**VOLUME 53 / No. 2** 

**Monroe Township, New Jersey** 

February 2017

# Focus on: Groups and Clubs German-American Group: Wiener schnitzel und apfelstrudel

By Jean Houvener

You don't need to have German ancestors to belong to the German-American Group, but it certainly helps to enjoy German food and beer. The very popular Oktoberfest this year, supported by E&R as well as the German-American Group, shows how many Rossmorites enjoy a good German meal. The date for the next Oktoberfest will be Oct. 17, so mark your calendars.

The group was founded in 2002, when Irene Lippert, having retired, looked around for some activities and discovered Rossmoor did not have a German-American Group. She worked with E&R to get the group set up.

Some of the original people are still active in the group, including Irene, who still leads the group, and Ed and Shirley Muench. They have a good time, meeting and cooking and eating. In the early years, they were active at the International Food contests at the Senior Center. With any luck, you may get a good recipe for stollen, kale, or red cabbage.

The group has taken four river cruises in the last few years with Uniworld cruises, first along the Rhine from Amsterdam to Basel, second to Germany on the Rhine and Danube from Cologne to Budapest (when Iceland volcano Eyjafjallajokull erupted they also got to return again

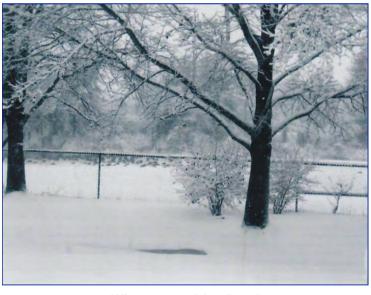
from Budapest to Cologne gratis), again to Germany along the Rhine and the Main from Cologne ending in Prague. Through E&R, the fourth trip was to Netherlands and Belgium at tulip time along the Rhine delta. As a major route for commerce for centuries, important cities sprang up all along the Rhine, with large fortified castles where tolls were collected.

The German-American Group has also taken local trips, including to Asbury Park Festhalle and Biergarten for great food and to the German-American Society of Trenton in Hamilton Township for their festivals.

The Group usually meets the last Thursday of the month at 1:30 in the Maple Room. The meetings include travel videos, usually of Europe, conversation and sharing of memories and traditions, and refreshments brought by the members. All are welcome, with or without German ancestry.



Prior to a winter weather emergency, please be kind and move your vehicles and your guests' vehicles from the roads and carport lanes. Vehicles left on the roads and in the lanes hinder pretreating, salting, and plowing operations.



Winter on Golden Pond

Fire Commissioner Joe Haff with the equipment that is always ready to go on a moment's notice

#### An opinion:

# Shame on us!

From the Editorial Board

On February 18, we will be asked to approve the 2017 budget for the Monroe Township Fire Department and to re-elect two incumbent fire commissioners, Joe Haff and Les Barta.

If this year is like previous years, only 1.2% — or about 36 people — of our more than 3,000 residents will drag themselves from their recliners and make it up to the Clubhouse to vote.

The remaining 2,964 people will sit tight, flip to another channel, and ignore the whole deal. "Hey, who cares if the budget passes with a smidgen of votes?" says the couch potato. "Next time there's a fire, they'll come in three or four minutes anyhow."

FOR SHAME!

Where is our appreciation for these selfless men who often risk their lives to save ours? Have we no sense of honor, no need to say thanks for their service? Is it asking too much for us just to vote, to give an implicit sign of gratitude to these very nice guys who dedicate themselves to our well-being?

Every time there is a house fire, the firefighters from Centre Drive get here in fewer than five minutes. They save us from injuries, they save our homes, they save our lives.

A few years ago, a huge, blazing fire on one side of a carport was so hot it burned tires and melted synthetic

(Continued on page 4)

# Community Church thanks contributors of warm clothing for the needy

By Alyce Owens

After seven years of collecting warm clothing to be distributed to the needy before the holidays, the Community Church expected that this year's donations would be somewhat less than in previous years. But, thanks to the generosity of our residents, we were wrong.

Coats of all kinds and

#### **VOTE!**

For Fire Department budget and two Commissioners Saturday, February 18 Clubhouse Polls open from 2 p.m. to 9 p.m. sizes, warm pants, jackets, sweaters, hats, gloves, and even boots were among the items brought to the big red box in the vestibule of the Meeting House in December for donation to the Warm Clothing for the Needy drive run by the church for the eighth year in a row.

Some items still had original sales tags attached, indicating that there were folks who, having no gently used items to contribute, went out and bought new warm clothing to donate for the needy. This act of love is reflective of the kind, caring and compassionate people who live in and are our neighbors in Rossmoor.

The volunteers from Your Grandmother's Cupboard

came four times, each time filling their van with bags of warm clothing donations to help make life more bearable this winter for people living in poverty throughout N.J. Your Grandmother's Cupboard is a volunteer Christian outreach organization based in Toms River, which collects and distributes clothing, food, household items, and personal necessities to over 1200 people monthly at 20 different gathering places located from one end of N.J. to the other. This includes the homeless, the hungry, and other invisible adults and children in our midst with special needs.

In a letter of thanks Clark Paradise, president of YGC,

(Continued on page 16)

#### Inside this issue

Bits & Pieces2	Mutual News 14
Bob's Almanac8	New Neighbors
Clubs11	RCAI Meetings2
Governors' Meeting2	Religion 16
Health Care Center18	Snow Procedures 22
Landscaping17	Sports16
Maintenance18	Transportation Tidbits 22



# at the governors' meeting



Daniel Jolly, RCAI President, opened the Board of Governors meeting at 9:00 a.m. with the Pledge of Allegiance.

gm

Vincent Marino, Jr. reported on the Maintenance Committee. Gerald McQuade reported on the Finance Committee and stated there is a year-to-date surplus of \$139,775.60 compared to a budgeted year-to-date surplus of \$68,282.31 or \$71,493.29 better than budget. Peter Kaznosky reported that the next Golf Course Committee

meeting will be on February 7 at 2:00 p.m.

gm

The Board of Governors empowered the Executive Committee to enter into negotiations for the renewal of the contracts with Sparkling Pools and St. Peter's University Hospital.

gm

The Board of Governors approved a resolution to engage the services of FWH Associates to prepare conceptual and construction plans for a shade structure at

the Pickleball Court. The expenditure is not to exceed \$3,200 and will be charged to the RCAI Capital Expenditures Fund Account.

gm

Daniel Jolly announced the Rossmoor Employee Service Awards: Jason Sak, Maintenance Department, 5 years; Erica Hardeo, E&R Department, 5 years; Carla McDonald, Maintenance Department, 5 years; Pam Clayton, Administration Office, 5 years; Beverly Martynuk, Maintenance Department, 10 years; Jesus Maldonado, Maintenance Department, 15 years.



A glimpse of the crowd at the Volunteer Recognition Party held last month. See other photos on page 13.

#### Happy Valentine's Day — February 14





#### News Board:

Joe Conti, Chair Carol De Haan Myra Danon Bob Huber Jean Houvener Anne Rotholz Linda Bozowski Walter Gryskiewicz

**Editorial Assistants** 

Alex Monaco Linda Monaco

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#### Bits & Pieces

Sue Ortiz

I was in a booth at a local Panera Restaurant, eating a healthy salad, and listening to the chatter around me. I was also sneaking glances at the other patrons, and I'm sure I was being watched, as well. (Who watches the watcher, right?)

It was hard to separate conversations from the cacophony of voices, but one rose a bit above the others. Three tables away, a man and a woman of mature years were sitting cattycorner at a large table, talking. The man was blustering to his companion about the current status of U.S. politics, while the woman was on her tablet researching, reading, or whatever. She had her opinions, too, and voiced them without looking up. A large ceiling lamp hung just over their heads, casting an interrogating glow over the table filled with various laptops, cell phones, and paperwork.

