a clue). You are told to put the money on a prepaid debit card or use iTunes or a gift card. **Do not do it.** The IRS will never call you; they will send you a letter and give you your appeal rights. I have gotten similar calls telling me that my SSA number is under investigation and that my benefits will be suspended (I do not receive SSA so I find that especially funny).

Other scams involve PayPal or your credit card all threatening suspension and that you must click on a link in the email to update your information (**don't**). The first thing you do is send the email to your scam or junk folder, that usually turns off any links in the email. You can then look at the heading (or not) to see where it really came from and report them. How? Send a report to the Federal Trade Commission (FTC) at 1-877-FTC-Help or online at [ftc.gov/complaint](https://www.ftc.gov/complaint). If you did look at the heading and the email came from a recognizable address such as Gmail, Comcast, Yahoo, etc., you can also send them a complaint and, usually, the scammer will be removed from their email system.

A final word on safety, never ever let someone have remote access to your computer unless you know you are dealing with a family member or a very reputable company that you called, not based on a pop-up or email (the popular Microsoft scam — MS does NOT make unsolicited phone calls or emails telling you that you have a problem, but will call you back if you call them first).

Reminder, I am available for house calls to vaccinated Computer Club members.

Players Pastimes

By Sue Archambault

The Rossmoor Players are back.

On Thursday, Oct. 14, and Friday, Oct. 15, we will present our popular This & That show. The performances will take place in The Meeting House at 2 p.m. each day. This & That is composed of songs, jokes, anecdotes, and skits.

ALL performers and audience members must be registered with E&R, which can be done at the Village Center. Obviously, all participants must be Rossmoor residents. You must also call E&R to reserve a spot for yourself. We do not anticipate any problems with reservations. There will be no charge for, and no ticket purchase for these performances.

Everyone must wear a mask.

Rehearsals will take place in the Meeting House on Tuesday, Oct. 12, and Wednesday, Oct. 13 from 2 to 5 p.m. each day. All performers must attend at least one of these rehearsals.

If you would like a piano accompaniment, you must contact Janet Wilson at 609-655-4129 by Tuesday, Oct. 5. Please bring Janet the sheet music for your song in the key you require. Sheet music can be bought online with key options ([musicnotes.com](https://www.musicnotes.com)). If you do

not require piano accompaniment to perform a song, you will need to have a CD as accompaniment at the rehearsal. Sue Archambault and Beverly Masters will make production decisions at the rehearsals.

Call Sue Archambault at 201-981-5959 with any questions.



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Democrats do it again

By Michael Markel, president

On a warm Sunday afternoon in July, over 80 members of the Democratic Club enjoyed a grand, happy hot dog get-together on the lawn outside Sal's Deli.

This followed their big pizza party on May 24, held on a previous nice day in the same place.

Judging from the greetings by attendees, everyone was glad to see friends and neighbors after the long coronavirus lockdown. Members brought folding chairs and sat in the shade of the spreading tree branches to chat, eat, and enjoy summer breezes.

Club officers had arranged for Gene's Hot Diggity Dog Truck, from Jamesburg, to provide delicious franks with many relishes and cans of soda. Rita's Italian ices were nearby as was a tray of samosas (vegan).

Mayor Dalina greeted the crowd and earned a big hand of applause with his mantra:

"We lowered taxes!" (Repeated to continuing applause.)

State Senator Linda Greenstein, always a friend, was recognized for having introduced legislation to make it easier for towns to reopen their community pools this summer.

County Commissioner Shanti Narra brought to everyone's attention that Middlesex County has maintained a triple A bond rating for 17 straight years and, because of this excellent fiscal management, did not have to lay off a single employee in recent hard times. (More applause.)

Representing our municipality was Council President Miriam Cohen who, as a nurse, spoke with pride about the success of Monroe's efforts to get seniors vaccinated.

Also representing Monroe were incumbent Councilwoman Betty Schneider, who is up for reelection and candidate Rupa Siegel who seeks to represent Ward 2.

Candidate Dr. Alton Kinsey

urged everyone not only to vote in November, but to get friends and relatives to vote in order to spare this very nice community the kind of unseemly shenanigans that are going on in other states and even on the national level. He seeks to represent Ward 3 on the council.

Echoing Dr. Kinsey was Councilman-at-Large Terry Van Dzura who minced no words about who was working for Monroe citizens and who was working for other agendas.

Members tidied up the area, folded their chairs, and went home with smiles on their faces.

This just in:

Members of the Rossmoor Democratic Club welcome Mayor Stephen Dalina and his re-election team to new headquarters at 1 Rossmoor Drive, next to the Princeton Bank. We are pleased to have them nearby and we hope to work with them for a successful outcome on Election Day, Nov. 2.

Still no new news from the Dance Club

By Judy Perkus

Unfortunately, the Dance Club won't be dancing in the Rossmoor Ballroom this month either. We would love to welcome all Rossmoorites, but COVID-19 is still with us and I've run out of things to write about.

Stay safe. Wear a mask. Get your vaccination shot. Check Channel 26 for up-to-date notices. Dance Club President Armen DeVivo has



loads of plans for the re-opening dance party. In the meantime, I'm dancing in my dreams.

Religious Organizations

Shanah Tovah

By Adrienne Brotman

Shanah Tovah, the Hebrew greeting for Rosh Hashanah, means have a good year. Rosh Hashanah is the Jewish New Year. It is said, on Rosh Hashanah it is written what the new year is going to be like for an individual, and on Yom Kippur it is sealed.

