



# Rossmoor IN News

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VOLUME 53 / No. 4

Monroe Township, New Jersey

April 2017

## Are you your neighbor's keeper?

By Linda Bozowski

If you're reading this article, you probably live in one of the 2,303 residences in Rossmoor. You may live with other persons, e.g., family members, friends, caregivers, or you may, like me and about 1,000 other residents, live alone. As important as they may be to many of us, pets may not be included in the resident count, since they can't dial our phones. Are you a potential TV spokesperson who says, "I've fallen and I can't get up?"

Since we all live in one of the 15 over-55 age restricted communities in Monroe Township, we may share in the increased likelihood that we may experience that very accident or another mishap – falling, getting a serious cut, making a medication mistake, or some other event that would warrant attention and perhaps medical intervention. Would we be able to seek help if we needed it? Would anyone know that we were in need of assistance?

When I began exploring this issue, I discovered that there are more than 100 companies that sell, rent or lease medical alarm devices or systems. We've all seen advertisements on TV, in magazines, and in the newspaper. I'd guess that some of our neighbors have

them already, or may know others who do. When my mother lived here in New Jersey, I rented such a system for her, and felt somewhat comforted that she would have ready access to assistance if she needed it. Fortunately for her (and me), she only invoked the alarm one time for a fairly minor event. But that was OK, because she had telephone support from the person on the other end of the line, and it was determined that no ambulance was needed. These alarm systems range greatly in price and services offered. Reviews are available online so a prospective user can compare products.

We have a good support system available here in our community through our Nursing Services and our North Gate Security service. Calls can be made for fire and ambulance services if needed if we make an emergency call to the North Gate. (Be sure to call 911 first.) Duplicate house keys can be securely kept at the North Gate so that our own security staff can come into our homes if needed. Updating our medical information with the Nursing Services department is a good preventive move, since an ambulance attendant would not be aware of what medical con-

(Continued on page 2)



Members of the Italian-American Club are in a Carnevale mood! See more photos on page 13.

## Taxes, taxes, taxes

By Carol De Haan

### 1. Would you like to pay more taxes?

Yes \_\_\_\_\_  
No \_\_\_\_\_

If your answer is A. Yes, STOP reading now and go do something else.

If your answer is B. No, proceed to #2, below:

### 2. What's the problem?

It is a well-known fact that the best way to reach an elected official (the only way, with some of them) is to plant the notion that he or she might lose in the next election. That helps them wake right up. Hold that thought.

Why would he or she lose the next election? Perhaps because he or she paid little to no attention to the concerns of constituents. You might have noticed that we are in the Age of the Angry Constituent, so let's get with it and tell our elected representatives what makes us angry. Proceed to #3, below:

### 3. So what makes us angry?

First, unfair state education funding leaves a huge tax burden on Monroe homeowners.

Annual budget for running our schools: \$131 million

Current State funding: \$1.8 million

To be raised through municipal taxes: \$129 million

Several years ago, Trenton came up with a formula for State aid to school districts. It

was based on the idea that wealthier towns (higher income + property values) could pick up a larger share of the cost of public education for their youngsters than could poorer communities. Intended to help less wealthy communities was a calculation called "Local Fair Share."

Monroe is one of three districts in Middlesex that receive NO equalization aid under this formula. In fact, the State's failure to fully fund its own formula has cost Monroe approximately seven million dollars per year over the last eight years. Is this fair? Is Monroe one of those uber-wealthy towns?

Our population is over 40,000 people. Sixty percent of us live in retirement communities. More than 1/3 of us are 65 years of age or older. Per capita income is \$42,000, but many retirees live on a lot less than that. Nevertheless, we are the

people who bear the cost of 95% of the revenues required for the school budget. Is this fair? Does it make you angry?

Second, decisions handed down by the Courts have put us at a disadvantage.

a) The Mount Laurel decision for affordable housing obliges us to build 1,100 affordable units, or 20% of a new development. That means that we will have to build an additional 5,500 units (80%) that will sell at full market rate. If that equates to one child per unit, the school system will receive an extra 5,500 students in our already full classrooms. Given the propensity of builders to put up bigger homes for bigger profits, isn't it likely we'll double or triple those 5,500 students? Put them where? Two kids to a

(Continued on page 2)

## Focus on: Groups and Clubs Greek-American Group: Lunch anyone?

By Jean Houvener

The Greek-American group began in 1995 when Tom and Florence Avgerakis sought out other Greek-Americans to meet for food and socializing. Tom and Florence are still active members.

As the group grew, they worked with E&R to set up the current group. While most of the members also know each other through the Orthodox churches in Piscataway or Trenton, they are looking for more members, and everyone is welcome to join the group.

They meet at 1 p.m. in the Maple Room on the first

Tuesday of the month year-round for a short meeting where they decide on a restaurant to visit for lunch. Recently that has included the new Greek restaurant Faros (lighthouse) in the Monroe Town Center shopping mall (Wawa). They have also tried most of the local restaurants, and have even gone as far afield as the Westfield Diner for their Greek night.

The group donated a Japanese maple to the golf course, which can be seen at the 4th hole. If you are interested in joining a fun group for lunch and have questions, please contact Nick Lazos.

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Taxes

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- desk? Maybe three?
- b) Since 1986, 31 Abbott v. Burke decisions from the State Supreme Court have created 31 school districts that receive additional State funds in the hope of bringing education in those districts to the same level as the rest of the State. Unfortunately, over the years, testing has not indicated much benefit from this program. Nevertheless, funds are taken from school districts like Monroe to fund failing Abbott districts.
- c) New school construction: Right now, seven new communities are either approved or are being built. Our schools are already over capacity by 600 students, and 300 new youngsters come in every year. We will shortly need a new elementary school, a new middle school, and an expanded high school. State aid? Forget about it. We will have to come up with the money ourselves.

d) Let's not forget the kids. Right now, Monroe has very good schools, many of which have won awards for excellence. But in a shaky world economy, we've all heard of college graduates who flip burgers for pocket change while living in mom and pop's basement. Is this what we want for our children? Shouldn't we educate them to succeed in a competitive world? It takes money. It calls for more equitable State aid.

What to do?

Michael Gorski, CPA, Business Administrator and Monroe School Board Secretary has called for the State to develop a more graduated scale that will assure that every school district receives some State aid, but that the local Fair Share Allocation be recalculated to ensure that each district receives enough per pupil to responsibly operate a school district.

Members of the Ad Hoc Committee, formed under the Monroe Board of Education, include our knowledgeable neighbors Ken Chiarella, Mark Klein, and Doug Poye.

They ask us to contact our elected representatives – within the next 100 days – to urge that they work in a bipartisan manner on Governor Christie's "Fairness in School Education Funding Plan" to correct the many inequities that now exist.

Our representatives, all up for re-election, are:

- 1) State Senator Linda Greenstein, phone 609-395-9911; email [sengreenstein@njleg.org](mailto:sengreenstein@njleg.org)
- 2) Assemblyman Dan Benson, phone 609-631-0198; email [asm Benson@njleg.org](mailto:asm Benson@njleg.org)
- 3) Assemblyman Wayne DeAngelo, phone 609-631-7501; email [asmdeangelo@njleg.org](mailto:asmdeangelo@njleg.org)

State aid history per Monroe pupil, for your information*:	
2008-09	\$864.95
2009-10	556.07
2010-11	41.95
2011-12	341.58
2012-13	433.88
2013-14	429.36
2014-15	436.76
2015-16	425.89
2016-17	425.96

\*Source: Michael Gorski

Bits & Pieces

Sue Ortiz

Petrichor. That's the word for the earthy scent of dust after a rain. Some Australian scientists coined the word from the Greek words *petra*, meaning stone, and *ichor*, the fluid that flows in the veins of the gods in Greek mythology. Petrichor is a pleasing scent for my "super sniffer" nose.

My super-sniffing ability started early. Mrs. Schiff, my kindergarten teacher, wore perfume that burned to my nose a lasting memory of those glory days at JFK Elementary School. She was a good teacher, but that smell! Now, when I get a whiff of someone wearing Shalimar, that strong, powdery pong transports me back in time to the mid-1960s: finger painting, paste (that's a memory smell, as well), recess, nap-time, learning to read, little cartons of milk, and chalk on the blackboard.

My Dad worked at BASF in South Brunswick. I grew up with the smell of styrene, the main ingredient used in making Styrofoam beads. His pockets collected the small, hard styrene pellets that would be heated and "popped" into the soft, clingy pearls. At another factory, they would be molded into iconic Styrofoam cups or extruded into peanuts for shipping filler or even to fill beanbag chairs. Once you smell the biting scent of styrene, you never forget it.

Dad also had an iron stomach. He'd eat an onion like an apple, take a big bite out of jalapeño pepper, and eat raw garlic like candy. But, my Mom and I paid the price. The pungent aroma of garlic emanated from his pores for days.

Did you ever notice that some stores have signature scents? Sub shops smell of shredded lettuce. Yup, the hoagies, subs, grinders, or whatever you want to call them, all consist of ham, cheese, salami, tomatoes—even onion—and all you smell in the shop is the watery shredded iceberg lettuce. But, the sub tastes good, at least. Craft stores greet shoppers with the imposing fragrance of candles and vacuum cleaner scent beads just inside the front door. I hold my breath until I'm well past that display. Cough. Gag. I only visit liq-

uor stores when I want to buy a lottery ticket on the way home from work. I have to get out of there as soon as the ticket is in my hand. Why do all liquor stores have that "old booze" smell when all the bottles and cans are sealed? If the smell is that bad, I can't imagine the taste. Ugh!

There are "drive-by" odors, as well: Freehold's coffee aroma (from the Nescafe plant), the cookie aroma coming from Sunshine Biscuit Company in Sayreville back in the day, Spotswood reeking of yeast from the long-closed Anheuser-Busch plant, north Jersey's infamous refinery odor, and fried chicken joints can be smelled blocks away.

Having a "super sniffer" nose can be a blessing or curse, depending on the scent. Fresh paint, burning wood, cigarette smoke, and fresh-cut grass affect my allergies and give me a headache. So do certain flowers and most perfumes. I prefer unscented household products, especially laundry detergent. But, fresh-cut lumber, new books, and freshly ground coffee are some of the best fragrances for this nose of mine.

Everyone's home has its own signature scent. Just go out for a walk in the fresh air, come back, and really take a good whiff of your house's interior. That's what friends smell when they visit. Remember the scent of grandma's house? Her perfume, dust on the brick-a-brack, cookies fresh from the oven, and bacon frying in the kitchen.

Remember when a fill up at the local gas station produced a delicious scent with a sweet base note and a leaded gasoline top note? I'm talking before the gas lines of the 1970s. Not anymore, though. Pee-ew!

Not much can top the smell of a baby—that clean, fresh, powdery scent is a real mood booster...until...well, it all comes back to poop!

Ah, the power of smell...

BP

"Smell is a potent wizard that transports you across thousands of miles and all the years you have lived." – Helen Keller (American author and educator who was blind and deaf. 1880-1968)

Neighbor's keeper

(Continued from page 1)

ditions we have or what medications we may take. Knowing that we have support here, readily available and at no additional cost, is reassuring to me, as I'm sure it is to many of us.

Another service that we can take advantage of, if we choose to do so, is maintaining close contact with our families, friends, and neighbors. Even though our homes are well insulated, we may be able to hear our neighbors moving about in their homes. I hear my upstairs neighbors or see their cars go in and out. My California sister and I have agreed to text each other every other day with the brief message that simply says, "I'm OK." Several friends and neighbors have a set of my house keys as a just-in-case scenario.

We may not speak with our families and friends every day, but maybe it's worth considering setting up some sort of daily base-touching plan with one or two of our neighbors. Keeping others updated about out-of-town travels can help reduce concerns when there's no answer for sev-

eral days at the door or on the phone. A bell, a buzzer, or some other sound-making device might be helpful as an emergency notification to a neighbor if a phone cannot be reached. Are we our neighbors' keepers – no, but we can try to be more aware of each other's well-being.

Letter to the editor


Helping veterans

Since we moved in last year, I have been often asked why we have a green light in the outdoor fixture on our manor. It has nothing to do with St. Patrick's Day or our Irish Heritage.

In 2015 Walmart initiated a nationwide program named "Green Light a Vet" to help returning Service Members transition back into society. Many return

scarred and suffering from PTSD, this program offers assistance in the hopes they can overcome their anxieties and issues experienced during deployments. Below is a website which details this most worthwhile endeavor <http://corporate.walmart.com/greenlight-a-vet>

Denny O'Malley  
Navy Veteran



# Rossmoor News

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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. 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](mailto:pescmd@aol.com) and clearly marked *Rossmoor News*.

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

**E-mail:**  
[news@rcainj.com](mailto:news@rcainj.com)

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**Visit the Rossmoor website at [www.rcainj.com](http://www.rcainj.com)**

Open RCAI Meeting in April

Thursday, April 20.....Board of Governors ..... 9 a.m.

All meetings are held in the Village Center Meeting Room.  
Committee meetings will be held once very three months.  
Watch for the dates

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



## In April we celebrate our earth

By Anne Rotholz

April is the month when new life returns to our world. Trees and bushes begin to bud. Daffodils, crocus, and other spring flowers seem to appear out of nowhere. Robins return from their winter habitat. The birds that stayed with us throughout the winter are chirping happily as they prepare nests for their new families. The fact that we had a very mild winter does not seem to change how most people feel about spring. With the coming of April, humans usually focus on things that will make the world a more beautiful and healthier place.