I grew tired of listening to their banter. My attention was drawn to the sound of a chirping bird. At another table, a thirty-something dad and his three young children were enjoying lunch together, in silence. The father was on his laptop, and the three children — all less than five years old — were on a phone, a tablet, and a gaming device. Not one of them spoke to each other. If it weren't for the chirping bird sound from the game the youngest child was playing, I wouldn't have noticed them at all.

Meanwhile, there was a guy about five tables away, staring at me while he ate. I guess I was a little conspicuous scribbling with abandon in my leather-bound notebook. Maybe he thought I was the next J.K. Rowling! (Maybe I am!) But it was a little creepy, and I was glad when he left well before I did.

There was another guy sipping on lemonade, wear-

hour apart.

ing headphones connected to an iPhone. Was he listening to the latest best-seller?

It seems a lot of people go to these kinds of eateries to unwind, do business, read, or, like me, write. They linger long after the ice in their green tea has melted. I do, too; I listen and watch to get ideas for this column and other writing projects.

The old Stephen Stills song, Love the One You're With, was playing overhead. That pair three tables away were reminiscing about it. "I was stoned out," the man said. "I told you what happened that night! If you are in love with someone, then you're comfortable with them. This year, with you, is a great place to start. I'm glad we have a spark. It was not like this all those many years ago, though." He sighed, still caught up in the past, "It was New Year's Eve night...Times Square...32°... I was with Heather. Had a great time. If I could go back to that moment, with a bottle of wine, to see Heather again in Times Square..."

The woman changed the subject. "It's funny—I was here the other day, and I used this entire table as my desk. It's a nice table, isn't it?

Listen. You just never know where a good (time travel) story idea might come from!

#### B&P

"I usually write away from home, in coffee shops, on trains, on planes, in friends' houses. I like places where there's stuff going on that you can lift your eyes, see something interesting, overhear a conversation." — Jonathan Safran Foer (American writer, born 1977)

"We have two ears and one mouth so that we can listen twice as much as we speak." — Epictetus (Greek philosopher, AD 55-c.135)

#### **Open RCAI Meetings in February**

# The deadline for The Rossmoor News

is the 7th of every month.





#### A history of Monroe Township's fire services

By Fire Commissioner Joe Haff Monroe Township was incorporated on April 9, 1838, and named in honor of the late president James Monroe. From that time, up to and including the 1940s, the Township was predominantly a rural farming community with a population of only 3,034. Fire services were provided by Spotswood in the northern area, Jamesburg in the central portion, and Hightstown and Cranbury in the southern part of

Because Monroe was fairly large with more than 42 square miles, it took some time for these fire companies to respond to an emergency. Therefore, several volunteer fire companies sprang up in Monroe during the late 1940s and early 1950s. Since then, Monroe has been separated into three separate independent fire districts:

the Township.

District #1 is in the northernmost part of the Township, covering an area of 14 square miles and chartered in 1949 as an all-volunteer unit. In 1950, the members on Spotswood-Englishtown Road constructed a threebay firehouse. Their present firehouse is located on Harrison Avenue and has existed until this year when a new \$6 million facility was being constructed to serve as a replacement. It was later ascertained that three fulltime firefighters were needed to increase response time.

Unfortunately, a dispute arose with these men and they were fired without cause. This resulted in a lawsuit by the firemen against the fire company that has only recently been settled after six years of litigation. The fire company is now responsible for the three firemen's salaries and interest. They must also rehire the men to regular duty. This unfortunate action causes undue tax liabilities on the citizens of District #1.

**District #2** is located in the southernmost part of the Township, starting at Prospect Plains Road. The Applegarth Volunteer Engine Company was founded in 1967 at Applegarth Road near the Millstone River. Later in 2010, a second firehouse

was constructed on Halsey Reed Road for \$6 million. This company has 17 fulltime paid firemen. The installation of solar panels eliminates costly utility bills for this facility.

District #3 (including Rossmoor, Greenbrier at Whittingham, and Regency) in the central portion of Monroe covers approximately 17 square miles. The Central Monroe Volunteer Fire Company was founded in 1967 and at that time appropriated a Department of Public Works facility on Schoolhouse Road. In 1987, a new firehouse was constructed on that site. In 2006, a second location was added on nearby Centre Drive. These two locations are manned by 33 full-time firefighters because it was not likely there would be suitable volunteers from the senior communities. The location on Centre Drive allows response times of less than five minutes to all locations in Rossmoor, greatly surpassing response times in Districts with volunteer firefighters.

#### Our current state of affairs

As Monroe has grown, so have our fire-fighting capabilities. From three locations in the 1960s, we now have five firehouses. From an all-

volunteer force, we now employ over 50 full-time firemen. With the growth of Township population to more than 45,000 residents, additional facilities will be needed in the future. District #3 is planning to reconstruct the firehouse on Schoolhouse Road. Expenses will be minimized because additional land was donated at that location.

Unfortunately, because of the separate districts and the way they have to be manned, the tax liabilities differ from one district to another. District #3, with 33 salaried firemen, incurs a larger tax burden than the other districts, which operate with some volunteers. We. the commissioners of District #3 have advocated the consolidation of the districts into one entity. Consolidation has met with little interest in Districts #1 and #2, where the tax rates are lower.

However, in the news lately has been the consolidation in nearby Hamilton of nine fire districts into one. This was accomplished when 5% of the eligible voters signed a petition to initiate consolidation. By so doing, Hamilton residents will save almost half a million dollars per year in salaries alone.

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#### Ladder 8 hearty meatballs

As you know, full-time, paid firefighters live part of their lives, not at home, but at the firehouse. They maintain their all-important equipment, do their own housework, and cook their own meals. Many have become accomplished chefs. Among them is Monroe Township Fire Lieutenant Mike Daley, who shares with us his much-appreciated recipe for meatballs:

#### Meatballs

1 pound ground beef 1 pound ground veal ½ cup milk 2 eggs, beaten

½ cup seasoned bread-

crumbs

½ cup grated Pecorino Romano cheese

½ pound fresh Mozzarella cheese

½ cup onion, grated

Preheat oven to 400 degrees.

In a large mixing bowl, mix ground beef and veal. Then mix in eggs and milk. Add breadcrumbs and grated cheese and combine all.

Slice Mozzarella into small cubes and set aside.

Using a cheese grater, grate ½ cup of onion and add to meatball ingredients. Roll into small meatballs,

placing a small cube of Mozzarella in the center of each meatball.

Put meatballs on a nonstick flat tray and bake in a 400-degree oven for 20 to 22 minutes. Remove from oven and add meatballs to your favorite sauce as it simmers on the stovetop. Makes approximately two dozen meatballs.

Enjoy with your favorite pasta.

(Lieutenant Daley can be reached at fseducator@aol.com)

#### Meet your District #3 candidates

By Carol De Haan

Your Rossmoor News reporter met with Joe Haff and Les Barta, candidates who seek your votes to serve as Fire Commissioners in District #3.

Rossmoor News: You are both incumbents. How long have you served as fire commissioners?

**Haff:** Six years so far. That's two terms of three years each.

**Barta:** I've served two terms plus one year of an unexpired term; a total of seven years.

RN: What are the responsibilities of being a fire commissioner?

Haff: We control the department's finances, we negotiate union contracts, we arrange for building repairs, and equipment purchases. Chief Gaziorowski, Lieutenant Daley, and our-

selves devote time to seeking grant funding for the projects we consider essential.

