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Focus on: Groups and Clubs Ceramics: Find your inner creator

By Jean Houvener

Rossmoor is fortunate to have a top-notch ceramics room with a knowledgeable and active group of participants. The room itself is actually several rooms, with a large work area to create various types of ceramics. The room is open Monday, Wednesday, Thursday, and Saturday from 8:30 to noon. In addition to the main work area, there is a room filled with molds and forms for shaping any sort of ceramic. There is also the room with works in progress and the three kilns. If you have never visited the ceramics room, consider a visit to explore the possibilities.

There are many choices of what to do. The group has a wheel for turning. Many people also start with the basic clay and hand build an item. There are pattern books for ideas and

details of how to make something. The group also bulk purchases bisqueware (fired once) and greenware (already poured, but still raw clay) from a nearby supplier. Individuals choose and pay for what they want. Because the group has been a good customer, the members get a good price. Orders are centrally made through Maggie Johnsen. The group also does its own creation of greenware with slip pours into the many available molds. Because that can be tricky and somewhat difficult, there is a member who will assist anyone with slip pours.

There are many talented people in the group who are happy to help newcomers get started. The group has a range of skills and experience, and whether new or experienced, there is always a sharing of ideas to improve everyone's talents.

New people are welcome at any time. The group is sociable as well as talented.

The greenware, whether purchased, poured into molds, or hand built is dried and then fired in one of the kilns. The greenware, which is still basic clay, is fragile until it is fired. It also needs to be cleaned, with seams smoothed, and extra bits removed. Items are put on the "in progress" shelves to dry and when enough pieces are ready, they are fired in the kiln. The kiln is carefully filled with pillars to support the trays as one row after another of items are placed in the kiln. The items are also placed on small ceramic pieces with stilts to keep the items from touching the trays. Firing the kiln can take 10 hours with a second day to cool as the kiln is heated to 1950 degrees Fahrenheit.

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Judy Sforza – Recognition well deserved

Preserving the past while moving forward – a tough path to follow

By Linda Bozowski and Joe Conti

Sitting down with Judie Sforza, a resident since 2000, was a history lesson about recent years in our community filled with her sense of optimism about its future. Judie and her husband Larry moved here after living in several nearby towns, and Judie has been an active participant in Rossmoor's governance for the past 16 years. As a director or associate director of Mutual 10 over those years, and then in various roles as president, secretary and treasurer of RCAI from 2003 to 2009, she has participated in significant changes to the community's organization and helped oversee major renovations during her tenure. Her role as chairperson of the Finance Committee has extended over the past seven years.

"A director's role involves fiduciary responsibility for the budget and maintenance of

the Mutual, but also (and this is the really hard part) to remind residents to abide by the terms of the Mutual documents, to which they agreed when signing their Membership Applications" says Sforza. In helping to streamline the standing committees to three, Judie and the other members of the 18- member Board of Governors tried to be mindful of members' time requirements and the purposes of the committees. The 18 Mutual Boards also worked together to make the rule of the Mutuals more uniform and completed the major portion of that task in 2012.

Judie's involvement with Rossmoor goes back beyond her own residence here. Her parents moved here in 1984, and Judie decided at that time that this is where she would like to live. Judie's mother Loretta Hummel was an active volunteer in the community as well, and

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A living will is important

By Kaytie Olshefski, BSN. RN-BC

There are several different forms available to make one's last wishes known, such as an Advance Directive, Five Wishes, and

POLST.

An Advance Directive is also referred to as a Living Will. This is a formal document that allows you to express future health care decisions, as to what type of medical treatment you want or do not want in certain situations, such as tube feedings, life support, or dialysis. It will go into effect only when you have a terminal illness or are unable to make your own decisions.

Although this document can be revoked at any time, it is extremely important to inform your doctor, family, and anyone else who has a copy, that you have made changes to the document. Have them destroy the previous Advance Directive or Living Will and give them the new, revised document.

Five Wishes is another document that may be used to express one's wishes. It is easy to read and understand, and allows you to direct what care you would want in the case of serious

illness if unable to speak for yourself. This document also covers personal, spiritual, medical, and legal areas. It provides for (1) a designated representative to work with the doctor, and (2) for your end-of-life preferences that family and friends can observe. Like an advance directive, it becomes effective when you become seriously ill or are unable to speak for yourself.

All 50 states and countries around the world use this form. In New Jersey, it meets the legal requirement as an Advance Directive. Like an Advance Directive, it can be changed, but the former document must be destroyed and all the people involved need to be made aware there has been a change.

If you already have an Advance Directive and you would prefer to have a Five Wishes document, all you need do is fill out the new document and sign it. As noted, inform all the people involved and destroy the previous Advance Directive document.

POLST stands for Practitioner Orders for Life-Sustaining Treatments.

Although it is not an Advance Directive, it does provide for a seriously ill patient to have his or her end-of-life wishes fulfilled. It is a one-page form completed by the attending doctor or nurse practitioner with input from the patient. It calls for an open and honest conversation between doctor and patient concerning goals, treatments, medical interventions, CPR attempts, intubation, mechanical intervention, and tube feedings. The POLST form is usually completed when a patient's condition deteriorates and there is limited life expectancy. The medical team, the patient, and the patient's family make the decisions about treatment.

This form differs from an Advance Directive and Five Wishes in that these two are usually completed before a serious illness. The POLST form does not replace an Advance Directive or Five Wishes document, but complements it.

Some hospitals and nursing facilities continue to use Do Not Resuscitate orders along with POLST. If you or

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Focus on: Groups and Clubs

By Jean Houvener

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The process needs to occur during the day since various adjustments need to be made to the kiln so the heat gradually increases.

After this first firing, the greenware has become bisqueware. Again a choice can be made, either to glaze or to paint the ceramic. Individuals buy their own acrylic paints and glazes, which they neatly store in plastic containers on shelves in the main room. Around the room are samples of glazing results with the identification number of the glaze, textures and the effects of a glaze, and paint samples. Applying glaze or paint is a very personalized statement, with the creators feeling a way to express their vision. In the case of glazing, even with the samples, there is an element of the unknown; the glazes are finely ground glass, which will melt when fired in the second, glazing kiln. This kiln is computerized, so does not need manual intervention, but it still takes around eight hours and again increases gradually to 1835 degrees Fahrenheit. Glazes can be opaque or translucent. The results depend on how the melting works, so every piece is different. A painted ceramic will not be fired again; the creation becomes visible as it is painted. There is also one smaller kiln for a third firing for small decals or over-

The individuals are very creative, not only with the beautiful ceramics they make, but also in how they

glazes.

create them, with all sorts of unexpected items to hold and shape an item, from a lampshade to cookie cutters, to stamps, cake decorations, and various shapes. These items are all stored with the molds.

At the end of each session, the individuals clean up anything they had out,

putting away paints, glazes, and storing items on the "in process" shelves. Under the plastic covering the tables is a sign, "Your mother doesn't work here. Please clean up after yourself." When noon arrives, everything is clean, neat, and orderly again in anticipation of the next session.

A living will

(Continued from page 1)

someone you know has an Out of Hospital DNR, it is a good idea to have the Out of Hospital DNR form visibly displayed in the home, even if the person has completed a POLST document. The Out of Hospital DNR is intended for the Emergency Medical Services Team and the health care nurses who respond to a home call. They will honor the person's wishes in not initiating CPR.

If you have a Living Will, review it and make sure it is what you still want. If you do not have one, fill one out. It not only makes your

wishes known, but helps your family know what you want and then to carry out your wishes.

Saint Peter's University Hospital, Dr. Magdalena Spiewak, an optometrist, will speak on "The Latest in Eyeglass Lens Technology that Not Only Makes Your Vision Clearer, but Helps Prevent Disease" on August 8 at 1 p.m. in the Maple Room. If you would like to attend his lecture, please call the Health Care Center at 655-2220 or stop by to tell us.

Attribution is not enough

By the Editorial Board

Occasionally we receive an article that includes quoted material. The author often cites the source for the quote. Unfortunately, that is usually not sufficient for us to accept the article.

U.S. law holds that a copyright comes into existence the moment an original work of expression is captured in tangible form. This includes literary, graphic, photographic,

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If you want to include copyright protected material in your article, you must do more than simply attribute the quote to its author. You need to get the author's written permission to use his or her material and you need to present that permission to the Editorial Board along with your arti-

The best way around this would be to write everything in your own, original words.

In our lecture series from

Bits & Pieces

Sue Ortiz

It was 5:15 p.m. at the South Brunswick DMV; it wasn't one of the first, or last, days of the month, but it sure seemed like it. People of all shapes and sizes were lined up like a 1930's bread line. The assortment of languages being spoken was a smorgasbord for the ears. I have only been here 30 minutes, but, seeing the length of the line, others have been here much longer.

Thank goodness for cloud cover. It was a 90-degree day with an imminent thunderstorm overhead, and we were...outside. A subtle breeze dried the wet hairs clinging to my neck.

A DMV agent, sporting a "man bun" of sorts with wandering hairs framing his face, emerged from the airconditioned building. We all thought he was about to let at least some of us into the office, but, instead, he thundered to us, "There is at least a two-hour wait. Some of the other agencies, including Baker's Basin, have a sixhour wait. Count yourselves lucky if you get in; some agents are leaving at 6:30." Would I be one of the chosen few? There are only about 10 people in front of me and about 20 behind me.

I'm thirsty—left my water in the car. Wrong shoes. I'm wearing my trusty Birkenstock sandals, but they are not meant for long-term standing. A woman in front of me was wearing four-inch stilettos. Ouch! Eventually she asked someone to save her spot while she went to her car to change into flip

Oh, look...two people just emerged from purgatory. There is hope.

I looked longingly through the dark windows. I saw there was plenty of space inside where we could have waited. Why are we being tortured out in this heat?

Moving up. Six entered, only four in front of me now. The line behind seemed to reach for miles.

Several people had their spouses or kids with them to talk to and pass the time. Me? I typed this story on my cell phone. Life and lemonade, right?

Ooh... another one escaped.

Someone from the back of the line sent her five-year-old girl on reconnaissance to the front. Sneaky! Sorry, but you are not cutting the line, no matter how cute you are.

As the lined moved, I saw a sign posted on the door: "Due to heavy volume, all customers may not be serviced today." Oh, dear. So close...

I'm in!

I was directed to a line where I stood in third place. Next... next... that's

Okay. I showed the nice man my paperwork. Satisfied that it was all in order, he attached a paper clip and handed everything back to me. "Have a seat, ma'am," he mumbled. Sweet Jesus...a seat! In airconditioning, too.

I knew I'd be there for another hour, at least. A number of sour-faced people ahead of me were also waiting to have their photo taken.

Let me catch you up: I arrived at 4:45 p.m. and waited an hour and a half outside. At 6:30, I was inside, sitting, at least. At 6:50, I was called to the photo line, and, after five minutes, I was yet again handing my paperwork to someone on the other side of the counter.

Snap! One click of the shutter and a couple of minutes later, my sweaty face and dripping hair adorned my new driver's license. I was out the door by 7:10.

Outside, the line was growing...

B&P

"An entire new continent can emerge from the ocean in the time it takes for a Web page to show up on your screen. Contrary to what you may have heard, the Internet does not operate at the speed of light: it operates at the speed of the DMV." -Dave Barry (American writer and humorist, b.1947)

"I got my driver's license photo taken out of focus on purpose. Now when I get pulled over the cop looks at it (moving it nearer and farther, trying to see it clearly) and says, 'Here, you can go.' " -Stephen Wright (American actor and writer, b.1955)

RCAI Committee Meetings August 2016

Agenda August 4 10 a.m. August 11 9 a.m. **Maintenance Community Affairs** August 11 10 a.m. **Finance** August 11 11 a.m. **Board of Governors** August 18 9 a.m. No listing **Golf Maintenance**

Meetings are held in the Village Center.

Rossmoor

Joe Conti, Chair Carol DeHaan, Myra Danon Bob Huber. Jean Hoban, Jean Houvener and ex-officio, Jane Balmer, General Manager.

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 and clearly marked Rossmoor News.

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Be certain to keep your telephone number and contact information current at the Administration Office.

Please call 655-1000

with any updates or changes to your information.

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

THE FITNESS CORNER

By Kim Vasta, CPT

When it comes to exercise, many people fall into two distinct camps – those who love a vigorous, sweat-soaked workout and those who view it as a form of torture. If you hate exercising, but wish you didn't, you may be feeling guilty for not exercising. Here's how to tackle some of your exercise excuses, get into action and give your body the attention it needs.

- 1."I need to exercise for at least 30 minutes a day to get results." Most of us have a number that we think we should "hit" in order to exercise "enough." Throw these pre-conceived ideas away and start small - very small. This way, instead of mindlessly starting an exercise program, your focus will be on building the habit first, and then once you are exercising a little bit every day, you will be ready to expand how much exercise you do.
- 2."I don't want to have to force myself to do it." If you have to force yourself to do it, then there is a 90% chance you will never stick to exercise. Change the way you approach exercise. Instead of starting with what you think you "should do," start with what

feels good and what you truly enjoy.

- 3."I'm not motivated enough." We think that motivation is the answer to sticking to exercise. If only we wanted it enough, then we would make it happen. This is not necessarily true. If you feel you wish you exercised more, then you are motivated to exercise. Something else is stopping you. Whatever the real reason is, find it. Then you can figure out how to remove the obstacle and move forward.
- 4."I find exercise boring."
 While performing long bouts of exercise can indeed become boring, is really moving your body for 5-10 minutes boring? While finding something you actually like can help relieve boredom, in most cases exercise itself is not the issue; having to do it for "too long" is the issue. So, again, start with short periods of exercise to develop the habit.
- 5."I don't have enough time to exercise." This is the excuse heard most often. Yes, granted, we are all busy. But there are many people who are very busy and still manage to exer-

cise regularly. So admit that time is not the issue. It's probably something else. Maybe you don't like it. Maybe you're afraid you may have to give up something else in favor of exercise. Whatever the real reason you need to find it, tackle it, and move forward.

6."I had a negative experience last time I tried to work out." Your past does not need to define your future. Perhaps you had a bad experience at a health club you joined, or maybe you got injured while exercising. Don't let what happened in the past deter you from trying again. Try to identify what happened and why; once you've done that you'll be able to avoid a similar outcome when you begin exercising again.

If not taking care of your body makes you feel guilty, then know that you can change that. You can become one of those people who exercise regularly and like it. So, make an exercise plan and remember you don't have to start big. Instead start with what feels good! For more information or to get started on an exercise program, contact me at kimvasta@comcast.net.

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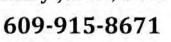


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Who am I?

By Norma Evans First Clue:

Though I cannot be seen, touched or heard, when I am present I am definitely felt.

Additional clues:

I can be easily broken, but sometimes not too easily restored.

Sometimes people like me

a lot and find me to be a comfort.

Sometimes people become very uncomfortable in my presence.

I can be found inside or outside of people, and indoors or out of doors.

Sometimes I am treasured by people, and sometimes people destroy me.

Preserving the past

(Continued from page 1)

served as Chair of the Finance Committee in 1992. When Judie and Larry became residents, the community was starting to show its age, and with her involvement and the support of the Board of Governors, major renovations were made to the Clubhouse, the Village Center, the Meeting House, and the swimming pool area.

Judie retired from her 33year teaching career a few years ago. While at Sayreville High School, she taught Advanced Placement Art History, studio art, comparative cultures and peer leadership and helped touch the lives of approximately 6,000 students. Intensely interested in other cultures, Judie and Larry, her husband of 48 years, have been world travelers and have visited 61 countries so far. Among their trips, they have made more than 30 visits to London. An upcoming around-the-world trip will include visits to Dubai, Thailand and Singapore as well as a stop-over in London. Additional visits to Africa are part of their future travels plans.

Writing a book about "Bon Voyage" greeting cards from the 1930s is on her "to do" list. In the meantime, she and her husband collect luggage labels (more than 3,000), books, posters, and other travel memorabilia. Searching E-bay and other sources for items to add to her collectibles is a challenge she enjoys.

As part of the Community's recognition of past officers, at the Board of Governors meeting on June 16, Judie's name was added to the Finance Committee plaque honoring her service to that committee from 2009 to 2016. Judie's mom's name is also inscribed on that plaque for her earlier service.

Sometimes people search for me and cannot find me.

Sometimes people have me and want to get rid of me.

Sometimes my presence brings pain, and sometimes it brings healing.

Sometimes strong people use me to protect others.

Sometimes I am used by weak people to harm others.

Sometimes I bring love, warmth, and happiness, but sometimes I bring hate, coldness and terror.

Sometimes I am used to forge friendships and sometimes I am used to disconnect people from one another.

Sometimes people say I help them to worship God

Sometimes because of me people decide to search for God.

Sometimes people can sleep with me, but sometimes people cannot tolerate me, especially at night.

Sometimes I am a sure sign of life and other times I am a stark reality of death.

Any ideas who you might think I am?

One last Clue:

Even though you cannot see me, I have been described by a color - GOLDEN.

My name is ... SILENCE.

Hopefully you will find times, places and ways to use me for your own enrichment and for the benefit of others. Then we will be friends.