Looking at the April calendar we can see that history has made April an environment-friendly month. April is World Habitat Awareness Month. We celebrate Earth Day and Arbor Day in April.

World Habitat Awareness Month was created by the United Nations over 30 years ago to "promote sustainable urban development and adequate shelter for all." This designation reminds us to become more conscious of our shared responsibility for the future of our human habitat.

Our ancestors left us a clean if not a technologically

savvy world. Personally I like the earth and, while I will not always be here, it is my hope that future generations will enjoy it as much as I am now enjoying it.

Earth Day is celebrated on April 22 each year. Its aim is to increase environmental appreciation, awareness, and reform. It was first suggested by John Mc Connell at a UNESCO conference on the environment in San Francisco in 1969.

After a devastating oil spill in an offshore oil field near Santa Barbara that year, the movement for Earth Day took off. It got great grassroots support when environmental teach-ins were held on every college campus across the U.S.

This period marked the beginning of the environmental movement which led to the creation of the Environmental Protection Agency and was responsible for passage of the Clean Air and Clean Water Acts. This legislation was supported by both parties in Washington.

Arbor Day is observed on the last Friday of April. This celebration originated in the late 1800s when John Sterling Morton, a naturalist and journalist, moved from Detroit to Nebraska. He found

very few trees growing there. Realizing that trees were essential to their new environment, he and the other pioneers decided to plant lots of trees. He proposed to the Nebraska State Board of Agriculture that they have a holiday to plant trees. On April 10, 1872, the first Arbor Day, they planted a million trees.

Here in Rossmoor we realize the importance of our trees and we have a great love and concern for them. In former years, we frequently got together on Arbor Day to honor our trees.

This year we are going to have a special celebration on Arbor Day as we gather at one of our newer trees, our very own Monroe Oak. Three beautiful, healthy trees were grown in the Rossmoor nursery from Monroe Oak acorns. They are now nine years old. All were transplanted and are now growing happily and thriving -- one in the 9/11 Memorial Park, a second at Oak Tree School, and the third, ours, near the Village Center.

Please come out to celebrate Arbor Day and our beautiful trees. Consult the centerfold of this issue for the date, time, and place.

## All that Jazz: Meeting the Master

By Bob Huber

April is Jazz Appreciation Month, a time to recognize the contributions this uniquely American art form has made to our society.

Deeply rooted in the rhythms and sounds of West African cultures brought to this country by slaves, and combined with musical influences from America's European melting pot, jazz's infectious sound quickly spread around the world. No longer were musicians "slaves to the page." They were free to improvise around loosely constructed chord patterns and create their own sounds.

Jazz began in New Orleans around 1910, and as the years progressed, it took on new forms with adaptations by the big swing bands of the '30s and '40s, ultimately gaining cultural respectability with classical treatments such as George Gershwin's "Rhapsody in Blue."

As a young lad growing up in the swing era, I was fascinated by all these wonderful sounds, particularly those created by the jazz pianists. My absolute favorite was the keyboard wizard, Art Tatum. Tatum is still widely acknowledged as the greatest jazz pianist of all time. He was noted for the speed and dexterity of his performances. He set a new standard for piano virtuosity, which has influenced practically every jazz pianist since.

Tatum, who was born in Toledo, Ohio, in 1909, was

almost totally blind from birth. Both his father and mother were musicians, and Art displayed his aptitude by picking out tunes on the piano by the age of three. He was a child prodigy with perfect pitch. In 1925 he went to the Columbus School for the Blind where he studied music and learned Braille.

It had been Tatum's original intention to become a classical pianist, but he reasoned, "Who wants to hear a fat black blind concert pianist?" so he turned his attention to jazz and never looked back. By the age of 19, he was playing in local clubs and gaining a following. As word of Tatum spread, jazz greats passing through Toledo, including Duke Ellington, Louis Armstrong, Joe Turner, and Fletcher Henderson would make it a point to drop in to hear the piano phenomenon. Art Tatum's career was assured.

I spent most of my allowance on Art Tatum's records, and I would play them incessantly. My mother, who was a very fine classical pianist and composer, didn't like jazz. She said it was too "thumpy" and discordant. She thought Tatum played "too much piano" (an opinion shared by some professional critics), but she was reasonably tolerant of my fixation.

One day, when I got home from school, Mother said, "Hurry, get your homework done and put on a suit. We're going out to dinner." I was in a state of shock. Art Tatum was in town, playing

at a local supper club, and Mom had made reservations so we could have dinner and hear Tatum's first set.

Dinner was almost over by the time the great man took the stand, flanked by virtuoso guitarist Tiny Grimes and bassist Slam Stewart. I felt I was in the presence of the gods. Without so much as a nod to the audience, they began to play, and the music rolled over me like a warm blanket. Tatum eschewed the traditional jazz repertoire in favor of jazz treatments of pop standards and light classics, and he was playing my favorites! I couldn't take my eyes off the man. His fingers were just a blur as they flew over the keys. He never

(Continued on page 4)

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## Miriam Cohen joins Monroe Township Council; Alan Weinberg is new business administrator

Miriam Cohen, president of the Whittingham Homeowners Association, has been named to fill an open at-large seat on the Monroe Township Council, vacated recently by Leslie Koppel. In February, Councilwoman Koppel joined the Middlesex County Board of Chosen Freeholders after the retirement of Freeholder Carol Bellante.

At a reorganizational meeting, the Monroe Council named Stephen Dalina as Council president and Elizabeth Schneider as Council vice president.

With the March 31 retire-

ment of Monroe's Business Administrator Wayne Hamilton, the township also announced the hiring of his successor, Alan Weinberg. His experience in government includes Edison Township mayoral aide, legislative correspondent for the U.S. Senate, director

of program development at the New Jersey Program Development Corp., special assistant to the chief of the office of cabinet affairs during Gov. James McGreevey's term, and senior director of public affairs at the New Jersey Transit Corporation.

## Ellis Island – point of entry for many

By Linda Bozowski

April 17 is commemorated as Ellis Island Family History Day. Ellis island, in the middle of New York Harbor within sight of the Statue of Liberty, was the arrival place for several million immigrants from all over the world until it ceased operations in the early 1950s. The year 1906 saw 880,036 persons pass through the process that year. Among them were English, Irish, Scandinavians, Germans, Poles, Russians, "Hebrews," and many others primarily from eastern and southern Europe. Asian immigrants entered our country via San Francisco, in very small numbers compared to those entering from Europe. Middle Easterners were also rare.

Over the nearly 50 years of its port-of-entry purpose, Ellis Island saw increases and decreases in the numbers of persons entering the United States. Part of the variation in numbers was based on regulatory restrictions, especially during the World Wars. Over the years, legislation was passed to regulate entry based on existing populations from various countries, and to even out the flow of new entrants over the course of a year. At its peak, as many as 5,000 persons per day were processed through medical, educational, and other evaluations. Not all persons were permitted to enter our country, but the number refused was small compared to the numbers admitted.

Record keeping for such large numbers of persons was difficult, but ledgers were maintained and staff consisted of as many as 30 translators during the peak periods. Despite periods of rampant corruption among vendors and some employees, most admitted persons were allowed to go along on their way to family members, jobs, and new opportunities, many without their possessions or their money.

The rebuilding of the facilities in the last 30 years has brought to life a time of history that was both difficult and bright for the relatives of many of us as they began their lives in the United States. My father-in-law was sent back to Poland twice at age 16 and was able to enter, as a stowaway, on his third attempt. His name is not in any ledgers, because he was an illegal who changed his name. A plaque names him among the many markers donated by family members. A photo of our grandson standing next to his great-grandfather's name plaque, taken during a class trip, is a special memento.

How we came to be Americans is probably not thought about often, but maybe it should be. A trip to the lovely parks of Ellis Island is well worth a trip up the Turnpike. The Island, and its remarkable history, is truly one of our national treasures.

### All that Jazz

(Continued from page 3)

looked at the keyboard, but his eyes wandered around the room with an expression approaching boredom. I had to remind myself that, after all, he was blind. It didn't make much difference where he looked.

It seemed to me that almost as soon as it began the set was over, and it was time for us to leave. Mother got up and said, "Come with me," as she headed for the band stand. I was struck by panic and embarrassment, seeing that my mother was going to speak to my idol! The musicians were just coming off the stand as my mother and I approached Tatum. "Mr. Tatum," Mom said, "I would like you to meet my son,

Bob. He is a great admirer of yours." Tatum mumbled something, and I mumbled something, and the ceremony was over. We retrieved our coats and headed for the door, but Mom stopped as if she had forgotten something. "Wait here just a minute," she said as she went back to talk to Tatum. After a very brief conversation, she returned.

"What was that all about?" I asked.

"I just wanted to tell him that he played beautifully," she replied.

What else was there to say? We headed for home, and I tucked one of the greatest experiences of my life away in my memory banks.



## Words of wisdom from long ago and far away

Collected by Carol De Haan,  
with proverbs and calligraphy by  
Mutual 1 artist Felix Danon

Whatever is familiar feels safe. Conversely, the unfamiliar can seem threatening. That harks back to our primitive ancestors, for whom survival was iffy. But over the millennia, we learned to THINK. We know that differences between people are mostly superficial, and that we are one species in spite of our quirks.

We offer below, from a far distant culture, some pithy sayings that speak truth to us across the centuries.

### PROVERBS FROM THE ARABS:

*A good person is one who rejoices in the well-being of others.*

THE SMARTER YOU GET,  
THE LESS YOU SPEAK.

*A heart free from care is better than a full purse.*

Be yourself beautiful and you will find the world full of beauty.

A book that remains shut is but a block.

*Speak only if what you are about to say is more beautiful than silence.*

A chameleon does not leave one tree until it is sure of another.

A good deed dies when it is spoken about.

### It's Our Turn

By Bernie Halperin

"America the Beautiful"  
The United States thereof,  
"America the Beautiful"  
The land that I love.

Where all people find a home  
They are the reason for this poem

In the local market, as I stood in line

A woman spoke in an accent different than mine.

So next day as I took rest, in my bed

This lady's accent, British, came into my head.

And then, I thought, how our country is now,  
No matter how many people, we manage, somehow.

To keep going with our high standards of food,  
Cars, houses, clothes and so, we've no right to be rude

To those desperate people coming to our shore

Where our own people years ago had so little, and wanted more.

How can I or you look at the starving and thin

People in the papers and not feel compassion for them.

A young girl, whose ribs call out for food, not a poem

Let's love them, free them and give them a home.

The pinnacle of excellence is to smile when your eyes have a thousand tears.

PATIENCE MIGHT BE BITTER BUT ITS RESULT IS SWEET.

*Sunshine all the time makes a desert.*

*An army of sheep led by a lion will defeat an army of lions led by a sheep.*

The female does not like the average in a relationship: either you are everything to her or nothing.

*Lower your voice and strengthen your argument.*

Write bad events in sand; write good events in marble.

*Marriage is like a fort. Those who are in want out; those who are out want in.*

FEAR THOSE WHO ARE AFRAID OF YOU.

JEALOUSY IS NOTHING MORE THAN A FEAR OF ABANDONMENT.

Love sees sharply; hatred sees even more sharply; but jealousy sees the sharpest because it is love and hatred at the same time.

Life's expentancies are in the hands of God.

*To learn and never be filled is wisdom; to teach and never be weary is love.*

The mountain sneezed and threw up a mouse.

Habit is the sixth sense that overcomes the other five.

BEWARE: SOME LIARS TELL THE TRUTH.

And every delay has its blessing.

*As long as you are standing, give a hand to those who have fallen.*

God is generous and kind.

*Fear can make a donkey attack a lion.*

If you have much, give of your wealth. If you have little, give of your heart.

The owner of two thoughts is a liar, of three, an impostor.

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## This little boy drew a bird for me

By a Rossmoor resident

A boy of 12 or 13 years, from Cartagena, Colombia, drew this bird with colored pencils I had sent him. Then he mailed it to me. Why?

It began about 20 years ago with a letter that said, "In response to your recent inquiry..."

Huh?

What inquiry?

Obviously an unsolicited letter, but nevertheless there was a photo of this cute little

kid so I read on, and got hooked.

The letter was from Children International, of Kansas City, Mo. They asked me to become the sponsor of this little boy from a poverty-stricken neighborhood in which hope did not count for much. It would require a few hundred dollars a year from me, and the organization would foster a relationship between myself and the child. I was working at the



Jean-Carlos at 4 years old



A drawing by Jean Carlos

time, and a few hundred dollars seemed little enough to give some youngster a few of the benefits I had grown up with. I signed up.

His name is Jean-Carlos and he was then about four years old. His participation in the program guaranteed that, if schooling required tuition, it would be paid. He was to receive regular dental care. He, and his whole family (two parents and four sons) would receive medical care. Food assistance would be given to them, along with new shoes and clothing for him several times a year.

I would receive annual reports on the health and well-being of the family, a photo every few months, accompanied by a letter from him, translated from Spanish by some staff member who claimed to "speak English as she is spoke."

I learned that his father

was a fisherman one year, then a laborer, then a bricklayer, then did whatever work he could find. His mother worked steadily as a maid, cleaning homes for more prosperous people, while some relative must have looked after her younger boys.

They lived in a two-room house, with the four boys sleeping in one bed. Many of the homes in these poor settlements were cobbled together with bits of discarded sheet rock, mismatched lumber pieces, leftover sheets of corrugated metal, and such-like. Some governments build tiny two-room dwellings out of concrete blocks, with dirt or concrete floors, and common water or sanitary facilities down the road. I have no idea in which kind of dwelling Jean-Carlos lived.