Families get together on Rosh Hashanah and individuals

go to services in the synagogue and pray for a sweet, peaceful, healthy and prosperous new year. On Yom Kippur Jews fast for 25 hours spending the day praying they will be sealed in the Book of Life for a wonderful year.

Many families will serve mandelbrot for dessert. It is one of my family's favorite desserts for Rosh Hashanah. Here is Janet Goodstein's recipe for mandelbrot.

Chocolate Chip Mandelbrot

3 eggs
 ¾ cup chopped walnuts
 1 1/2 tsp vanilla
 6 oz mini chocolate chips
 ½ cup oil
 3 cups flour
 1 cup sugar
 1 tsp baking powder
 ¾ cup yellow raisins
 ¼ cup orange juice
 Cinnamon-sugar mix

Mix the eggs, vanilla, oil, and sugar in a large bowl. Add raisins, nuts, and chocolate chips. Then add flour, baking powder and orange juice.

Shape into 4 rectangles on a greased cookie sheet. Sprinkle with cinnamon-sugar mix. Bake at 350 degrees for 30-35 minutes. Slice into ½ inch slices and lay on its side. Sprinkle it with cinnamon-sugar and return to the oven for an additional 10 minutes. Enjoy!

This year Rosh Hashanah will begin on the eve of Monday, Sept. 6. The year 5782 will begin. The Jewish Congregation will be conducting services on Monday evening, Sept. 6, at 7 p.m. and Tuesday, Sept. 7, at 10:30 a.m. Yom Kippur services will be Wednesday, evening, Sept. 15, at 7 p.m., and Thursday, Sept. 16, at 10:30 a.m. and Yizkor, (Memorial Service) 5 p.m. All services will be held in the Meeting House. Please watch Channel 26 for details for registering on the American Pool App or calling E&R to make a reservation to attend services.

The holiday of Sukkot will begin on the evening of Sept. 20. Yizkor (Memorial Service), will be held in the Meeting House on Tuesday, Sept. 28, at 10:30 a.m. At this time, you will have to make a reservation to attend.

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

**JOIN
 MAYOR STEPHEN DALINA
 & THE TOWNSHIP COUNCIL
 TO COMMEMORATE THOSE WHO
 LOST THEIR LIVES
 20 YEARS AGO
 AND THOSE WHO WERE FOREVER
 CHANGED BY THE HORRIFIC
 EVENTS OF 9/11**

SATURDAY SEPTEMBER 11, 2021

8:46 A.M.

**MEMORIAL TREE PARK,
 PROSPECT PLAINS ROAD**

**REMEMBERING
 9/11**

September 2021 at the Monroe Township Public Library

The Monroe Township Public Library (4 Municipal Plaza, Monroe Township, NJ 08831) is open to the public Monday through Thursday: 9:30 a.m. to 8 p.m., Friday: 9:30 a.m. to 5 p.m., Saturday 10 a.m. to 5 p.m. and Sunday: 10 a.m. to 2 p.m.

Late Fees

On August 1, 2021 late fees were reinstated for overdue American Girl Dolls, DVDs, Museum Passes, Tablets, Video Games and WiFi Mobile Hotspots. We no longer charge late fees on printed materials, audiobooks, or music CDs.

Drive-Thru Window

Pickup service through the Library's Drive-Thru Window remains available by appointment for those who prefer it. Place items on hold with your library card and pick them up when they're ready. Schedule your appointment on our at www.monroetwplibrary.org/curbside or by calling (732) 521-5000.

Returning Materials

Return library materials to the book drops at the Library's Drive-Thru Window or in the parking lot of the Senior Center at any time, as they are accessible 24/7. The book drop at the Rec Center is now open. Return library materials to the book drop at the Rec Center during the building's operating hours.

Electronic Resources

Download and stream a variety of media, like audiobooks, ebooks, magazines, music and movies, at

any time of the day, from wherever you are! Our digital library is available 24/7. All you need is your library card number. Visit our website at www.monroetwplibrary.org/resources/digital to get started.

Bookmobile

The Bookmobile is on the road with our bus full of books, bringing the Library to you! Visit our website at <https://www.monroetwplibrary.org/bookmobile> for a schedule of stops and for information about requesting materials.

Book Café

Wednesday, September 1 at 11 a.m.

Wednesday, September 1 at 1 p.m.

What have you been reading? We want to know! Join other book lovers for a lively discussion. Book Café is a perfect place to find your next great read or share what you have enjoyed. This program will be held in person. *Registration is required. Register in advance at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Sit-N-Stitch

Fridays, September 3 & 17 at 10:30 a.m.

Socialize with stitchers & crafters of all skill levels. Bring your own supplies. This program will be held in person. *Registration is required. Register in advance at the Reference Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

International Film Discussion

Thursday, September 9 at 2:30 p.m.

Hosted by the Friends of the Monroe Township Library. This month we will watch and discuss *The Silent Revolution* (2019, Germany). A film about the extraordinary courage of young individuals in a time of political oppression, *THE SILENT REVOLUTION* is the gripping true story of a group of students in 1956 East Germany, and how their lives are changed forever by a harmless human act of solidarity. Please view the film in advance at your leisure and join us for the discussion. Films are available to stream for free on Kanopy, accessible with your library card online at <https://monroetw.kanopy.com/video/silent-revolution>.

(Continued on page 20)

League of Women Voters to sponsor candidate debates

By Judy Perkus

It's election season and the League of Women Voters of Monroe Township will be sponsoring a forum for candidates running for the office of Mayor and Town Council. This event will take place on Wednesday, Sept. 29, at the Monroe Township Senior Center. It will begin at 7 p.m. and will encompass approximately 90 minutes and follow the standard League question-and-answer format, and include questions from the audience taken on index cards and screened by a trained League moderator.