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An engineering wonder: The Panama Canal

By Jean Houvener

On Aug. 15, 1914, the Panama Canal officially opened. The 48-mile long canal was completed by the United States, enabling shorter routes between the east and west coasts of the U.S. The French had started to work on the Canal in the late 1800s. After the deaths of 21,900 workers, mostly from malaria and other diseases, they gave up on the effort. The U.S. effort took 10 years, during which 5,600 workers lost their lives.

Since the isthmus was first explored by the Spanish following the discovery of the Americas, people have wanted to cross the isthmus by boat. The Spanish began exploratory surveys in the early 1800s. Later the French, following the successful completion in 1869 of the Suez Canal under the direction of Ferdinand de Lesseps, in 1876 created a company and put

de Lesseps in charge of digging a canal in Panama. which at the time was part of Colombia. The plan was to dig a sea level canal across the isthmus. Unlike the Suez, however, the path across Panama involved mountains, streams and rivers with large run-offs in the rainy season, and worst of all insects and disease, particularly malaria and yellow fever. Work was begun in 1881. Numerous difficulties and almost \$235 million later, the company declared bankruptcy. Only two-fifths of the work had been done.

While initially the U.S. was interested in building a canal across Nicaragua, the Spanish-American war in 1898 convinced Theodore Roosevelt that the U.S. needed to proceed and should purchase the rights to the Panama Canal from the French. The government offered the French company \$40 million. After the Colombian legislature's failed to agree to the change, the U.S. encouraged a revolt in Panama, which resulted in an independent Panama that cooperated with the U.S. in exchange for another \$10 mil-

Much of the work done previously by the French was retained and integrated into the finished Canal. By 1907 army engineers had been put in charge of the project. Workers from the West Indies supplied much of the labor. Under John Frank Stevens housing, recreation, and working conditions were improved to draw more workers to the project. Also under William C. Gorgas, chief sanitation officer, extensive mosquito control measures effectively minimized malaria and yellow fever.

Four dams created two lakes. The largest dam, the Gatun Dam, created Lake Gatun on the Atlantic side. On the Pacific side, two smaller dams created Miraflores Lake. Then locks were built at both the Atlan-

tic and the Pacific ends of the Canal. The first official trip through the Canal was made by the SS Ancon, carrying a load of cement, under Capt. John Constantine on Aug. 15, 1914.

Ultimately the Canal cost the U.S. \$375 million, including the initial \$40 million and \$10 million payments. Over 238 million cubic yards of material were removed by the U.S., for a total of 278 million cubic yards including that removed by the French, 25 times more than was removed in the building of the Chunnel.

In the late 1930s as concerns rose about approaching war, Congress authorized the creation of a new set of larger locks to carry war vessels. While work began and the Canal proved critical in the war effort, the work was not completed. In 2006 once again proposals were made to enlarge the Canal, this time to handle the larger container ships and LNG (liquefied natural ships.

The new larger locks have been constructed next to the original locks, and will allow vessels up to 180 feet wide, as opposed to the 106-foot width of the older locks, to pass through. The new locks have been built to recycle their water rather than requiring new water each time. There are two sets of gates on each lock so that if one set fails, the other can still operate. The 8-millionton gates are nevertheless buoyant so they can be floated out if repairs are needed. The project cost \$5.5 billion. The 100-yearold locks will also continue to be used. The new system officially opened June

In 1977 a treaty to turn over the Canal, which had been under U.S. control, to Panama was signed by President Carter. The final turnover took place December 31, 1999, so the Canal is now under the sovereignty of Panama. Panama hopes to see a tripling of the current \$1 billion in fees it now collects each year from users of the Canal.

Interesting facts:

Because of the shape of the Isthmus of Panama, the Canal from the Pacific to the Atlantic actually entails traveling from southeast to northwest.

It takes 8 to 10 hours to travel through the Canal continuously, but because of the high demand, there are often long waits for entry and at the various locks as traffic is controlled to maximize throughput.

The longest palindrome in English (whether looked at forward or backward, it says the same thing) is: A man, a plan, a canal – Panama.





Mailing Addresses

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

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

Musings and Memories

By Betty Emmons

It is August and everything is already on sale in the stores. And not only that, Halloween, Thanksgiving and Christmas items are appearing. It is unbelievable how quickly we move along these days and I'm not sure if I like it. Maybe it's because I'm

getting older or maybe, everything is out of sync these days. Imagine Christmas in July. Why soon I won't know one season from another and lest you think I am slipping, let me assure you I am of sound mind. But I find it mind boggling all the same.

Sound Advice

Norman J. Politziner, CFP® President of NJP Associates

Four retirement planning rules of thumb to bend

[FINRA 05/10/2016]

The online Merriam-Webster dictionary offers two definitions for "rule of thumb": • A method or procedure based on experience and common sense,

· A general principle regarded as roughly correct but not intended to be scientifically accurate.

In other words, although rules of thumb can be useful guidelines, they're not gospel on any particular issue. This is especially important to remember when you're trying to set aside enough money to last comfortably through your retirement years. And while some traditional rules of thumb that have been followed faithfully for decades may serve as starting points, they're not infallible. Consider these four examples:

1. Save one million dollars for retirement. How much will you and your spouse need to live on in retirement? That's the age-old question. In recent years, some people have seized on a million dollars as the magic number to strive for. It's a nice round figure and, after all, can't a millionaire afford an upscale lifestyle in retirement?

But a million dollars doesn't go as far as it used to. Suppose you take an income of 4% of your savings annually-another rule of thumb for using retirement savings (see below). That's just \$40,000 a year, and there will be even less if you dig into your nest egg to buy a winter "snowbird" home, for example, or take a few exotic vacations. And people are living longer these days, so you may need money to sustain you for 25 or 30 years, not 20 or less.

Another option that can be used is to set aside an amount roughly equal to eight times your ending salary (or even higher). So, if you're pulling down \$200,000 just before retirement, you should have \$1.6 million (8 x \$200,000) in your coffers. That may be a preferable goal-but even then, a 4% withdrawal will give you only \$64,000 a year.

2. Replace 80% of your pre -retirement income. This rule of thumb has been amended to make some concessions for a higher cost of living. Previous estimates often

were predicated on replacing 70% or 75% of your salary with savings from retirement plans at work and IRAs, investment earnings, Social Security benefits, and other sources. Again, this rule of thumb may work for some people, but not for everyone, and replacing 80% of a high salary could require very substantial savings. You want to have 80% of that \$200,000 in income? That's \$160,000 a year, and could require savings of \$4 million or more.

Moreover, the 80% rule ignores certain variables, such as health-care needs, lifestyle choices, and family obligations. It may be more helpful to go beyond rules of thumb to estimate what your expenses really may be in retirement and work backward to figure out how much you will have to accumulate and earn annually to meet your objectives.

3. Save at least 10% of your income for retirement. The old belief is that you should pay yourself first before you pay anyone else. This rule of thumb mandates that you set aside at least 10% of your salary each year no matter what is happening in your life. For a simplified example, if you earn \$150,000 a year and thus set aside \$15,000 a year in a tax -deferred vehicle such as a 401(k) plan, you will have \$1,470,081 after 30 years if you earn an annual 7% return. (This example is hypothetical and not indicative of any particular investments.)

There are two problems here. First, there's no quarantee that saving 10% a year will give you what you need in retirement. The second is that it may be difficult to maintain that discipline, especially if you're raising a family during your peak earning years. If your saving flags during those years or if you can't start saving until later in life, the 10% rule is very likely to give you less than you need.

4. Withdraw no more than 4% annually from your nest egg. At first blush, this principle makes perfect sense for anyone planning on a long lifetime in retirement. In theory, if you withdraw 4% a year and earn more-say, 7% or 8%, as a hypothetical example—you should be able to sustain your nest egg

(Continued on page 6)

respond, and how Jonas re-Old or not, I still scour the

ads and have gotten some very good buys during sale days. And I do make the most of those days. Sale days also create an anxiety within me I could live without but heaven forbid I should miss a bargain. I go to the store as if on a mission. Each aisle has something I don't necessarily need but it is too good to pass up so I buy it and I can justify every purchase beyond reason. Several hours of this and I finally go home loaded down with my purchases and am very pleased with myself. Because I saved a bundle. I am tired but happy.

Once home, I go through everything and the reality of my compulsive "savings spree" sets in and returns and exchanges are the next order of the day. Even so, there are always some things I keep because you never know when they will come in handy and make a nice gift for someone.

Jonas, however, seems to have a problem with my "system" and I do think about it sometimes myself, but I have come to a final conclusion. I am not a bad person, just a compulsive bargain hunter who is willing to spend some just to save some. Jonas doesn't agree but has agreed not to disagree because it gives me pleasure.

So there you have it -- a double oxymoron, but with a happy ending.

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Online grocery shopping - a flash in the (cast iron) pan?

By Linda Bozowski

How impulsive a grocery shopper are you? Do you check out the marked-down baked goods display when you are in the store, hoping for yesterday's croissants or, better yet, chocolate cupcakes? Those shopping treats aren't on the list when you use the online shopping function available at many grocery and other stores. Sure, you can purchase baked goods, but you won't benefit with a marked-down price and you can't see for yourself how thick the icing might be on the cupcakes.

Online shopping has many advantages: it's a time-saver (maybe), doesn't require getting in the car to go to the store (especially advantageous in bad weather), helps keep the shopper focused on purchases on the list (what, no in-season cherries!!), no bags to lug in from the car. The same sale items are available online as they are in the store, coupons are honored, and delivery is scheduled at the purchaser's convenience.

For customers who are very busy or don't want to be bothered shopping, less able to easily navigate the grocery store, or who are disciplined enough to avoid the temptations of the ice cream or fresh fruit aisles, online shopping may be an ideal way to purchase foodstuffs, cleaning products, and kitty litter. For those of us who view shopping as an adventure, it's not such a great solution.

A newer innovation that has recently emerged in the grocery arena is the meal-specific shopping mode. This methodology provides a menu and recipes for a meal and then supplies all of the ingredients necessary to complete the dishes. For novices in the kitchen who are intimidated by Julia Child and Jacques Pepin or even Ina Garten, this process is a great way to develop a level of comfort around the stove

without having to stock a pantry or freezer with items that may be foreign. After all, how many times have you cracked open a fresh coconut to extract the milk? And what do you do with the rest of a container of turmeric? Saffron costs how much?

According to friends who have tried these services, the food is fresh, supplies are generous, recipes are easy to follow and the cost is less than eating comparable food outside the home. New parents find this purchase option attractive, since the primary decision revolves around whether the food for dinner will be Mexican or Chinese (or maybe Thai or Italian).

Sort of a take-off on the TV dinners of the 50s, but so much more slick, since the food is freshly prepared. Better than take-out, plus a cooking lesson.

Maybe I'll try online shopping someday. My daughter says it's great. However, she has no time to go to the store, so she can do a quick order of basics at night and have everything delivered the next day. Of course she and her husband still make their trips to the charcuterie and baker and fishmonger on Arthur Avenue. You just can't give up all of the pleasures of real shopping, just the ordinary parts. Like Fresh Step litter.

Kool-Aid and coloring books – are we regressing?

By Linda Bozowski

Two of the observances in August may take us back to our childhoods — Kool-Aid Day and National Coloring Book Day. While Kool-Aid has remained a popular beverage since it was created in 1927, coloring books have made a resurgence, especially among adults.

Over the years, Kool-Aid has enjoyed many flavor iterations. Beyond the original six flavors, the flavor array has expanded to include such offerings as root beer, Incrediberry, Soarin' Strawberry-Lemonade, and Eerie Orange. Originally, Kool-Aid was mixed with sugar and water, although a sugar-free version was developed. Sold

to Kraft Foods in 1950, Kool-Aid is now available as a Soda-Stream product.

A weekend-long Kool-Aid festival is held each August in Hastings, Nebraska, home of the inventor of Kool-Aid. Activities include a Grand Parade, bicycle tours, and free Kool-Aid all day. For those who may be interested, the event takes place August 12 and 13.

National Coloring Book Day (August 2) celebrates adults who enjoy coloring as a pastime. Seen by many as a stress-reliever, coloring has become a social activity similar to book clubs and gamesplaying, although many enjoy

(Continued on page 8)

Sound Advice

(Continued from page 5)

throughout retirement as long as inflation remains relatively low.

But there are no guarantees of what interest rate you will earn, and you might have to use more than 4% some years. Furthermore, during a sharp market downturn, taking out even the minimum

4% could put you in a deeper hole that could be hard to dig out of.

Where do you stand? Although these four guidelines can be helpful, a better idea is to work out a comprehensive plan for your future. We would be glad to provide the retirement planning assistance you need.

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Bottoms up! How we became so fond of beer

By Carol De Haan

Ireland's Abbess Saint Brigid, back in the fifth century, expressed her devotion to God by offering to brew his beer for Him, such was the Celtic esteem, not only for the Creator, but also for a good, cold brewski.

A very ancient development

Probably as far back as 20,000 B.C., our earliest ancestors gathered wild grains which, combined with water and the wild yeasts in the air, could produce a fermented drink resembling what we call beer. With the domestication of draft animals around 8,000 B.C., agriculture produced vast grain surpluses so that within another thousand years we have records of beer being produced in large quantities in Egypt and Mesopotamia.

How it was made

Dried harvested grain, usually barley, was made moist until it sprouted. The sprouts had to be dried quickly, preferably over burning straw, to make malt. (A wood fire gave an unpleasant, smoky flavor.) The malt could later be mixed with water and yeasts, then left to ferment. The resulting mash was less than tasty, so it was often flavored with herbs.

Around 800 A.D., brewers discovered that including hops in the mix would not only add flavor but would also preserve the beer. By the 13th century, medieval Germans had so perfected the process that they could put beer into barrels and export it without fear of the beer going flat or turning sour.

In medieval times, if no hops were added, it was called ale. If hops were added, it was called beer. But by the 1600s, both ale and beer were made with hops. At that time, any strong brew was called ale.

Whether the brew was brown, amber, pale, or was called porter or stout, depended on how dark the grains were toasted when being dried in a straw fire.

Beer in the modern world

More than 4,000 microbreweries prosper in America today, up from about a hundred in the late 1970s.

You can buy it by the keg, can, or bottle.

You can buy Trappist Ale, which the hard-working Bel gian monks enjoy with their evening meal and which they bottle for export.

India Pale ale (IPA) was born in Victorian times when the British found the only way their kegs of ale would survive the long, hot voyage to India was to add much extra hops as a preservative. Hops add a tart flavor.

In the Orient, rice is the grain used to make saki, which might therefore be classified as either beer or wine.

In the 1920s, when selling beer was illegal under Prohibition, smugglers began diluting it for greater profits. As a result, Americans acquired a taste for weaker beer.

You can now buy pumpkin beer, Nutella beer, and peanut butter beer. What could be

Nickel knowledge

- The goddess Ninkasi was the patron of the wellrespected Mesopotamian brewers, who tended to be women who were well respected for their skill.
- ancient Babylonia, • In women were also the brewers. Priestesses made and used beer in religious ceremonies.
- Egyptian Pharaohs were known to be fond of a glass
- The Greeks liked it too, but they called it "barley wine."
- · Beer became the beverage of choice in those lands too far north for grapes to prosper.
- · Invading Saxons brought the German word "bier" to England.
- Christian monks all over Europe built monastery breweries, from which they offered beer, food, and shelter to travelers.
- Charlemagne, the Holy Roman Emperor, is said to have personally taught some brewers their trade.
- Under Brehon Law, the Celts reserved the brewing of beer to widows, so they would have a guaranteed income to support themselves and their children.
- Nutritionist Adele Davis thought that German soldiers often prevailed in battle because of all the B vitamins in the beer they drank.
- Prior to modern times, most beer was brewed at home by women, who could augment their incomes by selling to non-brewing neighbors. Scholars suggest that Anne Shakespeare

supported herself and her three little children by homebrewing and selling beer in those years when her young husband, Will, was first trying to make a living in faroff London.

• In later years, the now prosperous Shakespeares were fined heavily for hoarding nearly 100 bushels of malt in their barns, suggesting that they might have continued brewing for their neighbors in Stratford. Either that, or they were profiteering in a time of drought.



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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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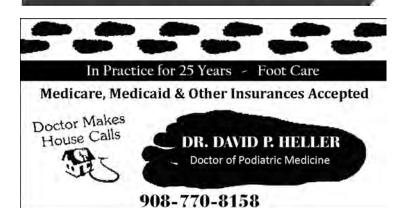
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America's test pilot is still going strong

By Paul Pittari

He was born in the small town of Myra, West Virginia, on February 13, 1923. Still active at the age of 93, he reigns as one of America's most decorated aviation luminaries. His most notable feat, as remembered by most, is being the first person to break the sound barrier in level flight. When he finally retired after seven decades of association with the Air Force, NASA, and other flying affiliations, he had achieved the rank of Brigadier General along with a long list of awards and medals. His given name is Charles Elwood, but everyone knows him

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simply as "Chuck," more specifically, Chuck Yeager.