Several times a year, for 14 years, I received from him a letter with one of his nice drawings and a smiling photo of him posing with whatever "loot" he had just acquired through the program. The photo might include two pairs of sneakers, one large and one small, hinting that his little brother also reaped benefits.

As he grew older, Jean-Carlos's letters became interesting. He assured me his teachers were pleased with his progress, which might have been pure PR, but his meticulous handwriting and his gregarious messages hinted at truth. He liked math

and bookkeeping. I was impressed.

His favorite dinner was fried fish with "white salad." A friend from South America told me that white salad was shredded cabbage with vinegar, oil, and other ingredients.

In high school, he joined a group of folk dancers that performed from one city to another. Once he wrote with pride that his second oldest brother had joined the Colombian military. That is a choosy organization; they don't take just anybody. It will probably be a good career now that the government has settled its differences with the rebels.

One year I sent money for a ten-speed bicycle. He selected a red model, one that he and his younger brother share. Obviously, the parents

(Continued on page 7)



Jean-Carlos at 18

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## Keeping the vision alive

By Diane England

What else was going on when some residents of Rossmoor were working together to found the Community Church? On April 4, 1967, Dr. Martin Luther King, Jr. gave his speech, "A Time to Break Silence." It was a statement against war in general—but more specifically, against our country's involvement in the Vietnam War (1954-75).

Lyndon Johnson was our president at the time, and U.S. military aircraft were attacking targets throughout North Vietnam as part of Operation Rolling Thunder (March, 1965 to October, 1968). Supposedly the intent of this mission was to put military pressure on North Vietnam's Communist leaders, thereby reducing their ability to wage war against the government of South Vietnam which we supported. Because this was the first sustained American assault on North Vietnamese territory, it also represented a major expansion of U.S. involvement in this war.

Dr. King criticized our actions when few others were doing so. While he admitted it was difficult to take this stance, he felt he simply had to break his silence. He saw what we were doing as immoral.

Not surprisingly, President Johnson was angered by Dr. King's words and actions. However, the president wasn't the only one who attacked Dr. King for taking this position. Many in the black community and civil rights movement did so as well. They professed he was diluting the civil rights effort by failing to remain committed to this single endeavor. Dr. King, on the other hand, stressed that those who offered up such criticism did not understand what he was about—or the true nature of his calling. He said it was impossible to preach non-violence at home while, at the same time, ignoring the fact our government was engaging in what he saw as cruel and oppres-

sive behavior toward others elsewhere in the world.

In truth, Dr. King suggested that our country was losing its soul. Furthermore, he pointed out to his critics that when he and others founded the Southern Christian Leadership Conference in 1957, their motto was to save the soul of America. Hence, he was living in alignment with it.

Dr. King had won the Nobel Peace Prize in October 1964 (the youngest recipient of this prize at the time). While some believed he should not speak out against the actions of his own government because of this, he rebutted that it was because of this honor he felt compelled to work harder yet for "the brotherhood of man."

Dr. King also stressed his commitment to the ministry of Jesus Christ and said of those who criticized him: "Could it be that they do not know that the good news was meant for all men — for Communist and capitalist, for their children and ours, for black and for white,

for revolutionary and conservative? Have they forgotten that my ministry is in obedience to the One who loved his enemies so fully that he died for them?"

Whether or not one agreed with Dr. King at the time, one must admit it took courage to take such a stand. Furthermore, were the words he spoke and the actions he took instrumental in creating the type of shift that occurred in the minds of the public as well as President Johnson toward this war? After all, remember that on March 31, 1968, Johnson withdrew from the presidential campaign despite the fact polls suggested he'd win the election. Dr. King was murdered four days later in Memphis, or exactly one year after giving his controversial speech at the Riverside Church in New York City. He was only 39 years old.

Sadly, 50 years later, despite the eloquent words of Dr. King and others both past and present, many will not accept

that we might find more peace while living with our fellow man, as well as in our own hearts, if we'd envision ourselves as brothers and sisters—children of the same God. Perhaps in the next 50 years, because people will have come to live side-by-side with others forced from their homelands by those who have used violence to assert their professed superiority, as well as in an attempt to have domination over others, we will indeed come to see that we are more similar than different, and hence, perhaps we'll strive to live as equals in what was once a truly unjust world?

We can certainly hope so. And I'd like to think, as we plan for the celebration of the church's 50<sup>th</sup> anniversary the last weekend in September, that this ecumenical church, that welcomes people of all Christian denominations, will continue to provide residents committed to this type of vision the sustenance, support, and structure they need to remain steadfast in living their values.

## Little boy

(Continued from page 6)

had encouraged good-will among their boys. Jean-Carlos wrote that his mother was trying to save money to buy a small house and that he hoped eventually to help toward her goal.

Apparently, that is exactly what he is doing. In his last year of high school, he was awarded a scholarship; it sounded like a work-study program. He is learning college-level business administration and port management, a program undoubtedly set up by the Port of Cartagena to bring in young people of intelligence, initiative, and good character. Smart thinking!

At age 18, Jean-Carlos graduated out of the Children International program. I have not heard from him in several years now, because the program will not divulge addresses. But I think of him often and hope that his dreams come true. It was my great privilege to have known such a worthwhile young fellow.

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## Bernie Halperin - poet, singer, teacher, car salesman

By Linda Bozowski

We've had many illustrious residents over the years, with many talents, vocations, and avocations. Among them is the late Bernie Halperin, a Rossmoor resident for only five years, but a poet for many years before that. According to his son Peter, Bernie wrote poems nearly every day for friends, neighbors, to acknowledge holidays, and to share his viewpoints.

Bernie's grandfather immigrated to the United States from Minsk, Russia, in about 1904. Bernie lived most of his life in Bayonne and Jersey City before he and his wife, Ann, came to Rossmoor 25 years ago. Bernie died in 1997 at age 77 but Ann, a young 96, is still a resident in our community.

Although Bernie wanted to pursue a career in music, he became a physical education teacher at what later became Montclair State College, and then changed careers to auto salesmanship. He did sing at family and other events, and won a singing contest in Newark ("Stairway to the Stars"). That victory earned him a featured spot on the Arthur Godfrey radio show in 1946.

The poem that follows was found by his granddaughter in one of several boxes of his works. According to his son Peter, this piece was written about 40 years ago.

## Look up to the sky!

By Anne Rotholz

Friday, April 14, is Look Up to the Sky Day, an invitation for us to look at the sky and to appreciate the wonderful things that can be seen there.

The first thing one notices about the "dome" that is the sky is its beautiful blue color that often appears to change from one hour to the next. Sometimes the sky has puffy white clouds. At other times, it has storm clouds that are dark and ominous. Clouds come in many shapes and they can have unusual patterns. At sunrise and particularly at sunset the clouds may be tinged with silver, pink, red, or yellow.

The sky frequently has man-made clouds or con-

trails (vapor trails) from the airplanes that streak overhead. On a very rare occasion one might spot a beautiful rainbow.

A person looking up might see some interesting birds—a hawk skillfully searching the ground beneath for its prey, some geese flying from one pond to another, a blue heron making its way back to a stream or river. In spring and fall we often see what looks like endless flocks of migrating birds.

The wonders of the sky do not end with daylight. At night one can view the moon, the stars and the planets and, on rare occasions, an aurora or a moonbow.

By April Venus, which has been shining bright and

beautiful in our southern sky for the past several weeks, will have returned to its usual glow.

A new treat is in store for night sky watchers in April. Jupiter, the largest planet in our solar system will be at its closest approach to earth on April 7. The giant planet will be fully illuminated by the sun and it will be visible all night long. Using a good pair of binoculars, one should be able to see its four largest moons.

Jupiter, which can be seen in the eastern sky,<sup>7</sup> should be bright for all of April. On the night of April 10 there will be a pairing of Jupiter and the full moon. Watch the eastern sky a few minutes after sunset to see them rise together.

You might want to look for a man-made object of interest—the International Space Station. If you go on your computer and get *Spot the Station* you will find out when this manned football-field-sized research lab is going over and where to look for it.

## Peepers!

By Jean Houvener

April is National Frog Month. This is appropriate as the little guys rev up to attract a mate. One of the most delightful experiences is to drive past a wooded pond where they are singing their little hearts out. We have tracked the first peeper moment in Maryland, where we have relatives, for many years. They have been as early as Feb. 18 and as late as March 16 so far. February is, however, unusual. Here they are usually later, but recently we heard them in the back of Raritan Center on Feb. 24 and along Harrison in Princeton on Feb. 28, probably as a result of our oddly warm February weather.

The spring peepers (*Pseudocris crucifer*) live in woodland areas with nearby ponds and wetlands. They hibernate in the winter under the mud, but emerge in early spring to mate. The males set up the chorus to attract females, who lay their eggs under vegetation in the wetlands, which the males subsequently fertilize. The tadpoles emerge between two days and three weeks later, depending on the temperature. April is an ideal month to observe the tadpoles as they grow. As tadpoles, they have gills for breathing under water. It takes them from six to 12 weeks to metamorphose into frogs, shedding their tails, acquiring legs, and developing lungs.

The smaller males have a vocal sac under their throat, which expands and contracts to make the loud peeping as spring begins. The frogs are difficult to see ordinarily, their tan, brown, gray, or green coloring blending in with the trees and forest floor. If you are lucky enough to see one, they can be identified by the

(Continued on page 9)

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**"Ask the G.M."**  
Questions posed to RCAI General  
Manager Jane Balmer by Rossmoor  
staff and residents.

**Q: What should I do if the electricity goes out in my manor?**

**A:** The first thing to do is to establish whether or not the power is out in your entire manor. If it is partially out, it could mean that a "GFI" outlet in the kitchen or bathroom may be "tripped" and may just need to be reset. If your entire manor is without power, it is important for every resident to contact JCP&L. This is the only way JCP&L will know the extent of the outage.

**Q: How do Members receive copies of their Mutual and RCAI 2016 audits?**

**A:** Copies of the audits are available upon request in Administration in the Village Center. They were not mailed this year in an effort to be "green."

**Q: Are dogs allowed to be walked or run on the golf course?**

**A:** No, dogs are not allowed to be walked or run on the

golf course or any landscaped area more than three feet from any curb for that matter.

It has been called to my attention that several large dogs have been seen running on the golf course with their owner nearby.

First of all, the golf course is strictly for the play of golf. It is not a park. Allowing a dog to run on the course places the dog in danger when golfers are present. A golfer could take a "shot" when it looked clear and not even see or anticipate that a dog is about to run onto the course.

The Community has a huge investment in the golf course and works very hard to keep it in pristine condition. We all know what happens when a dog is allowed to relieve itself on landscaped areas much less the damage a dog can do when it is running and playing on the turf.

The Mutual documents clearly state that dogs must be leashed at all times and kept under control. Dog owners may not permit a dog to relieve itself on the side-

walks, driveways, flowerbeds or on any landscaped area more than three feet from any street curb. Also, dog owners are responsible for cleaning up after their dog(s). It does not sound like this dog owner is following any of the rules.

**Q: Have you hugged your Director today?**

**A:** Most of the Mutual Annual meetings and elections are held in April. Some directors are running for re-election, some directors have decided to retire and there are some new faces on the ballots. It is a wonderful thing what directors and alternate directors do for our community. They handle matters for your Mutual and RCAI. They give of their time and talents and are dedicated to the Community and its future.

If you are not able to attend your Mutual's Annual Meeting, be sure to vote by returning the Absentee Ballot that was mailed to every Member (Stockholder or Unit Owner). Members are allowed to cast ballots anonymously by mail using the two-envelope system also included in the mailing. If you have any questions about how to vote or the date and time of your Mutual's meeting, contact the RCAI Administration Office at 609-655-1000 and we will be happy to assist you.

And most of all, please reach out to your directors and alternate directors past and present and let them know how much you appreciate what they do for us!

## How I became a Cardinals fan

By Bob Shine

It was 1936, and I was 10 years old in Metuchen, N.J. As the country began to pull out of the Depression, civic projects were slowly helping to put people back to work. The town, population 10,000, decided to install seating for 6,000 fans on the high school field, lights for one night, which, according to my friend Don Warnick, were lit by hand generators. The town, together with Joe Medwick, organized a game between the St. Louis Cardinals and the American Legion sponsored Metuchen Baseball Club.

Due to the economy, baseball "stars" in those days had to work hard to

earn money during the off-season, and sometimes would jump at the chance to play additional games. The St. Louis Cardinals, coached by Frankie Frisch, was one of the top teams of major league baseball, with an all-star roster including Dizzy and Daffy Dean, Joe "Ducky Wucky" Medwick, Terry Moore (center field), Johnny Mize (1<sup>st</sup> base), Leo "The Lip" Durocher (shortstop) (who later married Laraine Day). Total roster consisted of only 28 players. The Cardinals accepted the invitation for a game to be played on July 20.

When the team arrived in Metuchen by train, my father and my oldest brother went to the Pennsylvania Railroad station along with other Metuchen volunteers, to pick up the St. Louis team. They brought them to the Metuchen YMCA to change into their uniforms and then to the field about a mile away.