A forum for candidates vying for State Senate and State Assembly in the 14th Legislative District is to be held on Wednesday, Sept. 22, at the Monroe Township Senior Center. It will start at 7 p.m. and have the same

format as that for the Mayor and Town Council.

Refreshments will be served at both events. Members of the public are welcome.

A Meet and Greet for candidates for the office of Surrogate, County Commissioner (formerly Freeholder), and the Board of Education will be held in October.

There will be no regular League meeting in September.

The League of Women Voters is a non-partisan political organization that encourages informed and active participation in elections. We strive for fairness in all aspects of a forum.



Rossmoor Directory CHANGES & DELETIONS

Please mail or hand deliver this form to the
RCAI Administration
Village Center
128 Sussex Way, Monroe Twp., NJ 08831
with any changes or deletions to your
name, address or telephone listing

Changes for the October 2021 edition:

NAME: _____

ADDRESS: _____

(1)PHONE OR (1)CELL: _____

****All Changes must be received by September 15, 2021****

If your name, address and/or telephone/cell number
in the 2019-2020 edition is correct,
it is not necessary for you to complete this form

Sing with the Monroe Township Chorus

By Micki Meyers

If you are a soprano, alto, tenor, or bass and would like to join the Monroe Township Chorus, we sing four-part harmony and rehearse at the Monroe Township Senior Center, at 12 Halsey Reed Rd. on Tuesday mornings from 9:30 to 11:15 a.m. Come join the fun and camaraderie of a wonderful group of men and women and share "The Gift of Song."

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

The Monroe Township Historic Preservation Commission Hosts

Vintage Baseball

Flemington Neshanock VS Liberty Base Ball Club of New Brunswick

Saturday, September 25th 2021 Noon - 3:30pm

DEY FARM

Monroe Twp., Middlesex County

Federal Road (Between Perrineville & Applegarth Roads)



Bring a picnic lunch, family and friends to see how 19th century baseball was played during this double header.



Other presentations to enjoy at the event include:

- Life of a Civil War Surgeon
- Workshop on how to build a rain barrel



HOME SAFETY TIPS



How To Deter Home Burglary

- Invest in good quality locks on doors and windows. This includes all sliding glass doors as well. Make it difficult and time consuming for a burglar to gain entry.
- Whenever you go outside, lock the door and take the key with you, even if you are just stepping next door or out in the backyard.
- Don't put valuables where they can be seen from the window, especially items that can be easily carried.
- Be sure your garage door can be secured. Do not leave it open when you are away; an empty garage broadcasts your absence.
- When you aren't home, use a timer set to turn interior lights on and off at varying intervals as though your home was still occupied.
- Don't keep large amounts of cash or really valuable jewelry around the house.
- If a stranger comes to your door asking to use the telephone, make the call yourself. Don't invite them in.
- Don't hide a spare key under the doormat or flowerpot. Thieves know all the good hiding places.
- Invest in a good security system along with motion sensor lights installed out of reach.
- Keep any tools that could be used to break into your home locked away in the garage.
- Always double check that doors and windows are locked even during daylight hours.
- Videotape the contents of your home. Keep the video and the list of all valuables in a safe place, such as a safe deposit box.

How To Safeguard Your Home While on Vacation



- Strive to make your home look as lived-in as possible while you're away.
- Don't broadcast your plans but do let your neighbors and local law enforcement know.
- Arrange to have your mail and newspapers either stopped or picked up daily.
- Use automatic timers to turn on a radio and lights at different intervals to hide the fact you aren't home.
- Turn down the ringer on the telephone. An unanswered telephone is a dead give-away.
- Be sure you don't announce your absence on your answering machine message or email.
- Leave your blinds as you normally would if you were home. Only close them all the way if that is what you would normally do.
- Move valuables away from windows.
- Be sure to close and lock the garage as well as any storage sheds, etc.
- Be sure someone knows your itinerary and your estimated time of arrival and return.
- If you get lost while traveling, ask directions of local law enforcement, not complete strangers.
- Be sure your vehicle is in good working condition and that you have taken enough money. Do not carry large amounts of cash, use credit cards and travelers' checks.
- Arrange for a friend or relative to inspect your property periodically.
- Do not leave a key in a hiding place.
- Check and double-check all windows and doors on every level and garage doors before leaving.

Car Safety



- In traffic, keep doors locked and windows up
- Park and lock your car and remove the keys
- Park in areas that are well lighted
- Cruise around a bit in shopping centers parking lots until you find an open parking place close to a well-lighted entrance.
- When you return to your car, check in and around it, and have your keys *in your hand* and ready to use.
- If you are followed by another vehicle, go to a public place or, better, police station. If near home, stop at the staffed gate house to alert security.
- Keep valuables in trunk or hidden in the car and do not keep valuables in the glove box
- BE COURTEOUS! Confrontations often occur when drivers become frustrated about how others drive.
- If you have car trouble: Raise the hood, use emergency flashers, tie something white around your antenna or mirror.
- Carry a 'HELP' sign and keep a can of tire inflator in trunk. Stay inside the car, lock the doors and if help is offered, ask for the police. Do not allow strangers to help you "fix that flat." Thieves, especially near banking institutions, are known to ice pick car tires, so they'll go flat in a short distance then come to your "rescue" with theft in mind.
- Remember to regularly check your car's oil, gas, water and tires. Service your car regularly.
- Invest in an auto club membership, such as AAA, so you may have roadside assistance help you in any emergency, from fixing a flat to towing.
- Keep a charged cell phone with you when away from home. You can preprogram important numbers so that they are immediately available.
- Keep a flash light in your auto and attach a light-weight, slimline flashlight to your keychain.