Barta: We also provide adequate rescue services for our residents, and for visitors. By "visitors," we don't mean only your friends and family. We include services to anyone passing through Monroe who might need help, such as the enormous number of commercial or passenger vehicles that pass through Monroe on the Turnpike.

**RN**: Have you ever gone out on a call with the firefighters?

Haff: No, I haven't.

Barta: Many times, because I am a firefighter and also a paramedic with Atlantic Health.

**RN**: How many fire commissioners do we have in District #3?

**Haff**: Five fire commissioners in District #3.

Barta: That is a State mandate for each fire district.

**RN**: Where did you go to school?

Haff: I grew up in North Jersey, but went to Ohio State University in Columbus, Ohio. I earned a B.A, majoring in journalism.

Barta: My undergraduate degree was in biology from Rutgers University, Cook College. Then I earned a Master of Public Administration from Walden University in Minneapolis.

**RN:** What made you to want to be a fire commissioner?

Haff: I worked in industrial sales and one of our big items was high pressure fire hoses. I developed a real appreciation for and interest in the work done by firefighters.

Barta: I've worked as a career firefighter in Monroe and as a certified paramedic. I am now and have been employed for nearly 20 years as a manager in the Rutgers Department of emergency Services. I am involved in HazMat logistics, in training for public safety, and CPR.

RN: What do you visualize for District #3 in 2017, and even beyond?

Haff: We are building a new firehouse on Schoolhouse Road, on land that was donated. That old building was

never designed to house fire trucks. They don't fit in the garage, and it's dangerous, located as it is right on a busy road. When the new firehouse is finished, we'll tear down the old one.

I'd like to point out that our new District #3 budget for 2017 has gone up less than ½ cent per \$100 of valuation. We worked hard for that.

Barta: I see increased demand for services as the Township continues to grow. We intend to maintain services as they are needed by the residents. I foresee more shared services among our three fire districts, resulting in greater efficiencies and better services for all of us.

Fire fighters in District #3 answer more than 300 calls per year. No doubt that number will only increase as the Township grows.

#### Shame on us!

(Continued from page 1)

parts of cars parked on the opposite side. It melted siding on nearby homes and exploded windows. It scorched leaves from all trees in the vicinity. But no one was injured. Why? Because our firefighters went door to door to evacuate everyone. They even carried to safety some residents whose eyesight was poor, or who could not walk away speedily. Were these people grateful? Did they bother to say "thanks" by voting in the next Fire Department election?

Rossmoor residents are not alone in their unintended disregard for our Township firefighters. In the last Fire Department election, only 22 votes were cast from Greenbrier at Whittingham. Regency residents cast 90 votes that time, a big improvement over the rest of us, but still not representative of their total population.

What can we do? Perhaps just urge you to do the decent thing: get out and cast your vote for the new budget and for the candidates for fire commissioner. Think of it as a sign of gratitude to some really good guys.

We hope, next year, to distribute absentee ballots and we trust that will make it easier for everyone to vote.

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#### Love and laughter

By Bob Huber

There are many February events and observances designed to deal with the midwinter doldrums. One in particular caught my attention: Love Makes the World Go Round: But, Laughter Keeps Us From Getting Dizzy Week (8 - 14).

This observance requires some careful scrutiny. I can recall feeling the world whirl around a few times the first time I kissed a girl, but had I laughed at that tender moment, I'm sure a promising teenage relationship would have ended abruptly.

So, what's the connection between love and laughter: we're in love, so we're happy, so we laugh? That's probably part of it, but laugher goes much deeper than that.

We laugh for many reasons: we're ticklish, we're embarrassed, we're relieved, or something just strikes us as funny. Researchers tell us that many primates laugh and babies as young as fifteen weeks are known to enjoy a giggle. We also laugh because someone else is laughing (that's why there are laugh tracks on TV sitcoms).

The creators of the celebration also seem to imply using laughter in the context of humor, because humor is one of the best devices to keep things in perspective. No doubt, humor goes back to ancient times when some prehistoric Henny Youngman came up with a real knee slapper.

We know the first joke (Joe Miller's Joke book Book) was published in 1738, and our own founding father, Ben Franklin, was known to have a quick wit with such classic lines as, "Nothing in this world can be



said to be certain except death and taxes." One hundred years ago, cowboy humorist, Will Rogers, was making America laugh by observing: "A fool and his money are soon elected," "The only difference between death and taxes is that death doesn't get worse every time Congress meets."

And speaking of death, it was Woody Allen who gave us the great line: "I don't mind dying. I just don't want to be there when it happens."

All this would appear to have nothing to do with love, except to say, Valentine's Day is when young swains profess their devotion to their lady love. More power to them. Just don't run off the

Happy Valentine's Day!

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#### Look under your pillow - there may be a surprise

By Linda Bozowski

Would it surprise you to learn that, in 2013, the average Tooth Fairy payment in America was \$3.70? Pretty generous, I'd say. Although my children are long past those days, the Tooth Fairv was never that generous in Dayton – more like a quarter, or maybe, in the case of our youngest, now 40 years young, the amount may have gotten up to a dollar. It seems that the Tooth Fairy has a very generous rate of inflation in his or her calculations.

Children's teeth have been handled very differently through the ages in different cultures. Baby teeth used to be buried in early Europe, and it was only when the sixth tooth fell out that a gift or money was exchanged (under a pillow, of course) for that tooth, courtesy of the Tooth Fairy. In England during the Middle Ages, children were told to burn their baby teeth so they would not have to spend the afterlife searching for them. Scandinavian warriors hung children's teeth around their necks on string since they were thought to bring good luck in battle.

There is not a consistent image of the Tooth Fairy. Although most children believe that the Fairy is female, 20 percent believe that the Fairy is neither male nor female or could be either. Some think of the Fairy as a man, a dragon, a ballerina, a pixie, or some other image. On learning that the Tooth Fairy is an imaginary creature, most children were accepting. Many parents feel that the myth of the Tooth Fairy may be comforting to their children regarding the loss of their teeth.

Interestingly, tooth loss is treated very differently in some of the Asian countries than it is in the West. Children may throw their newlylost teeth onto the roof or into the space beneath the floor, and may shout a request for a replacement tooth of a mouse. It is believed that mice teeth are retained by the rodents for all of their lives, so they would presumably be retained by the children as well. In some areas of India, lost teeth are buried in the soil beneath big trees. And in some Spanishspeaking countries, the Tooth Fairy is known as the Tooth Mouse. This is also sometimes the custom in Italy, where the character is called "the little mouse."

February 28 is the day we honor the Tooth Fairy, whatever or wherever he, she or it may be. Since there was no mention in anything I read about mice going under pillows, I guess sleeping with a lost tooth beneath a pillow is a reasonably safe bet. And unlike preparations for a visit from Santa Claus, we don't have to leave cookies or carrots, just a baby tooth.

#### **Democracy evolves**

By Jean Houvener

February is a month that speaks to many of the issues raised by the United States' emergence as a democracy. George Washington was born, according to the calendar in use at that time, on Feb. 11, 1732, which was shifted to Feb. 22 when the new Gregorian calendar replaced the old-style calendar in 1796. His role in the fight for independence and as the first president, unanimously elected by the Electoral College, was honored even during his lifetime, first on Feb. 11 and later on Feb. 22.

The nation formed after the Revolution had a rather limited view of who could vote in that new nation. Despite Abigail Adams's request to her husband to "remember the ladies," each state was allowed to choose who could vote in elections. Initially in most states, they were restricted to property owning white males, with the need to own property eliminated from the last states only in 1856. Subsequent progress was made primarily by limiting what the states could do in denying the right to vote.