Tickets to the game were 55 cents to \$1.10 each. It sold out. Only peanuts were sold as snacks. Since glass bottles were prohibited, soda was not available. My friends, my two brothers, and I sat with my father in center field. Between innings we were allowed to run out onto the field where such great stars as Terry Moore gave us autographs. That is, all but one: Joe Medwick, who was born and raised in Carteret, N.J., just five miles away, and was one of the best players in baseball, refused

(Continued on page 10)

## Peepers!

(Continued from page 8)

dark X-marking on their backs (hence the Latin name). They eat beetles, ants, spiders, and flies.

These frogs have a tolerance for the colder weather while they hibernate because their blood has its own natural antifreeze. Only 1 to 1-1/2 inches across, they have numerous predators, both as adults and as tadpoles. Like all amphibians, they are dependent on a mix of trees with spring ponds for breeding. Like other amphibians, they are also under threat as their wetlands habitat is reduced. Next time you walk or drive by a spring wetlands, listen for them and welcome them as a harbinger of spring.



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10am - 12noon  
Refreshments

### East Brunswick

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and  
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## Cardinals fan

(Continued from page 9)

to give autographs. One of the umpires, who owned Danford's Ice Cream Store, had Dizzy Dean put his signature on the pants of his uniform.

Amazingly, the local team out hit the Cardinals 17 to 11, defeating them 10 to 7. As a result, Bud Humphries, the local pitcher from Metuchen, was signed by the Cardinals to play for one of their minor league teams. He probably would have made it to the major leagues as well except he was the son of the pastor of the local church and did not believe it was proper to play ball on Sundays.

What a wonderful experience this was for me and for everyone involved — one that will never be forgotten. The St. Louis Cardinals became my team for many, many years. I followed the games via radio broadcast and weekly newspaper reports, keeping my own book of records of wins, losses, winning pitcher, losing pitcher, top player of the game, etc. I even saw them beat the Yankees in the 1942 World Series when Whitey Kurowski hit a home run in the 9<sup>th</sup> inning.

Therefore, 76 years later, I was pulling for them to make their way into the 2012 World Series. Maybe next year.

## Bob's Almanac

By Bob Huber

There's an old song that says "When April showers come your way, they bring the flowers that bloom in May."

Actually, there's much more to April than rain. Historically, the month harbors dozens of events that have altered and illuminated our times. Here's a sampling:

The Civil War both began and ended in April. It started on April 12, 1861, when Confederate troops opened fire on Ft. Sumter, and it ended on April 8, 1865. Considered America's bloodiest war, the conflict took more than 500,000 American lives.

As a tragic coda to that event, President Abraham Lincoln was shot and mortally wounded on April 14, 1865, while watching a performance at Ford's Theatre in Washington.

On April 3, 1995, Sandra Day O'Connor became the first woman appointed to the Supreme Court, thus shattering a "glass ceiling."

On April 8, an estimated 350 million followers of Buddha will celebrate his birthday, believed to have been in 563 B.C. Historians believe that Jesus was a serious student of Buddhism.

dhism.

On April 4, 1968, civil rights leader Martin Luther King was killed by a sniper in Memphis, Tennessee. Just a week after that assassination, the Civil Rights Act of 1968 was signed into law by President Lyndon Johnson.

On April 13, 1743, Thomas Jefferson, perhaps the most influential of our founding fathers, was born. He served as the United States' third president from 1801 to 1809.

Adolf Hitler was born in 1889. He ruled Germany from 1933 to 1945. His expansionist agenda triggered WW II.

Guglielmo Marconi was born on April 30, 1874, in Italy. He was the inventor of wireless communication, commonly known as radio. No doubt Marconi would be dumbfounded to see what his original invention has inspired.

On April 30, 1789, General George Washington became the first president of the United States. He was administered the oath of office in Federal Hall in New York.

Oh, by the way, the professional baseball season begins in April.

## Sound Advice

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

### Five Tax-Smart Ways to Transfer Your Wealth

If you're like most well-to-do people, one of your main financial objectives is to transfer wealth to your heirs with a minimum of tax erosion. Several estate planning techniques could help you move closer to that elusive goal. Consider these five opportunities:

**1. Lifetime gifts.** One of the simplest wealth transfer methods also can be one of the most effective. By giving away property to other family members during your lifetime, you remove those assets from your taxable estate. If you plan carefully, you can make direct gifts without incurring any gift tax liability. And you also may be able to leave assets to your heirs under favorable tax conditions.

The primary tax breaks are:

- An annual gift tax exclusion covering transfers of up to \$14,000 per year per recipient (\$28,000 for gifts by a married couple). You can make these gifts to as many people as you like.
- In addition, everyone is entitled to transfer a total of \$5.45 million in 2016 (the amount is indexed to inflation) in lifetime gifts and bequests without tax consequences.

• Inherited property benefits from a "step-up" in basis—the value of the assets, for calculating taxable investment gains, is what they're worth at the death of the person who made the bequest, rather than when he or she acquired them. That can reduce future taxes. (But note that lifetime gifts don't get a step-up.)

**2. Intra-family loans.** Usually, you can lend up to \$10,000 to a child or another relative with no strings attached—and no questions asked by the IRS. You don't even have to charge interest. However, if the borrowed amount exceeds \$10,000 and you don't charge a reasonable interest rate, the IRS will consider the amount you didn't charge as interest income to you. One exception is that on loans of \$100,000 or less, the amount of interest you're treated as receiving annually for tax purposes is limited to the child's net investment income for the year.

**3. Dynasty trusts.** This type of trust is designed to span several generations. You transfer selected assets—say, a combination of stocks, bonds, and real estate—to a trust managed by an inde-

(Continued on page 11)



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

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Andrew and Karen Katz, 637-O Yale Way, formerly of Manalapan, N.J.

Mihoko Mickey, 125-A Lowell Lane, formerly of Cranbury, N.J.

Kathie Gilliland, 434-A Newport Way, formerly of Monmouth Jct., N.J.

Ratan and Pyari Prajapati, 15-N Old Nassau Road, formerly of Edison, N.J.

Grace Hammesfahr, 438-A Newport Way, formerly of Metuchen, N.J.

Jasvant and Manjula Modi, 13-D Village Mall, formerly of Monroe Twp., N.J.

Henry Faison and Dorothy Brisbon, 655-A Yale Way, formerly of Monroe Twp., N.J.

## Musings and Memories

By Betty Emmons

### Decisions

Do any of you really realize how many decisions we make in a day? Why, from the minute we get up to the moment we close our eyes almost every action requires a decision. When the alarm clock goes off, we decide either to get up or turn over. After that, we decide what to wear and what to have for breakfast. We then either go off to work or decide on other plans for the day. These are mundane, everyday decisions, but there are the BIG decisions such as career choices, whom to marry, what car to purchase, or what house to buy.

Usually we make the right decisions even when we make snap decisions. BIG decisions, however, require a lot of thought before we make the final decision and in any and all cases, the decisions we have made determine who we are - happy and successful or somewhere in between that and miserable and down trodden. So good, bad, or indifferent, decisions determine our lot in life and we become who we are.

But enough of this. My final decision of the day is to bring this piece to a close, put out the lights and go to sleep, for tomorrow will be another day of decisions, decisions, decisions.

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## Sound Advice

(Continued from page 10)

pendent trustee, usually a professional or financial entity. The trust may be created during your lifetime or through your will. Once the trust is established, it is irrevocable, so you give up control over the assets and the right to change beneficiaries. Depending on the terms, income may continue to accumulate within the trust or be paid out to beneficiaries. The trustee also may have discretion to use part of the principal for the health, education, support, and maintenance of the beneficiaries, or under other circumstances.

**4. GRATs.** With a grantor-retained annuity trust (GRAT), you transfer assets into the trust while retaining the right to receive annual annuity payments for a specified number of years. When the GRAT term ends, the remaining assets are distributed to the beneficiaries you named. The annuity payments you receive during the term of the GRAT and resulting gift tax value is calculated using a government rate for this purpose, which is currently relatively low. So while you continue to receive annuity payments based on that low rate during the GRAT term, if trust assets grow at a faster rate, the beneficiaries will benefit when they receive the balance remaining at the end of the trust term.

**5. IDGTs.** Often you might transfer assets to a trust and name loved ones as "income beneficiaries" who get the investment income the trust generates. That way, you'll avoid income tax on those future earnings. However, the trust will be taxed on that income, and the top 39.6% rate for trusts kicks in when income

exceeds \$12,400 in 2016. To avoid that result, the trust could be structured to be intentionally "defective," so that income is taxable to you instead of to the intentionally defective grantor trust (IDGT). The gift tax liability for transferring assets into the trust may be sheltered by the estate and gift tax exemption.

Other concepts, such as naming a trust as an IRA beneficiary, also can be helpful in certain situations. But the five listed here may help you achieve your goals.

Keep in mind, though, that trusts are complex, and you'll need professional assistance in structuring and implementing these estate planning ideas.

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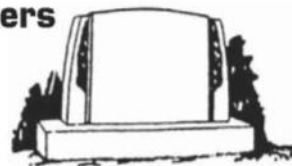
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**CULINARY CORNER**

By Sidna Mitchell

Ken and I played in the Peyton Ballenger Croquet Tournament at the PGA in Palm Beach Gardens on Florida's east coast. Unfortunately, neither one of us did very well. The past two years I won a trophy for second place in dou-

bles in my flight but this year I wasn't anywhere close to placing.

However, we enjoyed the venue, except for the noise of the big trucks unloading port-a-potties and bleachers for the

upcoming Honda Classic Golf Tournament. Also, it was great staying with Rossmoorite Joy Bradford, seeing other croquet friends again, and catching up with their activities and families. The weather was perfect and the food at the PGA Members' Club was plentiful and delicious, especially the make-your-own sundaes.

The tournament director was Johnny Osborne, who is also the croquet pro at Mar-a-Lago, President Donald Trump's home in Palm Beach. I asked if I could play on the croquet court there one day. Johnny casually remarked, "Well, right now they're trying to work out the security."

The snowbirds told of stories of traffic jams and closed roads when President Trump was in the vicinity. No one seemed to mind; maybe they all voted for him.

When Ken and I crossed the state to head back to Venice, I started thinking of easy meals to make. Bean salad and broccoli salad are two of Ken's favorites so I planned those. Although he rarely eats bacon — I can eat it every morning for breakfast — Ken will tolerate my including it in the broccoli salad.

This salad is great any time of year as long as broccoli is available in your local grocery.

**Broccoli Salad**

Culinary corner

One bunch fresh broccoli	1/2 cup chopped onion
5 slices bacon, cooked and crumbled	1/2 cup mayonnaise
1/3 cup raisins	1/4 cup sugar
	1 tablespoon vinegar

Wash and cut the broccoli into bite-size pieces.

Combine broccoli, bacon, raisins, and onion.

In another bowl make the dressing by combining mayonnaise, sugar and vinegar. Mix well.

Pour dressing over broccoli mixture and toss. Refrigerate until ready to serve, tossing occasionally.

NOTE: If you don't like crunchy broccoli, just quickly steam it and drain before combining with other ingredients.

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

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**Thank you**

My husband Jack Freidman passed away on January 4, 2017.

I want to thank the many friends we've made in the 25 years here at Rossmoor, for their cards, phone calls and donations in behalf of Jack's memory.

He was active with the Players group for many years. He loved doing comedy skits with the late Sam Newman. To sharpen his mind, Jack would memorize poetry stanza after stanza.

Our home was always filled with classical music that warmed his heart.

**Thank you all,  
Doris Freidman**

**In Memoriam**

**Christine Wilson has  
passed away**

By Linda Bozowski

Many of us have known of Christine Malanga Wilson, formerly of Elizabeth, who lived in Rossmoor for 36 years. Mrs. Wilson was a self-taught chemist at Merck in Rahway for many years. She participated in the development of many pharmaceutical and agricultural products, and was a very generous benefactor of Kean University. She was awarded an honorary doctorate from that college for her chemical industry contributions. She died on January 27 of this year at age 102 after a brief illness.

Mrs. Wilson is survived by one of her sisters, her step-daughter, and eleven nieces and nephews. Her husband, Andrew, predeceased her.

A memorial gathering will be held at the Meeting House on Saturday, May 6 at 10:30 a.m. All are invited to attend.

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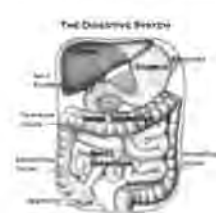
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# This month in pictures

Photos by Joe Conti and Walter Gryskiewicz

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## Clubs and Organizations

### Reacquaint yourself with Clara Barton at Women's Guild meeting

By Diane England

Come and meet the "Angel of the Battlefield" on Thursday, April 20 at 1:30 p.m. in the Ballroom when actress Pat Jordan of The American Historical Theatre portrays this remarkable woman for the Women's Guild. What events from Barton's life will you hear told from her perspective by this actress? You'll just have to come and be surprised. But then, there are so many possibilities for Jordan to have chosen from.

True, Clara Barton might be best known as a Civil War nurse and founder of the American Red Cross. Did you realize, though, that this Massachusetts native founded the first free school in New Jersey? Barton was teaching in Hightstown in 1851 when she visited nearby Bordentown where she was disturbed to see children in the streets because their parents couldn't afford to send them to private schools. Shortly thereafter, she convinced the local school committee to let her try to educate some of these children in a free school.

In May 1852, Barton

opened her school with only six male students. By the year's end, however, she had 600 pupils. As a result, the town officials built a new public school. However, they chose a man to become the new school's principal, not Barton. Not surprisingly, she felt hurt and resentful. Feeling thusly, she chose to leave for Washington, D.C. and to answer President Lincoln's call for help for the Union soldiers. Soon afterwards, Barton was risking her life on the front line providing supplies and support for these men. She also performed procedures nurses typically didn't, such as removing bullets.