Library

(Continued from page 19)

This program will be held via Zoom. Registration is not required. Please visit the Library's website at <http://www.monroetwplibrary.org/virtual-programs> for meeting ID and password information.

Sunday Music-Live on the Library Lawn

Sunday, September 12 at 12 p.m.

Longtime friends and fellow singer songwriters Sharon Goldman and Carolann Solebello return to our library to swap songs, tell stories and share harmonies in a performance filled with sharp lyrics, beautiful vocals, unforgettable melodies and plenty of laughter. This is an outdoor event, attendees must bring their own chairs and/or blankets. *Registration is required. Register in advance at the Reference Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Monday Meditation

Mondays, September 13, 20 & 27 at 9 a.m.

Grab a chair or mat and enjoy guided breathing exercises, meditation, and simple stretches to start your day! We will not meet on Monday, September 6. This program will be held via Zoom. Registration is not required. Please visit the Library's website at www.monroetwplibrary.org/virtual-programs for meeting ID and password information.

Bookmobile Visit to Thompson Park

Tuesday, September 14 from 2:30 p.m. to 4:15 p.m.

The Bookmobile will be at Thompson Park alongside representatives from the Jamesburg Public Library for a library card sign up event. Browse for materials on the Bookmobile and play lawn games. We will be located in the parking lot across from Grove 3A near the gazebo. Everyone is welcome!

Page Turners

Thursday, September 16 at 11 a.m.

Looking for something to read or add to your reading list? Library staff will present and recommend a variety of titles pertaining to a different topic, both new and old titles. The theme for this session is Stories of Note (books about music). This program will be held in person. *Registration is required. Register in advance at the Welcome Desk, at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Friends of the Library Membership Drive

Saturday, September 18 from 2 p.m. to 4 p.m.

The Monroe Township Friends of the Library will be holding a membership drive on Saturday, September 18 from 2 p.m. to 4 p.m. Come join in the fun as we are entertained by jazz guitarist Gustavo Caraballo. For kids of all ages, we will have a balloon artist to make fun balloon animals and everyone may take part in "color the courtyard" with sidewalk

chalk. Complimentary refreshments may be enjoyed outside. We hope you will join us as you renew or start a new Friends membership on this day: Individual Membership is \$15, a Family is \$25 and Premier is \$50. Thanks to your support the Friends provide wireless and remote printing, fund the museum passes, award scholarships to outstanding students, fund summer programs for young readers and offer various programs throughout the year for your enjoyment and education. We hope to see you there!

Non-Fiction Book Discussion

Monday, September 20 at 2 p.m.

Please join us for a discussion of Say Nothing: A True Story of Murder and Memory in Northern Ireland by Patrick Radden Keefe. Reserve a copy of the book through the library's online catalog, by phone or at the Welcome Desk. This title is also available in ebook and audiobook formats in the Libby app. This program will be held in person. *Registration is required. Register in advance at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

International Book Club

Tuesday, September 21 at 10:30 a.m.

Join a book discussion about What We Were Promised by Lucy Tan. Reserve a copy on the library website or by calling the library. This is a hybrid event. *In-person participation requires registration. Register in advance at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000. Registration is not required to participate via Zoom. Please visit the Library's website at www.monroetwplibrary.org/virtual-programs for meeting ID and password information.

Adult STEM Project: Make a Pyramid Catapult

Tuesday, September 21 at 4 p.m.

Why should kids have all the fun? Join us to make a Pyramid Catapult. Adults only ages 18 & up. This program will be held in person. *Registration is required.

2021 property tax rate remains flat and stable

Monroe Township tax bills were mailed August 3and included stubs for the final third and fourth quarter taxes of 2021 as well as estimated 2022 first and second quarter taxes according to state law.

"Our final budget reduces the municipal tax rate from \$.493 to \$.489 per \$100 assessed value. This modest decrease contributed to a stable, flat rate," said Mayor Stephen Dalina. Water and sewer rates will remain the same in 2021.

Residents had 25 days from the mail date to remit payment. Monroe Township Mayor Stephen Dalina announced a flat overall property tax rate for 2021 that incorporates county, school, municipal and fire tax rates. The Monroe Township municipal tax rate has seen a less than 1% average increase over the past seven years.

"We are working hard together to save our residents as much money as possible while preparing for the future of our Township," Mayor Dalina said. "Recently, for example, we refinanced \$28.5 million in municipal debt, backed by a strong AA+ bond rating, that will net the Township nearly \$2.4 million in savings over 12 years," he added.

Register in advance at the Reference Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Library Board of Trustees Meeting

Tuesday, September 21 at 6:30 p.m.

Genealogy Club

Wednesday, September 22 at 2 p.m.

Beginner and experienced genealogists welcome. This program will be held in person. *Registration is required. Register in advance online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Short Story Discussion Group

Thursday, September 23 at 2 p.m.

We will discuss the next two titles in The Best American Short Stories of the Century, "A Jury of Her Peers" by Susan Glaspell and "The Other Woman" by Sherwood Anderson. This program will be held in-person at the Library. *Registration is required. Register in advance at the Welcome Desk, on our website at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Saturday Bookmobile Tour About Town

Saturday, September 25 from 10 a.m. to 4:14 p.m.

