



Bob Huber and Bill Strecker, irreplaceable and forever missed.

Good night, Sweet Prince

By Carol De Haan

One of the problems with living a long life is that, along the way, we lose so many people we hold dear to our hearts.

We have lost Bob Huber. Bob died on Thursday, July 28. He was 95 years of age and for the past year had been living at the Parker Residence in Piscataway, N.J., joining his good friend, Gene Horan, the former editor of the Rossmoor News. A year earlier, Bob had taken a serious tumble and, against all odds, recuperated and came home to Rossmoor. But he must have seen the handwriting on the wall and decided in favor of safety and companionship at Parker. A good move, perhaps, for him. Maybe not so good for us.

Those of us who knew Bob knew that his life's calling

was always to compose, whether plays, essays, or music. He wrote about his mother, Alice, who gave piano lessons and who loved the classical composers. But when teen-aged Bob preferred improvisational piano (jazz, to you and me) she nevertheless encouraged him, and he continued playing piano all his life.

Growing up in Ohio, Bob told us about his grandfather, a farmer, who owned a big, bad bull named Henry, whose services were in demand at local dairy farms. "Keep away from Henry," he was warned. "He's dangerous." Yet Bob remembered Henry following Grandpa around the farm like a docile puppy. Obviously, Henry loved Grandpa. As did Bob.

Bob's father, a physician, was exceedingly fond of celebrating the Fourth of July. Back in the days when it was still legal, Dr. Huber would drive home with the trunk of his car loaded with firecrackers and other dazzling sparklers. One day teen-aged Bob and a few of his friends grabbed some samples and tiptoed their way down to the riverbank for a sneak preview, enjoying a

(Continued on page 5)

State earmarks \$1 million for flood mitigation

State leaders, at the urging of Township and Middlesex County officials, have earmarked \$1 million in the state's fiscal 2023 budget for flood mitigation programs at the Rossmoor adult living community.

One year ago, on Aug. 22, 2021, tropical storm Henri hit Monroe with more than 170 households impacted by flooding. The vast majority of those homes were in Rossmoor.

The Township responded with a number of resources and organizations to assist impacted residents, setting up the Office of Emergency Management team's command center in then Rossmoor Clubhouse. On Aug. 27, 2021, the Township hosted a resource and assistance fair to connect residents with organizations and non-profits on the local, county, and state levels that provided assistance. At the time, during a tour of flooded homes with Governor Phil Murphy, Mayor Stephen Dalina pledged to advocate for state funding that would be used for future flood mitigation. The mayor turned to the 14th District state legislators – Senator Linda Greenstein, Assemblymen Wayne De Angelo and Dan Benson – who advocated for Monroe during the state's budget process this spring.

"Our state legislators have always been there for Monroe, to support us in any way

they can," Dalina said. "Through their persistence and focus on helping the people of Rossmoor impacted by this terrible flooding, \$1 million has been earmarked in the new state budget. I want to express my deepest appreciation to our state representatives on behalf of so many residents who were impacted."

The Mayor also voiced appreciation to the Middlesex County Board of Commissioners, led by Chairman Ron Rios, who underscored the need for flood mitigation at Rossmoor.

The Mayor said the fund-

ing will be provided to the Rossmoor Homeowners Association during this budget year, which extends to June 30, 2023. It is not yet clear when the funding will be provided.

"This grant is a positive step forward, helping us make improvements to control flooding," said Dan Jolly, president of the Rossmoor Homeowners Association. "On behalf of our residents, I would like to express my appreciation to Mayor Dalina, the 14th District legislators, and Middlesex County for their steadfast commitment to the people of our community."

Emerald Society is back with a new club

By Erin Medlicott

I'm pleased to announce our Aug. 3 Emerald Society Meet & Greet was a great success. We signed up 45 new dues-paying members. Each was given a membership card and a Claddagh lapel pin. Information about upcoming elections and nominations for board member positions was announced.

The Emerald Society's September events will be held in two parts. First, the entertainment portion will be an afternoon film shown on Wednesday, Sept. 7, at 3 p.m., in the Ballroom. The movie "Wild Mountain

Thyme," a love story about two Irish farm families, stars Emily Blunt as Rosemary Muldoon, Jamie Dornan as Anthony Reilly, Christopher Walken as Tony Reilly, Lydia McGuinness as Eleanor and Jon Hamm as Adam, the visiting American cousin.

The movie was filmed in 2020 throughout Ireland's County Mayo, including at Hiney's of Crossmolina, The Thatch Inn and Mount Falcon Estate in Ballina. Other locations include Nephin Mountain near Lough Conn and some of the spectacular scenery of the Wild Atlantic Way.

(Continued on page 4)

Thank you to the Rossmoor Board of Governors for approving a budget for the Rossmoor News so that we can mail our news to all residents starting with the October edition.

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One summer night scene

Photo Y. A. Lee

at the governors' meeting

Meeting of August 18, 2022

The August RCAI Board of Governors meeting was back to its normal schedule, the third Thursday morning of the month at 9:00 a.m. in the Village Center meeting room. Like the evening meeting, it was well attended and watched by many online as a webinar on Zoom.

Presidents Report

RCAI Board of Governors President, Mr. Dan Jolly, observed the one-year anniversary of last summer's area wide flood. He gratefully read a press release from the Township of Monroe Mayor announcing a one-million-dollar state appropriated grant that will be provided to Rossmoor to fund efforts to avoid future flooding within our community. The funds are expected in 2023. Rossmoor will be working with Monroe Township's engineers and Rossmoor engineers to determine the most effective steps forward. Mr. Jolly also wished everyone a happy Labor Day Weekend.

Treasurer's Report

Mr. Curry spoke for Treasurer Mr. John Craven, who was absent. He reported there is a year-to-date budget surplus of \$228,929.00. He reported that Management met with the treasurer and provided a mid-year review of the RCAI 2022 budget. Management is working on the 2023 budget proposal and plans to submit it for review by the Treasurer and Executive committee in the beginning of September before being presented to the Finance Committee and

eventually the Board of Governors.

RCAI Management Report

Tom Curry, General Manager, updated the Board on the continued elevated number of real estate sales within the community. Additionally, he reported that management has transferred our employee payroll system to a less expensive and user-friendly payroll company.

He reported on many RCAI projects, maintenance, and happenings.

- Maintenance has completed 621 work orders in July and are working hard to complete Mutual Association requested painting, siding cleaning and sidewalk crack filling projects.
- Summer paving project, and the planned Bocce pavilion construction will begin within the next two weeks.
- Pavement line striping currently underway is experiencing delays due to an industry wide shortage of traffic yellow paint.
- The 100-gallon domestic hot water heater at the pool complex approved at the last meeting has been replaced.
- The pool's daily maintenance company Aquatic Service is doing a wonderful job. We haven't received a single pool or water cleanliness complaint all season.
- The newly installed Golf course well along with recent rain has allowed water to be pumped from Cedar Creek basin into our golf course ponds and has helped to alleviate the water issues on the course during the current drought.
- Golf course play (rounds) for July were less due to the extreme heat.

New Business:

- Resolution 2022-29 Rossmoor News Budget

Mr. Gleason, Secretary, read the Resolution for the approval of \$14,000.00 from the Sub Account 100 Administration, providing a budget for the Rossmoor News which will allow it to be mailed monthly beginning October 2022 to all Rossmoor addresses. Motion was made, seconded, and passed 18 yes - 0 no.

Directors and Residents Comments:

- Request was made to share contract information with the Mutual Directors
- Questions about county roads surrounding Rossmoor; refer to Middlesex County
- Questions about JCP&L; requested a representative to speak to the residents
- Appreciation for the completed repair of the East Gate closer timing
- Question about the Rossmoor's vehicle speeding issues
- Discussion on weeds, crab grass, cost of seed, and tree removal.
- Desire for more umbrellas for the pool.
- Question about the status of a possible Golf Cart parade; board was not in favor of proceeding.
- Request to extend the pool season by two weeks.

Extension of the Pool Season:

A motion was made to extend the 2022 Pool season from the original closing date of September 4, 2022, to September 18, 2022 – the hours will be from 11 a.m. to 6 p.m., motion was seconded, and it passed 18 yes – 0 no.

There was no further business for the Board to discuss. A motion to adjourn was made at 9:58 a.m.

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

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.



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Linda Bozowski
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Alex Monaco
Linda Monaco

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

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

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

Editorial Office:

2 Rossmoor Drive,
Monroe Twp., NJ 08831

E-mail:
news@rcainj.com

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Bits & Pieces

By Sue Ortiz

There's money burning a hole in my pocket, I've got a day off, and I just need some retail therapy to beat the summer heat. (Besides, the stores have free air conditioning.) You know those days when you just *have* to get out of the house.

It was going to be a "shop till I drop" round trip to Sam's Club, Hobby Lobby, Michael's, HomeGoods, and wherever else the day took me. Maybe I'd even stop at a restaurant for dinner.

Anyone who knows me knows I am a Crafter with a capital C. I don't go into a craft store without dropping some change at the register. So, first stop, Hobby Lobby. I had a list of supplies for projects I had planned – card stock, paint, beads, glue, etc. But before traversing to those aisles, I always shop the clearance sections first – I usually find things I didn't know I needed.

Well, today, or at least at this store's location, the clearance shelves were full of junk. Nothing I needed, wanted, or, at least to my eyes, everything was broken and should have gone directly to the dumpster out back. On to the necessary supplies. Oh, I picked up some paper stock and one strand of beads I was looking for (all on sale, of course). But the other stuff was either not to my liking or too expensive. After an hour of fruitless browsing, I paid the cashier my pittance and left the store.

I should have known right then and there that I was in *cheap mode*.

Next stop, Michael's, another craft store, where hopefully I could fulfill my supply list. By this time the sun was hot, and I was lucky to find a parking spot near the entrance, so I didn't have to work up a sweat just getting to the door. Inside, glorious air conditioning and the promise of completed craft projects awaited me. I found a cart, pulled out my list, and the race was on. But I never reached the finish line. Being in *cheap mode* means I picked up something, looked at the price, put it back on the shelf, and moved on. Sigh. Even their clearance sale was uninspiring. I walked back out into the heat empty handed.

At Sam's, I fared a little better, but I only needed the basics anyway – milk, half and half, bananas, a roasted chicken (always *gotta* get one of those), and peanuts for my squirrels. I self-

checked myself out of there and put the cold stuff in the icepack-filled cooler I brought with me.

The day was really turning out to be a scorcher, and I guess that had something to do with my shopping mentality. The next few stops were as pointless as a dull needle in a sewing factory.

I usually find something – a Christmas gift or two, an unusual kitchen gadget, or even a roll of wrapping paper in T.J. Maxx or Home Goods. But, today, nothing. Nada. Zilch.

Time to head home. It was only about three o'clock, but I was getting hungry. Coincidentally, there was a Panera nearby. I pulled into a shaded parking spot but didn't have the energy to get out of the car. I certainly didn't feel like taking the time to sit there and eat, even though I did bring a book to read, just in case. I also didn't feel like doing a drive-through or curbside pickup, either. *Cheap mode*.

So, I headed home with no prospects of what I was going to eat for dinner.