Interestingly enough, even in childhood Barton seemed to have an innate understanding of the needs of people (and animals) in distress as well as the ways she might help them. Then as an adult, she showed others how they could benefit their fellow citizens in need through organized volunteer service. In fact, when she was 60 years of age, in 1881, Barton founded the American Red Cross. Despite having already lived

longer than most women at the time, she went on to lead this organization for 23 years.

What about the actress who'll be depicting Clara Barton? Pat Jordan has done so at the White House Visitors Center, the Library of Congress, the Smithsonian Institute, the National Archives, Mount Vernon, the Franklin Institute, and other places, too. Jordan, who has been with the American Historical Theatre since 1992, earned a degree in theatre from Villanova. She has musical training as well, through Juilliard opera workshops.

The cost of this program has been funded in large part by the Horizon Speakers Bureau of the New Jersey Council for the Humanities, a state partner of the National Endowment for the Humanities. The program itself was produced by the American Historical Theatre.

Please don't forfeit this wonderful opportunity to see something unique, educational, and uplifting. Then, as usual, plan to enjoy fellowship and refreshments afterwards.

### For the umpteenth time: Vic Laurie at Computer Club

By Alec Aylat

Perennially popular guest speaker, Professor Victor Laurie, who claimed that he didn't need Google because his wife knows everything, will detail the "Art of Buying a Computer" at the monthly meeting of the Computer Club in the Ballroom at 10 a.m. on Monday, April 17.

You may require some refreshment before settling in to Vic Laurie's light-hearted discourse, so coffee and cake are available at 9.30. Be prepared to question his belief that aliens have already visited us, acquired PCs, and concluded that there is no intelligent life on earth.

A retired Princeton University professor of chemistry, Vic received a B.S. in mathe-

matics and chemistry from the University of South Carolina and a Ph.D. in physical chemistry from Harvard University. He was a member of the Stanford University chemistry faculty before moving to Princeton.

In his retirement, he is involved in a number of computer activities that continue a connection with computers that began in 1956, when he programmed part of his Harvard doctoral research on the Univac I. He has been using computers for various purposes ever since, has written numerous articles for computer newsletters, gives public lectures on home computing subjects, and maintains

several Web sites where he writes articles on computer subjects.

A major use of computers is for email, he says, despite the many claims that social networks are killing it, or text messaging is replacing it, or spam makes it useless, or the young disdain it. This then is one of the reasons for buying a computer, but there are so many more that making the decision of which to buy, requires careful thought and wise action, particularly today when the Personal Computer has advanced into the realms of unbelievable and inexplicable, and is a hacker's "La La Land" for the unprepared.

### Emerald Society's activities

By Joan Avery

Everyone enjoyed the exciting trip to the Dutch Apple Theater to see "Jesus Christ Superstar." The production was excellent and the dinner was wonderful.

The St. Patrick's Day party was on Friday, March 17, at 6 p.m. in the Ballroom of the Clubhouse and the menu consisted of corned beef and cabbage, roast pork loin, salmon in lemon dill sauce, wine, beer, and soda, among other treats. Always such a success! The very beautiful Mass was held in the Meeting House at 7 p.m. on

March 16 and was hosted by the Emerald Society.

Dan has arranged a trip to the Villa Roma in New York for May 15, 16, and 17. There are seven seats left. The Villa Roma is in the beautiful Catskill Mountains. Five meals are included, with social activities and entertainment as well.

President Dan Jolly also planned a trip to the Tropicana Casino on April 19.

Another great year for the members of the Emerald Society! See you at the April 26 meeting where we will have Billy Phillips lead a sing-a-long.

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By Irene Poulin

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**No Middle Name: The Complete Collected Jack Reacher Stories** by Lee Child

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**Dragon Teeth** by Michael Crichton

Set in 1876, at the height of the Bone Wars – the fran-

tic competition by paleontologists to find the very best preserved dinosaur fossils. This newly discovered novel should cheer up fans of Crichton, who died in 2008.

**Night Hawk** by Clive Cussler

A completely ahead-of-its-time aircraft seems to have evaporated somewhere over the Pacific. It's a big headache for NUMA crew leaders Kurt Austin and Joe Zavata because it's carrying a special material extracted from outer space that must be stored at a temperature near absolute zero.

**No Easy Target** by Iris Johansen

Margaret Douglas has worked hard to put her pain-

ful past behind her. Raised off the grid in an abusive home, her only escape was the nearby forest where she sought refuge whenever she could. There, in the peaceful woods, she discovered a strange gift: the ability to understand animals and to communicate with them.

**Two from the Heart** by James Patterson

Anne McWilliams has lost everything. After her marriage falls apart and a hurricane destroys her home she realizes that her life has fallen out of focus. So she takes to the road to ask long lost friends and strangers a simple question: "What's your best story?"

**One Perfect Life** by Lisa Scottoline

A handsome stranger moves to the small Pennsylvania town of Central Valley, and his name is Chris Brennan. He's applying for a job as a teacher and baseball coach at the local high school and he looks perfect on paper, but his name is an alias, his resume is false, everything about him is a lie, and he has a secret plan.

**Fast and Loose** by Stuart Woods

Stone Barrington is enjoying a boating excursion off the Maine Coast when a chance encounter leaves him somewhat the worse for wear.

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## Italian American Club

By Tony Cardello

Our first trip of the year to the Sands Casino, in Bethlehem, Pa. on March 27 arranged by our trip coordinator Bob Macchiarola was enjoyed by all even those who came home with empty pockets.

Members who have not paid their annual dues are asked to do so by bringing payment of \$15 to the April membership meeting on April 19 at the latest.

The entertainment for the April meeting will be Alex Leonard who profiles Italian singers, Perry Como, Frank Sinatra, and Tony Bennett among others.

Bingo will be played in the Ballroom on April 7 at 6:30 p.m.

Donations made on behalf of the club to various charities in 2016 totaled \$2100.

Our first donation in 2017 was \$150 to the Sisters of Christian Charity.

## New Jersey Club presents George Washington's special spy

By Eileen Parker

The New Jersey Club will meet on Friday, April 28 at 1:30 p.m. in the Ballroom. Al Parker will present a program, "George Washington's Special Spy in New Jersey." Refreshments will be served, and all are welcome.



## Allison Brewster Franzetti, internationally acclaimed pianist, to perform at Meeting House

By Gene Horan

Pianist Allison Brewster Franzetti has received international acclaim from critics and audiences alike for her stunning virtuosity and musicality, both as a soloist and chamber musician.

She has performed with many orchestras worldwide including the Denver Symphony, the City of Prague Philharmonic, the Janacek Philharmonic, the Colonial Symphony and the European Women's Orchestra and has been a Grammy awards nominee multiple times.

Franzetti has made numerous recordings and received a Latin Grammy Nomination for best Tango Album, *Tango Bar* on Chesky Records.

The program will include *Images, Première Série* by Claude Debussy (1862-1918); *Images, Deuxième Série* by Claude Debussy; *Polonaise-Fantaisie, Op. 61* by Frédéric Chopin (1810-



Allison Brewster Franzetti

1849); *Serenata, Milonaga del Adios*, and *Tango Final* by Carlos Franzetti (b. 1948); and *Waltzes* by Robert Livingston Aldridge (b. 1954).

The concert, sponsored by the Rossmoor Music Association, will be held in the Meeting House at 7:30 p.m. on Friday, April 7. Tickets will be available at the door for non-subscribers at a cost of \$15.

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## Purchase your tickets for scholarship luncheon at April meeting

*By Diane England*

As you probably know, the Women's Guild scholarship luncheon takes place annually and indeed, this year it will be held on Thursday, June 8, at noon in the Ballroom. This is when we meet the college-bound Monroe Township High School seniors to whom we're awarding \$1,000 scholarships. This year, we're happy to report we'll be handing out seven scholarships.

We're able to do this because so many of you donated goods to the annual bazaar that first Saturday in November, worked the event, and/or made purchases. (Bazaar Chairperson Paulette Mascia is intent on raising even more money next year, so when you're cleaning closets this spring, please set aside those things with good life still in them for donation to the bazaar. And remember, if anything doesn't sell, we'll make certain it's donated to a charity serving those in need of such items.)

Let's talk about food. The caterer for this event will be Twin Oaks, the same folks who provided our lovely holiday luncheon. The menu you'll be enjoying for the reasonable ticket price of \$16 includes

- Chicken tenders marsala
- Eggplant rollatini
- Penne pasta with broccoli and sun-dried tomatoes
- Potato salad
- Tossed salad
- Semolina bread and butter
- Cake
- Coffee and tea

Ticket sales to our members only will begin at our April 20 meeting (at 1:30 p.m. in the Ballroom, but please arrive early with your check in hand because our presenter will be an actress depicting Clara Barton and

should draw a large crowd). After this, we'll make tickets available for purchase by all residents in the Red Room (days and times to be announced in the May issue of the *Rossmoor News*) and at our May 18 meeting—after which ticket sales will close because our count is due to the caterer that afternoon.

Each member may purchase a maximum of two tickets. You may bring a

male or female guest, and you're certainly welcome to bring a guest from outside the community. Please be aware we intend to have open seating at tables of 10.

We hope you can join us for this uplifting event. It will be our final event for the 2016-2017 year since we do not meet in July and August. So, you might want to look at it as a nice way to kick off your summer as well.

## Players Pastimes



*By Sue Archambault*

There were two programs presented by The Players last month. The first event took place on Sunday, March 12. Once again, our Open Mic program was a huge success. Joe Conti acted as emcee and was his consummate professional and entertaining self. Many people participated as soloists, duos, or larger groups. Our ever-popular Mayflower Trio performed some special numbers as well. The reaction from the audience was a testament that it was a very enjoyable afternoon.

The Players regularly scheduled meeting on Monday, March 27, was a rousing success as well. Our own Barry Jacobsen added his expertise as we continued with our Bob Hope theme from February's meeting. Since Barry is knowledgeable on all things related to early TV, he was able to share background and pertinent information to accompany his original reel-to-reel film of Bob Hope's first TV show aired in 1950. The film began with Hope's entertaining first TV monologue. The following program was composed of acts by his special

guests including Douglas Fairbanks, Jr., Beatrice Lillie, Hal LeRoy, and Dinah Shore. Included in the program was the timeless song, "I Didn't Know What Time It Was," sung by Dinah Shore. Not surprisingly, all in attendance certainly seemed to enjoy this trip down memory lane.

The Players' next meeting will be held on Monday, April 24, at 7 p.m. in the Gallery. Dottie Haff will treat the audience to a fun-filled evening of nostalgia. First she will play the musical themes from popular shows of yesteryear. The attendees will be able to participate by trying to guess the TV show it came from. She will next show clips from these popular TV shows of the past, while sharing some related interesting information. Lastly the members of the audience will get the opportunity to see commercials aired with these programs. There is no doubt that this trip into past TV Land will be extremely enjoyable as it will spark many fun-filled memories for us all. Everyone is welcome to attend this event.

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## Dance Club's spring dance party

By Judy Perkus

DJ/Keyboardist Peter Lieberman will provide the dance music as the Dance Club welcomes spring. Couples and singles will be dancing to all types of music on Saturday, April 29, in the Clubhouse Ballroom. The fun starts at 7 p.m. Soda, munchies, coffee, tea, and desserts [sugar-free available] will be served.

Send your \$8 per paid-up member/\$10 per non-member check, made out to the Rossmoor Dance Club, to Armen DeVivo at 409B Roxbury Lane. The reservation deadline is April 19. All Rossmoorites welcome.

If you haven't yet renewed your membership, please send your 2017 Dance Club dues of \$15 per couple, \$7.50 per person to Armen. New members are always welcome.

Save the date: September 30 will be the date of the Dance Club's annual anni-

versary dinner dance.

Call Armen at 609-655-2175 for more information.

### Rossmoor Dance Club APRIL 29 DANCE

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

PAID-UP Member(s): \_\_\_\_\_ @ \$ 8 = \_\_\_\_\_

Non-member(s): \_\_\_\_\_ @ \$10 = \_\_\_\_\_

2017 membership dues \$7.50 per person; \_\_\_\_\_

\$15 per couple \_\_\_\_\_

Total \_\_\_\_\_

#### RESERVATION DEADLINE: April 19

Please send check made out to the Rossmoor Dance Club to: Armen DeVivo at 449B Roxbury Lane. 609-655-2175 or leave in an envelope in the Dance Club folder in the E & R Office

## Mutual Seven

Welcome spring. It has been a crazy winter season!

The annual directors' cruise will take place this year on April 15, leaving from Liberty Island. The sailing will take us to five different ports. First stop will be Port Canaveral, Fla., next Cuba, on to the Bahamas, Port St. Lucie, and last of all Port St. Maarten, returning to Liberty Island on April 28. After this long winter season, this cruise will be enjoyed by each of us. We really needed this vacation. Thank you each and everyone. (April fool!)

Common hallway painting is on course to be completed by May 1. Just a reminder, residents living on the first floor are responsible for keeping the foyer clean while the second floor residents have the stairs. We noted that some entrances have not been swept for a LONG time. Remember this is your home.

Siding and roofing projects for 2017 have been completed.

Concrete has been marked with three different colors

representing red replacement, blue grinding, and green crack filling.