We will be bringing the bookmobile to four different stops around town. The schedule is: The Pines on Brandon Avenue and Samantha Drive (10 a.m. to 11 a.m.), Heritage Chase on Talmadge Drive by Mounts Mills Road (11:15 a.m. to 12:15 p.m.), 10th Street between Avenue G & Avenue H (2 p.m. to 3 p.m.), and Mill Lake School Parking Lot (3:15 p.m. to 4:15 p.m.).

Lobby Display Case

Matchstick monuments by Rich Kaplan will be on display in the George Ivers Lobby Display Case through September 2021.

Fine Arts Gallery

Works by local artist Siripala Ranaweera will be on display in the Fine Arts Gallery through October 2021.

The Library will be closed on Sunday, September 5 and Monday, September 6 for Labor Day.

www.monroetwplibrary.org

Candidates

(Continued from page 1)

well-equipped learning facilities with strong educators, led by well-experienced administrators. Community support and participation are key components in creating a sound educational environment.

Providing sound education is expensive, but the rewards far outweigh the price. As we continue moving farther into technology, providing the best education possible is paramount for our future leaders. Educational opportunities must be provided along the entire spectrum, from those who have limitations to those who may excel. We must ensure that all of our students have opportunities for education that will prepare them for adulthood, and we must be willing to provide the resources.

Katie Fabiano

I am Katie Fabiano and I'm running for the Monroe Township Board of Education. I've been a life-long resident of Monroe Township and a public-school educator for over 15 years. I'm married to my husband, Brian, and together we have two young children.

During my time as an educator, I've demonstrated my passion for teaching by pioneering and innovating new teaching initiatives in my district. I've helped to lead my school to Blue Ribbon status and was recognized as an innovator for creative instruction. I've also presented unique teaching initiatives to a national audience at the Blue Ribbon Conference in Orlando, Fla.

Having gone through the Monroe Township School system from kindergarten through high school, I've witnessed many changes in our town and school community. Our farmland that was once an overwhelming presence here has been replaced by over-building which has resulted in severe overcrowding in our schools. The disparities of school funding by the state have put a strain on our school system and have resulted in higher tax burdens on our residents.

It is my goal to bring an educator's perspective to an already diverse background of individuals who are committed to giving our children the best educational experience possible. If elected, I'll continue to use my expertise, creativity and innovative skills to unite the community in education. I'll work diligently to be a voice for every community member, from our students to our taxpayers. I'm committed to fighting for fair funding and dedicated to bringing fiscally responsible solutions for dealing with some of our district's most critical issues. Open communication with parents and the community, well-maintained facilities and clear goals and objectives, are the foundations that will help our school district reach new heights. I hope to earn your vote in November. Remember, united we can!

Gazala Bohra

My husband and I have been Monroe Township residents for the past 12 years. Our three boys started preschool here and are now a junior and a freshman in high school and a 7th grader in middle school.

I graduated with a bachelor's degree in electronics and communications engineering, and worked as an Operations Analyst with Citigroup before I took a sabbatical to be a stay-at-home mom until my babies were old enough for me to pursue a career again. After 11 years I re-entered the workforce in 2017. Today, I am a CMO for an e-commerce retailer, balancing the roles of a working woman and an involved parent while doing my part for my community and town.

In the early years I volunteered and chaired committees in BBBS PTA, eventually becoming an officer on the board of BBBS PTA and served till my children graduated elementary school. I volunteered as the Treasurer for Cub Scouts Pack 105 for seven years and was a Den Leader too. Currently I am the Community Service Coordinator for Boy Scout Troop 60 where my boys belong.

For years, I have actively participated in the monthly BOE meetings, using the public forum to appreciate the hard work of administrators, or to hold them accountable for their actions. Today I see the need to play a more involved role as board members work tirelessly to unite the community behind a solution to the overcrowding in our schools. They must work with town/state elected officials to get more funding for our schools. To truly represent the opinion and voice of their community, one needs to work from the inside to bring that voice to the civic process. This November, I ask for your vote to help me represent *your* voice on the Monroe Township Board of Education.

Sarah Aziz

I am a proud resident of this great community and a candidate for the Monroe Township Board of Education. I graduated from Monroe Township High School in 1995 and Rutgers University in 1999. I am also a Certified Public Accountant and have worked as an auditor and financial analyst for some of the world's largest financial services companies. My professional skills will be vital when I examine every line of our school budget to make sure our students are getting the maximum benefit for every dollar spent, lowering costs where possible, and protecting our students and taxpayers. As the wife of a geriatric psychiatrist, I have learned about the pressures our seniors face in this difficult economy and the toll it can take on them and their families. Finding fiscally responsible solutions is a priority for me. If elected, I would

also continue the fight for fair funding to reduce the burden on our taxpayers.

I am the parent of three young schoolchildren, including one with special needs. My experience, as mother of a child with special needs, has inspired me to serve as an advocate for all people with disabilities. Currently, I serve on the NJ Council on Developmental Disabilities, which supports individuals with disabilities of all ages, including senior citizens. I am also a member of the Woodland-Mill Lake PTO and the League of Women Voters.

I am passionate about the issue of education. I keep abreast of the latest news and information on state, local, and national education policy. I also attend board of education meetings regularly and report on them online. As a result, I am ready to hit the ground running on day one to advocate on behalf of students and taxpayers. For more information about my campaign, please visit www.progressformonroe.com.

Neha Desai

My name is Neha Desai and I am running for the Monroe Township Board of Education. I moved to Monroe in 1985 and graduated from Monroe Township High School in 1997. As a student, parent and taxpayer of Monroe Township, I have seen extensive changes over the past 35 years. As a member of the Board of Education I would work to meet the needs of the students and taxpayers, identify areas of weakness, and build upon our strengths.