Abraham Lincoln, born Feb. 12, 1809, harked back to the nation born "four score and seven years ago" in his 1864 Gettysburg Address. Lincoln continued the phrase

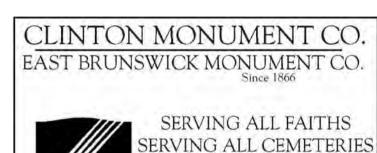
"our fathers brought forth upon this continent a new nation conceived in liberty and dedicated to the proposition that all men are created equal," a noble sentiment if not quite accurate.

Only after the Civil War and the passing of the 15th Amendment (1870), did that proposition begin to be honored. That amendment prohibited states from denying the vote to any citizen based on race, color, or previous condition of servitude.

February is celebrated as National African American or National Black History Month, with the recognition of the contribution of black Americans to the making of the United States. The poll tax, established in southern states after the passage of the 15th Amendment, which essentially required people to pay to vote, was not eliminated until the passage of the 24th Amendment (1964), and the Voting Rights Act of 1965 was needed to fully implement the intent of the 15th Amendment.

Last to receive voting rights were women, truly bringing democracy to the United States with the 19th Amendment (1920) prohibiting the denial of the right to vote based on sex. Susan B. Anthony Day is celebrated February 15, her birth date in

(Continued on page 6)



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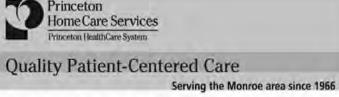
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#### Caesar got it wrong

By Bob Huber

It may be of little consequence to those of us living in Rossmoor, but historians consider February 24, 1582 to be a very important date. To understand why you have to recall a few things about ancient Rome.

The Romans were master builders. Many of the imposing edifices they built still stand today after more than two millennia. They built aqueducts that carried water more than 30 miles from the mountain springs into the city. They constructed an underground sewer system, and they developed a way to provide hot and cold water in their homes. Yet, for all their skills in architecture, engineering and mathematics, there is one calculation they got wrong, or more specifically, Julius Caesar's astronomers got wrong.

In 45 B.C., Caesar introduced a new calendar, known as the Julian calendar. It was based on the assumption that the time between vernal equinoxes was 365.25 days.

He was wrong!

The actual time was almost 11 minutes shorter. If Caesar knew this, it didn't bother him, nor anybody else for that matter, but the discrepancy resulted in a drift of about three days every 400 years. By the mid-16th century there had already been a drift of some 10 days resulting in the spring equinox falling on March 11 rather than the ecclesiastically fixed date of March 21. This could not stand.

Pope Gregory XIII came to the rescue. With the stroke of a pen, on February 24, 1582, the Pontiff decreed that the day after October 4, 1582 would become October 15, and that one day would continue to be added to February every fourth year, (leap year).

Along with other corrections, the new Gregorian calendar was not perfect, but it came closer to the appropriate dates and was immediately adopted by all Roman Catholic countries.

Eventually, Protestant and Eastern Orthodox Christian countries began to accept

the Gregorian calendar, as did other countries, and it remains the dominant calendar in use to this day.

It seems appropriate that February is the birth month of two famous astronomers: Galileo (1564 - 1642) and Nicholas Copernicus (1473 - 1543). It was Copernicus who proclaimed that the earth revolved around the

sun rather than vice versa. Initially, that revelation didn't sit well with the Roman Catholic church, but facts are facts. We doubt if either astronomer would have been concerned that our trip around the sun didn't precisely match up with Caesar's or Pope Gregory's calendars. They had other worlds to explore.

# What's for lunch? Let me check with the chef

By Linda Bozowski

Could you imagine someone else preparing your food? And maybe even deciding what that food might be? Doing the shopping, the prep, the serving, and the clean-up? As a frequent watcher of "Chopped" on Food Network, I've seen some contestants whose professions are personal or private chefs. Some of these folks have indicated that their assignments are a carteblanche approach to meals, while others are more directed by those who employ them. If you had a choice in selecting one of these folks, which choice might you make?

I looked at a website for a personal chef service in Atlanta, and the "you tell us what you'd like" approach seems to be their preferred mode. A representative meets with a family member, preferences are discussed, scheduling is determined, and fees are resolved. The fee noted on this site was about \$300 per week for five meals for two persons, excluding the cost of food.

The chef would be present several days a week for a few hours on each visit to prepare the foods, and the foods would be left with heating and serving instructions. The chef would not be present to serve or clean up unless those services had been arranged in advance, and an additional charge

would be made.

Arrangements could be made for larger gatherings, parties, special menu requirements, or more frequent visits. But as my economics professor used to say at almost every class session, "there's no such things as a free lunch."

In reviewing the Frequently Asked Questions (FAQ) on this particular website. noted that the author made the very clear distinction between a personal chef and a private chef. A private chef may live in the home of his or her client and may have far more responsibilities, including the preparation of all meals each day. Persons with disabilities or other health limitations may require such services. Certainly, the cost of these services would be significantly greater than the limited services provided by a personal chef, as described by the Atlanta company.

But to go back to the fantasy noted at the beginning of this piece, which direction would you choose? If the financial responsibilities were of no concern, would you want someone else to surprise you at each meal? Scrambled eggs or waffles? Crab cakes or tomato soup? Filet mignon or sauerbraten? Or would you rather make the choices for what will be placed on your table? I would, as long as I'm able.

#### **Democracy**

(Continued from page 5) 1820.

A Quaker, Anthony became involved in the antislavery movement by age 17. In 1851 she met Elizabeth Cady Stanton, with whom she worked to obtain women's rights. She first tried to have voting rights for women added to the 15th Amendment. She was arrested in Rochester, N.Y., where she lived, for voting. The trial was highly celebrated, but she refused to pay the fine levied.

In 1878, Anthony and Stanton worked with Sen. Aaron Sargent (R-CA) to present what was known as the Anthony Amendment, the first effort to get an amendment passed for women's suffrage, but it was defeated in the Senate. Ultimately becoming the 19th Amendment, the amendment was approved by Congress and ratified in 1920, over 40 years later. By this time many states had already given women the right to vote. Anthony did not live to see it finally approved, but all women owe her a debt of gratitude.

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#### The Nutella debate – which side are you on?

By Linda Bozowski

In case you didn't know, World Nutella Day is to be celebrated on February 5. Let me begin by stating that I have no opinion about Nutella's positive or negative attributes. I ate it once in a Nutella pound cake that a friend made, and, I must say, I thought it had an intriguing taste. I've never slathered it on toast or eaten it on breadsticks (they package that now, you know), nor have I

ever indulged in pouring slightly warmed Nutella over cherry vanilla ice cream. (But maybe I'll try it.)

I have read articles that proclaim the negatives about this product. According to the jar I just brought in from my garage, the ingredients are, in the product's stated order of dominance, sugar, palm oil, hazelnuts, cocoa, skim milk, whey (milk), lecithin as emulsifier (soy), and vanillin, an artificial flavor. The jar

describes the product as "hazelnut spread with cocoa," but those ingredients seem to be pretty far down on the list of ingredients. The label clearly states that in a two-tablespoon serving are 200 calories and four grams of saturated fat. The eater has to look at the smaller type on the side label to find out that the two-tablespoon serving actually provides 12 grams of fat, of which the four grams of saturated fat are a fraction. Hmmm. Is this meant to mislead me? Or is it meant to make me feel less guilty about eating more than two tablespoons, or any tablespoons, of this tasty prod-

We all know that in order to preserve our health, we need to be mindful of how much fat and sugar we consume. I think most of the people I know try to follow healthy eating recommendations. I try to do that too, except when some friend gives me a generous amount of chocolate candy as a holiday

So, the question of the moment is. will indulaina in Nutella from time to time, in a moderate amount, cause serious health issues for you? That may be a question that warrants discussion with your doctor.