Once in the house, with the air conditioner turned on high, I started to rummage through cabinets, the fridge, and the freezer to find something to eat. I could make a salad, but I didn't have the energy for chopping up tomatoes, lettuce, and everything else. I could scramble an egg or make a tuna sandwich, but I didn't want to cook (too hot) and, subsequently, wash dishes (too much work). I also didn't want to go back out to get something, or have it delivered. Again, I didn't want to spend money nor give a tip. *Cheap mode* strikes again.

After a short rest in my easy chair next to the A. C., I decided on peanut butter on crackers – no knife, just dipped into the jar – on a paper plate, with milk in a paper cup and a paper napkin. Nothing exciting, but at least it was filling.

Cheap mode.

B&P

"No wonder they call shopping 'retail therapy,' as any girl will tell you how it just takes away all the stress." – Riya Sen (Indian actress, b. 1981)

"On the one hand, shopping is dependable: You can do it alone, if you lose your heart to something that is wrong for you, you can return it; it's instant gratification and yet something you buy may well last for years." – Judith Krantz (American novelist, b. 1928)

Open RCAI Meetings in September

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

It will be an in-person meeting and
will probably be held via Zoom

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

Property tax rate remains stable No increase for second consecutive year

Mayor Dalina: The Monroe Township tax bills were mailed in early August and includes stubs for the final third and fourth quarter taxes of 2022 as well as estimated 2023 first and second quarter taxes.

"Our final municipal budget maintains a flat municipal tax rate of \$.489 per \$100 assessed value. This is the second year that we have held the line on the municipal tax rate, continuing my focus on affordability and stable taxes," said Mayor Stephen Dalina. Water and sewer rates will also remain the same in 2022.

With additional state school funding and federal

grants, as well as a reduction in municipal debt, the overall town-wide tax rate (county, school, municipal, and fire districts) will slightly increase by about 0.0065% - less than 1%. Monroe Township continues to have the second overall lowest tax rate of the 25 municipalities in Middlesex County.

Residents will have 25 days from the mail date to submit payment. The grace period for the 3rd quarter payment has been extended to Friday, Sept. 2, after which interest will begin to accrue from the beginning of the third quarter.

"Our focus is affordability, saving our residents as much money as possible while pre-

paring for the future of our Township," Mayor Dalina added. "I fought hard for the new 'Anchor Property Tax Relief Program,' now part of the fiscal '23 state budget."

This state program will provide much-needed property tax relief over the next year for Monroe residents earning under \$250,000 annually.

"The state must distribute these Anchor funds to our residents by June 2023," the Mayor said. "I have encouraged the state to disburse this property tax relief as soon as possible, as many of our residents need the funds now. I will keep residents updated on this important program."

New Superintendent named by Board of Education

By Linda Bozowski,

The Monroe Township Board of Education named Acting Superintendent Chari R. Chanley permanent superintendent of schools at its meeting on July 20.

Chanley formerly served as principal of Monroe Township Middle School and held several other positions throughout her 20-year tenure in the district. Her appointment as acting superintendent followed the resignation of former superintendent Dr. Dori Alvich, who left the system in November, 2021. Chanley has agreed to a

three-year contract at a cost to the district of about \$630,000 over that time period. The contract amount does not include tuition reimbursements, for which Chanley may qualify should she pursue additional education.

Business administrator

The Board also named Laura Allen, CPA, business administrator through June, 2023. Allen served as assistant business administrator under the direction of Michael Gorski, CPA.

Gorski, a tenured employee with 22 years of ser-

vice to our community, was suspended with pay last April. When the Board was questioned about the reason for the suspension, it offered no explanation.

The status of multiple lawsuits and ethics charges against the Board and some of its members remains in flux.

Referendum

There has been no further information provided to the community about the anticipated school referendum, currently planned for spring 2023. It was noted that some additional changes to the proposed plans are under consideration. Members of the community have requested this information, but none has been provided by the Board of Education at this time.

Cornfields to condos: Building begins, farms disappear

By Linda Bozowski

If you were to travel the N.J. Turnpike in 1965, you would have seen a wonderful ornament decorating the northbound side of the roadway - a huge open metal globe. That globe was one of the landmarks of the under-construction Rossmoor development, known at that time as Leisure World. Leisure World was the sister community to the first Leisure World, located in California. In 1963, California developer Ross Cortese, aided by his attorney, selected and purchased land that now includes acreage for the developments of Rossmoor, Clearbrook, Concordia, Encore, the Ponds, Whittingham and all the Forsgate land including the country club and its property. The expected costs of his proposed future developments were projected to be about \$500 million. Each village in Cortese's plan would have its own clubhouse and golf course. The work began on Village #1, later renamed Rossmoor, in 1965.

The Rossmoor building project extended over 25 years. Only one of Cortese's five planned villages was completed by his company, but over the years multiple adult communities were built on the original land he pur-

chased. The 14 adult communities in Monroe Township now comprise over 12,000 residences, with about 20,000 residents.

Not just adult communities

While adult communities were being constructed primarily in the western portion of the Township, non-age-restricted developments were sprouting up over Monroe's 42 square miles. With all of these homes being built, the population grew rapidly, and by 1970, the census reported 9,138 residents, and by 1980, the number had grown to 15,858. In 1990, the population was 22,255, in 2000, it was 27,999, 2010 saw the number grow to 39,132, and the 2020 census reported 48,594 people living here in Monroe Township.

What those rapid increases in population meant was that, although the construction of adult communities was ongoing over many of those 50 years, our school population swelled far beyond the capacity of our school buildings. We will discuss schools shortly.

Construction was king

Neighborhoods grew and were named: Outcalt, Possum Hollow, Mill Lake Manor (Old and New), Inwood. Construction continues on land

(Continued on page 4)

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Spaghetti dinner is coming, Thursday, Oct. 20

By Alyce Owens

Can you believe it's been nearly three long, difficult years since we enjoyed the last delicious spaghetti dinner sponsored by the Community Church and Patrick Donnelly of Top Hat Caterers last Oct. 29, 2019.

At that time, we hadn't even heard of COVID 19 or imagined how it could — and would — change our lives. During this time, we experienced terrible losses, lockdowns and closures, and isolation beyond our wildest imaginings. Even despite extensive vaccinating and social distancing, COVID numbers continued to rise and fall, and rise again. There was just no possibility of planning a spaghetti dinner for 2020 or 2021.

I bet you'll agree we've waited long enough and you're ready and hungry for a great spaghetti dinner and an evening of fun and frivolity.

It will finally happen on Thursday, Oct. 20 at 6 p.m. in the Clubhouse Ballroom. Be sure to put this date on your calendar.

Spaghetti dinner tickets will be sold in the Clubhouse Red Room on Oct. 10, 11, 12 and 13, between 10 a.m. and noon. Advance reservations can be made for large

groups by calling Alyce at 609-860-0866. Watch for additional details in the October Rossmoor News and on Channel 26. The Community Church and Patrick Donnelly of Top Hat Caterers are hoping you'll come. We look forward to seeing you there.



Cornfields

(Continued from page 3)

that is suitable, that is, not considered wetlands. Other residential developments have been approved but are not yet built. It has been reported that there is little or no additional large-tract acreage available for purchase or construction, although small tracts are still available.

Along with the building of entire communities and housing developments, construction of warehouses was initiated as businesses realized the great value of land in Monroe, South Brunswick, and Cranbury with ready access to major highways, especially the N.J. Turnpike. Monroe is not a significant manufacturing area, which may be seen as an advantage to the community. Although pollution is increased by trucks and employee vehicles, there appears to be less risk of significant ground and water pollution, as might be the case with manufacturing facilities. In the 1980s a landfill on an 86-acre site in the Outcalt area was identified as the source of ground water contamination. The site had previously served as a municipal landfill, and then as a privately run facility.

With residential and business construction, roads were, in some areas, upgraded to accommodate the increased traffic. Traffic lights, never before seen in Monroe Township, were installed to enhance driver and pedestrian safety. To support the growing population, strip malls, full-blown shopping centers, restaurants, municipal facilities including the library, a synagogue, medical facilities and other businesses were built and are still being built.

Monroe's infrastructure will be explored in the October portion of this series.

We needed and built schools

With all of this construction and an ever-growing population, the Monroe Boards of Education, over the years, responded to the needs for more appropriate facilities for our students. As noted in last August's issue of this publication, after we passed the one-room schoolhouse era and built our first two schools in 1936, the burgeoning population forced the schools to eliminate full-day kindergarten and resort to half-day sessions in the late 1950s. In 1960 additions were built onto schools #1 (now Bar-

clay Brook) and #2 (now Applegarth) and the district added a third building, Woodland School, in the eastern area of the township.

We made an addition to Woodland School in 1966, built what is now the Middle School in 1972 as our first high school, and converted Applegarth to a middle school. New construction added Brookside School in 1991, Oak Tree School in 2008, additions to several of the existing buildings, and the construction of the current high school complex in 2011. The middle school students were moved to what is now the official middle school building in that year, and Applegarth was converted back to an elementary school facility. And even with all of that construction, we are over capacity in our buildings.

Changes in the landscape

In the October Rossmoor News, we'll take a look at the changes in the landscape. The warehouse boom, significantly increased traffic, and upgrading of infrastructure will be the focus. The township and the county have committed to widened roadways, more traffic lights to make travel flow more smoothly and to enhance safety, more comprehensive water management, and ensuring the safety of our aquifer as our primary source of water. The township will continue to support and expand open space and offer opportunities for recreation.

How our township grows and changes is a focus of the Master Plan that is being presented to the public at the end of September. We, as citizens, should be mindful of the future plans for our community.

Emerald Society

(Continued from page 1)

For Emerald Society dues paid members, the movie admission is free; we welcome non-members as well, for \$2 admission.

Next, the Emerald Society members evening meeting will be held the same date, Wednesday, Sept. 7, at 7 p.m., again in the Ballroom. We will hear nominations for board member positions of vice president, secretary, and treasurer. Elections will be held and new board members will be announced. Refreshments will be served.

For more information, please email EmeraldSocietyR@gmail.com, or call Erin Medicott at 732-747-6752. Looking forward to seeing you at our Sept. 7 events!