I have bachelor's degrees in psychology and computer science as well as a master's in clinical psychology. I work in the field of Regulatory Affairs at Rutgers University, where my role is to ensure that rules and regulations are in place to protect subjects that are interested in enrolling in research studies.

My educational background would bring a new and valuable perspective to the table. My degrees in psychology help me to better understand the importance of the social, emotional and mental support our students need. In my professional career, I prioritize the safety of individuals involved in research studies.

As a board member, I would prioritize the safety of faculty and students. I have a commitment to research as well as academic excellence and would ensure that decisions made by the board are based on solid evidence.

As a parent of a child in the Monroe Township School District, I am fully committed in the success of our schools. Our community deserves a school board that governs responsibly, honestly, and with transparency. Our students deserve an education that will prepare them for success. Our taxpayers deserve to have their money spent wisely in a way

that benefits the students and community. I am asking for the opportunity to bring about progress for our public schools.

Kate Rattner

Hello! I'm Kate Rattner and I have lived in Monroe for seven years with my husband (David). We have a ten-year-old daughter (Samantha), a four-year-old (Joseph), and a two-year-old (Benjamin).

I received my undergraduate degree at Rutgers in music education, my first master's degree at Auburn in music education and my second master's degree at Seton Hall in school counseling. I spent 12 years teaching, but I chose to work from home while my children are young, and currently own a recruiting business.

Since moving here, I have volunteered as a Girl Scout troop leader, a soccer coach, a PTO member and a temple fundraising vice-president. I was also recently chosen by our mayor to be a Monroe Cultural Arts commissioner.

We have serious problems in our school district. Our taxes are high, our buildings are overcrowded and in need

of repair, our graduation rate has dropped, many teachers leave Monroe for higher-paying districts, and there is a lack of communication from our school district to our senior communities.

To fix these problems, we need problem-solvers to come up with creative solutions. We need people who will collaborate with others. And we need people who will listen to EVERYONE. All of these are character traits that I embody.

Having worked in public schools, I know how to save on resources without sacrificing quality of learning. I know where to look for alternative funds, including grant-writing, partnerships and sponsorships to help reduce overall costs. My grandparents lived in Clearbrook for 15 years and my parents currently live in Four Seasons, so I understand the importance of communicating with our seniors, and hope to establish community-wide programs that would incorporate all generations.

I look forward to sharing more with you and I hope you will choose me to represent you on our Board of Education.

Email your news to:
news@rcainj.com

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

Recycle information from 
Waste Management

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

TRANSPORTATION TIDBITS

Important phone numbers:

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

Add Powerful Pairings to Your Plate

FAMILY FEATURES

Joining loved ones at the family table is an important moment for many, both as a filling way to enjoy a meal and an emotionally satisfying way to catch up on all the day’s events. Make those moments count by combining nutritious ingredients and creating recipes that can quickly become favorites.

As part of the Powerful Pairings initiative – launched by the United Sorghum Checkoff Program, National Pork Board and USA Pulses – these recipes call for pulses, which include lentils, chickpeas dry peas, and beans; sorghum, similar to rice or quinoa filled with nutrients, texture and taste; and pork, rich in flavor, versatile and sustainable with nutritious qualities.

Combined, these three ingredients can work together in sweet and savory dishes alike, and they shine with a multitude of herbs, spices and sauces from around the world. A powerhouse nutritional trio, they include foods from the protein, vegetable and grain groups outlined in MyPlate, a template for balance, variety and moderation.

Plus, the taste and versatility of these ingredients make it easier to achieve more family meals, which promotes cohesion, communication and relationships, helping loved ones celebrate simple joys together and be more prepared for uncertainty and difficult life moments.

Find more information, resources and recipes at powerfulpairings.com.



Mediterranean Grain Bowl with Pork Skewers

Mediterranean Grain Bowl with Pork Skewers

Recipe courtesy of the United Sorghum Checkoff Program, National Pork Board and USA Pulses
Prep time: 45 minutes, plus 2 hours marinate time
Cook time: 75 minutes
Servings: 6 (1 pork skewer, 2/3 cup sorghum, 2 tablespoons hummus)

Red Lentil Hummus:

- 1 1/3 cups water
 - 1/3 cup dried red lentils
 - 1 tablespoon olive oil
 - 1 tablespoon tahini
 - 1 tablespoon lemon juice
 - 1/2 teaspoon minced garlic
 - 1/2 teaspoon cumin
 - 1/4 teaspoon salt
 - 1/4 teaspoon black pepper
- 12 ounces pork loin roast, trimmed of fat
4 tablespoons olive oil, divided

- 2 teaspoons minced garlic
- 1 teaspoon lemon zest
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 sweet onion, chopped
- 3 cups no-salt-added chicken stock
- 3/4 cup whole-grain sorghum, rinsed and drained
- 1 cup canned garbanzo beans (chickpeas), rinsed, drained and dried with paper towels
- 1 1/2 cups halved cherry tomatoes
- 1 cup arugula
- 1 cup chopped cucumber
- 2/3 cup crumbled feta cheese
- 1/2 cup kalamata olives

To make Red Lentil Hummus: In small saucepan, combine water and dried red lentils; bring to boil over medium-high heat. Reduce heat to low and simmer, covered, stirring occasionally, about 30 minutes, or until

lentils split and become soft. Cool and transfer to food processor. Add olive oil, tahini, lemon juice, minced garlic, cumin, salt and black pepper; process 30-60 seconds, or until smooth, stopping to scrape down sides as needed. Transfer to airtight container and store in refrigerator up to 5 days until serving time.