Yeager's interest in the military came about as a teenager when he spent a couple of summers at the Fort Benjamin military training camp in central Indiana. Upon graduating from high school, he enlisted in the U.S. Army Air Forces in the summer of 1941, and after finishing basic training, he was assigned to aircraft maintenance school. While in school, his interest in flying grew, but because he was not a college graduate, he was not eligible to apply for pilot training.

This policy changed with the Japanese attack on Pearl Harbor and America's entry into World War II. The recruitment standards were then lowered to permit Army personnel, regardless of their educational background, to apply for pilot training.

Being born with unusually acute vision, Yeager greatly exceeded the physical requirements necessary for flying, and was readily accepted into the Army's pilot training program.

Yeager graduated primary flight school in Marc,h 1943, and was sent to Nevada to begin training as a fighter pilot with the Bell P-39 Airacobra. In November of the same year, his unit deployed to Leiston RAF Base in Suffolk, England, where he began to fly a new airplane, the P-51B Mustang. He named his new airplane, "Glamorous Glenn" in honor of his girlfriend, Glennis.

Unfortunately, after downing two German airplanes, he too was shot down after eight combat missions over Bordeaux, France, in March

Yeager was able to parachute to a safe landing in a

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Kool-Aid

(Continued from page 6)

the activity as soloists. The coloring books that I've seen in the stores appear to be more complicated than those sold for children's use. Some books are made on heavier papers while some use translucent paper that may be torn out and displayed as a stained-glass knock-off.

Wax crayons may be used but it would seem that colored pencils may be preferred for some designs. Subject matter of the adult coloring books includes flowers and animals, cars and trucks, geometrics, religious themes and the like.

Coloring can be used as therapeutic treatment for some patients, since it can be relaxing and encourages focusing in patients who suffer from distraction.

Staying in the lines is not required unless that's your preference. And when you decide to take a break, let's hope there's still some of Kool-Aid left in the fridge.

forest glade where he was picked up by a French resistance unit that took him to a safe house at a nearby farm. They then escorted him safely over the Pyrenees Mountains into neutral Spain. He eventually wound up in Gibraltar where he was delivered to a British Intelligence officer, and shipped back to England.

This extraction took an unexpected turn. Air Command blocked him from flying further combat missions, because if he were to be shot down again and captured, he might be tortured by the Germans into revealing information that would compromise the safety of the resistance units that rescued him.

The policy kept Yeager out of action for a few months in spite of his many requests to be returned to flying status. His pleas were ignored as far as his immediate superiors were concerned. However, he later appealed the decision directly to Gen. Dwight D. Eisenhower, the Supreme Allied Commander. Yeager contended that since the Allies had now invaded France on D-Day, the French resistance units were openly assisting the Allies with their fight against the Germans, so not much was a secret any longer. After consultation with the U.S. War Department, Eisenhower ruled in favor of Yeager and allowed him to resume combat missions.

This decision was to prove fortuitous because Yeager went on to become one of the best fighter pilots in the 363rd Fighter Squadron. He is credited with the rare distinction of being in the "Ace in a Day" club where he shot down five German aircraft in one combat mission.

In the latter part of 1944, Yeager was promoted to the rank of Captain, flying his 64th and last mission in January 1945. He returned to America in February and was able to select a position at the Aeronautical Systems Flight Test Division. The Research and Development operation was based at Wright Field in Dayton, Ohio, not far from his home in West Virginia.

There, his demonstrated pilotage skills coupled with his extensive maintenance background, made him a perfect fit to be a test pilot specializing in aircraft repair. After the war ended, Yeager stayed on with the Army Air Forces as a test pilot working with America's first operational jet fighter, the P-80 Shooting Star.

In June 1947, Yeager was hand-picked to be a test pilot at the newly named, Edwards Air Force Base, an aircraft test center formerly called Muroc Army Air Field. By this time, the U.S. Army Air Forces were removed from the jurisdiction of the

(Continued on page 9)

test pilot

(Continued from page 8)

U.S. Army, and reorganized into a separate military entity with the current name, the U.S. Air Force.

At the new base, he was given the opportunity to attempt an aviation feat that was considered impossible to achieve, flying faster than the speed of sound in level flight. It was thought to be so impossible that it was referred to as "breaking the sound barrier." The speed of sound varies with altitude, being 720 miles per hour at sea level, and 660 miles per hour at an altitude of 45,000 feet. Aircraft designers refer to sonic speeds as Mach numbers with Mach one being flight at the speed of sound. The term "Mach" is in honor of nineteenth century, Austrian physicist Ernst Mach who did extensive study in the field of shock waves.

Although some pilots had accidentally flown faster than the speed of sound while in a power dive, many did not live to talk about it because their aircraft either disintegrated in flight, or lost maneuverable control causing them to plow into the ground.

The test aircraft in which Yeager was to make his attempt was designed to specifically fly faster than sound without the need of diving to gain speed. It was the rocketpowered, Bell X-1, with X meaning "experimental." The craft was modelled after the shape of a 50-caliber bullet. As he named all his airplanes, Yeager, once again called the ship, "Glamorous Glenn" in honor of his wife. The airplane employed four rocket engines with a total thrust of 6000 pounds. The engine burn duration was only three minutes.

Initial experiments with the

Bell X-1 were problematic with the airplane exhibiting inherent flight control instability as it approached the speed of sound. The problem was traced to shock waves, which caused the conventional tail design to be ineffective at high speeds. The control issue was fixed by using a movable surface called the "flying tail" that had been invented by British aerodynamicists.

Finally, on October 14, 1947, all systems were checked out for the historic flight. Unbeknownst to his superiors, the day before the flight, Yeager had been horseback riding, and broke a rib when he was thrown off the horse. In spite of his intense pain, he was determined to make the record attempting flight.

The Bell X-1 was carried aloft strapped to the bomb bay of a B-29 Super Fortress. At 23,000 feet, the aircraft was released from the mother plane and allowed to drop to a safe distance. Yeager then fired the rockets causing the X-1 to soar to an altitude of 43,000 feet and achieving a speed of 700 miles per hour, or Mach 1.06, thereby becoming the first man to travel faster than the speed of sound without div-

Yeager went on to fly the X-1 numerous times, and in March of 1948, attained the record-breaking speed of 957 miles per hour, Mach 1.45, at an altitude of 71,900 feet, the fastest and highest any man had flown.

Following his stint as a test pilot, Yeager went on to become Wing Commander of Air Force bases in France, Germany, and the Philippines. He was promoted to Brigadier General in June of 1969. He also served as Commandant of the Flight Test Pilot School at Wright-Patterson Air Force Base in

Dayton, Ohio, which became the precursor for qualifying airmen to serve as astronauts for NASA.

During his career, he has been the recipient of dozens of award and medals including the Distinguished Flying Cross, the Purple Heart, and the Presidential Medal of Freedom.

Still going strong at the age of 93, he resides in Penn Valley, California, with his second wife, Victoria. To this day. Chuck Yeager is still regarded as America's consummate test pilot.



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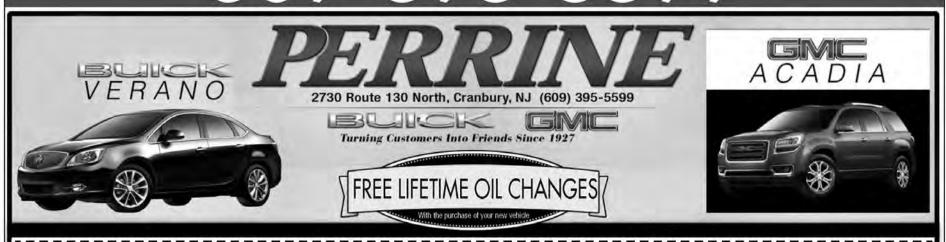
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Mary and I visited Pompeii. Mount Vesuvius is in the background



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August 24th is Vesuvius Day

By Anne Rotholz

When my Irish niece, Esther, was getting married a few years ago she and her husband, John decided to have the wedding in Ravello, Italy. After the usual family murmuring, "What is wrong with having the wedding in Ireland?" etc we found ourselves on an Irish Airlines plane bound for Naples.

Ravello is an absolutely beautiful town built on the high cliffs of the Amalfi coast. Three miles of winding road took us to an old but amazing church at the top. It was the perfect spot for a lovely wedding and we had a great family get-together.

We were fortunate to have extra days to do some sight-seeing. My sister Mary and I seized the opportunity to take a day-trip to Pompeii and what an experience it was. I had often read accounts of Pompeii and Mt. Vesuvius but reading about it is much less intense than actually being there.

Pompeii, in the plane of Campania, is about 16 miles southeast of Naples. It was founded in the 6th or 7th century B.C. by the Oscans, a tribe from central Italy. In 80 B.C., it became a Roman Colony.

The land around Pompeii had extremely rich soil that was suitable for growing all kinds of grain crops, vegetables, and fruit. It was especially good for growing grapes, so the city had several flourishing wineries. It also was a major port city. Goods brought there on ships were sent by land to other parts of Italy.

The city itself was quite modern. Paved streets were built in the form of a rectangular grid. Shops and elegant houses were erected on both sides of the street. It had an amphitheatre, two theaters, a gymnasium, public baths, a pool, a laundry, several shops and cafes, a bakery, an open square, a market-place, a hotel and, in keeping

with the times, a brothel. They had a complex water system that provided water for 25 public fountains and for the pool and baths. The city was heated by geothermal energy.

Several beautiful villages surrounded Pompeii and there was another very "modern" town, Herculaneum, nearby. It was little wonder that rich Romans found Pompeii to be the perfect place to relax and spend vacations!

On the morning of August 24, 59 B.C., life appeared to be going on as usual in the vibrant city of Pompeii. Townspeople and slaves bustled in and out of busy factories, shops, and cafes. Visitors and locals gathered in the arena or lounged in the open air square. As the morning went on the mountain began to sputter. Just after noon a cloud of ash, rock, and hot volcanic gasseveral miles high formed over the mountain and it soon began to drift toward the city. As it cooled, it fell on Pompeii covering the city with tons of ashes and debris and burying all who were there. Only the tops of the tallest buildings were visible. While it is widely accepted that the people were suffocated by ash, scholars believe that at least some of them were killed by one of the deadly heat surges (lava, ash and gasses heated to 482F) coming down from the volcano.

Many of the 10,000-20,000 people believed to be living in Pompeii and the surrounding area at that time were able to flee with their lives. Of the approximately 2,000 who remained, no one survived. The city was buried under 19-23 ft of ash and volcanic debris. It was abandoned for hundreds of years. There is a written account of the devastation by Pliny the Younger who watched the whole event from across the Bay of Naples.

In 1599 A.D. workers dig-

ging a water channel found pieces of ancient walls, some covered with graffiti or frescoes. Thinking that they had come upon the villa of Pompey the Great, a Roman military commander from the second century B.C., they ignored the find.

In the year 1748 A.D. Pompeii was rediscovered, this time on purpose by a Spanish military engineer named Alcubierre. After he and his group of explorers dug deep under tons of ash and volcanic debris, they found the city almost as it was before the eruption.

Buildings were intact, human "skeletons" were where they had fallen, and everyday objects were strewn all over. They even found dried fruit and loaves of bread. A lack of air and moisture had preserved them.

Giuseppe Fiorelli took charge of the excavations in 1863. Realizing that voids found in the ash layers in earlier excavations were formed by decomposing human bodies he devised a way to fill them with plastic, recapturing their exact form, in the spot where each one died. These are the realistic "bodies" we see in Pompeii today.

Many of the important buildings have been repaired or restored and are now open to the public. Guides give tours, pointing out locations that were once bustling with activity, each in the spot where he or she died.

Walking through the doomed city was a strange, eerie experience. Hundreds of tourists were cheerfully roaming around. The dead were statue-like, crouching, lying or sitting as they were when the mountain erupted. I felt like an intruder, albeit a respectful one. Mt. Vesuvius was always there in the background looking tranquil enough but leaving everyone wondering when it would become a killing "monster" again.

I found two things to be very poignant. One was the bakery. Standing there looking at engravings of loaves of bread on the walls I realized how important bread was to all mankind, as a food that not only sustained life but brought people comfort. Maybe that was because I always liked to bake! The second was looking at the "bodies" of the women. Several were lying face down, while most were facing up. Our guide explained that the women with their faces down were women who were pregnant. They were trying to protect their unborn children.

Pompeii has been designated as a UNESCO World Heritage Site. About 2.5 million people visit the city each year.

Currently over three million people live in the shadow of Vesuvius. It has erupted more than 50 times since 59 AD, the last on March 18, 1944. Many people believe that the volcano is overdue for another eruption.

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Fall will soon be here

By Anne Rotholz

August 1, the third crossquarter day of the year, is almost upon us. This day comes approximately midway between the summer solstice and the fall equinox. Many early cultures had a fall festival on August 1. They celebrated the abundance of fruits and vegetables that came with harvest time as well as the ripening of the grain crops, especially wheat.

In Ireland and other Celtic countries, the festival is known as Lughnasa. Bread made from the new wheat along with harvest fruits and berries were offered in thanksgiving to Lugh their Celtic god. The festival is celebrated by modern pagans, but they changed the name to Lammas.

August is a good month to view the night sky. The nights are lengthening, though daylight still lingers into the evening hours. There are a few sky events worth looking for this month.

The Perseid Meteor shower occurs when the earth passes through dust and debris produced by the comet Swift-Tuttle which was discovered in 1862. This shower which is known for producing large, bright meteors has been visible since July 17 and will peak on the night of August 11-12. Weather cooperating, the show should be spectacular. You can expect to see 60 large brilliant meteors per hour.

The best time to view the

shower will be after midnight because that is when the waxing moon will set. While the Perseids seem to radiate from the constellation Perseus, they can be seen anywhere in the sky. (Look from northeast to a point directly above you.)

Writing about the Perseids reminds me of an incident that took place while I was growing up in Ireland. On an August night one of my brothers came home, white as a ghost. Of course, everyone asked what had happened. His reply was "Oh my God, every star in the sky is falling!" Living so far north we were very familiar with shooting stars, the aurora borealis, and the night sky in general. That night was unusually crisp and clear, so you can imagine how genuinely awesome the Perseids were. Years later we learned their secret.

On August 18 we will have a full moon. This moon was named the Sturgeon Moon by Native Americans because the sturgeon in the Great Lakes was plentiful and easy to catch at this

There is an unusual phenomenon called an almost eclipse at this full moon. An eclipse of the moon (which we can only have at full moon) happens when the sun, earth and moon are lined up in a perfectly straight line and the earth's inner shadow or umbra covers the moon.

A penumbral eclipse occurs when the sun, earth and moon are aligned but not in a perfectly straight line. The earth goes through the penumbra or faint outer shadow of the moon. This type of eclipse is hard to see as the moon remains almost as bright as usual.

We have an almost eclipse when the same conditions as the penumbral eclipse exist, but the earth's shadow just barely misses the moon. This almost eclipse cannot be seen from anywhere on The next almost earth. eclipse will be on October 17,

On August 27, there will be a Conjunction, or pairing of Venus and Jupiter. Look for these two bright planets, appearing very close together, after sunset in the western

Finally, this is a good time to take a peek at the International Space Station. This football field-sized space research lab established in 1988 orbits the earth about 16 times a day. Owned by the U.S. and approximately 18 other countries, it has been manned since the year 2000. As of July 9 a full crew of six members is on the ISS.

Try to make time to view this great achievement of mankind at least once. My friends and I usually see it a few times each year. You will find a bright object that looks like a star or a planet but once you see it on the move you will surely recognize it. In order to find out when and where you can see the ISS go to NASA's Spot the Station on your computer. Viewing the space station should be a rewarding experience.

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Laurie Setzer - 19P Rossmoor Drive, formerly of Monroe Twp., N.J.

George and Carolyn Wilson - 122C Lowell Lane, formerly of Monroe Twp.,

Christopher S. and Yong Ko - 180C Prescott Lane, formerly of Mamaroneck, N.Y.

Rosario Maimone - 251D Mystic Lane, formerly of South River, N.J.

Louis Clark and Janet Singleton – 196N Mayflower Lane, formerly of Clifton, N.J.

Joseph and Rosayne Tumilowicz – 728B Mt. Vernon Road, formerly of



Laurel Springs, N.J.

Robert Terranova - 319B Stowe Lane, formerly of Edison, N.J.

Deodat Ramsarup - 237C Marblehead Lane, formerly of Upper Marlboro, N.J.

Lois M. Tuckey - 346A Norwich Lane, Sayreville, N.J.

Helen A. Rescigno – 430C Redding Lane, formerly of Monroe Twp., N.J.

Steven M. Goldsmith -340D Narragansett Lane, formerly of Lakewood, N.J.

Miguel Castro and Irma Duque – 50A Emerson Lane, formerly of Elizabeth, N.J.

RESEARCH STUDY Mild Alzheimer's Disease

A local research study is now underway to evalulate whether an investigational medication can slow the progression of Mild Alzheimer's Disease.