The Maintenance Department has started taking reservations for air conditioning servicing as of April 3. Call them to schedule your appointment. At the same time, you might want to have your dryer vent cleaned. This will eliminate the possibility of a fire.

Once again, we are looking for lamp lighter volunteers. Please call a director if you feel inclined to help out. Also, if you see a walkway light out or one that does not go off in the daylight, please put a bag over the affected light so it can found. Call Maintenance with the exact location, e.g., 272-A Middlebury Lane, right side of manor.

Just to reiterate what Jane Balmer stated in the July Newsletter: "Any alterations or improvements in your manor or three-foot bed need a work permit, which may be obtained from the Maintenance Department on Prospect Plains Road."

Our next Mutual Seven meeting will be on April 24 at 10 a.m. in the Ballroom. The

election of one director for a three-year term and three associates for one-year terms will take place. Of course, refreshments will be served.

Hope to see you all there.

Your Directors: Arnold Jasper, Beverly Fasciano, Pat Ray

Associate: Bernie Lake

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## SPORTS



## ROSSMOOR Women's 9-Hole GOLF ASSOCIATION

By Terre Martin

Please note a correction to last month's article. The opening day tournament will be on Tuesday, April 11, followed by our luncheon in the Dogwood Room. Look for the sign-up sheet for both golf and the luncheon in the Pro Shop.

The general membership meeting will be held on Tuesday, April 4, at 11 a.m. in the Cedar Room. It is important that everyone attend. There will be many items to hand out and new ideas to share. Among them will be a revised handbook, a copy of our updated bylaws, and information about additional outreach to new residents.

We are eager to welcome new members, so if you

know a woman who would like to take up golf, please have her contact our membership chair, Mary Shine (609-655-4518) or President Joyce Cassidy (609-619-3618). We hope to sponsor a beginner's clinic given by our golf pro Ted Servis. Those who get bitten by the golf bug can join the 9-Holers and take additional lessons with Ted. If you already play golf but need a refresher, the clinic is for you. Look for more information on Channel 26 as it becomes available.

Thank you to Mary Shine's artistic daughter Eileen, for the great masthead design. It's a new look for a new season, which will bring new opportunities and new challenges.



## Golf Course Highlights

By Ted Servis, Golf Pro

What's going on at the Golf Course? Spring is here, which means it's time to start playing golf, we hope. It's been a long but mild winter.

We will hold our first ladies' golf clinic on Wednesday May 24, so please call the Pro Shop to sign up.

The Pro Shop is starting to receive new merchandise. We still have plenty of golf equipment in stock. Gift certificates are available for merchandise or for greens fee and golf carts. The Pro Shop is back to its normal hours, Monday from 11 a.m. to 5:30 p.m. On Tuesday through Sunday we are open from 7 a.m. to 5:30 p.m., with all hours subject to the weather.

If there is anything we can help you with, or to answer any questions, please give us a call at 609-655-3182. Thank you and I wish everyone a healthy and happy golf season.

Remember that the Golf Course is currently offering a referral incentive of \$200 in Pro Shop credit for bringing in new members.

## Rossmoor 18-Hole "Ladies' Golf League 2017 Membership Form

Please return the membership application  
by April 1, 2017 or earlier.

**Membership fee: \$75.**

Prospective members, please enclose a current USGA handicap card or five Rossmoor scorecards attested by a league member and your check in the above amount. (Maximum handicap - 40)

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Address: \_\_\_\_\_

Phone: \_\_\_\_\_

GHIN #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Please make checks payable to:

**"Rossmoor Ladies' 18-hole Golf League."** Send check with membership form to: Arlene P. McBride, 352A Old Nassau Road, Monroe Township, NJ 08831, **OR** place the check with membership form in the **Ladies 18-Hole box in the Pro shop.**

## Ladies' 18-hole league season starts in April

By Arlene McBride

The official opening day for the Ladies' 18-hole league will be April 11

On April 25, the first Executive Board meeting will be held. We'll address concerns and report to the league at the opening day luncheon on May 2.

The membership form will be printed in this issue. (See below.) If you want to join, there is still time. Forms can also be obtained in the pro shop. Membership dues - \$75. Email [arlenemcbride@comcast.net](mailto:arlenemcbride@comcast.net) or call me at 609-395-1017 for more information.

Easter Greetings and Happy Passover to all who celebrate their respective holidays.

Happy spring - April is here and we're ready for another exciting season ever!

## A trip to Scotland

By Dierdre Thomson

We're going on a trip! Our next trip to Scotland will not be until August, but we have been able to accomplish quite a bit in preparing for it. Early booking saved us quite a bit of money: flights at a very economical rate, a major hotel, and tickets for the Tattoo in Edinburgh. I find that I have become more than willing to let one of my computer savvy grandchildren handle the actual bookings. Somehow, as I have matured in many ways, I find that doing all the "nitty gritty" stuff of booking trips has become a wee bit overpowering.

It is hard to believe that back in the mid-1980s, I planned an entire trip for a month in Scotland. I bought myself a Fodor guide on Scotland and checked every area where we thought we might be able to find interesting sights such as castles, the Isle of Iona, and the Covenanter Trail on the Isle of Skye. I figured out which bed and breakfasts would work best for us. Looking back, I wonder what possessed me, and what possessed my husband, Bud, to go along with it, to plan that month-long trip. But as I think about us going round and round and round the roundabouts, and the crisscrossing of the country at least three times, it truly was worth the time and effort, for it gave us many happy, and some silly, memories.

We were awed by the lush scenery as we drove to Edinburgh, and then walked and re-walked the Queen's Mile. We were fascinated by the rich coastline as we traveled north to Peterhead to stay a few days with family, and to find out the difference between

(Continued on page 19)



## Religious Organizations

### Community Church news

By Dierdre Thompson

From the pastor: Do you sometimes find yourself like me? I will find a book, an article or a devotion booklet and set it aside to read and use a little later. Months go by and I will suddenly re-discover it under a mound of papers and booklets that I had also determined to read and use – later.

This time, when I found a long-lost booklet, a particular devotion stood out, for I had used the same example in a recent sermon. In the devotion, David McCasland told about a large sign that was posted at the Texas A&M University Football stadium: "HOME OF THE 12<sup>TH</sup> MAN." Most of us know that when playing football, each team is allowed 11 men on the field. So where does the "12<sup>th</sup> player" or "12<sup>th</sup> man" come from? YOU! That is, if you are a football fan. The "12<sup>th</sup> man" is all those fans rooting for their team.

Tradition states that in 1922, the coach had no one left to replace anyone who might be injured. The coach called to a young man in the stands and told him to "suit up" and be ready in case he was needed on the field. He immediately suited up and

sat on the bench. The young man was never needed, but his willingness encouraged the team to keep trying and thus the "12<sup>th</sup> man" tradition at A&M was born.

Hebrews 11, which is known as the faith chapter, tells of heroes of the faith who, despite great trials, remained loyal to God. In the following chapter of Hebrews, we are reminded that we are surrounded by "such a great cloud of witnesses." We are reminded that we are never alone. We have those who have gone before us to encourage us, and we have God.

We have our "12<sup>th</sup> man" to encourage us while we are on the playing field of life. We, also, can be a great cloud of witnesses. We can be the "12<sup>th</sup> man."

### Catholic Society sets April activities

By Gene Horan

Because of the extra services in parishes during Lent, the Catholic Society will not host a Mass in April at Rossmoor.

Activities for April include

- Recitation of the Rosary in observance of Lent at 10 a.m. on Friday, April 7, and on Good Friday, April 14, in the Dogwood Room;
  - The Catholic Society Council meeting at 1:30 p.m. on Tuesday, April 11, in the Meeting House parlor;
  - The Prayer Shawl ministry at 1:30 p.m. on Thursday, April 6, and Thursday, April 20, in the Clubhouse Craft Room; and
  - The Chaplet of Divine Mercy at 3 p.m. on Tuesday, April 18, in the Meeting House parlor.
- The Catholic Society Council wishes everyone a blessed Holy Week and a very joyful Feast of the Resurrection of the Lord.

### Scotland

(Continued from page 18)

high and low tea, and to have some REAL haggis. Then to Inverness as the scenery became more mountainous and we enjoyed a REAL Scots Game. As we headed down the West Coast the scenery became much more craggy, but still very beautiful.

I am, however, not certain that my mother-in-law, Katherine, thought it was beautiful. As we drove along the one lane road (one lane handled traffic both ways) we would often have to pull into a lay-by. Every once in a while, Bud and I would hear a gasp from the back seat as we rounded a curve. Did I mention that the road was literally at the edge of a cliff? After a half-hour of gasps, I could see that Bud was getting tense, so I asked Katherine what was wrong. She replied, "It looks like we are going to go over the cliff." I told her to close her eyes so that she would not see how close we were to the edge. "But," she said, "if we are going over, I want to see where we are going." It was very quiet in the car for a long time after that.

Back to 2017, as I prepare to treat the rest of the grandchildren to some of the British Isles. So off to Barnes and Noble for an updated Fodor's on Scotland, and this time also one on Ireland, in the hope that we will be able to see some of the area from which my birth family came. And then there is the planning of the 2018 trip I am treating my children to, in celebration of my 80<sup>th</sup> birthday.

\*\*\*

### On the 4<sup>th</sup> Sunday – It Is Well worship service

Mark April 23 at 1 p.m. on your calendar. The Rev. Kahlil Carmichael will be leading the It Is Well Service at 1 p.m. at the Meeting House. Come for encouragement and inspiration: April 23, at 1 p.m. All are welcome.



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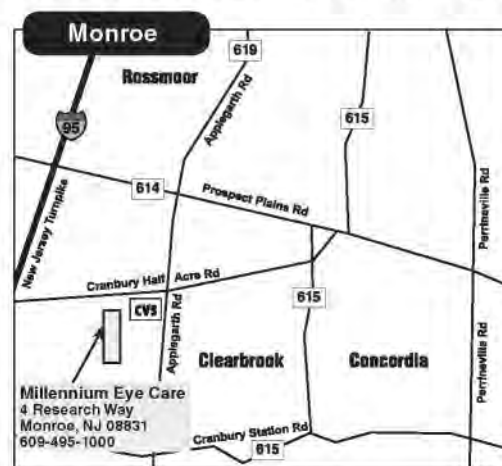
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## Jewish Congregation celebrates Passover with a festive meal

By Ben Wistreich

April is here again – and it also marks our annual Passover Seder – a festive meal for members and their family guests. This event marks our escape from Egypt and the parting of the Red Sea. We celebrate this ancient event with a family Seder and the retelling of the way we escaped through the Sinai Desert to the Promised Land. Our Seder, led by our Cantor, Mary Feinsinger and Lay Reader Bob Kolker, will be held on Tuesday, April 11, starting at 5:30 p.m. in the Ballroom. Family tables for members and their grandchildren are available. On

Tuesday, April 18, the Yizkor Memorial Service for Passover will be led by Jeff Albom, in the Meeting House.

The Jewish Men's & Friends Club will announce our May lunch/dinner event in the Bulletin. Our March event proved to be another successful afternoon meal and we expect another such crowd when we announce our May restaurant choice. As the excellent weather returns, we expect to choose restaurants further away from Rossmoor.

The April 14<sup>th</sup> Sabbath Service will have Bob Kolker as Lay Reader and Judy Perkus as Torah Reader. The April 28<sup>th</sup> Service will have Jeff

Albom as Lay Reader and Bob Kolker as Torah Reader. As of this writing, the Congregation will sponsor both services.

Those wishing to sponsor a Sabbath Service should contact co-gabbai Judy Perkus. Cantor Mary Feinsinger leads our Services, which begin at 7:45 p.m. in the Meeting House.

The Congregation's monthly Board Meeting will be held on Tuesday, April 4 at 7 p.m. in the Dogwood Room.

Finally, you should know that plans are being made for the 50<sup>th</sup> Anniversary of the Rossmoor Jewish Congregation in early 2018 — less than a year away. A committee is now being formed, and volunteers should contact Ben Wistreich at 609-860-9580. This should be a memorable event for our Congregation, which has had an historic life, including 550 members at our founding, a Torah that was saved from World War II, and a newer Torah that was purchased by the Congregation quite recently – and was honored and dedicated by an active member who is remembered fondly.

## Guest soloists to perform at Community Church

By Mary Jane Brubaker

Professional singers Don Sheasley, Stephanie Perval, Carol Baldessari will be guest soloists at church services in April, along with Rutgers University students Jason Allen, who will be accompanied by subpianist Kevin Gunia.

Stephanie Perval, will perform on Palm Sunday, April 9 at 11 a.m. Her selections will be "The Palms" by Jean-Baptiste Faure and a spiritual, "Ride On, Ride On in Majesty." Perval is an ordained elder in the Presbyterian Church USA, where she has chaired two terms on the Music and Worship Committee. In 2015, Perval completed the Leadership for Church Musicians (LCM) certification program hosted by the Lu-



Soloist Don Sheasley

theran and Episcopal churches, which included courses in theology and hymnody. That same year, she was one of 50 fellows selected nationwide to participate in the weeklong intensive Black Theology and Leadership Institute at Princeton Theological Seminary. Currently,



Soloist Stephanie Perval



Soloist Carol Baldessari

Stephanie is a soprano with the N.J. Master Chorale and a member of its Board.

Baritone Don Sheasley, who has been performing at Rossmoor over the past three decades, will perform "And the Trumpet Shall Sound," and "Behold, I Tell You a Story" at the Easter Sunday service on April 15 at 11 a.m. Don has performed with, among others, the Princeton University Opera, the Trenton Civic Opera, the Jersey Lyric Opera, and the Baroque Orchestra of New Jersey.