Would anyone recommend that the average person living in this community consume copious amounts of Nutella on any day? What about your children, or grandchildren, or nieces and nephews? Should anyone consume large amounts of Nutella? No. But maybe a little bit would be okay. After all, it does taste pretty good. And since I brought the jar in from the garage so I could read the label, I think I'll have some (only two tablespoons).



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#### Watch Out for These 7 Retirement **Ups and Downs**

Have you heeded the usual dire warnings about retirement? You may have made all of the necessary preparations, including saving enough to have a strong likelihood of living comfortably in your golden years. However, the economic and practical realities may be harsher than you expect. Consider these ups and downs that might hinder your plans:

- 1. The stock market could go down. People are quick to forget the hard lessons learned from previous stock market downturnssuch as in 2008 and 2009, when the market lost about half of its value. Volatility in equities is inevitable and if the market drops while you're making withdrawals, the value of your retirement portfolio could plummet. Suppose you have a portfolio valued at \$1 million and you anticipate withdrawing 5% a year, or \$50,000, during retirement. If your holdings drop 25% next year, you'll be left with \$750,000—and that same withdrawal amount rises to almost 7% of the portfolio, a withdrawal rate that would be very difficult to
- sustain. 2. Your health care costs could go up. Some people think they'll have it made when they reach age 65 and become eligible for Medicare. While Medicare may reduce your health insurance outlays, you'll still likely need supplemental insurance, and there will be out-of-pocket expenses. And what if you need long-term care? In 2016, the average cost of a private room in a U.S. nursing home was \$7,698 per month, according to the Genworth Cost of Care survey. That's more than \$92,000 a
- 3. Inflation could go up. Inflation has been negligible during the past decade. Nevertheless, steep price increases could return quickly, and even if inflation doesn't spiral dramatically as it did during the '60s and '70s, it's safe to assume that your expenses are likely to go up during your retirement years, while your savings may lose

value. If you withdraw the same amount from your portfolio each year, expect that money not to stretch as far as it once did.

- 4. Your taxes could go up. You may expect your tax bill to go down during retirement because you'll likely earn less than you did at the peak of your working career. But various factors could result in higher-than-expected taxes. The tax break you likely got when you were contributing to your 401(k) and IRAs will end, and now you'll have to pay income tax on the money coming from those accounts. Up to 85% of your Social Security benefits, too, will be subject to tax if your income exceeds relatively low thresholds.
- 5. Your work earnings could go down. If you're like many soon-to-be retirees, you may plan to work at least part-time well into your 60s or perhaps your 70s and beyond. But there are no guarantees. The work you've been doing might dry up, or you may no longer be able to meet the physical or mental challenges of the job. And, even if you have been healthy until now, that too could change as you get older.
- 6. Your retirement assets could go down. Just because you figure that you have enough on hand to ensure a comfortable retirement doesn't mean that your nest egg won't be eroded. For one thing, you must start taking required minimum distributions (RMDs) from qualified plans and traditional IRAs after you reach age 701/2. (RMD rules don't apply to Roth IRAs.) The amount of your distribution is based on your account balance in the prior year and your life expectancy. There's no way to get around this, but you can postpone RMDs from an employer-sponsored retirement plan until you retire if you're still working for the company with the plan and you don't own more than 5% of the business.
- 7. Your stress level could go up. Any or all of these pitfalls could give you a lot more to worry about than you expected. What's more, you now may have to take on more decisions about how to invest your assets and how to structure your withdrawals.

(Continued on page 8)

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#### "Ask the G.M."

Questions posed to RCAI General Manager Jane Balmer by Rossmoor staff and residents.

#### Q: Are there many RCAI projects planned for 2017?

A: Nothing too glamorous is planned.

The 2017 Capital Budget approved by the RCAI Board of Governors at their November 2016 meeting included:

- Purchasing a new van, bobcat, and related snow equipment for the Maintenance Department;
- As land lines will not be supported by Verizon in the near future, the fire alarms in the Clubhouse and Meeting House will be upgraded to a wireless system; and
- Tee and bunker improvements on the golf course.

The Reserve Study includes the following for 2017:

- Paving Sheldon Way, Springfield Way, Gloucester Way, Troy Way, and Sutton Lane;
- Replacement of the retaining wall and fence by the salt barn in the Maintenance Department;
- Replacing the pool covers;Refurbishment of the com-
- Returbishment of the community facilities as needed;
- Possible renovation of the remaining bathrooms in the Clubhouse and Meeting House that are original;
- Replacement of two of the ten original air handlers in the Clubhouse;
- Replacing the exterior shutters on the Village Center;
- Replacing the roofs on the Maintenance shop, carport and salt barn;
- Replacing the circulating pump in the Meeting House;
- Replacing the irrigation controls on the golf course; and
- Purchasing some new equipment for the golf course.

For most of these items you will not really see a change and they will only be replaced or purchased if necessary. Keep in mind prior to

any of the items being purchased or replaced, the RCAI Board of Governors must approve each one, after the staff establishes the need and researches the cost with several vendors/contractors.

#### Q: How many manors were sold in 2016?

A: The Reserve Fund contribution schedule planned for 120 closings and we had 184 closings last year. We collected \$276,000. That is a

really good thing!

Every time there is a deed transfer, a \$1,500 membership fee is paid to RCAI. Since we do not have any capital improvements planned for the near future, and the funding for many of the items to be replaced is from the Reserve Fund including repaving roads and replacing sewer lines, the Board, changed the allocation of the \$1,500 membership fee as a contribution to the Reserve Fund.

#### Bob's Almanac

By Bob Huber

#### A fabulous February occ

Most people seem to look at February as the bottom of the barrel: the holiday hoopla is over, professional football players have bashed their brains into spaghetti during the Super Bowl, and the first sign of spring, baseball spring training, won't begin in earnest for another month.

Actually, there's plenty going on in February, if you're willing to seek it out. There are at least 35 nationally recognized events vying for your attention, including Adopt a Rescued Rabbit Month, Grapefruit Month, Boost Your Self-Esteem Month, and Return a Shopping Cart Month.

If that's not enough to stimulate your corpuscles, there are individual days devoted to all sorts of things. In addition to Groundhog Day, which our local Rossmoor groundhog totally ignores, there is Abraham Lincoln's birthday on February 12 and George Washington's birthday on February 22. If that's a celebratory overload, you can acknowledge them both at the same time on February 20, which is Presidents' Day. And from the sublime to the ridiculous, how about: Working Naked Day, Sword Swallowing Day.

Of course, most of us will focus on February 14, Valentine's Day, the day we knowledge our love for the object of our affection with flowers, candy, and mushy greeting cards. Like so many special

occasions, the history of Valentine's Day is obscure. It's clouded by many fanciful legends, but most scholars believe it dates back to an ancient Roman fertility celebration. It seems like all Roman celebrations involved fertility. It was originally commemorated on February 15. To further complicate matters, no one is absolutely certain which St. Valentine we're dealing with. There were several St. Valentines. Take your pick.

In any case, it was not until the 14th century that this feast day became definitively associated with love, and we have Geoffrey Chaucer to thank for that. In 1382. he wrote a poem to commemorate the first anniversary of England's King Richard's engagement to Anna of Bohemia. The poem read in part, "For this was St. Valentine's Day, when every bird, cometh there to choose his mate." That was good enough for most people (including Shakespeare, who mentioned it in "Hamlet"), and the day has been associated with love and romance ever since. Even though meteorologically speaking, winter will have five more weeks to go, many people view Valentine's Day as the first harbinger of spring.