Cut pork loin into 1-inch cubes. Place in re-sealable plastic bag set in shallow dish. In small bowl, combine 3 tablespoons olive oil, garlic, lemon zest, cumin, salt and black pepper. Pour half olive oil mixture over meat, reserving remaining half. Seal bag; turn to coat meat. Marinate in refrigerator 2 hours, turning bag occasionally.

In medium saucepan, heat remaining olive oil over medium-high heat. Add onion, cook and stir 6-8 minutes, or until tender. Add stock and bring to boil. Add sorghum. Reduce heat and simmer, covered, 45-60 minutes, or until sorghum is tender, stirring occasionally.

Preheat oven to 400 F.

Arrange chickpeas on foil-lined 15-by-10-by-1-inch baking pan. Drizzle with reserved olive oil mixture; toss to coat. Roast 20-30 minutes, or until chickpeas are toasted and crispy, stirring occasionally. Remove from oven and increase oven to 500 F.

Drain meat, discarding marinade. Divide among six wooden or metal skewers. Arrange skewers on wire rack on baking sheet and bake 10 minutes, or until meat is slightly pink in center, turning once halfway through.

To serve, divide cooked sorghum between six shallow bowls. Top with tomatoes, arugula, cucumber, feta cheese, olives, chickpeas and Red Lentil Hummus. Serve with pork skewers.

Nutritional information per serving: 505 calories; 28 g total fat (8 g saturated fat); 14 mg cholesterol; 528 mg sodium; 43 g total carbohydrates (8 g dietary fiber, 6 g sugars); 23 g protein; 1% vitamin D; 15% calcium; 19% iron; 16% potassium; 361 mg phosphorus (29%).



Sorghum Split Pea Soup

Sorghum Split Pea Soup

Recipe courtesy of the United Sorghum Checkoff Program, National Pork Board and USA Pulses
Prep time: 20 minutes
Cook time: 60 minutes
Servings: 6 (1 1/4 cup each)

- 1 1/2 tablespoons olive oil
- 1 onion, chopped
- 3/4 cup sliced carrots
- 3/4 cup sliced celery
- salt, to taste
- pepper, to taste
- 1 1/2 teaspoons minced garlic
- 6 cups no-salt-added chicken stock
- 1 1/4 cups green split peas
- 1 small ham bone
- 2/3 cup chopped ham
- 2/3 cup pearly sorghum
- 4 sprigs thyme
- 2 bay leaves
- 1 1/2 tablespoons Worcestershire sauce
- chopped fresh thyme (optional)
- cracked black pepper (optional)

In 4-quart stock pot or large pot, heat oil over medium heat. Add onion, carrots, celery and garlic; season with salt and pepper, to taste, and cook, stirring occasionally, 10-12 minutes, or until onion is tender. Add chicken stock, split peas, ham bone, ham, sorghum, thyme sprigs and bay leaves. Bring to boil; reduce heat and simmer, covered, 45-60 minutes, or until split peas are soft and sorghum is tender.

Remove ham bone, thyme sprigs and bay leaves from soup. Remove ham from bone, chop ham and return to pot. Discard bone, thyme sprigs and bay leaves. Add Worcestershire sauce and season with salt and pepper, to taste.

Garnish with chopped fresh thyme and cracked black pepper, if desired.

Nutritional information per serving: 336 calories; 8 g total fat (2 g saturated fat); 22 mg cholesterol; 573 mg sodium; 48 g total carbohydrates (12 g dietary fiber, 7 g sugars); 20 g protein; 3% vitamin D; 5% calcium; 17% iron; 19% potassium; 227 mg phosphorus (18%).

Lemon-Garlic Tenderloin with Warm Sorghum Salad

Recipe courtesy of the United Sorghum Checkoff Program, National Pork Board and USA Pulses
Prep time: 25 minutes
Cook time: 70 minutes
Servings: 6 (2 ounces pork, 3/4 cup sorghum salad)

- 2 cups vegetable broth
- 2 cups water
- 1 cup whole-grain sorghum
- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh parsley
- 1 1/2 teaspoons lemon zest
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 pork tenderloin (16 ounces), trimmed of fat
- 1 medium sweet potato, peeled and cut into 1/2-inch pieces
- 1 cup kidney beans, rinsed and drained
- 1/2 cup dried cranberries
- 1/2 cup pecan halves

Preheat oven to 425 F. In medium saucepan, combine vegetable broth and water. Bring to boil. Add sorghum. Reduce heat to simmer and cook, covered, 45-60 minutes, or until tender.

In medium bowl, combine olive oil, garlic, parsley, lemon zest, salt and pepper. Drizzle half oil mixture on pork; rub in with fingers. Place pork in shallow roasting pan. Add sweet potatoes to bowl with remaining oil mixture. Toss to coat and set aside.

Roast pork, uncovered, 10 minutes. Arrange sweet potatoes around pork and roast 15-20 minutes, or until pork reaches 145 F internal temperature and potatoes are tender. Remove pork from pan. Cover; let stand 10 minutes.

Stir roasted sweet potatoes, beans, cranberries and pecan halves into cooked sorghum and heat through.

Slice pork tenderloin and serve with warm sorghum salad.

Nutritional information per serving: 436 calories; 15 g total fat (2 g saturated fat); 55 mg cholesterol; 369 mg sodium; 55 g total carbohydrates (8 g dietary fiber, 16 g sugars); 25 g protein; 2% vitamin D; 6% calcium; 20% iron; 20% potassium; 377 mg phosphorus (30%).