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Pyramid Clinical Research

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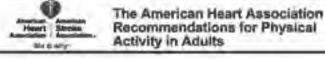




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CULINARY CORNER

By Sidna Mitchell

Our plants are beginning to flourish in our 10 x 10foot plot in the Monroe Township Community Gardens except for the eggplant plants. The bugs, particularly the potato bugs we are told, really like to crunch on those leaves. The Community Gardens are on land that was once a potato farm; evidently the bugs never left the soil so we may have to buy eggplants at the local farmers market.

At home, the garlic chives, regular chives, oregano, and the mints are going great guns in the flowerbed. However, I forgot to water the herbs in pots and one of my sages is dead. Perhaps the other sage, thyme, chives, and rosemary will recover if I faithfully water each day. Of course, it would help if the irrigation guy ever shows up to start the water system.

Thankfully, Ken is very good about going to our garden plot after he leaves the gym. He waters all the vegetation and checks the plants, especially eggplants, for bugs. Ladybugs are okay and, in fact, are very helpful but those potato bugs are menaces. The other day, after taking a friend to lunch in Hamilton, I stopped by the garden, only to find lots of larvae on the eggplants. Without being squeamish, I crushed all those little black bubbles.

Back home, thinking about

my herbs, I decided to put them to good use and make an herb butter for the steak I planned to cook that night. Actually, I ended up using the butter on the steak and my baked potato with extra chives. Here's an easy and tasty recipe.

Culinary corner

Herb Butter

½ cup (one stick) butter, softened

- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped

fresh parsley 1 teaspoon finely grated lemon zest 2 cloves garlic, minced or finely chopped salt and freshly ground

pepper to taste

In a medium bowl, mix butter, herbs, lemon zest, garlic, salt and freshly ground pepper until well blended. Place in a plastic container and refrigerate until about 30 minutes before using.

NOTE: I can never seem to grow parsley, or maybe the rabbits like it better than I do, so I had to buy some at the farmers' market. However, you can use a combination of any herbs to make a delicious butter.

Also, being Southern, at least growing up, I'm used to leaving butter out of the refrigerator even in the summer. I guess I got that from my grandparents who lived on farms in Mississippi and Kentucky.

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



From the Mayor

By Gerald W. Tamburro, Mayor of Monroe Township

Open Space

With 6,670 acres of open space preserved forever, 1.312 acres of which is preserved farmland, Monroe Township is well on its way to achieving its goal of ensuring 50 percent of its land being undeveloped and a big part of that is making sure many of those preserved lands remain as wooded ar-

To purchase land for preservation, the Township utilizes its Open Space Trust Fund, which was authorized by the voters and established through a 1.5-cent (per \$100 of assessed valuation) Open Space Tax. Using the Trust Fund, the Township has

been able to purchase open space acquisitions. Monroe regularly works with Middlesex County and the State of New Jersey on open space purchases, sharing the costs and work that goes into the preservation of key acquisition parcels.

The Township prioritizes the preservation of lands that are next to other preserved lands as a means to create green belts throughout the Township to ensure there are large portions of Monroe that will remain green forever. Our undeveloped lands include a combination of State, County and Municipallyowned properties, and homeowner association owned lands that can never be developed.

In addition, the Township currently has 1,387 acres on its Targeted Open Space Parcels list. More than 120 acres of this land is on Gravel Hill-Spotswood Road adjacent to the Thomas L. Allen Softball Complex and the Township Department of Public Works. The land will be used to establish equestrian and off-road bicvcle trails in Monroe.

These trails are the second targeted lands for equestrian trails, since the Township acquired 40 acres across from Congress Hill Farms that will connect Federal Road to James Monroe Park.

Those 40 acres connect to a 72 acre piece, which the Township acquired through foreclosure, and connects to James Monroe Park.

The Township is also eyeing more than 72 acres on Disbrow Hill Road near Rocky Brook Estates, 66 of those acres will be donated to the Township by the developers of Rocky Brook Estates, who will also be responsible for building a trail on the property and establishing and maintaining a vernal pool at the site.

Furthermore, the state Department of Environmental Protection and Middlesex County have targeted 107 acres of historic lands between Hoffman and Federal Roads. The land is believed to be the site of General Charles Lee's encampment the night before the Battle of Monmouth in June 1778. The land was slated for development, but its historical significance to the birth of America has piqued the interest of the County and State.

We will also continue to target open space that can be used for both passive and active recreation, education and community gatherings. Our dedication to land preservation is one of the reasons Monroe is a desirable place to live, raise a family and retire.



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Clubs and Organizations

Chorus honors, celebrates Roberta Ambler

By Alyce Owens

At a recent end of season party, the Chorus honored Roberta Ambler with a plaque and a flowering plant in celebration of her many years of singing tenor in the chorus and – more importantly – her 95th birthday.

Roberta was an only child, born in New Brunswick, N.J. on Aug 1, 1921. Known as the "neighborhood bookworm," she grew up in Highland Park, especially enjoying reading, history, and music. Not surprisingly, she graduated as class valedictorian from Highland Park High School in 1939. Upon graduation from the New Jersey College for Woman (now Douglass College, part of Rutgers University) Roberta went right to work for General Foods in Hoboken, commuting back and forth through the Hudson PATH tubes to a Greenwich Village apartment which she shared with two other girls. During her 11 years at General Foods, Roberta's work involved research on how to best package and store coffee to keep it fresh and flavorful for our soldiers during the war. She later worked on enhancing the flavor of instant coffee, and did some work on orange juice, Tang, and cocoa.

Walter and Roberta grew up in the same neighborhood in Highland Park and knew each other from childhood. In early 1948, at a neighborhood ping-pong party, Walter went on his hands and knees to retrieve a ball, noticed Roberta's petticoat, looked up and "there she was." He was smitten! They were engaged in the summer of 1949 and married the next year. As newlyweds, they had an apartment in Philadelphia near the Penn Dental School where Walter was studying. Roberta stayed with her parents during the week while continuing her lab work at General Foods in Hoboken, and commuted to their Philadelphia apartment on weekends.

Upon graduation from dental school in 1952, Walter started his own dental practice in Highland Park, with Roberta working occasionally as his dental assistant and



Eileen Parker, president of the Rossmoor Chorus, presents the award to Roberta Ambler.

managing their taxes and books. Behind the dental office was an apartment in which they lived until they built a home in Edison in 1955, where Roberta eventually became a stay-at-home mom to their three childrentwo girls and a boy.

The couple loved music and instilled that appreciation in their children who remember singing at home as well as in the car on road trips. She learned to play the piano at a young age. Always active in the church, Roberta served as both a Deacon and Elder, led Bible studies, sang in the choir and played in the hand bell choir. Concerned and involved with community and the environment, she was a Girl Scout leader and treasurer of several clubs and organizations, and belonged to various PEO chapters, Women's Associations and Quiet Hour groups. In addition to her current clubs and activities, she enjoys photography and knitting.

When Walter retired, they volunteered together for Meals on Wheels, as Literacy Volunteers, and were active in their local AARP chapter planning trips. The couple moved from Edison to Bridgewater in 1997, and then to Rossmoor in 2004. Walter passed away in 2010.

As Roberta celebrates her 95th birthday on August 1, she certainly portrays her married name, "Ambler,"



call me Nana"

since she often can be seen pushing her walker along at a brisk pace between her home near the North Gate and the Meeting House to attend meetings or rehearsals of the Rossmoor Chimers or Chorus. She is the oldest and one of the most faithful members of both musical groups. Roberta still plays the piano and often plays the carillon in the Meeting House before Sunday services at our Community Church, where she is an active member of both the church and Women's Guild, serving as Guild treasurer for many years.

As much as she loves music, Roberta's real passion is for her eight grandchildren and four greatgrandchildren. She will tell you happily that she now is blessed to have all four of the little ones living right here in New Jersey so that she can see them more often. Whether you call her Nana, Grandma, Mom, Bert, or your friend, Roberta, you'll not find a sweeter, always smiling sometimes humming - gal in Rossmoor!

The Rossmoor Chorus is off for the summer but will rehearsals on resume Wednesday, September 7 at 4 p.m. in the Meeting House. If you love to sing and would like to meet a great bunch of new friends, why not join us in September at our Wednesday rehearsals?



Roberta and her late husband Walter



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observing the posted speed limits, No U-Turn, Yield, and One Way signs; stopping for pedestrians; making a full stop at all stop signs; and exercising extreme caution when entering RCAI streets from lanes or other areas without stop signs.

This month in pictures

Photos by Joe Conti



The committee for the annual Jewish Society picnic, from left, Janet Goodstein, Karen Seiden, Marcia Albom, Jeff Albom



At the picnic, Jeff Albom flips burgers again!



Maddie Baker won the 50/50

Pickleball



All for pickleball, from left, Robin Kelly, Yvonne Nobile and Fon $\ensuremath{\mathsf{NG}}$



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Vinny Piccirillo, a pickleball favorite player

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DANCE PARTY WITH DJ MEL

Friday, August 5, 7:00pm, Pool Wear Red, White & Blue to show your support for the USA in the Summer Olympic Games. Sold Out

SUNDAY MOVIE LUNCHEON

August 14, 12:30pm, Ballroom, \$14pp Movie: "Hello, My Name is Doris" w/ Sally Field Sold Out

AARP SAFE DRIVING COURSE

Friday, August 5, 8:30am, Gallery \$15 for members...\$20 for non-members Sign-up in the Clubhouse

FITNESS CENTER ORIENTATION

Tuesday, August 9, 10:00am, Fitness Center Space is Limited Sign-up in the Clubhouse

SUMMER CONCERT ON THE LAWN

Tuesday, August 16, 6:30pm, MH Lawn Bring a chair...No Charge Rain Date: August 18

EVENT REMINDERS

Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at time of ticket purchase.

FRIDAY NIGHT DANCE PARTIES

Friday, August 19-DJ Gary

7pm...\$10pp...Pool

(Event held indoors in the event of rain) Bring your own refreshments...Ice provided NO GLASS WILL BE PERMITTED AT POOL

Friday, September 16-DJ Mike 7pm...\$10pp...Ballroom

Bring your own refreshments...Ice provided

Call-in on Tuesday, August 9 for both parties at 12: 15pm...Tickets are non-transferrable

Payment must be received by August 12

Discover Your Inner Artist Wine & Design **Painting Party** Thursday, September 1 6:30pm Gallery \$15pp On Sale August 2

ATLANTIC CITY CASINO TRIPS

Thursday, Aug. 11, \$25pp; Caesar's...On Sale Now Thursday, Sept. 15, \$25pp; Bally's...On Sale Aug. 12

CIRQUE DU' SOLEIL

Wednesday, August 17, Departs Poolside 3:30pm Wait List Available...Sold Out

CRUISE & CASINO (Taj Mahal)

Wednesday, August 31, Departs Poolside 8:30am \$58pp includes boat ride, \$20 slot play, buffet lunch & bus Limited Space Available

"WAITRESS" on BROADWAY

Wednesday, October 5, Departs Poolside 10am Wait List Available...Sold Out

BILL GRAHAM & "ROCK n ROLL" Revolution Exhibit Tuesday, September 20, Departs Poolside 9am, \$35pp

Enjoy all the National Museum of American Jewish History in Philly has to offer. Limited Space Available

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NEW YORK CITY HOLIDAY LIGHTS TOUR

Wednesday, December 7 Departs Poolside 1:30PM Complete Details in September Issue

INTREPID Sea, Air & Space Museum

Tuesday, October 25 **Bus Departs Poolside 9am**

\$50pp includes museum admission. bus & driver gratuities



On Sale September 1

POINT PLEASANT BOARDWALK & LUNCH AT THE SHRIMP BOX

> Monday, September 12 Departs Poolside 11am

\$50pp includes bus, full lunch, time at the boardwalk & all gratuities

On Sale August 2



We are carrying on the Kiwanians' Tradition!

SAVE THE DATE SPAGHETTI DINNER

Thursday, September 22 6PM Ballroom



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Look for story in the September Issue of the Rossmoor News!

SUMMER OLYMPICS 2016

The 2016 U.S. Olympic Team is currently comprised of 555 athletes; 31 of them are from right here in New Jersey.

Opening Ceremony

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Full schedule can be found at www.nbcolympics.com



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CROQUET

New Players Welcome Call Betty Anne Clayton for Info

PICKLEBALL

Call Frank Nobile for Details.

HIKING

August 17...Semi-Annual Hiking Meeting 7PM...Maple Room New Hikers Welcome Call Ann Rotholz for Details

SHUFFLEBOARD

August 23..."High 4 Disk Tournament"...1:30pm Bring Your Own Snacks Call Mary Leone for Details

TABLE TENNIS

Tables available Tuesday, Friday, Saturday & Sunday, 9-11AM. All Welcome!

TENNIS

Courts available 8am until dusk.

Contact the Clubhouse office if you would like information regarding any of the sports above.

&

ARMCHAIR TRAVEL DVD PROGRAM 4th Tuesday, 1:00pm, Ballroom

AVIATION GROUP

2nd Wednesday, 1:30pm, Ballroom "America's SST"

BOOK DISCUSSION GROUP 2nd Thursday, 3:00pm, Maple Room "Shakespeare Saved My Life" by Laura Bates

CULTURAL PROGRAM SERIES ON DVD 1st Tuesday, 1:00pm, Ballroom

"Frankie Valli & the Four Seasons" **CURRENT EVENTS ROUNDTABLE** Mondays, 10:30am, Maple

GERMAN AMERICANS Last Thursday, 1:30pm, Cedar No Meeting in August

GREEK AMERICANS 1st Tuesday, 1:00pm, Maple

POLISH AMERICANS 1st Friday, 1:00pm, Maple Room

SCIENCE & NATURE DVD PROGRAM 3rd Tuesday, 1:00pm, Ballroom

WRITERS GROUP Last Thursday, 10:00am, Cedar Room

Get the latest edition of the Fox in the Clubhouse

Are You Interested? ¿Estás Intersado? Latino/Hispanic Group Meeting

Vednesday, Sept. 28...6PM Maple Room

Let's get together & learn about each other's cultures. Juntemonos para conocer nuestras culturas!

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CHAIR YOGA

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

FITNESS CENTER ORIENTATION

Tuesday, August 9, 10:00am

New to the Fitness Center or need a refresher? Sign-up in the Clubhouse

HEALTHY BONES Thursdays, 9:30am, Ballroom

This class is for those that have pre-registered.

OPEN EXERCISE DVD Monday, Thursday, 9:30 Hawthorn Room Saturday, 9:30am, Maple Room No Instructor. Exercise at your own pace

DVDs are selected from our current collection No charge or sign-up required.

YOGA

Wednesday, 9:30am, Cedar Room. Resident instructor conducts the class. No Charge: All Welcome, Bring floor mat.

SPACE LIMITED. ZUMBA GOLD

Monday, 6:30pm, Hawthorn Room. Class conducted by a certified Zumba instructor. Pay instructor directly.

AQUAAEROBICS

Tuesday & Thursday...10am Wednesday...6:30pm

No Charge...No Sign-up Required Classes End Thursday, September 1

"ALL IN STITCHES" Knit & Crochet Group Thursdays, 1pm, Maple Room

ART CLASS/WORKSHOP

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

CERAMICS STUDIO

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

GALLERY EXHIBITS

The month of August will feature an exhibit from Rossmoor's Digital Photography Club. Be sure to stop in and browse the beautiful artwork.

POTTERY

Wednesday & Saturday, 8:30am-12 Noon. Monitor present.

RUG HOOKING GROUP

Thursdays, 9am—2pm, Gallery. Bring your lunch and be prepared to have some fun!

OPEN WOOD CARVING WORKSHOP

Fridays, 9am—12pm, Woodshop. Supplies on your own.

WOODSHOP

Open to Residents who have completed the orientation and safety class. Monday-Saturday 9am-3pm

> Contact the Clubhouse office at 609-655-3232 if you would like more information



E A D N G R 0

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N

We have a wonderful Reading Library right here in the Clubhouse that is run by a resident volunteer.

The Reading Library is based on the honor system, so if you borrow a book, please return it in a timely fashion.

We are also in need of non-fiction materials. If you have any you would like to donate, please call the Clubhouse.



Chair Yoga Free Demo Tuesday, Sept. 6 10am Gallery

Six week class will begin on Sept. 13 \$48 (Pay Instructor Directly) Call Clubhouse for Details

BANANAGRAMS

Fast paced crossword style word game to keep you on your toes. Mondays & Thursdays, 2pm, GR. Contact Dolores Wardrop info in Rossmoor phone book

BRIDGE

Tuesday night Rubber Bridge players needed.
Contact Diane DelMasto info in Rossmoor phone book

CANASTA MAHJONG

Contact Clubhouse

MAY I

Contact Sophie Prata. Info in Rossmoor phone book

MEN'S POKER

Contact Joe Conti. Info in Rossmoor phone book

NINTENDO Wii

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

PINOCHLE

Wednesdays, 1:00pm. Contact John Cristiano. Info in Rossmoor phone book

POKER

Mondays and Fridays. Contact Ginny Giorgio. Info in Rossmoor phone book

POOL ROOM

The Pool Room is open 8am-10pm, 7days. (Closed for cleaning, Wednesdays 8am-11am.)