The truth is, February can be a fabulous month, if you're willing to give it a chance.

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#### **Sound Advice**

(Continued from page 7)

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#### From the Mayor

By Gerald W. Tamburro,
Mayor of Monroe Township

#### **Grandparent's Day Out was a success**

Hundreds of smiling faces filled the Community Center on Monmouth Road as grandparents shared the day with their grandchildren at the Recreation Department's Annual Grandparents Day Out.

On December 28 more than 600 grandparents and grandchildren enjoyed the

free day together, which included a family portrait, delicious lunch, raffles, and a trip to the movies to see their choice of "Sing," "Moana," or "Rogue One-A Star Wars Story."

The annual tradition, which has grown each year, is a fantastic way to usher in the New Year as it is held

during the holiday break from school, when many of us gather and celebrate with friends and families.

I would like to thank the sponsor of the event, the Gardens at Monroe Healthcare and Rehabilitation on Applegarth Road, whose support and generosity are vital to the success of Grandparent's Day.

It was a great day in Monroe as both gyms at the Community Center on Monmouth Road were filled with the families as they started their day-long adventure with one another. Upon arrival, the families had their portrait taken, and later printed, framed, and available for pick up following the movie.

However, before the movie, the families enjoyed a full lunch. Even though the children were seeing several different movies the theme of the lunch was Beach Party in December.

For the raffle, every family received a raffle ticket for each grandchild in attendance. The raffle prize was a basket of fun from Jenkinson's Boardwalk in Point Pleasant, N.J. The basket included admission to the beach, aquarium, the funhouse, miniature golf and rides.

After lunch, the grandparents and grandchildren boarded 12 school buses and were treated to the movie at the Regal Cine-

mas on Route 1 in North Brunswick. For many of the grandparents it is a novelty to board a school bus, which is something many of us have not done in quite some time.

Grandparent's Day Out is a special day in Monroe as we gather the different generations and treat them to a day-long celebration as a community.

In addition, I would like to thank the Monroe Township High School Key Club volunteers who took the time during their winter break to help setup, clean-up, serve food, register and did so much more to help the event run smoothly.

Furthermore, I would like to commend the Recreation Department staff, the Gardens at Monroe and all of the volunteers for doing such a wonderful job organizing and hosting the event, and I want to remind everyone to be ready for registration to open for

Grandparent's Day Out 2017 later this year.

Please watch for registration information at the Recreation website www.monroerec.com.

#### Mailing Addresses

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

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

#### New Neighbors



By Christina Smith, resident services manager

Barry B. and Jane Snyder, 20-B Rossmoor Drive, formerly of Orlando, Fla.

Wanda LaRocco, 152-B Providence Way, formerly of Monroe Twp., N.J.

Judith Brody, 12-A Village Mall, formerly of Brooklyn, N.Y.

Bruria Mihaeli, 62-B Old Nassau Road, formerly of Nutley, N.J.

Thomas and Anthy Kartelias, 259-B Old Nassau Road, formerly of Edison, N.I.

Betsy Donohue, 84-A Old

Nassau Road, formerly of Skillman, N.J.

Subash C. Sehgal, 318-C Stowe Lane, formerly of East Windsor, N.J.

Amrat and Vasu Gandhi, 48-O Old Nassau Road, formerly of Monroe, N.J.

John and Ann Ferraiolo, 118-C Old Nassau Road, formerly of Jersey City, N.J.

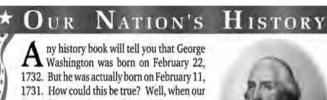
Daniel Romano, 351-B Northfield Lane, formerly of Somerset, N.J.

Nancy Muniz, 537-A Old Nassau Road, formerly of Edison, N.J.

Barbara Johnston, 144-D Providence Way, formerly of Long Beach, N.Y.

Roland Greenstein, 144-D Providence Way, formerly of Long Beach, N.Y.

Barbara Ann Salierno, 585 -A Old Nassau Road, formerly of Princeton Jct., N.J.



1732. But he was actually born on February 11, 1731. How could this be true? Well, when our future first president was born, America was a British colony, and Britain followed the old "Julian" calendar. In 1752, however, Britain switched to the newer "Gregorian" calendar, which jumped ahead 11 days and moved New Year's Day from March 25 to January 1.



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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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#### In Memoriam



Leo in recent years

#### Leon Maczulak

Oct. 5, 1921 - Nov. 26, 2016 Former Rossmoor resident Leo Maczulak passed away in the early morning on Nov. 26 in Santa Barbara, Calif. Until Nov. 2012, Leo had lived in Mutual 8 with his longtime partner, Doris Maloney, who died in Feb. 2012. Later that vear he moved to Santa Barbara to be near his daughter, Anne. Although he was happy to escape N.J. winters, he always missed Rossmoor and kept up with its news. He and Doris were active in the Travel Club, the Emerald Society, and attended many dances at Rossmoor.



Leo, at left, with a Czech national in Germany

He had a colorful experience as a World War II veteran. Leo joined the U.S. Army in Oct. 1941. When war broke out he was sent from basic training in Ft. Riley, Kan., to Fort Jackson, S.C., where he was assigned to the 102nd Cavalry Regiment. He always joked that the Army picked a guy from Philadelphia to sit on a horse. He applied for duty in the Army's new intelligence service, but missed being



Leo modeling the SHAEF Patch, 1945

#### **Marion Dolores** Neuzil

Marion Dolores Neuzil, a longtime resident of Rossmoor, passed away on Dec 5. She died peacefully in her sleep at the age of 97, next to her beloved husband, Eugene.

Dolores was a talented watercolorist, having taken classes in the Rossmoor Clubhouse. Dolores is survived by her husband of 68 years, two children, five grandchildren and four great grandchildren.

Submitted by Bonnie Lombardo, daughter

selected by one man. Instead, he was selected to become an MP because "I was tall." He joined the 201st Military Police Company and sailed to England on the Mauretania, which served as a troop transport in the war's early years. In England, a select group of MPs ("the tall ones") was assigned as personal bodyguards to General Dwight Eisenhower. Leo was one of those MPs.

For the duration of the war, Leo served wherever Eisenhower set up headquarters: Bushy Park in London, Toumieres. Granville. Versailles. and Reims in France, in addition to Belgium, Luxembourg, and Germany. Though Leo said his main duty was to open and close lots of doors, he also had upclose looks at numerous high-ranking officers including Gen. Patton, bandleader Glenn Miller, and Eisenhower chauffeur Kay Summersby. At Reims, Leo ushered in the German brass for the signing of the surrender on May 7, 1945.

Leo seemed to have an endless supply of stories from the war years, including several interrupted showings of "Gone with the Wind" as German bombs fell on London, of soldiers brushing their teeth with champagne at Versailles when clean water was scarce. and of being selected to model the new uniform insignia patch for the Supreme Headquarters Allied Expeditionary Force





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(Continued on page 11)

#### Clubs and Organizations

# Discover the realities of a 50-year broadcasting career

By Diane England

What's it like to spend 50 years in the world of broadcasting? Plan to attend the Women's Guild meeting on Thursday, February 16 at 1:30 p.m. in the Ballroom and you'll have an opportunity to learn about at least one man's experiences when resident Steve Marcus presents a talk, "Fifty Years in Broadcasting: A Behind the Scenes Odyssey." Steve will take us backstage to examine the workings of a daily talk show, a daily newscast, celebrity interviews, public broadcasting pledge drives, and more.