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Sweet Prince

(Continued from page 1)
high old time shooting fire-crackers, when they accidentally blew a hole in a passing rowboat, dumping into the water a boatload of nuns who had been rowing by. His mother was mortified. She invited the nuns for tea, hoping to restore neighborly relations.
As a 17-year-old high schooler, Bob began writing comedy sketches for a Cleveland radio personality, a practice he continued while in college at Case Western Reserve University, where he graduated with a degree in speech and drama.
In Hollywood, he wrote and produced films for the Disney Educational Film Division. He also developed material for Bob Hope and Jack Benny. Back on the east coast, Bob served as regional vice president of cable operations for Storer Communications Incorporated, now known as Comcast. He put in one term as president of the Connecticut Cable Television Association. In all, it came to 27 years as writer, producer, and TV program director during which Bob was awarded an Emmy, not once, but four times for the excellence of his work.
When he retired, Bob and his wife, Kay, moved to Rossmoor. There he continued writing plays and also articles for the Rossmoor News, along with his friend, the talented satirist Sam Newman. Alas, his beloved wife, Kay, died in 2008, and Bob found that living alone was not for him. He adopted a handsome white tomcat that he named Barney. That cat was pure ham: it often popped wheelies off the top of the tall bookcase in the living room for the edification of visitors. When Barney went to cat heaven, Bob adopted a little tiger cat named Geraldine, who hid under the bed for a month before she thought it might be safe enough to venture out.
Bob's affection for animals inspired some of his stories. Playing a naïve reporter, Bob interviewed the cat, who was not shy about airing grievances. Ditto the gopher that lived on the golf course, all full of snarky retorts and implied threats of bodily harm against unsuspecting passersby.
But it wasn't until Bob (the writer) met Bill Strecker (the musician) that they lit up the skies and the real magic began. They collaborated on the hit musicals, "It's News to Us," "Between Engagements," "Crooks and Nannies," and "Over Easy," which many of us felt had brought Broadway to Monroe. Those shows played to SRO audiences. They were filmed and continue to be shown at Players meetings. We were sorry that Bill's sudden passing ended that great, talented team. The Bob and Bill show was a high point in the history of Rossmoor.

And now we have lost Bob. He is survived by his daughter, Nancy, who is known to many of us through her frequent visits and her devotion to her Dad. We send her our most sincere

condolences, believing that his spirit will live on in the many people who loved and admired him.
Good night, Sweet Prince, and may flights of angels sing thee to thy rest.

What's the best part of summer?

By Carol De Haan
PEACHES!
They can have fuzzy skin or smooth, yellow flesh or white, freestone pits or cling. It doesn't matter. What matters is the wonderful taste and all that sweet juice that runs all over your chin and hands as you bite into a peach. Unless, of course, you're a neatnik and you eat them with a knife and fork.
Archeologists have found that wild peach trees grew in north west China as far back as 60,000 years ago. Innovative Chinese farmers had them under cultivation since 6000 B.C. Peach cultivation reached Japan by 4700 B.C. and India by 1700 B.C.
By 300 B.C., Alexander the Great set out to conquer his

world. Along the way, he discovered peach trees in Persia, and it took him no time at all to send this great delicacy back to Greece. From Greece, peaches reached Rome by the first century, and from there, they were all over mainland Europe.
A mural of luscious peaches emerged when the volcanic ashes of Vesuvius were cleared from a home in Herculaneum, preserved there for 2,000 years.
Peach trees were planted in the New World by French explorers as early as 1562, near Mobile, Ala. Before long, Spanish explorers took some into Mexico. They did not go farther south since, as members of the rose family,

(Continued on page 7)



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When New York froze in its tracks: 9/11/2001

By Carol DeRuiter

I thought the first bang was just another big-city noise. Enjoying a visit with my daughter's family on the east side of Manhattan, I was much too interested in my five-month-old granddaughter to wonder about a distant sound. The

second bang, however, commanded our attention and drove us to the window. My daughter pointed to a gathering of neighbors on the terrace opposite ours and cried, "They're all looking at our roof. Is somebody going to jump?" I scooped up the baby and

followed her up to the terrace on the ninth floor where we had an unobstructed view of the burning towers of the World Trade Center less than a mile away. Black smoke poured from a gash more than halfway up the tower on our left, while flames shot out of a

similar wound in the second pillar. People on terraces below us had their arms around one another, and I held the baby to my racing heart as I tried to understand what I was seeing.

My son-in-law suddenly appeared, breathless and howling. "I saw it! A plane flew right into the World Trade Center! Two planes! The people! Oh God, the people!" He hid his head in his hands and sank to the floor.

The billowing black smoke seemed to choke my brain and obliterate my reason. It took several minutes before I realized that we were seeing an attack on the city, and with that comprehension came fear and anger. Although the truth was before our eyes, we felt compelled to leave our vantage point and allow CNN to explain what we had just witnessed. We thus joined the rest of the world in learning the latest definition of terrorism.

While the scenes replayed on television, I returned once more to the terrace to convince myself that this was truly happening in my world. The first tower was now engulfed in white smoke — and moving! The top of the building slowly settled down in a silent crash. In minutes I watched the same scene repeated when the second tower collapsed. The empty space in the famous skyline was no mirage.

The next hours became a blur of phone calls, television images, and news of the Pen-

tagon attack, followed by a panicky trip to the ATM and grocery store, and gradually the arrival of neighbors needing company. A young man in the apartment below, who had escaped from the first tower, ran home and spent the rest of the day on his cell phone assuring his family and friends that he was alive. We knew that Manhattan was cut off from even its closest neighbors and, in many ways, each of us within this city of millions felt isolated as well.

The next morning, we moved outside to the park across the street. My family tried to donate blood but found the long lines of donors far exceeded the need. Spontaneous memorials to the people who perished or were missing and to the heroic firefighters and police officers appeared throughout the neighborhood.

Circles of votive candles outlined sidewalk designs where grieving artists had chalked the names of those lost in the inferno. Homemade posters appeared pleading for information about missing loved ones. Groups gathered in Tompkins Square Park singing patriotic, religious, and folk songs, praying for the victims and rescue workers. No one was a stranger on the streets of Manhattan that week. We wanted to be outside reassuring each other that the pain we felt was shared and that we were standing together under the gray cloud that still hung over the city just south of us.

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Monday, September 26th	1st Day of Rosh Hashanah	9:30 am
Tuesday, September 27th	2nd Day of Rosh Hashanah	9:30 am

YOM KIPPUR

Tuesday, October 4th	Kol Nidre	6:30 pm
Wednesday, October 5th	Shacharis	9:30 am
	Yizkor	1:00 pm
	Evening Service	6:00 pm

SHEMINI ATZERET

Monday, October 17th	Yizkor	10:00 am
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Signing the U.S. Constitution

By Jean Houvener

On Sept. 17, 1787, 39 delegates to the Constitutional Convention in Philadelphia signed the document that became the U.S. Constitution.

In 1781, several months before Cornwallis surrendered at Yorktown, the Articles of Confederation had been ratified. This document provided for a central government that had the power to wage war, regulate currency, and manage foreign affairs; however, no powers to actually raise money or troops was given to it. It was apparent to many that it was too weak to properly govern the new nation. By 1786 it was obvious that the Articles needed to be amended or replaced if the country was going to survive.

Five states met in Annapolis, Md., to discuss the problem. They issued an invitation to the 13 states to meet in Philadelphia for a Constitutional Convention. On May 25, 1787, delegates from 12 states met in the State House of Pennsylvania in Philadelphia (where the Declaration of Independence had been signed and is now known as Independence Hall) to develop a new constitution. Rhode Island did not want a stronger federal government interfering with its affairs and did not attend. George Washington was elected president of the con-

vention.

The debates were intense and led to the complex of checks and balances we still abide by. An administration, legislature, and judiciary were envisioned and described. Much debate surrounded the legislature. Smaller states wanted equal representation while larger states wanted proportional representation.

The Connecticut Compromise was the result, with a House of Representatives that was proportional to state population, and a Senate that is equally represented with two senators per state. There was also heated debate about the issue of slavery. Ultimately, although given no rights, a slave was counted as three-fifths of a person for purposes of representation in the House. The document was signed on Sept. 17, 1787, and as per Article VII, was sent to the

states for ratification, needing nine states to ratify before it could become law.

Delaware, Pennsylvania, New Jersey, Georgia, and Connecticut were the first to ratify. Massachusetts held out, declaring that it needed to reserve undelegated authority to the states and a bill of rights. A compromise was made in 1788 that this would be the first order of business after the ratification was complete. With this assurance, Massachusetts, Maryland, and South Carolina ratified the Constitution. On June 21, 1788, New Hampshire became the ninth state to ratify. It was agreed that the new constitution would take effect on March 4, 1789. Virginia and New York ratified the new constitution in July, 1788.

In November 1789, North Carolina became the 12th state to ratify, leaving only

(Continued on page 9)

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Happy
Grandparents Day

Best part

(Continued from page 5)

peach trees require chilly winters to make flowers and fruit in the coming spring.

Peaches finally reached England in the 1600s (too late for Shakespeare, but he was a plum grower). Queen Victoria often enjoyed a peach after dinner.

Native Americans appear to have been gobsmacked when they first tasted peaches grown by settlers who had brought them from Europe. The Navaho people saved every peach pit they could get their hands on and cultivated 5,000 peach trees in Arizona's Canyon de Chelly, their tribal homeland. In 1864, frontiersman Kit Carson led forces into the Canyon where they chopped down all 5,000 peach trees, hoping to starve the Native Americans during the Indian Wars of the 1800s.

Is this what the Bible meant by "original sin," that is, the willingness of human beings to do such terrible things to one another? Animals seem benign by comparison.

Today, the champion peach grower is still China, producing 24.6 tons, or most of the world's crop. Next come Italy and Spain with nearly two tons each, and the United States, with one ton.

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International Day for the Preservation of the Ozone Layer

By Anne Rotholz

On Dec. 20, 2000, the U.N. General Assembly designated Sept. 16 as International Day for the Preservation of the Ozone Layer. The day was chosen to commemorate the date in 1987 when the U.N. adopted the Montreal Protocol on Substances that Deplete the Ozone Layer.

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

The ozone layer (sometimes called the ozone shield) is found in the stratosphere, which is the second layer up from earth, beginning at an altitude of about nine miles. It contains a high concentration of good ozone (about 90%) which absorbs the harmful ultraviolet radiation that comes from the sun to our earth.

In humans, ultraviolet ra-

diation causes skin cancer, cataracts, and damage to the immune system. It also has a negative effect on animal and plant life. It destroys plankton, a source of food for oceanic life.

A small percentage of ozone found at ground level is known as bad ozone. It becomes a component of smog when it comes in contact with pollutants emitted by cars, refineries, chemical plants, etc. This happens mostly in the summer months when we have lots of sunshine and high temperatures.

This pollution poses a great danger to our lungs, to animals, to forests, to vegetation in general, and to all living things. It is no coincidence that the word *ozone* comes from the Greek word *smelly*.

A healthy ozone layer is essential to our well-being. Scientists became alarmed

when, in the 1970s, they noticed a change in the ozone layer. Studies showed a decrease of about 4% in the ozone in the earth's atmosphere. They also noticed a much larger ozone decrease in the polar regions in spring, especially around the South Pole. They theorized that chemicals being used at that time could reduce ozone levels in the atmosphere.

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

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

Ultra violet rays break down CFCs and chlorine gas is released. This chlorine gas destroys ozone. Unfortunately, the CFCs can live up to 100 years. This gives them plenty of time to get to the ozone layer. Also, one chlorine molecule can destroy 100,000 ozone molecules.

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

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

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

Adopted by the U.N., it was ratified by all 197 mem-

(Continued on page 9)

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Microwave

By Steven Gray

The microwave oven has been around longer than most think. It was accidentally invented in 1945 by Percy Spencer while conducting an experiment with a new vacuum tube called a magnetron. It seems he had a candy bar in his pocket that began to melt during an experiment. Imagine if he had M&Ms in his pocket instead; “melts in your mouth, not in your microwave,” we might never have had the oven as we know it today. Spencer also tried popcorn which also began to pop and he realized the potential of this revolutionary process.