"CREED"

Starring Sylvester Stallone

Tuesday, August 9 1&7PM Ballroom

Rated PG-13 For Language & Violence 133 Minutes

No Charge

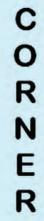
Movie Subject to Change

FRIDAY FLICK **MYSTERY MOVIES**

August 12 September 2

1PM Ballroom No Charge





M

















E RFEC

August 2016

CALENDAR SUBJECT TO CHANGECheck with Group/Club for more info**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	.5	6
E & R Events Marked with 86 Require Tickets or Prior Registration		1:00pm Cultural Program-BR "Frankie Valli"		10.00am Agenda Committee- VC	8:30am 8: AARP Course-GL 7:00pm 8: Pool Party w/ DJ Mel-Pool	Golf Outing
7	8	9	10	11	12	13
	1:00pm Health Care Lecture- CD 2:00pm Mutual 11-MP 2:00pm Mutual 12-VC	10:00am Stritness Center Orientation-FC 1:00pm & 7:00pm FREE MOVIE-BR "CREED" Rated PG-13-133 Mins 2:00pm Mutual 9-GL	1:30pm Aviation-BR 2:00pm Mutual 10-VC	9:00am 8 Trip-Atlantic City 9:00am Maintenance CommVC 10:00am Community Affairs-VC 11:00am Finance CommVC	1:00pm Mystery Movie-BR	
14	15	16	17	18	19	20
12:30pm Movie Luncheon- BR	10:00am Mutual 14-DW	10:00am Mutual 6-MP 1:00pm Science & Nature-BR 6:30pm Summer Concert on the Lawn-MH	3:30pm Strip-Cirque Du Soleil 7:00pm Hikers Meeting-MP	9:00am Board of Governors-VC	7:00pm R Pool Party w/ DJ Gary-Pool	
21	22	23	24	25	26	27
1:00pm Mutual 1 Picnic-H	10:00am Mutual 8-VC	10:00am New Resident Meeting-GL 1:00pm Armchair Travel-BR 1:30pm Shuffleboard Tournament-C		2:00pm Mutual 16-GL	6:30pm Bingo-BR	
28	29	30	31			
<u>1:00pm</u> Mutual 17 Picnic-BR	Golf Outing		8:30am 3: Trip-Cruise & Casino	Tickets on Sale today!		

GROUPS/CLUBS N	MEETING ON A WEEKLY or	BI-WEEKLY BASIS	
All in Stitches	Thurs	1:00pm	MP
Art Class	Wed	9:30am	GL
Chorus	VVed	4:00pm	MH
Church Discussion	Tues	1:30pm	MHP
Community Church	Sun	11:00am	MH
Crafters	Tues	9:30am	CFT
Croquet	Fri	5:00pm	C/MP
Current Events	Mon	10:30am	MP
Rug Hookers	Thurs	9:30am	GL
Sewers	Mon	9:30am	CFT
Torah Study	Sat	10:00am	CD

WEEK	LY GAMES, EXERCISES & SPO	RTS	
Bridge (Various Groups)	**CARI	ROOM**	
Cards	Thurs & Fri	1:00pm	GR
Chair Yoga	Tues	10:00am	BR
Table Tennis	Tues, Fri, Sat, Sun	9:00am	H
DVD Exercise	Mon, Thurs, Sat	9:30am	H/MP
Yoga	Wed	9:30am	CD
Zumba®	Mon	6:30pm	Н

GROUPS/CLUBS	S MEETING ON A MONTHL	Y BASIS	
Book Discussion	2nd Thurs	3:00pm	MP
Catholic Society Mass	2nd Thurs	7:00pm	MH
Computer Club	3rd Mon	10:00am	GL
Dance Club	Last Sat	7:00pm	BR
Emerald Society	4th Wed	2:00pm	BR
German-American	Last Thurs	1:30pm	MP
Greek-American	1 st Tues	1:00pm	MP
Indian American	3rd Fri	7:00pm	CD
Italian-American	3rd Wed	7:30pm	BR
Jewish Cong. Services	2nd & 4th Fri	7:45pm	MH
NJ Social & Cultural	Last Fri	1:30pm	BR
Players	Last Mon	7:00pm	GL
Polish-American	1st Fri	1:00pm	MP
Sisterhood	3rd Mon	1:30pm	BR
Women's Guild	3rd Thurs	1:30pm	BR
Worship with Communion	1st Sun	11:00am	MH
Writers Group	Last Thurs	10:00am	CD

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



Geoff Gallante, 15-year-old jazz prodigy to perform in the Meeting House

By Gene Horan

Those who attended last summer's rousing jazz concert by musical prodigy Geoff Gallante and associates will be happy to know they are returning to Rossmoor. Mark the date: Sunday, August 21, 2016 at 3 p.m. in the Meeting House. The cost of this Music Association concert is only \$10, payable at the door.

"Geoff's command of the instrument and of the jazz vocabulary are truly astonishing —an amazingly gifted youngster Dan Morgenstern

Noted jazz critic

Geoff, a 15-year-old highschool student, plays the trumpet, cornet, and flugelhorn, and has been dazzling audiences since he was four years old, including playing at the White House when he was only six. The Rossmoor Music Association is delighted to be able to present this outstanding musician and his associates for a second appearance in our community.

One of the most celebrated young musicians in the world today, Geoff found his older brother's trumpet at age four and has since performed on prominent stages and alongside distinguished artists all across the country — as acclaimed soloist with concert bands, brass bands and pops orchestras and as featured jazz performer, national anthem performer and as church soloist.

Geoff will be leading a trio of exceptionally talented jazz musicians and will be playing swinging jazz standards and choice selections from the Great American Songbook.

Performed at Kennedy Center

Geoff has performed in 34 states nationwide, including with five different ensembles of the U.S. Military. By the age of six he had already garnered guest soloist engagements with the likes of the Louisville Orchestra, the Duke Ellington Orchestra, and the Philadelphia Brass Quintet. As anthem performer, Geoff has appeared in 16 pro-sports venues across the country. He's the youngest instrumentalist, at six years old, to ever perform at the White House or at the prestigious Kennedy Center in Washington, D.C.

Soloed with top bands

In addition to solo engagements with many professional pops orchestras, Geoff has soloed with some of America's very finest symphonic bands, including the U.S. Naval Academy Concert Band.

In 2012, Geoff was accorded the honor, at age 11, of being chosen as guest soloist at the annual convention of the Association of Concert Bands in Poughkeepsie, N.Y. In July 2014, Geoff had the distinction of performing as guest soloist at the Texas Bandmasters Convention, the largest of its kind in the world!

Plays all styles of jazz

In the jazz realm, Geoff is comfortable playing all styles, from traditional New Orleans to small-group straight-ahead jazz to classic big band and swing. As a "traditional" jazz player he's a member of the D.C. based award-winning Capitol Focus Jazz Band, and as a big band trumpeter he plays in the Blues Alley Youth Jazz Orchestra.

As a contemporary, straight-ahead jazz performer, Geoff has shared the stage with such jazz icons as Maynard Ferguson, Dick Hyman, and Bucky Pizzarelli. He has hosted other distinguished jazz musicians including Earl Klugh, Kevin Mahogany, Cyrus Chestnut, Harry Allen, James Carter, Warren Vache, and many more.

Jazz club engagements

Geoff has performed in such prominent jazz venues as Andy's in Chicago, Blues Alley in Washington, D.C., the Metropolitan Room in New York City, and Herb Alpert's Club Vibrato in Los Angeles.

Geoff's network TV appearances include the "Tonight Show" with Jay Leno, NBC'S "Today" show, and the CBS "Early Show."



Geoff Gallante (center) and band at 2015 concert at Rossmoor

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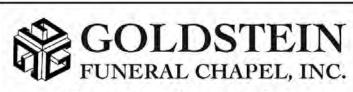
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August summer dance party

By Judy Perkus

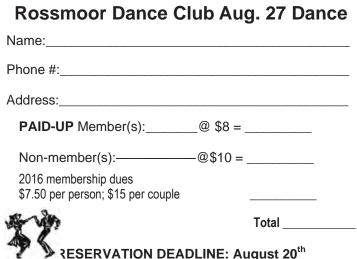
Join the Dance Club for a fun night with all kinds of dance music by DJ/Keyboardist Peter Lieberman. It's our August Summer Dance Party on Saturday August 27 at 7 p.m. in the Clubhouse Ballroom. All residents, singles as well as couples, are welcome. Refreshments include coffee, tea, soda, desserts (sugar-free available) and snacks.

Please leave your check made out to the Rossmoor

Dance Club in an envelope in the Dance Club folder in the E&R Office, or mail it to Armen DeVivo at 449B Roxbury Lane. The cost is \$8 a person for paid-up members and \$10 a person for nonmembers. Annual membership is \$7.50 per person, \$15 per couple.

Call Armen at 655-2175 for more information.

SAVE THE DATE: Saturday September 24 is the date of our Anniversary Dinner Dance. More details to follow



Total ______

RESERVATION DEADLINE: August 20th

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



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Mullen & Owens "China Memories" back by popular demand

By Alyce Owens

Ever since Ruth Mullen and Alyce Owens presented their "China Memories and Pictures" in April, 2014, people have been asking whether they would ever repeat it for those who missed it, or would like to enjoy it again. Well, here's your chance.

Since Ruth will soon be moving to Florida, this is the last opportunity for the pair to share their wonderful stories and photographs with all who are interested. This event will also be the final meeting and presentation by the Kiwanis Club of Rossmoor, so be sure to mark your calendar to attend on Monday, August 22 at 2 pm in the Ballroom. And, everyone is invited to attend!

The two women met in 2004 as charter members of the Working Women's Club, which met in the evening and offered programs and trips of interest to women who were still working during the day. Ruth, who was co-founder and president of the club, was a true New Yorker - Brooklyn born and raised. After a rewarding career working in all five boroughs of N.Y., Ruth retired as Director of Residential Services for a non-profit social services agency. Upon retiring, she accepted Alyce's invitation to join Kiwanis and for several years kept very busy as the coordinator of the Kiwanis Food Pantry in Monroe. Ruth is a member of the Croquet Club, works as monitor for the Computer Club, and also volunteers at the Rossmoor Library.

A native of N.J., Alyce grew up in Elizabeth and enjoyed a challenging career in advertising, marketing, and communications, retiring as Creative Services Manager from Zinsser Co., Inc. in Somerset, N.J. She has served as a Deacon at the Community Church, presi-



Alyce Owens and Ruth Mullen stand under the watchful eye of Mao in Tiananamen Square, Beijing, China.

dent of the Kiwanis Club for several years, and continues to work at the Food Pantry. A member of the Golf Course and the Women's 9-Holer Golf Association, Alyce also belongs to the Croquet Club and sings with the Chorus.

It was while working together at the Food Pantry one morning that Ruth mentioned that she was about to fulfill her lifelong dream of travelling to China, and would Alyce like to join her. It didn't take long for them to agree that this was a once-in -a-lifetime opportunity that they would enjoy doing together, and the plan was set in motion — updating passports and getting the necessary visas required for travel to China.

The pair is eager to share their many extraordinary China experiences from Beijing to Shanghai — the excitement and thrill of standing in Tiananamen Square, climbing onto the Great Wall, exploring inside The Forbidden City, experiencing the unbelievable, life-size Terra Cotta Warriors unearthed in Xi'an, seeing the adorable pandas and much more. Breathtaking photos will recount their three-day river boat trip down the Yangtze and, finally, the fantasy-like modern buildings and lights of Shanghai. The friends describe the trip as "AWESOME but exhausting." (Those who experienced this presentation in 2014 said they felt as though they had shared this adventure without the cost or exhaustion).

Remember the date is Monday, August 22, in the Ballroom at 2 p.m. The Kiwanis Club invites all residents to attend what is sure to be a most interesting and enjoyable afternoon. Light refreshments will be served following their presentation.

Strike 90 for Computer Club annual party

By Alec Aylat

It's the magic number. It's annual party time. It's paid up members only, plus one guest, or minus one guest, but no more than one guest, for a combined total

of 90. And if that's not tough enough, admittance tickets are required. These are available in the Clubhouse from 10 a.m. to noon on Tuesday and Wednesday, August 9 and 10. When we strike 90, no more tickets will be issued. Latecomers may never be seen Wednesday.

Not only is a ticket needed, but members, hungry or not, must bring enough food for six. One would think that's a lot, but last year no one left hungry and the serving table looked like the Brits exiting the EU.

The real fun starts when Nick, AI, and Herb (last names omitted to preserve their sanity) present the latest riotously amusing highlights from YouTube, guaranteed to put the audience in stitches, or flat on the floor looking for a way out.

Curtain rises in the Ball-room at noon, Thursday, August 18, with three cheers from the 90 who dared to come. Further unnecessary clarification is on the club's website at www.rossmoor.org



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Flavian reading minds at the Italian-American Club

Players pastimes

Italian-American Club News

By Tony Cardello

The entertainment provided by singer Sal LoCasio for the July membership meeting was superb. Sal was in fine voice performing his renditions of Frank Sinatra and Dean Martin classics.

Entertainment for the next membership meeting on August 17 will be a presentation by Paul Pittari on Italian immigration.

The trip to Renault Winery and Smithville on August 29 is a complete sell-out.

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

An upcoming event will be the annual picnic on September 10 from 3 to 8 p.m. in the Ballroom. It will be catered by City Streets.

the end of October. Following

on the heels of the very popular show "Between En-

gagements," which was seen

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Gary Norton (DJ) whispers sweet nothings to Rosa Harris.

By Sue Archambault

Hopefully you did not miss the Players This 'n That variety show, which took place on the evenings of Thursday, July 28, and Friday, July 29, in addition to a matinee performance on Saturday, July 30. The show consisted of an

assortment of different acts by our very own Players. The audience was treated to comedy skits, songs in the form of solos, duets, and larger group numbers. There was an assortment of various instruments on the stage including a cello, acoustic guitars, electric guitars, tympani, keyboard, and piano. The show was directed by Bill Strecker and assisted by Bob Huber. Joe Conti filled the bill as our most debonair Master of Ceremonies. The entire cast performed the final number of the show. The premier performance of the song "It's News to Us" gave the audience a preview of the original musical comedy that will be performed by the Players at



Karaoke night!





Karaoke night! A great success!

last October, the writing team of Strecker and Huber will once again be offering the gala opening of their new musical also titled "It's News to Us." On Monday, August 29, the Players will offer a very entertaining as well as informative evening for our monthly meeting. Our own Barry Jacobsen will host this event. The audience will have the opportunity to view various clips from Your Show of Shows. Many of the audience members will probably remember this program as a live 90-minute

variety show that was broadcast weekly in the United States on NBC from February 25, 1950, through June 5, 1954, and featured Sid Caesar and Imogene Coca. Barry is an expert on much of TV from that time period, and he will tell the attendees the background information as well as some insider info that few people know about. Refreshments will be served at this meeting at 7 p.m. in the Gallery. All guests are welcome to

attena.



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Rossmoor Rental Library

By Irene Poulin

Home by Harlan Coben

Ten years after the high profile kidnapping of two boys from wealthy families. Myron Bolivar believes he has located one of them, now in his teens.

Insidious by Catherine Coulter

Venus Rasmussen, the powerful 86-year-old head of international conglomerate Rasmussen Industries, believes there is someone out to kill her, and it is up to Savich and Sherlock to figure out who it could be.

Downfall by Judith Jance

Cochise County Sheriff Joanna Brady already has a full plate, but when two women fall to their deaths off a nearby cliff, her full attention is required to solve the case. Is it a murder/suicide or a double homicide?

Rise the Dark by Michael Koryta

In a small town in Florida, the man who murdered Markus Novak's wife is released from prison. Hundreds of miles away in Montana, the same man abducts a young woman named Sabrina. Can Markus figure out their connection and save Sabrina before she suffers the same fate as his wife?

Crash and Burn by Fern Michaels

Nikki Quinn, member of the Sisterhood, a group of women who are out to serve justice and to defend those who can't defend themselves, takes on a scandalous divorce case involving the Speaker of the House, Buzz Lambert.

The City Baker's Guide to Country Living by Louise Miller

When Olivia Rawlings accidentally sets her exclusive Boston dinner club on fire in a cooking accident, she escapes the disastrous backlash by running away to the small town of Guthrie, Vermont, where her best friend lives.

Apprentice in Death by J.

D. Robb, Nora Roberts

Eve Dallas is called to Central Park after a sniper leaves three people dead within seconds. Eve soon finds that the victims were killed by a tactical laser rifle and further evidence leads her to believe that the shooter is being trained to kill by an expert.

Damaged by Lisa Scottoline

Mary DiNunzio has taken on a case suing the Philadelphia school district to help a middle school boy with emotional problems and soon ends up becoming his temporary guardian. But how far will she go to protect the boy?

The Shattered Tree by Charles Todd

While World War I battlefield nurse Bess Crawford is tending to a wounded French officer, he snaps at her in German, leading to much confusion about his origins.

Library Hours

Monday thru Friday 10 a.m. to noon 1:30 to 3:30 p.m. Library Closed Saturdays

Republican Club news

By Ron Haas

Within the newly structured Middlesex County Republican Organization (MCRO), Ronald Haas is the new Regional Vice Chair, reporting to the Chair of Middlesex County, Lucille Panos. He will be responsible for Monroe, Cranbury, Plainsboro, South Brunswick, Jamesburg, Helmetta and North Brunswick. Also elected to

MCRO are Vice Chair Sylvia Engel, Secretary Tonia Kulberda, and Treasurer Rod Kulp.