Lemon-Garlic Tenderloin with Warm Sorghum Salad

HEALTH CARE CENTER NEWS

Heart Attacks

(Continued from page 1)
anxiety attack. Other risk factors for silent heart attacks include being over the age of 75, and a history of diabetes or kidney disease. Someone who has a high pain threshold, uses medications that affect nerve impulses and/or who ignores symptoms may be more at risk for a silent heart attack. There are risk factors a person has control over to decrease the odds of having silent or classic heart attack. One way to lower your risk is to stop smoking. Another way is to control blood pressure and cholesterol levels. If you are overweight, losing weight and having an exercise program can lower your risk of a heart attack. Diabetics need to maintain their blood sugar as close to normal as possible. Stress, alcohol, and diet and nutrition also contribute to heart disease. There are times when people do not experience symptoms or recognize symptoms of heart attack until an electrocardiogram (EKG) is taken showing heart damage. Other tests to diagnose a heart attack include a nuclear stress test, magnetic resonance imaging (MRI) and a cardiac computerized tomography (CT) scan. Lab work can also be performed to show signs of heart damage. Treatment for a silent heart attack is the same as the treatment for a classic heart attack. The doctor will need to establish if there is significant coronary artery disease (CAD). The doctor will also need to identify the main risk factors with the person who had the heart attack. They

may recommend changing your diet regimen, beginning a regular exercise regimen, and adding medications such as statins and other medications to prevent a second heart attack. Surgical treatment options may include insertion of stents and/or bypass surgery. Silent heart attacks are just as damaging as classic heart attacks. The longer the heart goes without blood flow, the more damage and scarring occurs, which could become deadly. Know the symptoms of silent heart attack. If you are experiencing symptoms, seek medical evaluation and treatment. It is better to be cautious than to not receive treatment if a heart attack is occurring. If you or someone you know is experiencing one or more of these symptoms, do not wait longer than five minutes before calling 911. If you have a history of heart disease, learn to recognize your symptoms and situations that may have caused a previous heart attack. If you develop new symptoms, including worsening or persistent symptoms, call 911 immediately. Our first flu clinic is scheduled for Thursday, Sept. 16, in the Ballroom from 10 a.m. to 2 p.m. The second flu clinic will be on Wednesday, Oct. 6, in the Ballroom from 2 to 5 p.m. We will have the standard flu vaccine, Flublok flu vaccine, and Fluzone high-dose flu vaccine. Flublok is approved for people over the age of 18. Flublok is a recombinant flu vaccine, meaning it is not grown on eggs. It is an egg-free vaccine with no preservative and no antibiotic used in its manufacture. The Fluzone high dose flu vaccine is for people over the age 65 years of age. The flu consent forms are located in the foyer of the Healthcare Center on the black bench. The pink consent form is for the High Dose vaccine and the yellow consent form is for the Standard vaccine. If you are interested in the Flublok vaccine, those consents are located in the nurse's office. Please fill out all the paperwork that is in the packet and bring it with you when you come for your flu shot along with your primary insurance card. We will maintain CDC guidelines at our flu clinics. We are requiring appointments to minimize the number of residents in the Ballroom at one time. All our tables will be 6' from one another and everyone will be masked at our flu clinics. After receiving your flu shot, you will be allowed to leave unless this is the first time receiving a flu shot and then you will have to stay 15 minutes. We have emergency medication at the flu clinic in case someone has an adverse reaction to the flu shot. All our flu shots are preservative free, meaning there

is no thimerosal in the vaccine. At our flu clinics, we are accepting most insurances. There are four which we do not accept: AmeriHealth Local Value Network, Out of State Medicaid, Out of State Blue Cross Blue Shield, except for PPO, and Cost Sharing plans, as these insurance companies do not have a contract with Saint Peter's University Hospital. Please bring your **PRIMARY** insurance card with you as we must see it. There is a fee for those who have the above insurances or those without insurance. Residents will be able to make an appointment online. Please log onto www.sppanjan.com/fluclinic to schedule your appointment. Choose Rossmoor and the date and time of the flu clinic you would like to attend. Follow the prompts and complete all fields. Residents who are not comfortable using a computer or do not have one may call **732-867-1059** to make an appointment. The phone is open from **8 a.m. to 2 p.m., Monday through Friday and on Saturday from 8 a.m. to 12 noon.** Please note: The phone will not accept messages. If the phone line is busy or if it is before or after those hours, please call back. Do not call the Healthcare Center because the nurse will not have access to the appointment schedule. Home visits for residents who are homebound and want a flu shot will be provided. Please call the Healthcare Center at 609-655-2220 for more information. We will not give pneumonia vaccines at the flu clinics. Pneumonia vaccines will be given in the Healthcare Center. We have Prevnar 13 and Pneumovax 23. If you plan to get a pneumonia vaccine, we ask you to bring a prescription from your doctor, indicating which of the two pneumonia vaccines he or she wants you to have, prior to your appointment at the Healthcare Center. Please call the Healthcare Center at 609-655-2220 to make an appointment for the pneumonia vaccine. It is more important than ever to get your flu shot this year with coronavirus and variants circulating. Both the flu and COVID-19 are respiratory diseases that have similar symptoms and can cause serious illness and even death. The flu vaccine will lower your chance of getting the flu and protect you, especially if you are vulnerable to serious illness from the flu. Getting your flu shot will help to minimize two respiratory outbreaks occurring at the same time. Remember **YOU** are the most important member of your healthcare team – get your flu shot!

Classified Advertising

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

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

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

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

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

Help Wanted

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