In 1947 the Raytheon Corporation, that Spencer worked for, built the first microwave oven. It was called the Rada-range, was 5 ½ feet tall, weighed about 750 pounds and had the low price of \$5,000 – not exactly a popular kitchen appliance. Raytheon licensed the technology to the Tappan Stove company. They came out with the first domestic microwave in October 1955 using 220 volts (not your usual kitchen voltage) and costing only \$1295. Obviously, the price has come way down (Amazon has one on sale for

\$58.50), the appliance is much smaller and uses 110 volts, thus becoming popular in offices where one can be ostracized for burning popcorn or reheating fish.

How does it work? Very easy – you just push a button. Actually, the magnetron emits very short radio waves that enter the food to a deeper penetration than heat from a normal oven so the food cooks faster. These waves are classified as non-ionizing radiation, similar to what is emitted by a radio or TV. That did not stop all kinds of stupidity and myths such as you will glow in the dark after eating microwaved food. Whereas this might save you energy by negating the use of light bulbs, it is false.

Some other myths include giving you cancer (not), will affect a pacemaker, the food is radioactive (glow in the dark?), will change the DNA of water (which doesn’t have DNA), will lower the nutrient value of vegetables (actually does the opposite). Microwave meals are bad for your health – yeah, that one is true but that is due to the salt and preservatives as well as the plastic container, not the actual microwaving.

There are certain foods that should never be put into a mi-

crowave oven. Grapes and raisins are really bad as the skin vaporizes and you can end up with a small ball of plasma. Raw eggs in the shell explode nicely as do hot peppers. Fish I already mentioned but, aside from the odor, fish will dry out and taste rubbery. Processed meats, due to the preservatives, can be worse for arterial cells than pure cholesterol. Frozen meat does not defrost properly and you end up with hot spots of partially cooked meat, which can increase bacterial growth. Marshmallows are fun, you can watch them expand and eventually explode.

What to use in a microwave? That’s easy. Glass and paper (not newspaper) are always good. Do not use anything metal and do avoid most plastics even if they save microwave safe. High temperatures can cause some chemicals to leach out of plastic. All those old Pyrex dishes you put away because they are old and heavy are still some of the best containers to use in a microwave. So stay safe and don’t burn the popcorn.

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This is tough - part seven

By Tom McMahon
(aka J.T. Brian)

In 1969, as mankind took its first steps on the moon, the two-year-old boy was adopted by a loving and caring couple. The promise of a wonderful life compensated for the loss of any familial relationship to the boy.

The year was 1947. Two men basked in the light and the warmth of the ornate fireplace placed in a large living room in Jeremiah Korin’s spacious manor at the corner of 64th Street and Hamilton Avenue.

Dwayne’s sister Barbara was taking her first steps, and it seemed to the boy that his father had all but stopped quickly going outside to in-

vestigate the goings-on where Mr. Korin was concerned.

The Taylors

As time had marched forward, Leonard Taylor sunk deeper and deeper into his increasing awareness and determination to solve the conundrum otherwise known in the neighborhood as Mr. Korin.

Here was Dwayne Taylor, so threatened by Korin’s very existence that he stood petrified at the thought of bringing judgment down around not only himself but the remaining members of his family, lest he go too far with his

(Continued on page 11)

Ozone

(Continued from page 8)

ber states. It was the first universally ratified treaty in the history of the U.N.

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

The success of the treaty is becoming more evident each year. Some 90% of the ozone-damaging materials are no longer in production. The ozone layer is recovering. In some years the ozone “holes” have been larger than usual especially in Antarctica, but scientists believe that they will eventually go away.

The big news this year however, is that a very large ozone “hole” has appeared over the tropics. Scientists are watching it very carefully.

Constitution

(Continued from page 7)

Rhode Island as a hold out. Rhode Island objected to federal control of currency and the failure to deal with the issue of slavery. Only when the new U.S. government threatened to cut commercial ties with the state did they finally ratify, May 29, 1790.

James Madison, who wrote the Bill of Rights, worried that by enumerating specific rights other unnamed rights would be restricted as a result. He felt it was not necessary to have such a document – Article I already limited Congress and Article II limited the president. He used the Ninth and 10th Amendments to bolster protections for individual rights and to limit federal power. It was submitted to Congress on June 8, 1789, and ratified by Dec. 15, 1791.



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Freehold

Radisson | 50 Gibson Place
September 15th

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Most attendees choose to make an appointment at the end of the presentation, so please bring your calendar with you.

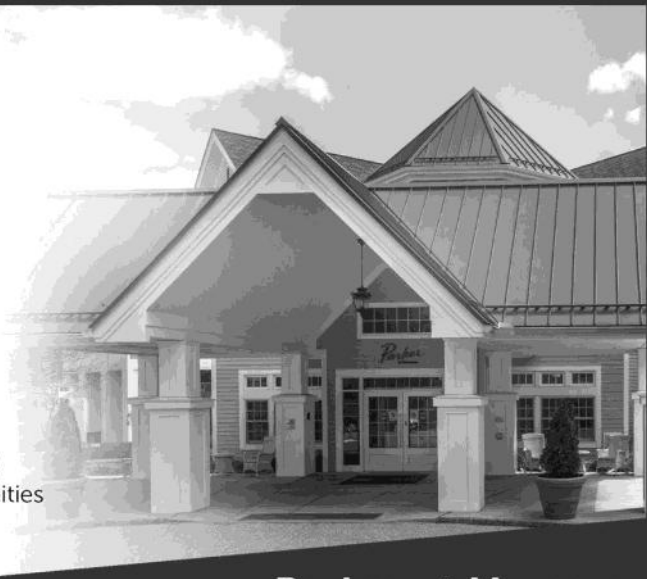
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This month in pictures



Judi Frey and Carlo Carunchio perform “It’s Magic.”

Players at *This and That*

Photos by Jim Wilson



Judi Frey, Camille Stahl, and Becky Reddington performed “Hit the Road Jack!”



In a tribute to Tony Bennett, Joe Conti sings “I Left My Heart in San Francisco.”



Russ Howard sings “Maybe it’s time to let the old ways die.”



Elisa Miller, Anne Rudolph, and Mary Perry sing “Accentuate the Positive.”



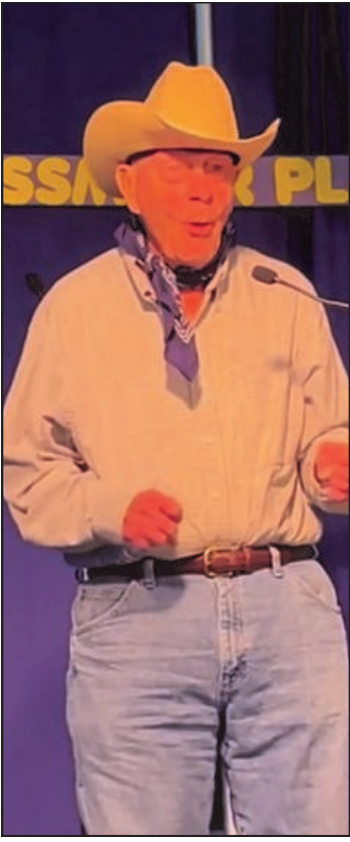
Lenny Venito sings “There Goes my Everything.”



Jim Wilson Sings “You Raise Me Up.”



Liz Hance and Joe Conti perform “Do you Love Me,” from “Fiddler on the Roof.”



Carl Kruse sings “I’m an Old Cow Hand.”

Sound Advice

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

Conquering Retirement Challenges for Women

When it comes to retirement, women may face unique obstacles that can make saving for retirement more challenging. Given that women typically live longer than men, retirement money for women may need to stretch even further.¹

Despite these challenges, a wise strategy can give women reasons to be hopeful.

Get clear on your vision.

Do you want to spend your retired years traveling, or do you envision staying closer to home? Are you seeing yourself moving to a retirement community, or do you want to live as independently as you can? If you're married, sit down with your spouse to discuss your visions for retirement.

You can't see if you're on track for your goals if you haven't defined them. If you do find you're falling short of

where you want to be, a financial professional can help you strategize about how you can either get to where you want to go or adjust your strategy to fit your situation.

Get creative with your strategy.

If you expect to or have taken time off from the workforce, you may want to increase your contributions to your retirement accounts while you are working. If you're staying home while your spouse works, you may be able to contribute to an individual retirement account.

Once you reach age 72, you must begin taking required minimum distributions from a Traditional Individual Retirement Account and other retirement plans in most circumstances. Withdrawals from Traditional IRAs are taxed as ordinary income and, if taken before age 59½, may be subject to a 10% federal income tax penalty. Traditional IRA contributions may be fully or partially deductible, depending on your adjusted gross in-

come.

Look for sources of additional income.

If you're caregiving for an elderly relative, there are ways to be paid for your time. According to AARP, the Veteran's Administration or Medicaid may be a potential source of income. Working with a professional who has expertise in this field can help you navigate your options and potentially find a way to earn income for work that you're doing.²

Keep the conversation open.

One of the best things you can do is to make sure you are having regular conversations about finances and hearing from well-informed sources. There are more resources than ever at your disposal and working with a trusted financial professional can help ensure that you always know where things stand.

While women can face many challenges as they save for retirement, careful preparation and a creative approach can help you rise to the occasion and pursue the fulfillment of your goals.

This is tough

(Continued from page 9)
accusations.

And so, my dear many readers (more than three people have approached me with all this! - that means we've moved from "several" to "many"), you have now been introduced to a smattering of personalities who inhabit the pages of this next great American novel. Wow, but a promise made in the last installment (see August edition of the Rossmoor News) is being fulfilled by the above five paragraphs.

Picture these lines much the same as teasers given on television during the summer months to get the juices flowing for the fall season's offerings. Think of coming attractions in movie theaters (remember them?), and your unsatisfied urges to go and see the lauded movie on its release date. Think of what I promised all of you last month that I would offer up some of the character portrayals found in "Hamilton Avenue."

Think of what you want for lunch.

Well, come on gang, I'm trying here!

You have now been teased to come on back in the next issue of the Rossmoor News to see what happens to your newly-found hero, me! Oh yes, and my co-author Dave (do we have to actually mention him?).

And you are, no doubt, engaged in the complicated process of saving \$19.95 for the book when it hits the stores during our lifetimes, to wind up in everyone's living room and every book club from here to Australia.

I have to stop now. For two reasons. I am getting too excited and starting to place verbs at the very end of sentences (Cicero did just that in third-year Latin and it drove me nuts), and I am at a total count of 471 words (not counting anything written after the count, of course). I was told to keep the article to 500 words, or else! Uh-oh, so I guess I am...

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

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1. Transamerica.com, 2021

2. AARP.org, 2021

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Go to rcainj.com to access the Rossmoor website.

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

A reminder

When you are ordering goods to be delivered or a taxi to come to your home, please remember to tell the person who takes the order that the driver must use the North Gate (Forsgate Road) entrance. It would be helpful for the driver to put "1 Rossmoor Drive" into his or her GPS.