Ron will continue to serve as president of the Rossmoor Republican Club.

Come meet the new team and other great Republicans at our Republican Club meeting In the Clubhouse on September 20 at 7:30 p.m. Refreshments will be served.

"Senior Scams" presentation

By Susan Kostbar

Rossmoor's Democratic Club will host Middlesex County Sheriff's Office presentation on "Senior Scams." Officer Ron Walko is confirmed to present this onehour informative talk on all the latest scams that are perpetrated against' seniors. He gives expert advice on what to look for and how to avoid becoming a victim. Officer Walko mentioned one of the latest scams, in which credit cards with chips are vulnerable to perpetrators with RFID scanning devices to

steal your private information.

Officer Walko will discuss this, and more, at the upcoming regular meeting of the Democratic Club on August 9 from 7-9 p.m.in the Gallery. All are welcome. Refreshments will be served. Please contact Susan Kostbar, Democratic Club president, for information about the Club at 609-658-6902 or skostbar@gmail.com. Also, we invite you to "Rossmoor's Democratic Club" Facebook page and "Like" us!

Congresswoman Bonnie Watson Coleman's Mobile Outreach will come here

By Susan Kostbar

The Democratic Club will sponsor Congresswoman Bonnie Watson Coleman's Mobile Outreach here at Rossmoor. If you are having problems with U.S. Citizenship and Immigration, Social Security, the VA, Medicare, Medicaid, or any other federal agency, Watson Coleman may be able to assist. Her staff will be holding office hours around the district and will be here on August 17 from 2-5 p.m. in the Clubhouse Maple Room.

Call for models for Women's Guild literary fashion show

By Diane England

It's time again for V.P. Lana Ottinger to organize the fashion show which will kickoff the 2016-2017 year for the Women's Guild. And frankly, she has come up with a brilliant idea for this September 15 at 1:30 p.m. event (in the Ballroom).

As longer-term members know, there was a time when

a Princeton store provided clothes which residents modeled. But once they stepped away from doing this, people like Lana had to become creative. And this year she certainly has with her classic literature theme-because good stories never go out of style.

The thing is, to accomplish what she has envisioned, Lana needs models willing to

develop their own costumes or wear one of the posters she has purchased and donated. In the latter case, you'd have on your own clothes, but then you'd wear the poster over those as if you were someone wearing a sign in a picket line. Lana has posters for Heidi, The Wonderful wizard of Oz, Mary Poppins, Twenty Thousand Leagues Under the Sea, and Alice in Wonderland. (Someone has already volunteered to wear the one for Winnie-the-Pooh.)

What costumes needed? Lana has compiled a list of ten other books. Rather than list them all here, though, send her an email at lanajottinger@gmail.com or phone her at 609-664-2045 to discuss these. If your favorite book from childhood or your adolescence isn't on the list, feel free to suggest it. Just be prepared to give Lana the title, the author, and the date of publication.

Are you shaking in your sandals as you think about strutting like a supermodel in front of your fellow residents? Push that thought aside. All we need you to do is put a smile on your face, walk out there and pose, then move to another spot and pose-at least until I've finished reading the commentary I'll have written for your book. Yes, the script will be particularly important, and it will emphasize interesting and fun tidbits about perhaps the story, the author, or the book's setting. Also, resident Norma Evans, an accomplished organist and pianist, will be accompanying you. So really, you should be having so much fun that you won't have to force that smile.

On a final note, models in costumes should arrive no later than 1 p.m. at the Ballroom. Those wearing posters should arrive at 12:45 since it may take a little time to dress you. The show itself will begin at 1:30 and last close to an hour. Of course, there will be refreshments and fellowship following the fashion

So, are you ready to send off an email or make a phone call to Lana? I certainly hope

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FABRIC & UPHOLSTERY SHOP ON PREMISES

Emerald Society's activities

By Joan Avery

Judy Nisbeth gave a very interesting presentation on travel safety at the July Emerald Society meeting. Judy has had 40 years of travel experience. She discussed the many facets of travel safety including travel by car, plane, or ship, in addition to international travel. Larry Ferrari will give a presentation at the August 24 meeting.

President Dan Jolly announced that the day excursion to Doolan's for dinner and entertainment, showcasing the Nashville Sound, will take place on August 23. There are three seats available.

The date for the annual

Emerald Society picnic in the Ballroom and Terrace is now September 17.

The Niagara Falls trip is scheduled for September 6, 7, 8, and 9. Everyone who has signed up for this exciting trip is looking forward to this wonderful end to the summer.

Please mark your calendars for the Christmas Show in Lancaster, PA. for December 6. Dinner will be at the Good and Plenty Restaurant. In addition, the Emerald Society Christmas party will take place on December 10. Sign-up sheets for all these events will be on the table at the next meeting

See you at the August 24 meeting.

New Jersey Club

The New Jersey Club will meet again on September 30 for our first meeting of the fall. Meanwhile, plans and reservations are being made for our special bus trip on Tuesday, October 18, when we will travel to Liberty Hall, located on the Kean University Campus in Union, N.J.

lowed by a tour of the mansion and the gardens. A special tea will be served in the Carriage House, consisting of sandwiches, scones, pastries, and more.

The mansion was built by our first state governor, Robert Livingston (an ancestor of our recent Governor Thomas Kean). This remarkable place has been host to many special people: George and Martha Washington, Alexander Hamilton, and the Marquis de Lafayette among others. Over the years the mansion has been enlarged to 50 rooms, and has many stories to tell.

The price for the trip is \$75. Call Ruth Klein at (609) 655-8755 to join the trip, or to ask for more details.

By Eileen Parker

The day will start at the Visitor Center Museum, fol-

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Ready to play golf croquet are, from left, Charlie Christian, Rowland Tudor, Betty Anne Clayton, Paula Richardson and Sharon Gaines

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Golf Croquet: Playing the game

By M. Vail

Whether you are a seasoned game player or a novice, golf croquet has something of interest for everyone. The club provides a six-page basic guide by the United States Croquet Association (USCA) for playing the game. An official USCA rule book is available for use and for sale. Here are some of their highlights on strategy.

Golf croquet can have a fast or slow pace depending on the position of the croquet balls and a little bit of luck. Strategy and developing skills in placing the ball as well as blocking or removing the other balls makes the game of golf croquet fun to play and watch.

Strategies are many and varied. Players get one shot each turn in order of color: blue, red, black, and yellow. Each player has options for scoring a wicket. The player can hit the partner ball through the wicket (called a peel) to score for their team; can hit his/her own ball through the wicket; and even come through the wicket from the back side and place it in position to come through from the front side to setup to score.

A player can play defensively and block the other team's balls or play aggressively and knock the balls far away. This advantage is in the fact that a ball is played where it lies. If it goes out of

bounds, it is brought to the baseline for play.

At times, before striking a ball, a player will aim directly for the wicket after stalking the ball (stand a distance behind it and walk toward it to make sure it is properly aligned with the wicket). Whatever tactics the players use, these strategies offer challenges and elevate the

The Croquet Club scheduled a golf croquet tournament last Friday, July 29, at 5 p.m. and Saturday, July 30, at 10 a.m. Weather permitting the final game was played and all players joined in the celebration.

Ken Northrop announced that the Annual Kooky Kroquet play starts at 4 p.m. followed by the BBQ on the patio and in the Dogwood Room on Saturday, August 13. Members are asked to sign up for participation in the game and festivities after-

ward.

Six Wicket Croquet lessons are available to members. Contact Carolyn Meyer, Ken Northrop, or Carl Kruse for times and days.

Residents are invited to join in and try out the game. It is fun. Golf croquet is played Sunday, Tuesday, and Friday late afternoon. Light hors d'oeuvres and refreshments are served Friday after play. Please check the Court bulletin board or channel 26 for the scheduled times.

The basic rules for playing are posted on the Court sign-board.

Equipment is available for play and all are asked to wear flat soft sole footwear to protect the court's grassy surface. For more information,lease contact Membership Chair Betty Anne Clayton at 609-662-4659 during the croquet season April through October.

Ladies' 18-hole league's tournaments in May/June

By Arlene McBride

On May 10, a step away "Scramble" tournament was held. First place team (MOC), Lea Carlon, Carolyn Meyer, and Joan Semen; second place team, Janet Decker, Pat Mueller, and Sue Petersen. Good work girls!

On May 17, "Odd/Even Holes," tournament was held. Odd holes: First place, Carol Faraci; second place, Nancy Nita. Even holes: Firstplace, Arlene McBride, second place, Pat Mueller.

May 24, "Rainout." May 31, "Blind Partners" tournament was held. First place team, Carol Faraci and Maria Hogan; second place team, Janet Decker and Sandy Pellicane.

On June 7, "Low Gross/ Low Net" tournament was held. "Low Gross"- First place, Maria Hogan; second place, Pat Mueller. "Low Net"- First place, Janet Decker; second place, Joan Semen.

On June 14 and 21, we held the first major tournament, "Member/Member." First place team, Arlene

McBride and Pat Mueller. Second place team (MOC), Maria Hogan and Sue Petersen. I have to say it was a tight race to the finish line. Congratulations to all.

On June 28, "Low Gross/ Low Net" tournament was held. "Low Gross" – First place, Janet Decker; second place, Pat Mueller. "Low Net" – First place, Maria Hogan; second place, Joan Messick. These tournaments are not easy, but the winners did a fabulous job.

On July 5, "Fewest Putts" tournament was held. First place winner: Joan Messick (MOC); second place winner: Nancy Nita (MOC). The rain held off, surprisingly, and the greens were fast. Great putting, girls.

The course is in great shape under the direction of Tom Tucci and the golf course maintenance crew. Check the Rossmoor News or Channel 26 for dates of ladies' golf lessons given by PGA Pro Ted Servis.

Have a great summer golfing.

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Golf - A four-letter word for therapy

By Terre Martin

June and July were a mixed bag for weather, but the 9 Holers got in a few good tournaments. Some players appreciated the rule reminder in a previous article, so here's one that newer members may not know. If the flag on the pin is blue the hole is in the back of the green. If the flag is white, the hole is in the center of the green, and if the flag is red, the hole is in the front of the green. That information is useful if you are chipping on and can't really see the entire green.

We enjoyed a brown bag luncheon in early July, thanks to Marjorie Heyman's organization. Alyce Owens spearheaded the arrangements for our Member/Guest festivities. We also owe a shout out to Joan Gabriello for ordering some great looking Rossmoor women's golf shirts for us.

Results for June and July are:

Fewest Putts: A flight 1.Doris Herron, 2.Barbara
Agnese; B flight - 1.Alyce
Owens, 2.Janice Reeber;

Blind Holes: A flight - 1.Paula Richardson, 2.Marjorie Heyman; B flight - 1.Barbara Agnese, 2.Denise Sikora;

Low Net: A flight - 1.Grace Hammesfahr, 2.Denise Sikora; B flight - 1.Barbara Agnese, 2.Mary Shine;

Odd Holes: A flight - 1.Terre Martin, 2. Paula Richardson; B flight - 1.Tori Meiselbach, 2.Alyce Owens.

(Continued on page 21)

Religious Organizations

Catholic Society schedules Mass in the Meeting House

By Gene Horan

The monthly Mass of the Rossmoor Catholic Society will be held in the Meeting House at 7 p.m. on Thursday, August 11. It is the feast of St. Clare, friend of St. Francis of Assisi and founder of the Order of Poor Ladies or Poor Clares.

Refreshments and fellowship will follow the Mass.

The following activities are scheduled during the month:

• The Chaplet of Divine Mercy will be prayed in the

Maple Room of the Clubhouse at 3 p.m. on Tuesday, August 16.

- The Prayer Shawl Ministry will meet in the Craft Room of the Clubhouse at 1:30 p.m. on the Thursday, August 11, and Thursday, August 25.
- The Catholic Society Council Meeting will be held at 1:30 p.m. on Tuesday, August 9, in the Meeting House Parlor. All are invited

Electricity, water, and the right to vote on LWV agenda

By Ruth Banks

Remembering the chaos that ensued when our electric power went out after Hurricane Sandy, the topic of the August 29 meeting of the League of Women Voters of Monroe Twp. will be "Restoring Power after Damaging Storms."

Everything you ever wanted to know, or didn't want to know, will be presented by Gerry Ricciardi, Area Manager for Jersey Central Power and Light.

Ricciardi earned his B.S. degree in Industrial Engineering from the College of N.J., and an Associate's Degree in Applied Science in Electrical Engineering from Mercer County College. He has been employed by JCP&L since 1987 and is responsible for municipal relations in Middlesex, Mercer, and part of Monmouth County. He has more than 27 years of experience in all aspects of the electric utility business.

Golf

(Continued from page 20)

If you'd like to learn more about our group, please contact Membership chair Mary Shine (609-655-4518) or President Marie Bills (609-655-1912).

Overheard in the Clubhouse between two women:

"My doctor told me to take my iron every day and live on greens." Hmmmm. Another one said, "Sometimes being with my friends and golfing is all the therapy I need." So true. The meeting will begin at 1 p.m. in the Township Municipal Building. There is no charge and the public is invited to attend.

Continuing its focus on the state's natural resources, the League program on September 26 will focus on the challenge of maintaining our water infrastructure systems, one of the most crucial issues the state must face.

On October 24, the Reverend Dr. Deborah Cannon Partridge Wolfe Legacy Project will present a program on protecting the right to vote. The guest speaker will be Ryan P. Haygood, president and CEO of the N.J. Institute for Social Justice. The program will be held at the Library at 1 p.m., and is being co-sponsored by the LWV-MT, The Monroe Township Library, the Monroe Township Human Relations Commission, the Rossmoor Interfaith Council, the People of Color and the Monroe Township Board of Education.

The League of Women Voters is a nonpartisan political organization which never supports or opposes political candidates. It is open to men and women over 18, and is a local, state and national organization.

For more information regarding the League, please contact Judy Perkus at 609-655-1552, Ruth Banks at 609-655-4791, Andrea Pellezzi at 609-664-2146, Francine Glass at 609-860-7890, Marsha Rosenbaum at 609-409-0930 or Mary Ann Colgan at 609-490-0063.



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From slavery to renown

By Hadassah Aylat

Emerging heroically from years of slavery, which included repeated beatings, rapes, and a forced marriage, sold by one brutal owner to another just as harsh, Isabella transformed herself to devout Christianity, became known as Sojourner Truth, and in later life mixed with such notables of her day as Susan B. Anthony, Abraham Lincoln, and Ulysses S. Grant.

You won't want to miss this dramatic portrayal by teacher and actress Dr. Daisy Century at the next meeting of the Rossmoor Sisterhood on Monday, August 15, at 1:30 p.m. in the Clubhouse Ballroom. Her "Ain't I A Woman" performance is unforgettable. She comes to us under the auspices of the Horizons Speakers Bureau of the New Jersey Council for the Humanities. Her presentation is produced by the American Historical Theater.

Dr. Century holds a B.A. in Biology, a Masters Degree in Science Education from South Carolina University, and a Ph.D. Degree in Science Education from Temple University.

This talented teacher and actor couples scientific methods with creative imagination in order to discover how the historical characters she interprets would respond to a given situation.

And, in addition, we're going to provide our great refreshments. All welcome. Remember to bring non-perishable food for the Kiwanis Food Pantry.



Dr. Daisy Century as Sojourner Truth

In Memoriam

Joan E. Macfarlan

Joan E. Macfarlan, died on June 28, 2016. She is survived by her children, Susan M. Anderson and husband, Ray, Carol A. Macfarlan, Robert P. Macfarlan, Jr. and Gerald A. Macfarlan; grand-children, Gerry, Kyle, Ryan, Jenna, Reed and Page; great-grandchildren, Jayden, Sophia and Louis; her sister and brother-in-law, Marylynne and Frank Blue and several nieces, nephews and cousins.

Dr. Abraham Cooper

Dr. Abraham Cooper, of Monroe Twp., died June 30, 2016. During WWII, he was a chemical engineer working on the Manhattan Project. He is survived by his wife Rosalyn, son Ross Cooper; daughter and sonin-law Janet and Michael Weiss; grandchildren Alison, Emily, Jonathan, Steven and David; and great grandchildren Evangeline and Henry.

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Batteries: 9 Volt

Smoke Detectors

Thermostats: Honeywell, Easy to Read & Digital (no programable thermostats) Sliding glass door security bars

Just to mention a few things

MAINTENANCE DEPARTMENT

By Dave Salter

Summer reminders

You can check Channel 26 for the daily landscaping schedule.

Air conditioning

If you haven't had your air conditioner serviced this year, you can call the Maintenance Department to schedule your servicing. Some Mutuals require that you service your air conditioner every year or every two years

Water Valves

Water valves should be checked periodically to make

sure they are in working order in case of an emergency. Valves to be checked are the main shut off valve, the faucet and toilet valves, the Symmons valve (washing machine shut off), and the outside faucet. If you would like a free estimate to replace those valves, please call our office at 609-655-2121.