Probably most of us who grew up in this area are familiar with WOR Radio,

where Steve began his career. Since Steve was one of those young men who knew what career he wanted and what it would likely take to achieve it, it's not surprising he started to work at WOR while a student at Hunter College. Ultimately, Steve became the executive producer and substitute host of the Barry Farber Show. And, you might have heard him on the air as this show's host in 1970 because he filled in for Barry Farber while Farber was a Congressional candi-

Steve remained at WOR Radio for nine years, but then it was time to tackle another broadcasting challenge. So, it was on to a CBS

network radio station in Massachusetts where Steve became a morning news anchor and interview program host. Interestingly, it was while working at this station that Steve became a fundraising auctioneer for public television. I say this because it would be nearer the end of his lengthy broadcasting career that Steve and his wife, Therese, would chose to make their home in San Francisco, after having spent many years in Los Angeles and Connecticut. Furthermore, it was in San Francisco that Steve became a fund-raising supervisor and trainer of pledge drive volunteers at KQED Public Radio and Television. But he also did more than this with regard to public television. And interestingly as well, some of what he did won't surprise you once you hear about the years he spent in Connecti-

I've skipped around some and left out some significant things Steve did. But I want him to share his story because it's going to be so much more interesting in person — especially since Steve is also a good storyteller. He's extremely comfortable in front of a microphone. So again, please join us on February 16 at 1:30 p.m. in the Ballroom, not only to hear Steve discuss his 50-year career in both an entertaining and enlightening way, but to enjoy refreshments and fellowship afterward.

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#### **Players Pastimes**

By Sue Archambault

The monthly meeting for The Players took place on Monday, January 30. The evening was a success for participants and audience members as well. Norman Perkus led us in an evening of improvisation. Volunteers from the audience were provided with situations. They then worked together to develop comedic routines. The evening's entertainment consisted of both solo and group presentations. The laughter and applause that accompanied each routine is testimony to the overall enjoyment of the evening.

Our next meeting will be on Monday, February 27. Beverly Masters will act as our emcee and presenter for

#### **Leon Maczulak**

(Continued from page 10)
(SHAEF) under Eisenhower's command.

In recent years, Leo was interviewed by local newspapers, a French newspaper covering the 70-year anniversary of D-Day, and a crew from Fox News preparing an upcoming program on Eisenhower.

Leo was born in the Port Richmond section of Philadelphia. After the war, he returned to Philadelphia, then moved to N.J. where he met his future wife, Judith Pupish. They were married in 1949 and had a daughter in 1954. In 1958, the Maczulaks moved from Union to Watchung, living a few miles from another Eisenhower bodyguard, Sidney Spiegel, who became active in local politics. Leon maintained a friendship for many years with Eisenhower bodyguard, George Sullivan, who after the war became a detective in Jersey City. Judith died in 1978 and after spending several years in Forked River, Leo joined Doris Maloney in Rossmoor. He is survived only by his daughter.

"World of Comedy." It features highlights from 27 years of television specials. Focusing on a variety of comedic styles, including hilarious animal acts to slapstick and vaudeville, the clips include such legends of comedy as Steve Allen, Jack Benny, Ernie Kovacs, Don Rickles, Lucille Ball, Polly Bergen, Neil Simon, Jimmy Durante, Dean Martin, Bob Newhart, and other wellknown artists. Be prepared to be totally entertained by all the skits and musical numbers. This presentation will take place on Monday, February 27, at 7 p.m. in the Gallery. All are welcome to at-

While you have your calendar handy, you may want to take this opportunity to make note of the performances that will be presented by The Players in 2017. Our "Just Music" show will take place on the evenings of Thursday, May 4 and Friday May 5 in the Ballroom of the Clubhouse.

"This and That," consisting of both music and comedic performances, will be presented on Thursday evening, Friday evening, and Saturday afternoon, August 3, 4, and 5 in the Meeting House. Plus, yet another original musical-comedy, by our very own Bob Huber and Bill Strecker, will take place on Thursday evening, Friday evening, and Saturday afternoon, October 5, 6, and 7, in the Meeting House.

# Republican Club meeting

By Ron Haas

We will meet on February 14 at 1:30 p.m. in the Gallery. Come and join us for a Meet and Greet, and a new member drive. Dues are \$10 annually. This will be an open discussion meeting. Refreshments will be served.

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# Rossmoor Rental Library

The Rossmoor NEWS

By Irene Poulin

The Cutthroat by Clive Cus-

Chief Investigator Isaac Bell is tasked with finding a young woman named Anna Pape, who's run off to become an actress. Alas, she turns up dead, and young women resembling Anna are being killed in similar fashion nationwide.

Mississippi Blood by Greg

Southern lawyer Penn Cage learns that his physician father stands accused of murdering his former African-American nurse. With his father still refusing his assistance, Penn teams up with a high-profile black woman to write a book about his father's case.

If Not for You by Debbie Macomber

An emotionally stirring novel that shows how obstacles can be overcome, differences can be strengths, and sometimes a choice can seem wrong even though it's absolutely right.

Treasured Grace by Tracie Peterson

On the grueling trail west, Grace Martindale loses her new husband and her last vestige of security. Upon arriving in Oregon County, she uses her midwifery skills to help the other settlers, with the aid of fur trapper Alex Armistead of

the Cayuse tribe. But peace is fragile and tension soon leads to violence.

Echoes in Death by J. D. Robb; Nora Roberts

As N.Y. Lt. Eve Dallas and her billionaire husband Roarke are driving home, a young woman dazed, naked, and bloody suddenly stumbles out in front of their car.

Dangerous Games by Danielle Steel

Television correspondent Alix Phillips dodges bullets and breaks rules to bring the most important news to the world, from riots in America to protests on the streets of Tehran.

In this Grave Hour by Jacqueline Winspear

Maisie Dobbs, a World War I nurse-turned-psychologist and investigator, traveled to 1938 Germany. Britain has just declared war on Germany, and the death of a group of refugees has Maisie wondering just how close to home the enemy really is.

Library Hours: Monday through Friday 10 a.m. to noon 1:30 to 3:30 p.m. Library closed Saturdays

#### Wear red for the Dance Club's Valentine's dance party

By Judy Perkus

On Saturday, February 25 from 7 to 10 p.m., the Dance Club will hold its Valentine's dance party in the Ballroom. DJ/Keyboardist Carmine will provide the music.

Bring your Valentine, bring your friends, or come alone and meet some friends. In addition to the dancing and socializing, we will have specialty sandwiches, snacks, dessert (sugar-free available), coffee, tea and soda.

Choice of one per person

- 1) Genoa salami, fresh mozzarella, roasted sweet peppers and lettuce w/basil, pesto on peasant bread.
- 2) Black forest ham, swiss cheese, w/lettuce and whole grain mustard on peasant bread.
- 3) Cranberry's sloppy joe, corned beef, pastrami, cole slaw and Russian dressing on
- 4) Albacore tuna salad, sliced red onions, greens, and shredded carrots on peasant bread.
- 5) House roasted top round beef, provolone, tomato and lettuce w/horse radish mayo on torpedo roll.
- 6) Tarragon chicken salad, bacon, tomato, and lettuce on peasant bread.
- 7) Sliced chicken breast, cucumber slices, tomato, lettuce, and Dijon mustard on multigrain bread.
- 8) Provolone, fresh mozzarella, roasted peppers, basil, pesto, and lettuce on peasant

9) House roasted turkey breast, cranberry relish and lettuce on peasant bread.

10) Cranberry's Italian, Genoa salami, pastrami, provolone, lettuce, and Italian vinaigrette on a torpedo roll.