Vocalist Carol Baldessari, who currently operates a studio of 23 musicians who teach guitar, piano and voice, will perform at Sunday service on April 30 at 11 a.m. She has performed various genres of music including jazz, contemporary Christian, and Broadway tunes. Carol serves as a cantor at Nativity of Our Lord Roman Catholic Church in Monroe Township. She has sung with Monmouth Civic Chorus, Shrewsbury Chorale, Central Jersey Choral Society, and the Diocese of Metuchen Festival Choir.

Rutgers students Jason Allen and Kevin Gunia will perform at Sunday service on April 23 at 11 a.m.

The Community Church is an ecumenical congregation that welcomes people of all faiths to worship every Sunday morning at 11 a.m. at the Meeting House. For those already belonging to another church, the Community Church offers a dual membership. For more information, please contact Membership Chair Alyce Owens at (609)860-0866.

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### Community Church March 2017 calendar

April 1 at 8:30 a.m. ~ *Behold the Lamb* Cantata rehearsal  
 April 2 at 11 a.m. ~ Church Service; *Behold the Lamb* Cantata; Fellowship Sunday  
 April 4 at 10 a.m. ~ 50<sup>th</sup> Anniversary Committee meeting  
 April 6 at 10 a.m. ~ Women's Guild Board meeting  
 April 9 at 11 a.m. ~ Palm Sunday Church Service with Communion  
 April 13 at 5 p.m. ~ Maundy Thursday Service  
 April 14 at 12:30 p.m. ~ Good Friday Service  
 April 16 at 11 a.m. ~ Easter Sunday Service  
 April 17 at 10 a.m. ~ Council meeting  
 April 20 at 1:30 p.m. ~ Women's Guild meeting  
 April 23 at 11 a.m. ~ Church Service  
 April 23 at 1 p.m. ~ Living Well at Rossmoor Service  
 April 25 at 1:30 p.m. ~ Library Committee meeting  
 April 30 at 11 a.m. ~ Church Service

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## Come celebrate! Community Church welcomes spring with Easter Cantata

By Mary Jane Brubaker

A special musical program featuring a 40-member chorus and a 15-piece orchestra will be the focal point of the Community Church's Sunday service on April 2 at 11 a.m. at the Meeting House.

Led by Chorus Director and Church Music Director and Organist Cecile Wang, this musical journey is titled "Behold the Lamb" and blends original melodies with timeless hymns. Creators Lloyd Larson, Molly Ijames, and Jay Rouse combined forces to create a compelling worship experience.

The chorus will be composed of three different groups that will be combining their talents for this program. These include the Rossmoor Chorus, the Community Church Singers, and the Chin Yun Chorus.

Accompanying the combined choral group will be an orchestra assembled by Wang consisting of professional musicians, music educators, and students currently studying music at Rutgers University.

"This is a truly beautiful musical program and will be a wonderful way to welcome

spring and celebrate the spirit of Easter," says Wang. "We encourage all residents to come and enjoy this moving and joyful musical experience."

The Community Church is an ecumenical congregation and welcomes people of all faiths to worship every Sunday morning at 11 a.m. at the Meeting House. For those already belonging to another church, the Community Church offers a dual membership. For more information, please contact Membership Chair Alyce Owens at (609) 860-0866.

## Princeton theology student to serve as guest preacher at Community Church on April 30

By Mary Jane Brubaker

The Community Church is pleased to welcome Boye-Nelson Kiamu as guest preacher at the Sunday service on April 30 at 11 a.m. Boye-Nelson is currently studying for a master in theological studies in Mission Theology at Princeton Theological Seminary. An international student, he has served as a young adult director in Liberia, a youth and environmental service consultant in Liberia and Malawi, and a missions director in northern and southern Nigeria.

Prior to continuing his education at Princeton, he worked as a media producer for the United Nations. He currently serves as the director of missions for Liberia Renewal Movement.

"We are honored to have Boye-Nelson Kiamu lead our service at the end of this month," says Church Worship Committee Chair Sidna Mitchell. "Our goal is to provide our community with a

wide variety of worship experiences and I am confident he will offer an engaging and thought-provoking sermon."

The Community Church is an ecumenical congregation and welcomes people of all faiths to worship every Sunday morning at 11 a.m. at the Meeting House. For those already belonging to another church, the Community Church offers a dual membership. For more information, please contact Membership Chair Alyce Owens at (609) 860-0866.



Boye-Nelson Kiamu

## MAINTENANCE DEPARTMENT

By Dave Salter

### A/C Servicing

Now that spring has arrived, it's time to have your air conditioner serviced. Maintenance will be servicing air conditioners again this year. Please call our office starting April 3rd to have your manor put on the list. When weather permits and servicing begins, it is done on a first-call, first-serve basis.

### Condo (except Mutual 4)

\$40 plus tax

### Co-Ops (including Mutual 4)

\$45 plus tax

Servicing includes inspection of system, checking Freon levels and filter replacement (parts, blue mesh filter and Freon are not included in the price). This price is per unit if you have 2 units the price is double.

### Yellow Stake & Yellow Ribbon Procedure

Many residents enjoy gardening and take pride in maintaining their own three-foot bedding areas. If you are one of them, you need to mark the bed so the landscaping company (High Tech) gets the word. This is done with yellow stakes at the corners of the bed where they are visible from either direction or additional stakes every six feet or so in between, if needed. The stakes mean nothing is to be touched. Some people

only want to take care of a special bush or two themselves. If you don't want a bush pruned by the landscaper, please tie a yellow ribbon or two on it where it is very visible. Yellow stakes and ribbons (and more detailed instructions on their use) are available at no charge in Maintenance and E&R.

### Insects

If you have a problem with insects in or around your manor, please call or bring in a sample. We will have the exterminator treat, if applicable.

### Smoke Detectors/batteries

The Fire Department recommends that Smoke Detectors be replaced after ten years.

If you would like to have yours replaced, please give us a call. You should also replace the batteries in your smoke detector twice a year.

### Dryer vent cleaning

Dryer vents should be cleaned at least once a year. Condensation can build up in the duct and can cause a leak. If you have a bird guard cover on the vent it can build up with lint. Please call our office for an appointment.

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## "The game's afoot"

By Hadassah Aylat

Since we enjoy Sir Arthur Conan Doyle's Sherlock Holmes, we'll be taking this quotation literally on Monday, April 24, at 1:30 p.m. in the Gallery at the next meeting of the Sisterhood. We're having a gala Game Day to which all residents are invited, including our own members. You guys have to bring your own decks of cards, or tiles, or games, or whatever you require to play, and we'll furnish the set-up card tables and chairs and the coffee, tea, and dessert.

However, in order to accommodate you, you have to let our Program Chairman Dolores Grieff know how many persons are expected so we'll have the correct number of tables and chairs ready and enough refreshments for everyone. Dolores's phone number is 409-9403. Please call her by April 19.

In addition, we hope you'll bring non-perishable food items for the Food Pantry.



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HEALTH CARE CENTER NEWS

Allergies

By Kaytie Olshefsk, BSN, RN-BC

We welcomed the unseasonal warm weather in February, but this fluctuation in weather is going to cause a prolonged allergy season for allergy sufferers. The spring flowers and trees have started to bloom. The grass will be perking up and turning green. For some people this is the start of their allergy suffering.

The question we ask: is this an allergy or a cold? To differentiate between the two, a cold may produce a fever while an allergy does not. An allergy may make you sneeze seven or eight times in a row, and your eyes and nose will itch. An allergy will come on quickly while, on the other hand, a cold will make you

suffer a few days before you come down with full-blown symptoms. Body aches may accompany a cold, but not an allergy.

Your body reacts to a specific allergen that is either environmental or a household trigger. The allergen may be inhaled, swallowed, or it may come in contact with your skin. However, you come in contact with it, the allergy is absorbed and causes your body to produce antibodies. The antibodies will react and produce histamine, which is the culprit that causes the inflammation in your nose, eyes, lungs, skin, and digestive system. Allergy symptoms are usually worse on spring and summer mornings when the pollen count is highest. Allergens come and go with the weather, although

some may linger. Some common allergens include grass, ragweed, pollens, wool, dyes, medications, feathers, mold spores, dust-mites, insect stings, and animal dander.

Common reactions to an allergy:

- Hay fever – sneezing, itchy nose and/or eyes, nasal drainage, burning throat
- Allergic rhinitis (inflammation of nasal mucosa) – nasal congestion and drainage, sneezing
- Allergic dermatitis – itchy skin, rash
- Contact dermatitis – rash caused by direct contact with the substance

The first step in treating an allergy is to identify the source and then avoid it if possible. We cannot avoid pollen, but there are some ways to lessen the symptoms. Avoid going outside in the early mornings when the pollen count is the highest. Don't open the windows in your home; instead use your air conditioner. When driving, use the air conditioner instead of rolling the windows down. Consider purchasing an air filter for your home. If you are allergic to a certain food, of course, eliminate that food in your diet.

Over-the-counter antihistamines and decongestants may produce temporary relief. There are drowsy and non-drowsy antihistamines. There are also medications that combine both decongestants and antihistamines. It is advisable not to drive a car or operate machinery when taking these, including any other medication that might cause drowsiness. Read the label and follow the instructions. Decongestants may cause insomnia, jitteriness, and heart palpitations. Decongestant nasal sprays should only be used up to five days. If you are not better in a few days, see your physician.

When should you see your physician? When you are not getting relief from over-the-counter medications, if the medication is making you drowsy, or if the allergies are interfering with your activities of daily living. Allergies have been known to cause more serious conditions such as sinusitis or ear infections. If a secondary infection develops, such as fever, difficulty breathing, expectorating yellow-green mucous for more than three days, or if you just don't feel right, see your doctor immediately.

Please be aware that not everyone should take over-the-counter medications. If you have high blood pressure, diabetes, heart palpitations, or are a man with enlarged prostate, consult your physician before taking over-the-counter medications.

Allergies are seasonal. You should expect them to return next year, but at least for this year, maybe you'll be able to obtain temporary relief.

The next lecture in Saint Peter's University Hospital lecture series is "In Sync with your Move," by Gauri Sabnis, PT, MS, OCS, Cert MDT, from Synergex Physical Therapy, on Monday, April 10 at 1 p.m. in Maple Room. If you are interested in attending this very informative lecture, please call Health Care Center, at 655-2220 to sign up.

Your Garden

By Mel Moss  
Dwarf conifers

Dwarf conifers are good plants to add to your foundation plantings or to replace overgrown shrubs. They can be maintained to a size appropriate for the house. Most dwarf conifers will stay low enough so they don't have to be hacked back to keep them below window level.

Dwarf conifers are slow growing and can be pruned back if needed. They come in different shapes: pyramidal and in low mounds. Because they are evergreen, they will add color in the winter months while forsythia and other deciduous shrubs look like dead sticks. Although they do not flower, there are varieties that give color in their foliage other than green. But even if it is just green, that's better than those forsythias.

Just about all the dwarf conifers like a lot of sun, but will tolerate some shade although not a lot. Any soil with reasonable drainage will be OK. Most dwarf conifers will grow only two to three inches larger each year. Most garden centers will have a tag on each plant, giving a description and ultimate growth size. In most cases, however, this is not the ultimate size of the plant, but only what it will attain in ten years. I do not know why they do this, but in any case, the growth will be slow enough that this should not be a problem even if the plant is there for 20 or 30 years or more.

The cost of a dwarf plant is usually higher than that of most other plants because of

the time needed to get to a size large enough to sell. For example, in two years a forsythia will be three to four feet high and ready to sell, whereas a dwarf Alberta spruce requires at least four years to reach the saleable size of 12 to 15 inches. Here are some of the more popular dwarf conifers.

**In the Arborvitae family:**  
Thuja occidentalis "Reingold" grows in a mound shape, three to four feet high and wide in 10 years. Outer growth is an orange color that turns a deeper coppery color in the winter months. It needs a lot of sun to produce this color and it also needs some light pruning to prevent any growth flattening with snow or ice in the winter.

Thuja Hetz midget grows in a very rounded shape, with dark green foliage. In 10 years, it will be two to three feet high and wide.

Thuja Danica is more upright in habit. In 10 years, it will be two feet wide and four feet high. During the growing season, it will have an emerald green color, and then bluish green in the winter months.

**In the Juniper family:**  
Blue Star juniper has a beautiful deep blue color foliage and a low spreading, somewhat mounded growth habit. It puts out about two to three inches of new growth per year. It will survive poor soil as long as it is well-drained. It grows about three feet wide and 18 inches high in 10 years.

**In the Cypress family:**  
Chamaecyparis obtusa nana  
*(Continued on page 23)*

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**Rossmoor Resident Telephone Directory**  
**CHANGES & DELETIONS ONLY**

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**Information as it now appears:**


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**Changes for the 2017-18 edition:**

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**\*\*All Changes must be received by July 14, 2017\*\***

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**From the Mayor**  
**By Gerald W. Tamburro,**  
**Mayor of Monroe Township**

**Taking the lead from a homegrown leader**

What can I tell you about the first time I crossed paths with former Councilwoman Leslie Koppel? I vividly recall a bright-eyed, dynamic and more importantly, curious young woman.

As a Monroe native, she always had her finger on her hometown's pulse, but that's because she never stopped exploring it – whether it was the physical landscape, some longstanding historic treasure, a school board meeting or even a new resident.