Washing Machine Hoses

It is recommended that washing machine hoses be replaced every five years. Please call our office to set up an appointment.

A message from High Tech Landscapes, Inc.

By Jeff Voss

We have edged all the sidewalks, driveways, and curb lines each month up to date.

The Round-up has been effective now that it is hot consistently. Please tune to

Channel 26 for information on when your Mutual will be sprayed.

Please call the East Gate phone and leave a message with any questions or concerns. (609)655-5134.

The third round of fertilization will be a liquid application of Nutsedge Control, using herbicide that produces fast, visible results and controls difficult weeds such as Nutsedge for the whole season and aids in reducing future generations of weeds. This will take place early in the month.

The first pruning (late spring/early summer) has been completed. The second pruning of all bushes and flowering shrubs will start early this month.

We will be street sweeping this month.

Please remember to put any debris out front Sunday night for us to pick up Monday morning.

Just a reminder, the newly installed soil and seed needs to be watered at least twice a day, for 45 minutes in the a.m. and p.m.



More than just aches and pains, arthritis is a chronic disease that damages joints and can lead to loss of function or disability. In fact, it is the most common cause of disability in the United States, affecting 50 million Americans or 22 percent of the total population.

For years it was believed that people with arthritis should not exercise because movement could cause further damage to joints. Now, physical activity is recognized as playing an integral role in the prevention and treatment of arthritis. According to the Arthritis Foundation, exercise provides relief from pain, improves physical function and quality of life, and delays the onset of disability

(Continued on page 25)



Fire Company solicitation requests

By Joe Haff District #3 Fire Commissioner

This past month many residents of Rossmoor and several other senior communities received letters asking for donations from the Volunteer Fire Company of District #1 in Monroe.

While I believe that volunteering to be a fireman is a worthwhile pursuit, the fact is that this company does virtually nothing for the residents of Rossmoor, which is located in Fire District #3.

Because it is totally a volunteer company, the tax budget of District #1 is approximately one third that of our District #3, which is a totally paid force. Because we have a paid force, and because they are stationed on Centre Drive, our firefighters' response time is usually less than five minutes after being notified of a fire in Rossmoor. This is our most critical advantage in having firemen stationed near the community.

Volunteer firemen, such as those in District #1, must first travel to the firehouse and then respond to the call, thereby taking much more time to get to the fire.

Another fact that you should know about is the irresponsible control of finances evidenced lately by District #1. Presently they are

in the process of building a new fire house, which we have heard is over budget. They also recently lost their third appeal in a law suit lasting over five years, which involved two permanent firefighters that they fired without cause. This has resulted in their having to pay these men their salaries for the past years, plus interest. They also have accrued lawyer's fees for the three attempts to fight the case with PERC, the appellate court, and a failed attempt to take it to the Supreme Court of N.J.

If the citizens of Rossmoor wish to make a positive statement in support of your District #3 firefighters, I suggest you get out and support our yearly budget. The last two years' tally of votes in Rossmoor for the Fire Election were less than forty voters of the over 3,000 eligible voters.

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Senior Center Highlights

Monroe Township Office of Senior Services & Senior Center

12 Halsey Reed Road, Monroe Township, NJ 08831 609-448-7140

Membership Information

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age or older. The monthly newsletter, Senior Focus, is distributed around the 15th of the previous month and members can sign-up for the special, monthly activities either via phone -- or inperson for all programs with a fee. Sign-up dates are subject to change so please call to confirm.

For more information, visit the Senior Center to pick up a calendar of events or visit www.monroetwp.com, and look for the "Office of Senior Services" link under "Departments."

Good for You

As the Stomach Churns: On Monday, August 1, at 1:30 p.m., find out how to combat tummy upset and weight challenges naturally. Siobhan Hutchinson, MA-Holistic Health, will demonstrate easy movements and techniques that can be performed seated or standing. Space limited. Register in

advance.

Promoting the Golden Years: On Wednesday, August 3, at 1:30 p.m., Laraine Abbey-Katzev, retired RN, and Certified Nutrition Specialist, discusses how to prevent the rusting years by promoting your health through sound nutrition and supplements. Find out how these two components go hand-inhand in preventing and/or treating arthritis, heart disease, diabetes, etc. If you have a specific concern for Laraine, please drop a note in an envelope and include it with your registration form. Register.

Anxiety & Depression Support Group: Starting on Thursday, August 4, from 2 to 3 p.m., join our social worker, Judy Kalman, for this 6-session group that will meet twice a month: 8/4, 8/18, 9/8, 9/22, 10/6, and 10/20. Learn old and new coping techniques, share your stories, and support others. Confidentiality is a must. Space limited; so register in advance.

Gastrointestinal Issues: On Thursday, August 11, at 1:30 p.m., join Dr. Rada Shakov, Apex Gastroenterologist, CentraState, for an informative discussion about colon cancer and the importance of screenings. Register

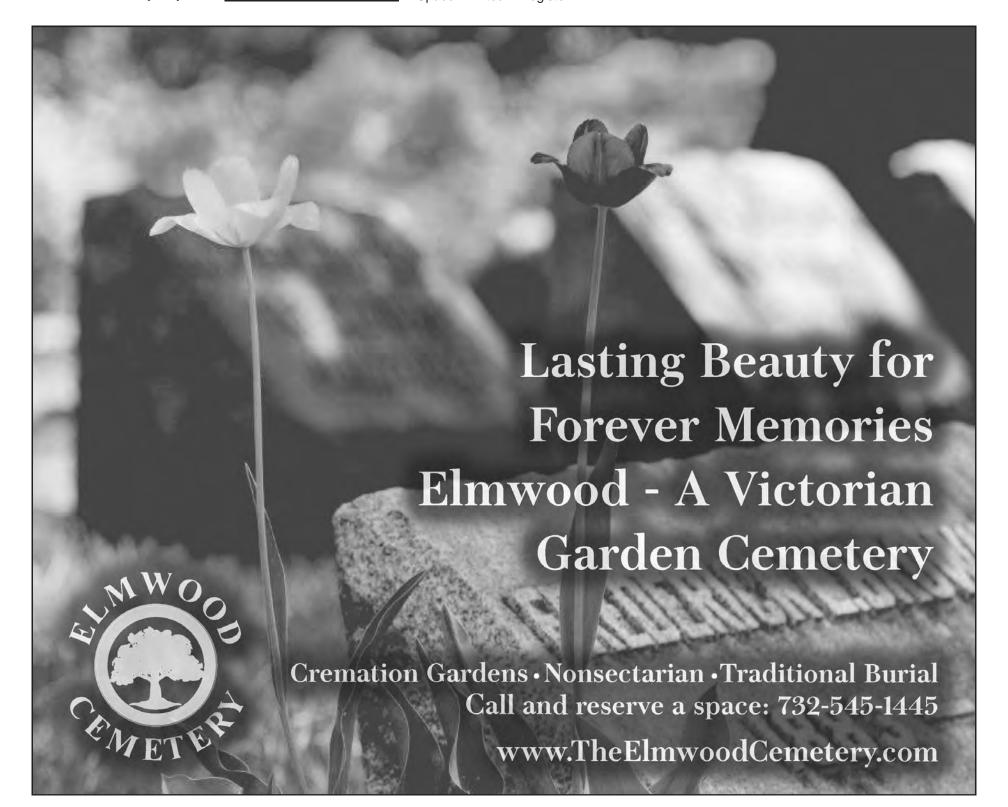
in advance

Journey Back, Stroke Rehab.: On Monday, August 15, at 10 a.m., discover what you can do to lower your risk for stroke during this invaluable program led by Kathleen Cooney, UMCP. Learn the early warning signs; know when to seek medical attention; and, learn about the role of rehabilitation in recovery. Register in advance.

AARP Smart Drivers Course: On Monday, August 22, at 8:45 a.m., refresh your driving skills by taking the AARP's driving class. For space availability, please call: 609-448-7140.

Reiki One: Starting on Monday, August 22, from 9 a.m. to 1 p.m., Siobhan Hutchinson, Reiki Master Teacher, MA, Holistic Health, provides this 2-day workshop for individuals interested in receiving training and certification in Reiki. The course costs \$150 p.p. and students must attend both classes on 8/22 and Tuesday, August 23, in order to receive certification and Reiki Attunement. Registration for this specialty program is being conducted directly through Siobhan. Please call her at: 609-752-1048. Additional Reiki infor-

(Continued on page 24)



TRANSPORTATION TIDBITS

Important phone numbers:

Rossmoor Bus609-655-4401 Hours 10:00 -11:00 a.m. and 2:30 p.m.- 4:00 p.m.

Monroe Township Transportation......609-443-0511

Middlesex County

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

St. Peter's University Hospital

On Time Transportation 1-800-858-8463

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

IMPORTANT PET REMINDER

Pets must be leashed at all times and kept under control so they do not disturb the peace of residents. Pet owners may not allow a dog to relieve itself upon sidewalks, driveways, flower beds or any landscaped area more than three feet from any street curb. Pet owners are responsible for cleaning up after their dogs immediately.

Pets are not permitted on the golf course or the perimeter of the golf course at any time.

Senior Center Highlights

(Continued from page 23)

mation and registration paperwork is available at the

Understanding Herbal Medicine: On Tuesday, August 30, at 1:30 p.m., join Anthony Dissen, MS, RDN, CentraState, for an overview of the history and practice of herbal medicine. Learn how to find a qualified herbal therapist; and, go home with resources to purchase quality herbal products. Register.

Music & More

Fred Miller's Lecture-in-Song: On Tuesday, August 2, at 1:30 p.m., Fred Miller looks at the fabled female characters who have infiltrated sheet music's fantasy world. From "party girls" to the "girls-next-door", discover the Great Dames of American Popular Song. Register in advance.

Evening Summer Series Concludes: Our Summer Series this year concludes with two special programs: An Evening with Elvis, on August 3, at 7 p.m. Tickets: \$2 p.p. No tickets sold at the door. Intergenerational Pizza & Pillowcase Party, on August 17, at 6 p.m. You and vour favorite small person (7+) will decorate and personalize a pillowcase together. Plus, enjoy pizza on us. Craft Fee: \$10 per child;

due in-person, by August 8th. Space limited.

Folk Music Revival: On Thursday, August 4, at 1:30 p.m., join Larry Wolfert as he examines the progression of folk music in America with an emphasis on going "behindthe-scenes" to learn more about the artists and their music. From the early pioneers to folk-rockers, bring your singing voices and join in this musical journey. Reg-

Art of Golf: On Monday, August 8, at 10:30 a.m., explore the game of golf, its history and major players as you enjoy some of the most famous paintings and photos that highlight one of our greatest social and athletic pastimes. Hosted by Paul White, Huntington Reading Group. Register.

Music of Doris Day: On Monday, August 8, at 1:30 p.m., enjoy a heartwarming, sentimental journey celebrating America's Sweetheart, Doris Day, during this musical tribute performed by Patty Carver, a friend of Doris' since 1992. Besides singing some favorites, Patty recounts important moments in Doris' life and career. Register in advance.

Thomas Elefant Presents: On Tuesday, August 9, and on Wednesday, August 10, both at 1:30 p.m., Mr. Elefant returns to provide to very different lectures: FRANK SI-NATRA (on the 9th) looks at the varied stages of his career and his continual development in the interpretations of ballads. VARIA-TIONS IN THEME (on the 10th) examines the beautiful forms in music that incorporate variations as part of the structure. When registering in advance, please be sure to indicate each program separately.

Grand Ideas for Grandparents: On Friday, August 12, at 10:30 a.m., join Jen and Krista for this fun and interactive program

with grandkids in mind. Discover some fun things to do throughout the year and get some helpful tips, too. Preregistration fee of \$5 p.p. is due by August 3. Space limited.

Jerry's Travels: On Friday, August 12, 1:30 p.m., join Jerry as you hop across the sun-drenched and crystal clear waters of the Islands of the South Pacific. Delight in the amazing scenery of New Caledonia, Fiji, American Samoa, and more. Then, enjoy a swim with manta rays and sharks. Register.

Michael & Ted Present: On Thursday, August 18, at 2 p.m., join our friends, from WWFM's The Classical Network, as they look at the life and career of Marlene Dietrich. Besides sharing some of the songs from her films, this lecture will also examine her Herculean efforts during World War II. Register.

Pizza Plus: On Friday, August 19, at Noon, enjoy a slice or two of pizza, a drink, and a treat before viewing the movie classic, PIRATES OF PENZANCE, the film adaptation of Gilbert & Sullivan's musical comedy (based on the smash Broadway show) featuring Kevin Kline, Angela Lansbury, and Linda Ronstadt. Tickets: \$6 p.p., due upon registering, inperson, in-advance. Space limited to ensure comfortable viewing for all.

Masters of Swing: On Monday, August 22, at 1:30 p.m., we welcome back Gordon James for this musical lecture featuring big bands, their artists, and swing music from the 1920's thru the 1960's. From Ben Pollack to Frank Sinatra, get ready to swing in your seat. Register.

Aloha, Elvis. On Thursday, August 24, at 1 p.m., enjoy Elvis' Hawaiian performance from 1973, during this DVD presentation, hosted by Michael Ferreira. Register.

A Salute to the 1940's: On Thursday, August 25, at 1:30 p.m., reminisce about the 1940's when you swoon and sway to the sounds of the big band vocalists. Francie and Joel return as they highlight the music of The Andrew Sisters, Benny Goodman, The Mills Brothers, "Kalamazoo" and more. Register.

Ted's Classic Films: On Monday, August 29, at 1 p.m., join Ted Shuster as he shares his love of classic films. This month, enjoy Ziegfeld Follies, featuring Fred Astaire, Lucille Ball, Red Skelton, and Gene Kelly. Register.

Artistically Speaking

2-Day Soft Pastels Class for Advanced Students: Starting on Tuesday, August 2, at 1:30 p.m., Shelly

(Continued on page 25)

Grandma & Grandpa, Taking Your Kids to Disney? FREE DISNEY VACATION PLANNING

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Monroe Township Senior CO-ED Softball League

Saturdays, 8:30AM-12:00Noon



Thompson Park Field 1 Beginning in April

FREE and FUN

Participants can join at any point during the league Any questions, call Rick Newmark, Captain at (609) 902-9979 Or Joe Straub, Co. Captain at (732) 251-6554

Get moving to treat and prevent arthritis

in 2030.

(Continued from page 22)

without worsening symptoms or the progression of the disease.

Unfortunately, the already staggering social and economic impact of arthritis in the United States is set to explode in coming decades.

Senior Center

(Continued from page 24)

Wish instructs this special two-day workshop (8/2 and 8/9) with experienced students in mind. Improve your pastel portrait techniques and skills. A handout filled with head types, proportions, etc. will be provided. Students are responsible for bringing in their own supplies and a notepad. Course fee: \$25, due upon registering inperson, in advance. Space limited.

Van Gogh: On Wednesday, August 10, at 10:30 a.m., join Maurice Mahler, Art Historian, as he presents the life and masterpieces of Van Gogh during this DVD-illustrated discussion. Register in advance.

Soft Pastels for Beginners: Starting on Tuesday, August 16, at 1:30 p.m., join Shelly for this creative 5-session class (8/16, 8/30, 9/6, 10/18, 11/1). Come prepared with a pad of pastel paper, a starter set of soft pastels, pencil, charcoal, and kneaded eraser. Course Fee: \$50, due upon registering, inperson, in-advance. Space limited.

Mixed Watercolor Media: Starting on Thursday, August 18, at 12:30 p.m., join Jeremy Taylor during this 5—session watercolor, multilevel class that incorporates acrylics with other mediums and the use of both natural and synthetic papers. This class is designed to bring out your individual style. Course fee: \$50, due upon registering in-person, in advance. Space limited. Supply list available upon request.

Art of the Masters: On Friday, August 19, at 2 p.m., join Christina, from Creative Notions, LLC, for a brief lecture on American artist, Chuck Close. Then, individuals, with a project coupon, will create a group masterpiece, using fingerprint painting, in the artist's style. Coupons available upon request, in-person. Only the lecture? Register by phone. Space limited.

Watercolor Experience: Starting on Friday, August 26, at 12:30 p.m., join Jeremy Taylor during this 5 -session class for beginners/advanced beginners. Explore watercolor technique and fulfill your individual style. Demos, one-onone critiques, and more will be provided No Class: 9/23. Last Class: 9/30. Course Fee: \$50, due in-person, in advance. Space limited. Supply list available upon request.

A new government report found that the number of adults with arthritis has increased by almost 1 million since 2003 to 2005 and it's estimated that arthritis will affect 67 million Americans

The effects of arthritis can be devastating, but selfmanagement strategies such as weight loss and increasing physical activity can lessen pain and improve function, and may prevent or limit the impact of arthritis on daily activities. "For every one pound you lose, that's four pounds of pressure off each knee," says Dr. Patience H. White, the Arthritis Foundation's vice president of public health. In addition, losing as little as 11 pounds can reduce your risk of developing knee osteoarthritis by 50 percent.