Only bar-coded resident vehicles can use the South

Gate (off Prospect Plains Road) and East Gate (Applegarth Road). Big delivery trucks have a terrible time trying to back out if they mistakenly enter these resident-only gates. (Remember the broken fence at the South Gate a few years back?)





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Clubs and Organizations



The cast from The Players' most recent "This and That" concert

The Players



By Sue Archambault

The Players next exciting venture will be the performances of the original musical comedy by Jim Wilson titled "What's Next." This show is Jim's continuation of "What's Up" performed by the Players in 2019. If you did not see "What's Up," you will be quickly caught up in the story anyway as the plot and characters are reintroduced to you.

Auditions for this play will take place on Aug. 23 and 24 at 7 p.m. in the Meeting House. Rehearsals will continue in the month of September for many evenings. We are always very interested in volunteers behind the scenes as well.

"What's Next" will be performed in the Meeting House at 7 p.m. on Thursday, Sept. 29, and Friday, Sept. 30. In addition, there will be a matinee performance at 2 p.m. in the Meeting House on Satur-

day, Oct. 1. The cost is \$10 per person, which will be collected at the door. There will be no advance ticket sales. Refreshments, served at the completion of the play, are included in the entry cost.

Everyone is invited to enjoy this wonderful experience.

There will no Players general meeting in September due to play rehearsals and performances.

CULINARY CORNER

By Sidna Mitchell

Did you say more squash?

"Too bad we didn't count the summer squash," Ken and I said as we gave away more of those yellow veggies to neighbors and friends, sometimes along with small green peppers from our sites in the Monroe Township Community Garden. I searched my collection of cookbooks from various community and ethnic groups looking for different recipes for squash.

Ken particularly likes the summer squash steamed and served with butter. I have also made squash casseroles; squash sautéed in olive oil and garlic; curried squash soup, which can be served cold or hot; a marinated salad of diced

squash, tomato, cucumber, green pepper and onions; and a couple different squash breads.

When I learned that a friend had fallen and was taking it easy in her home, I offered to bring her curried squash soup, a Portuguese roll and one of my homemade spiced squash bread loaves. She, in turn, gave me four cook booklets from The Old Farmer's Almanac.

Since the acorn squash were beginning to come in, I decided to save that booklet to try the recipe for a stuffed acorn squash. Ken seemed hesitant to try the dish but relented; after eating it with our sliced tomatoes on the side, he decided that was a tasty dinner.



NEW NEIGHBORS

By Christina Smith, Resident Services Manager

Asuncion Binas, 103B Gloucester Way, formerly of Green Valley Ariz.

Edward and Emily Lieb, 14B Sussex Way, formerly of Matawan, N.J.

Joann Turner, 239A Mayflower Way, formerly of Woodbridge, N.J.

Nicholas and Kathleen Morolda, 693A Yardley Way, formerly of Monroe Twp., N.J.

Ronald and Cecelia Brazinski, 344A Old Nassau Road, formerly of East Brunswick, N.J.

Alan and Gail Arons, 674A Windgate Court, formerly of Davenport, Fla.

MaryEllen Vega, 291C Sharon Way, formerly of Keyport, N.J.

Mary Sconiers and Diane Matthews, 396C Sturbridge Lane, formerly of Monroe Twp., N.J.

Stuffed Acorn Squash

1 large acorn squash
Olive oil to taste
1 pound ground sausage

Culinary Corner

Salt and freshly ground black pepper to taste
1 apple, cored and diced

Cut the squash in half and remove all the seeds. Preheat oven to 400 degrees. Line a baking sheet with aluminum foil. Place squash, cut side up, on the baking sheet. Drizzle with olive oil and season with salt and pepper. Bake for 30-45 minutes or until the flesh is tender. Meanwhile, over medium heat, brown the sausage in a skillet.

When thoroughly browned, add the diced apple and stir until the fruit is softened.

Stuff the cooked squash with the sausage-apple mixture and bake for about 10 minutes.

Makes two servings.

NOTE: I used a medium-sized acorn squash, about a half-pound of breakfast sausage and about half of a medium apple. Let the squash cool somewhat before attempting to eat. This is so simple to make and really delicious, even the next day warmed over. I used the remaining sausage and apple a few days later to stuff scooped out rounds of a big summer squash for an appetizer.

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

Visit the Monroe Hindu Temple in September



Om Sri Sai Balaji Temple and Cultural Center, Monroe – Architectural visualization

By Govinda Rajan

Ten years ago, a small group of Hindu devotees decided to build the “Om Sri Sai Balaji Temple and Cultural Center” in Monroe. The primary objective of this tax-exempt charitable organization, formed in 2013, is to educate and raise awareness among the congregation and surrounding communities of the core values of Hindu culture, arts, diversity, and well-being. This is a dedicated knowledge and cultural center, which serves as a community place for all multi-faiths conducting various educational programs engaging all members of society (children, women, men, senior citizens, etc.).

The temple is being built on an 11.2-acre land in two phases. All plans and architectural designs were presented to the Planning Board of Monroe Township. The township unanimously approved the plan. An auspicious groundbreaking ceremony was performed on June 26, 2016.

It was proposed to raise \$30 million to build the temple. Organizers raised more than ten million dollars by 2019, and the first building was completed. The dedication ceremony was held in June.

The Indian American Club and the Rossmoor Community Interfaith Council will

arrange a tour of the temple in September. Shatrughan Dawani, president, Indian American Club approached the president of the Temple, Mr. Suryanarayana, to arrange a conducted tour for Rossmoor residents. He readily agreed and invited Rossmoor residents for a conducted tour of the temple

Veterans, we need you!

By Joe Salzano

The Veterans Group extends an invitation to all residents who served in the United States Military to attend our next meeting Sept. 13, at 10 a.m., held in the Ballroom of the Clubhouse.



Information is available on Channel 26.

Our group consists of World War II, Korean, and Vietnam Veterans.

Among many benefits, the group supports and offers free Veterans Honor Flights to Washington, D.C.

Dance Club hosts its 38th Annual Anniversary Dinner Dance

By Judy Perkus

The Dance Club will host its 38th Annual Dinner Dance on Saturday, Sept. 24, at 6 p.m. in the Ballroom. DJ and Keyboardist Carmine will provide the dance music during this three-course sit-down dinner. All Rossmoorites, singles and couples, are welcome to celebrate with us.

Please send in your \$40 per member/\$42 per non-member checks and choice of entrée and dessert by the reservation deadline of Sept. 15. Please send to the Rossmoor Dance Club, c/o Pres. Armen DeVivo, 449B Roxbury Lane. Call Armen at 609-655-2175 for more information.

First Course: Caesar salad and fresh baked dinner rolls and butter.

Second Course: (choose one)

Chicken breast stuffed with wild rice and portobello mushrooms;
Vegetarian lasagna;
Sliced stuffed pork loin w/ brandy raisin sauce.



All entrées served with fresh steamed mixed vegetables and herb roasted red bliss potatoes.

Third Course: Dessert (choose one)

Apple pie with vanilla ice cream;

Sugar Free apple pie with sugar free ice cream.

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

38th Annual Anniversary Dinner Dance
Saturday, September 24, 6 – 10 PM

Name: _____

Entrée Choice: _____

Sugar Free _____

Name: _____

Entrée Choice: _____

Sugar Free _____

Members ____@ \$40 = _____

Non-Members @ \$42 = _____

Check Total = \$ _____

Please send your menu choices AND \$40 per member/ \$42 per non-member checks to: ROSSMOOR DANCE CLUB c/o Armen DeVivo, 449B Roxbury Lane, or leave your envelope in the Dance Club folder in the Village Center by September 15.

For more information, call President Armen DeVivo at 609-655-2175

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Assemblyman Dan Benson visits his friends

By Mike Markel, Democratic
Club president

Our friend and much admired representative in the New Jersey Assembly, Dan Benson, came to Rossmoor on Aug. 17 to meet with his constituents and talk to them about their concerns.

High on the list was the cost of electricity. Dan assured us that the State of New Jersey is actively looking into how to generate domestically produced energy (think solar), that might lower this increasingly costly power source.

Further, since we've suffered two thousand-year floods in the past ten years, Middlesex County is studying the best ways to remediate this problem.

Club Vice President Sharon Morgan announced the next book discussion will be held on Tuesday, Oct. 11, at 7 p.m. in the Dogwood Room. Get yourself a copy of "Madame Speaker, Nancy Pelosi and the Lessons of Power," by Susan Page and join us for an evening of lively discussion. You'll be glad you did.



Let's duet – RMA Concert Season begins

By Linda Bozowski

The Rossmoor Music Association is pleased to announce the start of the 2022-2023 concert season at the Meeting House with an exciting opener on Friday, Sept. 16. Beginning their careers as opera singers, Bridgette Gan and Scott Johnson met, performed together, and several years later became a married performance team. Soprano Bridgette and baritone Scott, as soloists, have sung all over the world, performing numerous operatic works as well as Broadway and other contemporary pieces. Following their marriage in 2014, they settled in New Jersey, continued their performance careers, opened a vocal school and started their family. We look forward to their premier performance here at Rossmoor.

The Johnson duo will entertain our audience with arias and duets from the "Magic Flute" by Mozart, "The Barber of Seville" by Rossini, "Romeo

and Juliet" by Gounod and "The Merry Widow" by Lehar, and songs and duets from several musical theater shows. They will be accompanied by frequent Rossmoor guest artist Jeff Uhlig.

On the agenda for the upcoming season are five additional programs. All performances will be presented at the Meeting House on Friday evenings, beginning at 7:30 p.m.

- Oct. 21, Virtuosi Quintet, a five-piece instrumental group will perform classical pieces;
- Dec. 9, Princeton Pro Musica Chamber Chorus will present a Holiday Concert;
- April 21, 2023, Mezzo-soprano Natalie Megules will offer an array of jazz and Broadway pieces;
- May 19, 2023, All Seasons Chamber Players will offer an instruments-only mix of lively pieces;
- June 16, 2023, Ivory & Gold® returns, with flutist/singer Anne Barnhart and pianist/singer Jeff Barnhart, who will surprise us with a mix of instrumental and vocal delights.

The program will begin at 7:30 p.m. at the Meeting House. Season subscribers may present their ID cards, and individuals who wish to enjoy the entertainment may purchase their tickets before the program at a cost of \$15. Subscriptions will be available for purchase as well before the program at a cost of \$60 for six season performances.

We are concerned for the health, safety, and well-being of our patrons, musicians, and staff. We are following guidelines and recommendations outlined by state and local officials and the Centers for Disease Control (CDC). At this time, we will be encouraging but may not be requiring masks.

Italian-American Club events

By Tony Cardello

September will be a busy month for the Club.

In addition to the return of our regular membership meeting and Bingo, our most popular event, the Rossmoor Downs 2, will be held on Saturday, Sept. 10, at 6 p.m., in the Ballroom.

We will have a casino trip to Pennsylvania on Friday, Sept. 16. Call Bob Macchiarella at 732-778-3685 to sign up for the trip. Cost: \$25, to be returned in play money.

Next will be our regular membership meeting on Wednesday, Sept. 21, at 7 p.m. in the Ballroom.