So you can imagine my excitement back in 2006, when I first learned that I'd have an opportunity to work with her on the Council.

Today, I'm even more elated to announce that she's bringing that same enthusiasm and thirst for knowledge to a higher platform as a Middlesex County Freeholder.

As some of you are aware, Freeholder Koppel resigned from the Monroe Township Council seat and took on her new post February 16.

While there is some reluctance on my part to see such a civically engaged and now seasoned member of our Council depart, I know it's equally as important that she use her gifts at an elevated level of government and, in a way, that will benefit all Middlesex County residents.

Yet another silver lining is that Freeholder Koppel steps into this role with special insight into the concerns that represent our municipality, and is now in a position to communicate those interests with a much broader audience.

I know one of Freeholder Koppel's greatest loves was the community garden that she was so instrumental in bringing to fruition right here in Monroe.

I'm sure that we'll see her out there, from time to time, tending to her small plot and watching it flourish, much as she did for our community. Don't hesitate to say hello.

In fact, taking a cue from Freeholder Koppel, I encourage you all to venture out into our sprawling township.

For you, that might mean taking a walk through a newly discovered park or introducing yourself to a neighbor.

However it translates, I think we build a better community by staying interested in and in tune with the people and the places that surround us.

Freeholder Koppel will forever be a sterling example of that philosophy and I believe we could all benefit by taking a page from her book.



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**NAT TRANSPORTATION** – Monroe resident. All airports, shipyards, NYC and local. Doctor and hospital visits. (917) 657-5611.

## Home Improvement & Services

**EDY'S PAINTING** - !5 years of experience. References available. Call Edy (732) 501-2103.

**DD PAINTING** – Professional painting, sheetrock repair. Rossmoor relative. Free estimates. Dave (908) 421-5616.

**T-K-S HOME IMPROVEMENTS** – Full service contractor and handyman services. Kitchens, baths, basements, painting, tile and more. No job too big or small. Credit cards accepted. 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.

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

**LANDSCAPE** – Spring cleanup, complimentary fertilize. All services available – local resident. (609) 468-3412.

**FOREVER YOURS LANDSCAPING, INC.** – Landscape design and maintenance. Rocks, mulch, pavers, power washing. Owner operated. Fully insured. Free estimates. Call Frank (732) 284-1692. License #13VH05891100.

**ALL PHASES OF LANDSCAPING** from full plantings to a few pots. Also, most handyman jobs. Need it done, we can do it. Call Frank – Rossmoor resident. (609) 235-9717.

## Miscellaneous/ Services

**WIGS - CLEANED AND STYLED.** Pickup and delivery. Professional hairdresser. Cheryl (609) 655-5858.

**HAVE SCISSORS, WILL TRAVEL** – All hairdressing services. Will come to your home. Licensed hairdresser. Call Georgianne (732) 985-8129.

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

**PET CARE** – Reliable, experienced and great references. Please call (609) 664-2237.

**PET SITTER/DOG WALKER** – A true animal lover. Monroe resident. Barb (732) 735-4243.

**GREAT ORGANIZER** will help unclutter your home, paper, closets, etc. Milena (609) 860-8091.

**TECH BUDDY** – Simple step-by-step help with smartphones, computers, tablets and more. Large print solutions for low tech problems. ? Real Beginner to Advanced. Patience and enthusiasm included. Wireless printers, Netflix, Roku – setup and training. Free quote. (732) 589-4974. techbuddybarb@aol.com

**COMPUTER REPAIR** - RJF Sales Company LLC. Is your computer running slow? It may need a tune-up. Desktop and laptop repair in your home. Custom built computers. Virus removal and protection. Monroe resident with over 20 years of computer experience. www.monroe-computer.com (732) 723-9537 or (732) 967-3400. Please leave message, all calls returned same day.

## Tax Preparation/ Services

**CPA** – Taxes prepared in the comfort of your home. Reasonable rates. Rebecca (732) 718-4359.

**INCOME TAX PREPARATION** – Michael Stiller-MBA. 39 years experience serving seniors. In-home appointments. Prompt service. (732) 718-9050.

## Help & Health Services

**SOCIAL WORKER** – Home visits – Licensed Clinical Social Worker sees seniors in their home for counseling. Accepts Medicare and Out of Network only. Call Roberta Hantman at (914) 714-8146 or Email rphantman@gmail.com

**CAREGIVER** – Seven years experience. \$15 per hour, two-hour minimum. (609) 455-6924.

**CERTIFIED PROFESSIONAL CAREGIVER** – References and experienced. Driver's license. Low prices. Helen (732) 610-2811.

**CARING ELDER CARE** – We want you to live independently. Minimum visit is only two hours. We're Experienced. We're here to help. (646) 413-0813. www.CaringElderCare.com

**CERTIFIED HOME HEALTH AIDE** – Position wanted. Experienced, references. Hospice care experience. Marva (908) 565-1574.

**ANNA'S HOME CARE** – Certified professional caregiver is looking for live-in/live-out job in Monroe Township. Experienced, references. Driver's license. Accepts long-term care insurance. Low prices. Private care option. Call Anna at (609) 409-1600 or (908) 337-7462.

**CERTIFIED, EXPERIENCED** Filipino caregiver. Available nights Monday-Thursday. Victoria (609) 902-1136.

**CAREGIVER** – Organized and dependable caregiver looking for full-time opportunities. Current driver's license and car. Over ten years of experience. References upon request. (732) 513-2924.

**LEASE A NIECE** – Assistance with household activities, cooking, shopping, paperwork, appointments, companionship. Local transportation. NJ born and bred. Tracie (732) 904-3885.

## Wanted to Buy

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

## Housecleaning

**QUALITY HOUSE CLEANING** – Experienced and reliable, trustworthy and respectful. References available. Call (609) 858-4296.

**HOUSE CLEANING** to clean your home expertly and thoroughly. References, honest, courteous and experienced. Reyna (609) 371-4775. You'll be glad you called.

**HENRYKA'S HOUSE CLEANING** – Polish ladies, reliable and experienced. References available. Call (609) 586-0806.

**NICE JEWISH GIRL'S HOUSE CLEANING** and Health Aide Service. Over 20 years experience. Low rates. Insured and bonded. Call Eileen at (609) 860-9050.

**IZABELA'S CLEANING SERVICE** - Professional house cleaning. Quality work. Local references. Very reasonable. Years of experience in the area. European quality. (609) 954-0181 or (609) 656-9281.

**PROFESSIONAL AND AFFORDABLE** house cleaning. Local resident. Call Randy (609) 817-4656.

## Your Garden

(Continued from page 22)

**gracilis** (common name is Dwarf Hinoki Cypress) has an upright loosely pyramidal growth habit. The foliage is a lush green color with arching branches that droop at the tips. On young plants, the branches appear to twist in differing directions. It will grow to about four feet high in 10 years.

There is also a dwarf variety that has gold-tipped branch endings. This variety is even more slow growing and more compact in growth habit.

**In the Spruce family:**

**Picea glauca conica** (common name is Dwarf Alberta Spruce) is probably the most used dwarf plant in landscapes. They have an almost perfect pyramidal growth habit. Slow growing, they get to about six feet tall in 10 years, but might reach 10 to 12 feet in 30 years. Often they are used as miniature Christmas trees. One occasional problem could be spider mites, which are nearly microscopic in size and therefore not readily noticed. If the foliage seems to

fade from its normal green color to a light tan, it is best to check for them. Spider mites are easily controlled but hard to detect.

To check for mites, hold a piece of white paper under any suspected branches. Then tap the branch. If there are mites, you will see tiny red specks moving around on the paper. You can buy chemical sprays that will control mites. If not controlled, they can kill the tree.

**Dwarf blue spruce** has bright silvery-blue needles the year round. Its best color is in the spring and summer. Its growth habit is slightly tapered and it can reach a height of three to four feet in 10 years.

**Birds nest spruce** has short green needles and a short, squat growth habit. As it slowly grows, the middle becomes concave, making it look like a bird's nest. In 10 years, it can grow one to two feet high and three feet wide.

These are a few of the more popular varieties of dwarf conifers, but there are many more and of course, breeders are developing new varieties all the time.

## A message from High Tech Landscapes, Inc.

- We have completed the gumball clean-up throughout the community.
- The first round of pre-emergent and fertilizer has been completed. The next round will start in May/June. This will be a liquid application of broadleaf weed control with crabgrass preventer, using a herbicide with a high potassium formula that will provide broadleaf weed control in warmer weather and a granular application of fertilizer. We will supply copies of all Material Safety Data Sheets (MSDS) with the chemical name and Environmental Protection Agency registration number

- at the Maintenance Building.
- We will have spring bed edging completed by early April, weather permitting.
- Blowing out the beds of debris and leaves will be completed by early April, weather pending as well.
- The first mowing will be completed by middle to late April along with edging of sidewalks.
- Common areas will be mulched by mid-April.
- Carport cleanings will start by late April/May.
- The summer flowers will be planted around mid-May in the common areas.
- Spring pruning of the smaller shrubs will start around mid-May/June.
- Please call the East Gate phone and leave a message with any questions or concerns. (609-655-2121)
- Please tune to Channel 26 for any new updates

## CLASSIFIED Ad Information

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

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

**RATES**  
\$14 for 10 words,  
50 cents each  
additional word.

- Note: Phone numbers count as one word and names as one word. Do not count punctuation. Abbreviations will be counted as one word.
- Check or money order must accompany insert, made payable to Princeton Editorial Services.
- Phone number or address which appears in ad must appear on check or money order to ensure proper credit.
- Type or print your ad clearly and please include any contact information.

## LWV-MT meeting

By Ruth Banks

The guest speaker at the April 24 meeting of the League of Women Voters will be Bonnie Leibowitz, the Director of the Monroe Township Office of Senior Services discussing resources for seniors. The meeting will be held at the Municipal Building at 1 p.m.

On the weekend of April 28-29, the League of Women Voters of New Jersey will hold its 62<sup>nd</sup> Biennial Convention at the Forsgate Country Club. Delegates from all over New Jersey, as well as representatives from the LWVUS will be attending. Members of the Monroe Township League will be assisting in various capacities, and will be seeking donors and sponsors who would like to support the League's Voters Service Activities.

For more information contact: Andrea Pellezzi, 609-664-2146, or Judy Perkus, 609-395-1552.



ADVERTISEMENT



Brought to you by Northeast Spine and Sports Medicine

# Get rid of irritating numbness and pain in your legs and feet with FDA-cleared treatment



## Do you suffer from any of the following conditions?

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

## Get in on the relief!

*"I was diagnosed with peripheral neuropathy in 2006. My neurologist prescribed Neurotin, which didn't help. After treatment of MicroVas, the burning sensation in my legs is gone. I sleep better and have better balance. The environment at Northeast Spine is nurturing and caring."*

- Vicki M.

## Peripheral Neuropathy

is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

## How do you know if YOU have Peripheral Nerve Damage?

Peripheral neuropathy is the consequence of damage to your peripheral nerves. There are over 100 different kinds of peripheral nerve disorders or neuropathies – some are the result of a disease like diabetes, while others can be triggered by a viral infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage.

Many people suffer with pain for years, not realizing that their symptoms may be due to Peripheral Neuropathy. Symptoms start gradually, then get worse, including numbness, burning or tingling sensations and sharp, electrical-like pain. Treatment options have been limited to a small assortment of pain medications, which can lead to further issues. Ignoring the problem or masking the symptoms has never been a viable solution. If you suffer from any of the aforementioned symptoms, we can help.

## New FDA-cleared treatments provide hope

Northeast Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves.

## What does Peripheral Neuropathy look like?

### Healthy Nerve Cell

Properly processes sensory information to the brain:



### Damaged Nerve Cell

Sends incorrect signals to the brain, from phantom pain to tingling and numbness:



The effects of this program can be felt on the first few visits. This treatment restores, stabilizes, and rebuilds the nerves in your extremities. Treatment has also been effective in addressing painful symptoms of arthritis, MS, and other forms of chronic pain. Patients generally feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

## Why Northeast Spine & Sports Medicine?

Northeast Spine and Sports Medicine offers some of the most advanced, non-surgical, FDA-cleared procedures for relieving chronic pain. Our multidisciplinary approach utilizes the latest medical technology. We offer programs and procedures that will improve your health with the utmost safety and precision. We will provide you with an accurate diagnosis and recommend a program that best fits your needs.

## Treatment is covered by most major insurances, including Medicare

We are confident that you will find healing and relief at Northeast Spine and Sports Medicine. You will have a one-on-one consultation with one of our trained staff who will evaluate your condition and determine if you would be a candidate for this treatment. Due to the demand, we have opened an additional 30 appointments this week. Time slots fill quickly, so **CALL TODAY to secure your appointment!**

## -The Northeast Spine and Sports Medicine Team

Dr. Kevin Hsu, M.D., Dr. Stacey Franz, D.O., Dr. Robert Lambrou, D.C., Dr. Dimitrios Lambrou, D.C. and Dr. James T. Kirk, D.C.

**SPACE IS LIMITED TO THE FIRST 30 CALLERS! CALL TODAY!**

**NorthEast**  
SPINE and SPORTS MEDICINE



## MONROE LOCATION

350 Forsgate Drive  
Monroe, NJ 08831  
732 521 9222

(Same complex as Amboy Bank)

[www.northeastspineandsports.com](http://www.northeastspineandsports.com)



Disclaimer: Due to Federal Law some exclusions may apply.

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