It is important for Americans to make daily movement a year-round goal. While it may seem hard to get started, there are plenty of opportunities for you to move year-round, no matter

where you are or what the season:

* Move with others. Enjoy exercise more by making it a social activity you can enjoy with your friends.

* Take a walk. A stroll around your neighborhood or on a walking path will not only leave you with a trimmer physique and less joint pain, but can also improve your mood and overall sense of well-being. When it's too cold or hot outside, move indoors by using a treadmill or walking in place.

* Try Tai Chi. Tai Chi is an ancient Chinese exercise with a variety of proven health benefits, such as reducing stress and relieving arthritis pain. Because its gentle movements are easy to learn and do not require uncomfortable bending or squatting, Tai Chi is a great way to move all year.

To find out about more ways you can move year-round, visit

www. lets movet ogether. org.

Take your grilling to a whole new level

It's time to grab the tongs and apron because it is officially grilling season. You've waited months to reclaim your rightful position behind the grill, and it's finally time to achieve your goal of making this your best grilling season vet.

Now, you need a game plan. To take your place as the rightful master of the grill this year, consider following these five barbecuing tips.

* Keep it clean. It may be the least glamorous part of your grilling experience, but keeping your grill clean is essential to delivering a quality product. A stiff wire brush is just the ticket along with plenty of oil once you're done. Then, turn up the heat and enjoy preparing your meal on a clean, hot surface.

* Direct and indirect grilling. Many summer chefs aren't familiar with these terms, but mastering direct and indirect grilling is a great way to bolster your cooking skills. Direct grilling cooks the food directly over the heat source and is perfect for smaller, thinner pieces. Indirect grilling cooks the food near the heat source - but not directly over it. This is good for larger, thicker items.

* Don't fill the grill. A loaded grill is a mouth-watering sight but it jeopardizes the end result. Keep your grill at least 30 percent free so you have space to move food when the eventual flare up occurs.

* Use the right tools. When it comes to rotating food, a reliable set of tongs beats a barbecue fork any day. Puncturing meat allows juices to escape prematurely, so don't stab your food with a fork and never press burgers with a spatula.

* Sit before you serve. For the best flavor, let your newly cooked meat sit for about 10 minutes before serving. The meat will be juicer and everyone will enjoy the meal a little bit more.

(Continued on page 26)



Memberships available at affordable prices



Rossmoor Golf Course, professionally maintained by our Golf Superintendent, Tom Tucci, is a hidden jewel in the heart of the Rossmoor Community. Golfers may apply by contacting our Club Professional, Ted Servis, at (609) 655-3182.

Introductory Membership Offer: Interested in playing the course prior to joining? Greens fees from your first round of golf will be applied towards your memership.

For more details, photographs of the course, scorecard, membership rates, history of the Course Designer, Desmond Muirhead, and our outreach initiatives - visit our website at reainj.com.



Private 18 Hole, par 72 Course Private Lessons Available 110 Professionally Manicured Acres Open Year Round Putting Green and Driving Range PGA Certified Golf Professional Fully Stocked Pro Shop

Conveniently located - NJ Tpk Exit 8A Daily and Annual Golf Car Leasing Men's and Ladies Golf Clubs 18 and 9 Hole Memberships



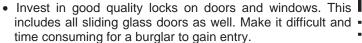
l Clubhouse Road, Monroe Township, NJ 08831 • 609 - 655 - 3182 (Pro-Shop) http://www.rcainj.com/rossmoor_golf/index.html





HOME SAFETY TIPS

How To Deter Home Burglary



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

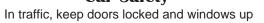
How To Safeguard Your Home While on Vacation



- Strive to make your home look as lived-in as possible while you're away.
- Don't broadcast your plans but do let your neighbors and local law enforcement know.
- Arrange to have your mail and newspapers either stopped or picked up daily.
- Use automatic timers to turn on a radio and lights at
 different intervals to hide the fact you aren't home.
- Turn down the ringer on the telephone. An unanswered telephone is a dead give-away.

 Pagarage your doo't apparage your change on your
- Be sure you don't announce your absence on your answering machine message or email.
- Leave your blinds as you normally would if you were home. Only close them all the way if that is what you would normally do.
- Move valuables away from windows.
- Be sure to close and lock the garage as well as any storage sheds, etc.
- Be sure someone knows your itinerary and your estimated time of arrival and return.
- If you get lost while traveling, ask directions of local law enforcement, not complete strangers.
- Be sure your vehicle is in good working condition and that you have taken enough money. Do not carry large amounts of cash, use credit cards and travelers' checks.
- Arrange for a friend or relative to inspect your property periodically.
- Do not leave a key in a hiding place.
- Check and double-check all windows and doors on every level and garage doors before leaving.

Car Safety



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

Grilling

(Continued from page 25)

Ready to take your grilling game to the next level?

Creativity and having the opportunity to experience new tastes and flavors is arguably one of the most rewarding aspects of grilling season. To get you fired up for the season ahead, the team at King's Hawaiian has offered up this one-of-a-kind chicken sandwich recipe your family and friends will love. Made using their new brand new line of Hawaiian-inspired barbecue sauces, this sandwich is sure to be a mainstay at your seasonal events. And for more recipes visit http:// www.kingshawaiian.com/ recipes/.

Big Island Lava Glazed Sesame Chicken Sandwich

Serves 6-8, Prep Time 15 mins, Cook Time 15 mins Ingredients

2-3 lbs. chicken breasts, thinly



cut Lettuce Tomato, sliced Mayo

- Sesame seeds, for garnish 1 bottle King's Hawaiian Big Island Lava Sauce
- 1 package King's Hawaiian Original Sweet Hawaiian Hamburger Buns

Preparation

Lightly season chicken with salt and pepper.

Grill chicken. As chicken is

cooking, use a basting brush to glaze each side of the chicken with King's Hawaiian Big Island Lava BBQ Sauce.

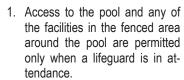
Toast King's Hawaiian hamburger buns over indirect heat.

Build your sandwich: Bottom bun, mayo, lettuce, tomato, chicken, sesame seed garnish, extra King's Hawaiian Big Island Lava BBQ Sauce, top bun.

ROSSMOOR COMMUNITY ASSOCIATION 2016 POOL SEASON

RULES, REGULATIONS, & POOL HOURS

The Rossmoor Community Pool will open Friday, May 27, and close on Labor Day, Monday, September 5
The Pool will be open daily between the hours of 9:30 a.m. – 8:30 p.m.



- Upon entering the pool area, all residents must register and present Rossmoor identification.
- 3. Residents are required to register their personally invited guests. Guests are required to abide by all established rules and regulations.
- 4. As per New Jersey State Bathing Code: persons showing evidence of communicable infection, sore or inflamed eyes, cold, nasal or ear discharges, or excessive sunburn will not be permitted in the pool area. Persons with open sores, blisters, cuts, and/or bandages will not be permitted in the pool.
- Persons recovering from diarrhea or symptoms of gastrointestinal disease are encouraged to wait seven days before using the pool.
- Showers are required prior to entering the pool.
- 7. Non-slip footwear is recommended on the pool deck and locker room area.
- 8. No animals, except for service animals, shall be allowed within the pool area.
- Food and snacks are not permitted in the pool area. The Clubhouse and Pro Shop Terraces have tables and chairs for residents to use for dining.
- 10. Radios or other music media are not permitted in the pool area, except those equipped to play through earphones.
- Beach towels should be used to cover and protect pool chairs and lounges when sun tan oil/ lotions are being used.
- There is a 30 minute time limit when using swimming lanes and the lanes are to be shared.
- 13. Only water in nonbreakable containers is permitted in the pool area.
- 14. Pool furniture is available on first-come, first-come basis.

- Personal furniture is not permitted in the pool area.
- 15. Pool toys—inflatable, plastic, foam, or any other material-and swimming devices such as, but not limited to, swimmees, inner tubes, fins, etc., are NOT permitted in the pool, except for Aqua Aerobic classes. Only US Coast Guard-approved life jackets may be used in the pool as flotation devices, and paddles may only be used for lap swimming. Rossmoor residents may use "Noodles" in the shallow end of the swimming pool (as exercise/therapy tools but NOT as flotation devices) except during special events.
- Card and board games are permitted at the pool after 4 p.m.
- 17. Management reserves the right to close the pool at any time.
- Lifeguards are obligated to close the pool in the event of potentially dangerous weather.
- Lifeguards and Pool Staff are required to enforce all Rules and Regulations.
 Persons suspected of being
- under the influence of drugs and alcohol shall be prohibited from entering the pool area.
- 21. Smoking is NOT permitted in the pool area.
- 22. No sitting on the pool entrance steps or ladders.
- 23 Neither diving, running, continual jumping nor "horseplay" is permitted
- 23. Violators of the Rules may lose their pool privileges.

GUESTS OF THE ROSSMOOR POOL

1. All residents must register their

guests at the pool. Residents do not have to remain with guests over the age of twenty-one. Only residents may purchase pool passes in the E & R office. Residents assume full responsibility for their guests. Pool passes will be required for all guests during all hours of operation.

- operation.

 2. There is a maximum of four guests, including children, per Manor per day, except for Memorial Day Weekend, July 4th and Labor Day Weekend when there is a limit of two guests, including children, per Manor. The fee for a pool pass is \$4.00 per guest over the age of 16 and \$2.00 per child between the ages of four and sixteen.
- 3. Children between the ages of four and sixteen will be permitted to use the pool and surrounding facilities between the hours of 11:00 a.m.—2:00 p.m. daily and must be accompanied by a resident at all times. Children between the ages of four and sixteen must exit the pool at 2:00 p.m. and exit the pool area no later than 2:30 p.m. Children under the age of four are NOT permitted in the pool or any of the facilities in the fenced area around the pool.
- 4. Children between the ages of four and sixteen should be encouraged to use the restrooms before entering the water and any "accidents" in the water should be immediately reported to the lifeguard.
- Children under seventeen years of age are NOT permitted in the Hot Tub.

LANE SWIMMING SCHEDULE

Lane swimming is available on a daily basis, Monday through Sunday, as follows:

Four Lanes:	wonday – Sunday	9:30 am – 11:00 am
Two Lanes:	Monday - Sunday	4:00 pm - 5:00 pm
Three Lanes:	Monday – Sunday	5:00 pm - 8:30 pm

Note: Lanes will be removed 15 minutes prior to the start of the Aqua Aerobics classes.

Please note: Rules and Regulations are subject to change from time to time

due to E & R Special Events

Pavised by Board of Covernors November 19, 201

Revised by Board of Governors November 19, 2015

Classified Advertising

Transportation

RIDES FOR CASH BY BOB – Affordable rates for rides to the airport, doctor appointments, groceries, school, restaurants, work. Cheaper than Uber or Lyft. Robert Lande, driver. (609) 664-6558.

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CALL DOREEN – If you need a ride. Rossmoor resident. (609) 655-8489.

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LIMO GUY, INC. – Our 15th year. We go to all airports. Late model Lincoln Towncars. Holds four passengers in total comfort and style. \$90 to Newark Airport. We go anywhere. Call (732) 452-9222, 24/7.

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AAA TRANSPORTATION – Monroe area (Encore resident). Transportations to airports, trains, piers, NYC and reasonable rates. Call Howard (732) 979-3085.

Home Improvement & Services

M & M POWERWASHING – Community special \$120 + tax. Includes one-story house, concrete front walkway and back concrete patio. Call for details (732) 367-1071.

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

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.

Miscellaneous/ Services

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

PROFESSIONAL PET CARE

- Bonded and insured. Call (609) 860-9696.

PET SITTER/DOG WALKER -A true animal lover. Barb (732) 735-4243. **HAIRCUT DONE** in the comfort of your own home. Call Renee (732) 641-2629 for appointment.

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

THERAPEUTIC MASSAGE – House calls available. 349 Applegarth Road, 2nd floor, Monroe Township, NJ 08831 (732) 822-9133.

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, I return all calls.

TECH BUDDY – Simple stepby-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

Wanted to Buy

HIGHEST PRICES PAID FOR GOLD – Clearbrook resident. Local neighbor. I come to you. No store, low overhead. Alan (908) 507-4923.

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

Wanted to Rent

WANTED – Garage or carport to rent. Contact Mike (609) 721-3685.

Help & Health Services

ASSIST WITH food, shopping and transportation to doctor, etc. Ilonka (732) 658-3912.

COMPANION/DRIVER

Compassionate, experienced Rossmoorite happy to assist. Judy (609) 655-1026.

CARING ELDER CARE – Want to live independently? Two hours a day may be all you need. We're experienced. We're flexible. We're here to help. (646) 413-0813. www.CaringElderCare.com

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

DO YOU KNOW SOMEONE WHO NEEDS extra assistance at home? Care Street Home Care has Certified Home Health Aides who can care for their needs. Call (732) 771-2273 today for your free con-

LOOKING FOR PROFES- SIONAL NURSE/CHHA to care for you or loved one? Call SpendyLove Home Care (732) 430-5789.

sultation.

AT ANGEL TOUCH HOME CARE we provide excellent care for elderly and we make sure that we have the best qualified workers for the job. We are a company that cares for our patients and makes sure they are treated by the best. 24-hour care (living with resident). Elderly companionship. Call (609) 907-6059.

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PROFESSIONAL AND AFFORDABLE house cleaning. Local resident. Call Randy (609) 235-9278.

HOUSE CLEANING to clean your home expertly and thoroughly. References, honest, courteous and experienced. Reyna (609) 371

-4775. You'll be glad you called.

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 SER-VICE - Professional house cleaning. Quality work. References available. Reasonable. 2 bedroom/2 bath, \$65 and up. Experienced. Free estimates. (609) 954-0181 or (609) 656-9281.

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



Facts You Don't Know about Fruit and Fruit Juice

Feeding your family nutritious food and drinks can be tricky, especially when there are so many mixed messages about food out there. Diane Welland, nutritionist and registered dietitian, shares why 100 percent juice is a great way to help your family get those important fruits and vegetables into their diet.

- 1. Eighty percent of Americans are not getting the recommended servings of fruit in their diet.
- 2. Drinking juice has a protective effect on your teeth. Scientific studies have not only found no association between 100 percent juice intake and dental cavities, one study even found fewer cavities when children drank 100 percent juice more than twice a day.
- 3. You can enjoy fruit and juice in a healthy diet.

Fruit juice and whole fruit are often pitted against one another, but there's no need to pick one or the other. Both can be an important part of a healthy diet. Recent research confirms most Americans eat a combination of fruit and fruit juice. In fact, according to another study published in International Journal of Child Health and Nutrition, children who drink juice also eat significantly more fruit than those who don't.

Fruit juice is included as a form of fruit in the USDA's 2015-2020 Dietary Guidelines for Americans, as it can and should be an important part of the diet for you and your family. Juice can be included as a beverage with a meal or incorporated into mouth-watering recipes or enjoyed on its own. View the recipe for Farro Salad below or visit www.juicecentral.org to see how juice can fit into your lifestyle.

Farro Salad with Veggies in Basil-Grapefruit Dressing

Serving size: 1 cup Servings per recipe: 6 Ingredients:

1 cup/6 ounces farro 2 cups/8 ounces asparagus, cut into 1-inch lengths 4 ounces ruby red grapefruit juice 1 teaspoon grated garlic

2 teaspoons Dijon mustard 3 tablespoons extra virgin olive oil

1/2 cup/1/2 ounce basil, sliced or very roughly chopped

2 cups/8 ounces cherry tomatoes, halved

2 cups/2 ounces arugula, roughly chopped

Instructions:

Place farro in a large pot with plenty of salted water. Bring to a boil and cook until al dente, about 40 minutes. One minute (depending on the size of the asparagus) before the farro is done, add the asparagus to the pot. Drain.

While the farro is cooking, make the dressing. Whisk together the grapefruit juice, garlic, mustard and olive oil. Stir in the basil. When the farro is done and while it's still hot, toss half the dressing with the farro. Taste and season with salt and pepper. Let sit for 10 minutes to allow the flavors of the dressing to absorb. Stir in the cherry tomatoes and arugula along with the remaining dressing. Taste once more and serve.

CLASSIFIED	AD	Cou	PO	N

Check those publications that apply:

☐ The Clearbrook Courier ☐ The Concordian ☐ Encore Speaks

☐ GW Voice ☐ Regency Reporter ☐ Renaissance Reflections

☐ The Rossmoor News

☐ Check here for all seven publications

Classified deadline: Ads must be received by the 14th of the month preceding publication month.

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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 permenant damage.

Many people suffer with pain for years, not realizing that thir 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 futher 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.

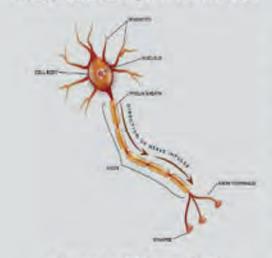
New FDA-cleared treatments provide hope

Northeast Spine and Sports Medicine is pleased to announce thir new program for treatming 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?

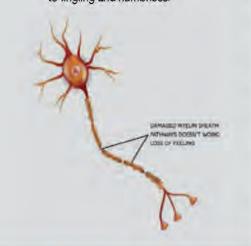
Healthy Nerve Cell

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!



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