Bingo will return after the summer vacation and will be played on Friday evening, Sept. 23, at 6:30 p.m., in the Ballroom.



Computer Club President Steve Grey presents "What to do with that old computer."



Past Computer Club President Paul Pittari, on left, and current President Steve Grey

All in Stitches

By Rosemary Masella

Barbara Bromberg was taught how to knit when she was 12-years old by her grandmother. Barbara wasn't interested at that age; she would rather read books. It wasn't till she had children that she started to knit again. She did needlepoint and taught herself how to crochet; she enjoyed being creative. She felt knitting was a lost art.

Seven years ago, Barbara started All in Stitches. She wanted to get people interested in knitting and crocheting. People tried to discourage her, saying no one will come, but she felt it would be successful and she was right.

The club started to knit lap blankets and donate them to all the nursing homes. Once COVID came, they stopped taking knitted items; they only wanted monetary donations. Now that the pandemic has subsided, they have started accepting items. Don't underestimate this group of women. They have brought back a lost art.

There are 15 to 20 people at every session. Barbara provides refreshments for our club every week. We look forward to attending

weekly. We help others with their projects and teach newcomers, who are always welcome.

Barbara recently became a grandmother and she hasn't stopped knitting hats, sweaters, and blankets. Many years ago, she knitted a dress that she wore to a Bar Mitzvah.

All in Stitches now donates to the Children's Cancer Unit at St. Peter's Hospital. Tiny hats are made for the newborn infants at St. Peter's Hospital along with lap blankets, which are given to Madonna House for unwed mothers. Sometimes it's three dozen items at a time. Blankets are donated to Hunterdon Medical Center and Freehold Medical Centers - they donate to any organization that will accept their offerings.

If you are interested in learning a craft, come and join us. We meet every Tuesday from 1 to 3 p.m. in the Maple Room. Barbara is also a director in Mutual 9.

I joined All in Stitches five years ago when I moved to Rossmoor and made new friends. One Christmas I gave all my 10 grandchildren hats I made; I never knitted before.



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Mutual News



Moya Brady celebrates her 99th birthday.

Mutual 2 news

By Rosemary Masella

Today we are remembering Moya Brady who has been a Rossmoor resident since 1993, 23 years. She was 99 years old on Aug. 7. Moya means Mary in Gaelic. When speaking to someone, she always said that.

Moya was a director of Mutual 2 for about 20 years. She was old school; she never had a cell phone or a computer; she carried a black notebook at all times and wrote everything down. It took about a week to respond to residents. She has never been on social media.

Moya was a career woman, working for Super Market General, which is Pathmark stores. She retired from that company.

Dennis Haggerty told me about Moya. She was the reason he became a director of Mutual 2. She mentored him through every phase.

Moya was a fair director who liked helping residents. Every day she checked the trash rooms in the Mutual - her notebook was her companion. She was never without it.

She was a very religious person; she attended mass every day at St James Church. She grew up in the depression and watched every penny that was spent. She made all her phone calls to residents from the administration offices.

Moya retired from being a director of Mutual 2 in 2018 and was awarded a plaque and flowers for all her years of service. She was loved and appreciated by many residents. She called the other directors her kids and was very active with the nurses, enjoying working with Karen at the health fairs. She also was a frequent visitor to the Maintenance Dept. and Administration. Moya remembered every orientation going back 15 or 20 years. It was on file in her head.

Moya is now residing at St. Joseph's Senior Home. It would be very nice to send her a birthday card at St. Jo-

seph's Senior Home, 3 St. Joseph Terrace, Woodbridge, N.J. 07095.

Happy 99th birthday, Moya!

Mutual 10 news

By Judie Sforza

New meeting new time, new place

Your directors are pleased to announce an additional Mutual meeting for 2022, which has been scheduled for Sept. 7 at 7 p.m. in the Clubhouse Cedar Room. All residents of Mutual 10 are welcome to attend this first-time evening meeting as an opportunity to bring your questions and ideas regarding the Mutual and RCAI, and hopefully to meet some of our many new neighbors. We look forward to seeing you all there.

Meanwhile, we're asking for your help on an ever-present issue — the dumpster areas, particularly the recycling bins. It has become apparent that many of us have changed our buying habits. It seems we have turned to online shopping in a big way, and as a result, we have generated a huge increase in the number of cardboard boxes we recycle. In the past we have stressed the importance of flattening the boxes, and if you recall, it's

pretty much the first thing we mention at each orientation.

However, this has become a more important issue than ever before since dumpster container space is so limited. So, please take the time to slit the box bottoms and fold to flatten. If the cartons are particularly large, even after folding, place them on the side of the dumpster neatly, to save room within the recycling bin. Otherwise, put them into the bin. Remember, pick-up is only once per week and the bins fill up very quickly.

The other commendable recycling news is that we are paying much more attention to plastic, numbered 1, 2,

and 5 (NOT plastic bags, though), and therefore we have a greater need to minimize the amount of space that cardboard takes up.

By the way, the Mutual does receive a subsidy from Waste Management for the recyclables we generate, so it is in our best interest to keep up the good work as far as recycling is concerned. We can all do our part to keep the overflow in our dumpster areas to a minimum. Thanks for your help with this endeavor.

Directors: Judie Sforza, Debbie McCauley, Barbara Krysiak

Alternate Directors: Helene Titsch, Judy Vacca

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September Sabbath Wednesday, Oct. 5 at 10:30 a.m.
Services: Friday, Sept. 9, at 7:15 p.m. in the Meeting House
Torah Study: Wednesday, Oct. 5 at 5 p.m. *Yizkor/Ne'ilah*
Saturday, Sept. 10 at 10 a.m. in the Dogwood Room in the Clubhouse
Rosh Hashanah Rosh Hashanah and Yom Kippur services will be held in the Meeting House.
Sunday, Sept. 25 at 7 p.m. We respectfully request that only those who are fully vaccinated, with at least two shots, attend in-person services and activities. Any questions should be directed to President Cindy Sigl at 908-962-2754
Monday, Sept. 26 at 10:30 a.m.
Yom Kippur Tuesday, Oct. 4 at 7 p.m. Kol Nidre Service

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Religious Organizations



Past and present RJC board members were honored: From left are Steven Gray, Cindy Sigl, Barbara Herman-Hoff, Rhona Friedman, Janet Goodstein, Lyn Wall, Morty Wall, Judy Perkus, Adrienne Brotman, Michael Marder. Missing are Allan Kaufman, Karen Seiden, Dolores Grief, Steve Braun and Marjorie Heyman.
Photo by Helene Gray

Rosh Hashanah and Yom Kippur

By Allan Kaufman

From guilt to mourning and self-abnegation to resolve, *Yom Kippur* is the emotional climax of the Jewish faith's high holy days — a holiday period that kicks off with *Rosh Hashanah*, the observance of the Jewish New Year of 5783.

Rosh Hashanah, which means "the head of the year," is the Jewish New Year. The biblical name for this holiday is *Yom Teruah*. It is the traditional anniversary of the creation of the world and the creation of Adam and Eve, who are known as the biblical first man and first woman. *Rosh Hashanah* is also a judgment day, when Jews believe that their God considers people's deeds from the previous year, decides what the next year will be like for them, and inscribes the results in the Book of Life for the coming year.

Rosh Hashanah is a two-day observance. This year the holiday begins at sundown on Sept. 25 and ends on Sept. 27.

The origin of the Hebrew New Year is connected to the beginning of the economic year in the agricultural societies of the ancient Near East. The New Year was the beginning of the cycle of sowing, growth, and harvest; the harvest was marked by its own set of major agricultural festivals.

On *Rosh Hashanah* day, religious poems called piyyutim, are added to the regular services. The best-known ritual of *Rosh Hashanah* is the blowing of the shofar, a musical instrument made from an animal horn. The *shofar* is blown at various points during the *Rosh Hashanah* prayers, with a total of 100 blasts on each day. While the blowing of the *shofar* is a Biblical statute, it is also a symbolic wake-up call, stirring Jews to mend their ways and repent. The *shofar* represents the trumpet blast from a king's coronation.

During *Rosh Hashanah*, it serves as a call to repentance. The *shofar* itself recalls the Binding of Isaac, an event that occurred on *Rosh Hashanah* in which a ram took Isaac's place as an offering to God.

Eating symbolic foods, such as honey cakes and apples dipped in honey, is a tradition during *Rosh Hashanah*, as a symbol to evoke a sweet new year. Another food-based symbol is the pomegranate because of a tradition that pomegranates have 613 seeds, one for each of the commandments that a Jewish adherent must keep.

Yom Kippur follows *Rosh Hashanah* by 10 days. This year it starts on the evening of Oct. 4, and ends at sundown on Oct. 5.

This day of atonement marks the end of the Jewish high holy days — and offers a chance for people to change their fate through prayer, repentance, and charity.

The holiday begins at sundown and lasts until sundown the following day. Work is forbidden, and atonement for sins of the previous year is expressed through "afflictions," including fasting and refraining from washing or bathing, sexual relations, wearing leather shoes, and applying lotions or creams. Though not all Jews observe



Elderly man blowing the Shofar

all aspects of the holiday, it's known as the one holiday on which many nonobservant Jews attend synagogue.

The first service, which takes place at sundown, includes the Kol Nidrei declaration, in which the congregation prays that any vows to God that cannot be fulfilled during the coming year be declared null and void.

Since Jewish tradition dictates that God judges both the dead and the living, the first daytime service includes the Yizkor, a mourning service.

As the last prayers of *Yom Kippur* fade, the *shofar*, or ram's horn, is sounded, an indication that God's forgiveness has been granted and that the 25-hour fast is over.

Jewish Congregation meeting

By Allan Kaufman

The Jewish Congregation will hold their semi-annual Congregation meeting on Wednesday, Oct. 12 at 1 p.m. in the Gallery. President Cindy Sigl strongly urges members to attend this important meeting. Refreshments will be served. We respectfully request that only those who are fully vaccinated, with at least two shots, attend in-person services and activities. Any questions should be directed to Cindy at 908-962-2754.



Celebrating President of the RJC, Cindy Sigl's 70th birthday during services this past July.

Catholic Society

By Lucille V. Conti

The Catholic Society has scheduled a binge of the series called “The Chosen.” The series has been shown on different cable channels and apps that are difficult to access or must be paid for to view.

We will show the first season on four successive Mondays at 1:30 p.m. in the Ballroom beginning in September.

Two episodes will be shown on each Monday afternoon. The dates are as follows: Sept. 12, 19, 26, and Oct. 3.

We expect to show the second season in October. The dates will be announced

in the October Issue of the Rossmoor News and on Channel 26.

The Catholic Society encourages you to take advantage of the opportunity to see this very popular series about how the apostles were chosen and gives very interesting insights into their personalities. We are certain that you will enjoy the series and that you will encourage others to join us after you see the very first episode. Refreshments will be served. A free will offering will be greatly appreciated.

Until then, pray for peace, stay healthy, and enjoy God’s blessing.

Blessing of the Animals set for Sat., Oct. 8



Pastor Robin blesses Honey.

By Alyce Owens

Hard to believe, but it’s been three long years since our first Blessing of the Animals, sponsored by the Community Church and the E&R Department. Let’s look back for a minute to Oct. 19, 2019, long before we’d even heard of COVID, or had any idea of what the next three years would hold for us all:

On that day more than 50 pets and their people attended our first Blessing of the Animals. Big dogs, little dogs, and cats of all colors came, and some folks even brought photos of their beloved deceased pets. After everyone had a chance to get acquainted, Pastor Robin read a short message about how God created all the many wonderful creatures on the earth, and that we should love them all (yes, even the snakes and spiders). She said a prayer and asked a blessing for all the animals, then she walked around, talking with each one individually, asking God to bless them. At the end of the morning, everyone went home happy, as well as blessed.

That day was such an enjoyable success that many who attended (and especially those who couldn’t make it) requested it be done again the next year. Well, you all know the outcome of that! Due to the onset and ensuing pandemic any future plans for that event had to be cancelled, both in 2020 and

2021.

Now we’re well into 2022, with life somewhat back to normal, and it’s time to come together once again for our Blessing of the Animals. On Saturday, Oct. 8, at 10:30 a.m., the Community Church and E&R Dept. invite all resident pet owners to come to the Village Green in front of the Meeting House with your beloved pets, which, like us, have endured the long days of enforced seclusion due to the COVID 19 fears and restrictions.

All pet parents are encouraged to bring their favorite furry four-legged friends, or a picture of pets that cannot attend, or those that have passed. The Rev. Robin Bacon Hoffman, Pastor of the Community Church, will lead a short ceremony and blessing to give thanks for our dear companions and to remember those who were with us in the past. Individual blessings will be given to those pets whose owners so wish. This event is sure to be fun and meaningful for everyone who attends.

All pets must be leashed and under owner control or in an appropriate carrier. Pet owners are reminded to pick up after their animals.

P.S. Blessings for humans -- pet owners or not -- are offered every Sunday morning at 11 a.m. at the Community Church in the Meeting House. No leashes required.

Sports News

Up and down on the shuffleboard courts

By Allen Kobezak

Our Summer Singles Tournament concluded with our women’s and men’s winners, Norma Scarlett and Allen Kobezak taking home their first-place titles.

Most games were played on some of the hottest days of a sweltering summer. Both second-place finishers, Debra Salazar and Glenn Harmer were new to the sport of shuffleboard when the season started. The tournament began with over 20 players competing, most with more experience than newcomers Debra and Glenn. This shows us how dedication and hard work can pay off.

All our members will have another opportunity to win their own major award in our Mixed Doubles Tournament, which started in August and hasn’t concluded as of this writing.

However, the major event of this season, and the one that our members have been looking forward to since 2019, will take place on Thursday, Sept. 22. That is the day of the Monroe Mayor’s Cup Tournament. This tournament hasn’t been played since Sept. 2019, and on that day, the Mayor’s Cup found a new home in Rossmoor’s Clubhouse, upstairs on our trophy shelves. That year our Rossmoor shuffleboard players competed with seven other adult communities in the area. Seven games were played, and our team won all of them. This year we hope to keep the Mayor’s Cup in the Rossmoor Clubhouse, but on the main floor where all the trophies belong. Monroe Township will host the tournament, which will take place on Rossmoor’s eight shuffleboard courts next to the pool. The competition starts at 9 a.m. and usually finishes around noon. Spectators are welcome.

New players can call Jackie at 732-666-8323 for more information.



Women’s first-place winner, Norma Scarlett, is on the left with runner-up Debra Salazar.



Men’s first-place winner, Allen Kobezak, is on the left with runner-up Glenn Harmer.



After the singles tournament are, from left, Norma Scarlett, Glenn Harmer, Debra Salazar, and Allen Kobezak. They competed in a three-game mixed doubles match, with Debra and Allen winning.



Community Church Spaghetti Dinner: It will finally happen on Thursday, October 20 at 6 p.m. in the Clubhouse Ballroom. Be sure to put this date on your calendar.

MONROE TOWNSHIP HISTORIC PRESERVATION COMMISSION

★

★

Vintage Baseball Game

★★★★ NESHANOCK★★★★ HOBOKEN NINE

SATURDAY, SEPTEMBER 24 2022

DEY FARM HISTORIC SITE

12:00 PM - 3:30 PM

401 FEDERAL ROAD, MONROE TOWNSHIP NJ 08831

TRAVEL BACK IN TIME AND EXPERIENCE A VINTAGE BASEBALL GAME, OPEN HOUSE TOUR, VENDORS, AND MORE!

DOUBLE HEADER | FREE ADMISSION! | MTHPC.ORG

HEALTH CARE CENTER NEWS

By Marge Drozd, MSN, RN, ACNS-BC, FNP-BC, CSN-NJ

Atrial fibrillation (AFib or AF) explained

Recently I learned of three older family members who had spontaneously changed from a normal sinus heart rhythm to atrial fibrillation and wanted to learn more about this condition. I thought I would share some of this information with you.

Your heart normally contracts and relaxes to a regular beat (normal sinus rhythm). In atrial fibrillation, the upper chambers of the heart (the atria) beat irregularly or quiver instead of beating effectively to move blood into the ventricles. This irregular heartbeat can cause blood clots.

Atrial fibrillation (also called AFib or AF) is a quivering or irregular heartbeat (arrhythmia) that can lead to blood clots, stroke, heart failure and other heart-related complications. At least 2.7 million Americans are living with AFib. About 15 to 20 percent of people who have this heart arrhythmia go on to experience a stroke.

If a clot breaks off, enters the bloodstream and lodges in an artery leading to the brain, it can cause a stroke. This clot risk is why patients with AFib are put on blood thinners, which can help reduce a blood clot from forming. There are three main types of blood thinners that patients commonly take: anticoagulants like warfarin or heparin; antiplatelet drugs like aspirin; and fibrinolytics like tPA (tissue plasminogen activator). Each type of medication has a specific function to prevent a blood clot from forming or causing a blocked blood vessel, heart attack, or stroke.

Symptoms of AFib

Sometimes people with AFib have no symptoms and their condition is only detectable upon physical examination. Others may experience symptoms such as:

- General fatigue
- Rapid and irregular heartbeat
- Fluttering or thumping in the chest
- Dizziness
- Shortness of breath and anxiety
- Weakness
- Faintness or confusion
- Fatigue when exercising
- Sweating
- Chest pain or pressure, which is a medical emergency; call 911 immediately!

If you experience chest pain or pressure, you may be having a heart attack. Call 911 immediately.

AFib treatment

The treatment goals of AFib start with a diagnosis from a physician. The physician will perform an exam which usually includes questions about your health history and often will have you get an EKG or ECG. Some patients may need a thor-

ough electrophysiology (EPS) study.

AFib prevention and risk reduction

Many individuals are unaware that AFib is a serious condition. Maintaining a heart-healthy lifestyle is always your best option to reduce your risk for the onset of AFib.

Some AFib cases can be treated by addressing the underlying cause. For example, if hyperthyroidism is the cause of AFib, treating the thyroid condition may be enough to regain a regular heartbeat.

If you have been diagnosed with AFib, take medications if they are prescribed for you, and get proper treatment and management of your condition so you can reduce the risk of AFib's harmful consequences. Physicians can use a variety of different medications to help control the heart rate during atrial fibrillation.

Other underlying conditions may need treatment because they can contribute to the onset of AFib:

- High blood pressure (hypertension)
- Sleep apnea
- Thyroid disease (hyperthyroidism)
- Diabetes
- Chronic lung disease
- Other heart conditions (heart attack, heart valve disease, or heart failure)
- Family history
- Obesity

To reduce your risk of complications associated with AFib:

- Get regular physical activity
- Eat a heart-healthy diet, low in salt, saturated fats, trans fats, and cholesterol
- Manage high blood pressure
- Avoid excessive amounts of alcohol and caffeine
- Don't smoke
- Control cholesterol
- Maintain a healthy weight

Stroke prevention and risk reduction

Untreated AFib doubles the risk of heart-related deaths and is associated with a fivefold increased risk for stroke. The treatment of AFib is imperative to prevent or reduce the risk of stroke.

Some other examples of stroke risk factors are:

- History of high blood pressure
- Increased age
- Previous stroke or transient ischemic attack (TIA)
- Diabetes
- Heart disease
- Family history
- Obesity
- Smoking

The good news is that up to 80 percent of strokes can be prevented. You can control your risk factors by changing your lifestyle and by treating your medical conditions as instructed.

Commit to a heart-healthy lifestyle. If you or someone you love has atrial fibrillation, learn more about what AFib is, why treatment can save lives, and what you can do to reach your goals, lower your risks and live a healthy life. The physicians, nurses and staff at Saint Peter's University Hospital are here to help you live your healthiest life.

Flu vaccines

Please see below for some further information about our September and October Flu vaccine clinics in the adult communities.

Flyers have been distributed and will be at your health center detailing dates and times. At our flu vaccine clinics, we are accepting most insurances. The insurance plans we are not accepting include: AmeriHealth Local Value Network, Out-of-State Medicaid, and Out-of-State Blue Cross Blue Shield, except for PPO, 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 who would like to have their flu vaccine at our clinics.

Residents will be able to make an appointment online. Please log onto www.sppanj.com/fluclinic to schedule your appointment. Choose your community 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 line 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.

If you are homebound, a community nurse can come to your home to administer the flu vaccine. Please call your Healthcare Center for more information.

Remember YOU are the most important member of your healthcare team – get your flu shot!

League of Women Voters sponsors Candidate Meet and Greet, Sept. 20

The League of Women Voters of Monroe Township will sponsor a Meet the Candidates event for Board of Education candidates on Tuesday, Sept. 20 at the Monroe Township Recreation Center, 120 Monmouth Road, Room 101, from 6:30 to 8:30 p.m.

Six candidates are vying for three seats on the Board. Candidates are Carmen Alvarez, Linda Bozowski, Anne Cugini, Gail DiPane, Adam

Elias, and Peter Tufano.

Each candidate will have an opportunity to introduce him or herself and to offer his or her reasons for volunteering to serve on the school board. Following the individual presentations, attendees will be able to meet with the candidates.

The meeting is open to the public, and League membership is not a requirement to attend.




New Jersey residential customers of JCP&L are eligible to receive an energy efficiency kit. There is no fee for this kit and it will be shipped directly to your home so you can begin saving energy and reduce your utility bill. Visit <https://jcplkits.energysavenj.com/> or call 855-823-4298 to request a kit. Have your account number ready.

ROSSMOOR

COMMUNITY

COVID-19 Moderna Vaccine Clinic

BY



SAINT PETER'S UNIVERSITY HOSPITAL
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

July 21
August 11
September 27

October 17
November 17
December 12

11:30 a.m. - 12:30 p.m.

Ballroom

First, second and booster doses of the Moderna COVID-19 vaccine are available at this clinic.

How to make a COVID vaccine appointment:

1. Online through ZocDoc: saintpetershcs.com/covid-clinic

or

2. Call 732.339.7909, Monday to Friday: 8:00 a.m to 4:30 p.m.

Please bring your vaccine card and insurance card with you at the time of your appointment.

Monroe Township Public Library

Farmers Market
Thursdays, September 1, 8 & 15 from 2:00 p.m. until 7:00 p.m.
A Farmers Market is held in the Monroe Township Library's parking lot on Thursdays from 2:00 p.m. until 7:00 p.m. this summer through Thursday, September 15. There will be a different musical performance each week. Health screenings will be offered in partnership with The Gardens at Monroe and CentraState. The market will be held rain or shine. If the market must be canceled or delayed, the announcement will be posted on the Library's website at www.monroetwplibrary.org/market.

Sit-N-Stitch*
Fridays, September 2 & 16 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 at the Reference Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Book Café*
Wednesday, September 7 at 11:00 a.m. and 1:00 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 is a hybrid program. Join us via Zoom or in person. *Registration is required for all participants. Register at the Welcome Desk, online at www.monroetwplibrary.org/
(Continued on page 20)

Sing with the Monroe Twp. Chorus "On Broadway"

By Tom McMahon
Calling all sopranos, altos, tenors or basses to join the Chorus and prepare for our next performance of Broadway music. Enjoy the fun and camaraderie of a wonderful group of men and women.
We are pleased to announce that Rossmoor residents help to swell our ranks along with many communities in and around our area represented throughout the entire Chorus.
We would be delighted to add many more folks to the growing roster.
We sing four-part harmony and rehearse Tuesday mornings from 9 to 11 a.m. at the Monroe Township Senior Center, 12 Halsey Reed Rd.
All Monroe Township residents are welcome. Senior Center Membership is required.
For more information, contact Director Sheila Werfel at 609-619-3229.
We don't sing because we're happy, we're happy because we sing.

CLASSIFIED AD COUPON

Classified deadline: Ads must be received by the 14th of the month preceding publication month.
MAIL TO Princeton Editorial Services, Inc.
P.O. Box 70, Millstone Twp., NJ 08510
RATES FOR ONE PUBLICATION
\$14 for 10 words, 50 cents each additional word
Multiple: 10 words in two publications = \$14 x 2 = \$28.00
10 words in three publications = \$14 x 3 = \$42.00, etc.
Check those publications that apply:
☐ The Clearbrook Courier ☐ The Concordian
☐ Encore Speaks ☐ GW Voice ☐ Regency Reporter
☐ Renaissance Reflections ☐ The Rossmoor News
☐ Check here for all seven publications

No discounts apply. All ads must be mailed with payment.
No classifieds accepted by phone or email.
• Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.
• State category/heading, ie., "For Rent", "For Sale", "Help Wanted." You will not be charged for the heading.
• One check or money order must accompany insert,
MADE PAYABLE TO PRINCETON EDITORIAL SERVICES, INC.
• Phone number or address which appears in ad must appear on check or money order to ensure proper credit.

Name _____
Tel. # _____
(Above information is for Princeton Editorial purposes only if we need to contact you. Above information will not be published.)
PLEASE PRINT YOUR AD ON 8.5 x 11" PAPER

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

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.

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.

Classified Advertising

Home Improvement & Services

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.

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

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

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

THE PAINTER – 30+ years experience, residential/commercial Rossmoor resident. Free estimates. References available. Call (908) 208-4062.

Tax & Accounting Services

YOU'VE HAD ENOUGH STRESS! Avoid crowds. Have your accountant come to you. Reasonable rates, and the safety of in-home care. Rebecca Bergknoff, CPA. 732-718-4359.

Miscellaneous/Services

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

COMPUTERS CUSTOM BUILT & REPAIRED - RJF Sales Company LLC.* Time to clean your computer and get educated on protecting yourself from scams. Desktop and laptop repair in your home. I am fully vaccinated; I use a mask. Virus removal and protection. Monroe resident with over 20 years of computer experience. (732) 723-9537 or (732) 967-3400. Please leave message; most calls returned same day.

Wanted to Buy

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

Help Wanted

IT PROFESSIONALS—FULL TIME/PART TIME Cliecon Solutions, an IT Staffing firm, seeks experienced IT Managers in Business Development, Sales and Recruiting Professionals to work in our Monroe office Part Time or Full Time. Submit resumes to Barbara Evenson, Cliecon Solutions, 1 Rossmoor Drive, Suite 180, Monroe Township, NJ 08831 or barbara@cliecon.com or call at (732) 626-9717 X 104.

Help & Health Services

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

CERTIFIED, PROFESSIONAL CAREGIVER with driver's license looking for live-in position in the Monroe area. Long-term or short-term assignments. References. Seven years of experience. Call Cristina at (908) 255-3093.

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

SENIOR CARE—48-hour, two consecutive days. \$1,000 flat fee. Very experienced. Great references. Retired RN. (732) 983-8275, Elaine.

Transportation

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

LIMO GUY — Our 20th year. We go almost anywhere. Upgraded SUVs. \$100 to Newark Airport. \$205 Philadelphia. \$205 JFK. We go almost anywhere. 24/7. Call (732) 803-2521.

BOB'S RIDES FOR CASH—Local, airports, medical appointments, hair salons, NYC., cruises. Call Bob at (609) 819-1240. Concordia resident.

Housecleaning

ANA'S CLEANING SERVICES—Great prices. Free estimates. Call today (732) 599-1106.

JULIANA'S CLEANING SERVICES—Free estimate. Great references. Call me (732) 430-6868.

HOME CLEANOUTS AND DISPOSAL, HOUSECLEANING. Free estimates. References available. Call Kimberly at (732) 664-6738.

September 2022 at the Monroe Township Public Library

(Continued from page 19)

calendar or by phone at (732) 521-5000.

Medicare Workshop

Thursday, September 8 at 6:30 p.m.

Learn how to avoid the top 5 mistakes people make on Medicare. Offered by Roderick Spann, licensed broker, Medicare Specialist. Bring your questions! In-person program. *Registration is required. Register at the Reference Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Open Sewing*

Monday, September 12 from 3:00 p.m. – 5:00 p.m.

Thursday, September 15 from 6:30 p.m. – 8:30 p.m.

Students will bring their own projects on which to work – there is not a planned project; everyone will be working on their own. Students must take the Meet Your Sewing Machine class or have prior machine sewing knowledge to take this class. Ages 18 and over.

Space is limited. This program will be held in-person. *Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Writers Group*

Tuesdays, September 13 & 27 from 6:00 p.m. until 8:00 p.m.

The Writers Group of Monroe Township Library is a group for active fiction writers to share works in progress and receive meaningful feedback from a group of peers. This group is not a writing class, but rather a space for constructive critique of work and encouragement from fellow writers. This group is for adults only. *Registration required. If interested, kindly fill out the interest form on our website: <https://www.monroetwplibrary.org/writers>.

I Have Nothing to Wear: Clean Your Closet & Create a Fall Capsule Wardrobe*

Tuesday, September 13 at 7:00 p.m.

Is your clothes closet cluttered? Do you keep buying clothes? Do you dread sorting out dresser drawers? Learn how to declutter your clothes closet while building your own capsule wardrobe. Tidy live during this online program and learn the things every closet needs to stay clutter-free.

Virtual program on Zoom presented by author and organizing humorist Jamie Novak. *Registration is required for all participants. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Caregiver Support Group

Wednesday, September 14 at 11:00 a.m.

A Caregiver Support Group meets at the Library monthly on the second Wednesday of the month.

Kat Verdi, Certified Alzheimer's and Dementia Care Trainer, of The Gardens at Monroe leads the group. Her mission is to educate, empower and encourage caregivers. All are welcome. Registration is not required. Sponsored by The Gardens at Monroe.

Genealogy Club*

Wednesday, September 14 at 2:00 p.m.

Beginner and experienced genealogists welcome to discuss research, share findings and resources. *Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Page Turners*

Thursday, September 15 at 11:00 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 Happily Ever After.

This is a hybrid program. Join us via Zoom or in person. *Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Birds, Mammals, and Reptiles Found in Thompson Park*

Saturday, September 17 at 11:00 a.m.

Roger Dreyling will amaze us with his photos of local birds, mammals and reptiles that he's photographed in Thompson Park. Roger is a member of Monroe's Environmental Commission and an experienced "birder", with incredible knowledge of Monroe's birds and mammals.

This is a hybrid program. *Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Non-Fiction Book Discussion*

Monday, September 19 at 2:00 p.m.

Join us for a discussion of Crying in H Mart by Michelle Zauner. Reserve a copy through our online catalog, at the Welcome Desk, or by calling the library. This title is also available in both ebook and audiobook formats through eLibraryNJ using the Libby app. This is a hybrid program. Join us via Zoom or in person. *Registration is required.

International Book Club*

Tuesday, September 20 at 11:00 a.m.

We will read and discuss Swimming Back to Trout River by Linda Rui Feng, longlisted for the Center For Fiction First Novel Prize. A lyrical novel set against the backdrop of China's Cultural Revolution that follows a father's quest to reunite his family. This is a hybrid pro-

gram. Join us via Zoom or in person. *Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Library Board of Trustees Meeting

Tuesday, September 20 at 6:30 p.m.

Local Author Expo

Thursday, September 22 from 11:00 a.m. until 7:00 p.m.

Come in and meet our local talent. Authors will be available to chat and sign books which will be available for purchase. Registration is not required.

Short Story Discussion Group*

Thursday, September 22 at 2:00 p.m.

This month we will discuss "That in Aleppo Once..." by Vladimir Nabokov from The Best American Short Stories of the Century edited by John Updike and "The Prairie Wife" by Curtis Sittenfeld in The Best American Short Stories edited by Roxanne Gay. This program will be held in-person at the Library. *Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Friends of the Library

Tuesday, September 27 at 4:00 p.m.

3D Printer Demonstration*

Thursday, September 29 at 7:00 p.m.

See a 3D printer in action, understand how it works, and learn how it is used at the Library.

All ages welcome, but space is limited. This program will be held in-person at the Library. *Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Friday Afternoon Movie*

Friday, September 30 at 2:30 p.m.

Every month we show a different modern classic film. This month the Greasers are at odds with the Socials, a rival group. When Greasers Ponyboy and Johnny get into a brawl that ends in the death of a Social member, the boys are forced to go into hiding. This program will be held in-person at the Library. *Registration is required.

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

Lobby Display Case

The George Ivers Lobby Display case will feature The Birth of the Aircraft Carrier, a photographic display courtesy of Monroe resident Bill Schrimmer through September 2022.

Fine Arts Gallery

Monroe resident Neeta Khurana will display her artwork which combines a variety of mediums including watercolor, acrylic and paper collage in the Fine Arts Gallery through October 2022.

Library Closings

The Library will be closed on Sunday, September 4, 2022 and Monday, September 5, 2022 in observance of Labor Day. The Library will open at 1:00 p.m. on Friday, September 23.

www.monroetwplibrary.org



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FARMERS MARKET

Summer 2022

Monroe Market

THURSDAYS TO SEPTEMBER 15 FROM 2:00 PM UNTIL 7:00 PM

MONROE TOWNSHIP LIBRARY PARKING LOT

4 Municipal Plaza
LIBRARY Monroe Twp, NJ 08831
www.monroetwplibrary.org