- 11) Cranberry's grilled vegetable sandwich, zucchini, eggplant, bbq red onions, portabella mushrooms, and roasted sweet peppers splashed w/ balsamic vinegar on focaccia
- 12) Buffalo chicken breast. celery, hot peppers, and blue cheese dressing on a multigrain roll.
- 13) Grilled chicken caesar, lettuce, tomato, onion and caesar dressing on focaccia.
- 14) California eggplant sandwich, fried eggplant, mozzarella and roasted peppers, lettuce, tomato, mayo on focaccia.
- 15) Deep fried turkey club, Cranberry's own brine -in-fried turkey, lettuce, tomato, bacon, and mayo on focaccia.

All Rossmoorites are welcome - singles and couples. To reserve: please send your check made out to the Rossmoor Dance Club (\$16 per paid-up member, \$18 per guest) to Armen DeVivo at 449B Roxbury Lane by February 15. Send your 2017 Dance Club dues of \$15 per couple, \$7.50 per person, to Armen, if you've not already done so.

Call Armen at 655-2175 for



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# Rossmoor Clubhouse News February 2017

# Laugh & Boogie Comedy Show & Dance Party



Funny man Jeff Norris is back by popular demand and DJ Mel will have you up and dancing.

Bring your own everything...we provide ice!

## WELCOME

Clubhouse

Open daily, 8am - 10pm

E&R Office

Open Monday - Friday, 8:30am - 5pm 609-655-3232

Michelle Williams: Clubhouse Manager

Erica Hardeo: Event Planner Sue Ortiz: Office Coordinator Sebrena Jinks: Office Assistant Jessica Roberts: E&R Foreman

#### ON SALE THIS MONTH

# EVENTS

SUPER BOWL LI & MOVIE

Sunday, February 5, 5:30pm, Ballroom & Gallery, \$19pp Showing "FLORENCE FOSTER JENKINS" in the Gallery Includes Hoagies, Pasta Salad, Chicken Wings, Assorted Hors d'oeuvres, dessert, beverage, more. On sale now!

MORNING MATINEE & BAGEL BREAKFAST Tuesday, February 14, 10am, Ballroom, \$5pp

Showing "Wild Oats" starring Shirley MacLaine & Jessica Lange; Rated PG-13. On sale now!

ST. PATRICK'S DAY LUNCHEON Entertainment by Anthony Tabish

Monday, March 20, 12:30pm, Ballroom, \$18pp

Corned beef sandwiches on rye; potato salad, cole slaw, Irish soda bread and more. On sale now!

AARP SAFE DRIVING CLASS Friday, March 31, 8:30am, Gallery

\$15 AARP Members, \$20 non-members

Sign up now!

COUNTRY WESTERN NIGHT

Music by: DJ Dominic...Line Dance Instructor: Maureen Friday, April 21, 7pm, Ballroom, \$10pp

Bring your own refreshments...ice provided.

On sale February 28



#### TRIPS

NEW ORLEANS HOSPITALITY TOUR—WITH MOBILE, CHATTANOOGA, & ATLANTA (Senior Tours Bus Trip)

April 4-13...10 days...18 meals

\$1982pp double; \$2452pp single includes tax & gratuities.

Must pay in full by March 1. Trip insurance recommended.

On sale now!

FOXWOOD & MOHEGAN SUN

May 1-2, \$174pp double; \$230pp single

Departs Monday, May 1 at 9am; returns Tuesday, May 2 at 9pm. Day 1 at Foxwood hotel "Great Cedars"; Day 2 at Mohegan Sun. On sale now!

ATLANTIC CITY GOLDEN NUGGET

Tuesday, April 4, 2017, \$25pp

Departs Poolside at 9am. On sale February 7

NYC ON YOUR OWN...DROP OFF AT THE MET OR MOMA

Tuesday, April 25, 2017, \$30pp

Departs Poolside at 9am. On sale February 7

#### BROADWAY BOUND ...

WAR PAINT with Patti LuPone & Christine Ebersole Details Coming Soon

#### DON'T FORGET

FIRESIDE CHATS

Fridays, February 3 & 17, 10am, Red Room, No Charge

PHILLY FLOWER SHOW—WAIT LIST ONLY Wednesday, March 15

MISS SAIGON ON BROADWAY—WAIT LIST ONLY Wednesday, March 22

HELLO, DOLLY! ON BROADWAY—WAIT LIST ONLY Thursday, May 11

INTERESTED?

SCRABBLE \* FISHING TRIP \* LION KING on BROADWAY

## CULTURAL

#### AVIATION GROUP

2nd Wednesday, 1:30pm, Ballroom "Boeing Dream Liner"

#### BOOK DISCUSSION GROUP

2nd Thursday, 3:00pm, Maple Room
"The End of Your Life Book Club" by Will
Schwalbe

#### CULTURAL PROGRAM SERIES ON DVD 1st Tuesday, 1:00pm, Ballroom "Count Basie at Carnegie Hall"

### CURRENT EVENTS ROUNDTABLE Mondays, 10:30am, Maple

#### GERMAN AMERICANS Last Thursday, 1:30pm, Cedar

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

#### LATINO/HISPANIC-AMERICANS Last Wednesday, 6:00pm, Maple

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

#### WRITERS GROUP

Last Thursday, 10:00am, Cedar
Get the latest edition of the Fox in the
Clubhouse.



## THE ARTS

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

#### ART CLASS/WORKSHOP

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

#### CERAMICS STUDIO

Monday & Thursday, 8:30am—12pm.

Monitor present. Molds & Kiln on site.

Supplies on your own.

#### GALLERY EXHIBITS

The month of February will feature the artwork of our "Wine & Design" classes. Be sure to stop in and browse the beautiful artwork of our Rossmoor residents.

#### POTTERY

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

#### 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

Monitor present. Supplies on your own.

#### WOODSHOP

Monday-Saturday 9am-3pm
Tuesdays & Thursdays 6-8pm
Open to Residents who have completed t

Open to Residents who have completed the orientation and safety class. Monitor present.

# CARDS & GAMES

#### BANANAGRAMS

Mondays & Thursdays, 2pm, Game Room
Fast paced crossword style word game to
keep you on your toes. Contact Dolores
Wardrop.

#### BRIDGE

Tuesday night Rubber Bridge players needed. Contact Diane Del Masto.

#### CANASTA & MAHJONG

Contact Clubhouse

#### MAY I

Contact Sophie Prata.

#### MEN'S POKER

Contact Joe Conti.

#### NINTENDO Wii

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

#### PINOCHLE

Wednesdays, 1:00pm Dogwood Contact John Cristiano.

#### POKER

Mondays and Fridays.
Contact Ginny Giorgio.

#### POOL ROOM

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

# GET MOVING!

#### CHAIR YOGA

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

#### FITNESS CENTER ORIENTATION Tuesday February 7 10:00am

Tuesday, February 7, 10:00am Sign-up in the Clubhouse...Space limited

#### HEALTHY BONES

registered.

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

#### OPEN EXERCISE DVD

Monday, Thursday, 9:30am, Hawthorn Saturday, 9:30am, Maple

Exercise at your own pace. No Instructor. DVDs are selected from our current collection. No charge or sign-up required.

#### TOPS-Take Off Pounds Sensibly Wednesday, 9am, Maple Call the Clubhouse for information

#### YOGA

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

#### ZUMBA GOLD

#### Monday, 6:30pm, Hawthorn

Class conducted by a certified Zumba instructor. Pay instructor directly. No classes in February; resumes March 6.

# PHOTO OPS

Having fun in ceramics



"Wood" you like to join the Woodshop?



Writers' Group working on The Fox



# SPORTS FUN!

#### BOCCE

See you in the spring!

#### CROQUET

New Players Welcome. Call Betty Anne Clayton.

#### HIKING SEMI-ANNUAL MEETING

Wednesday, February 8, 7pm, Maple Room New Hikers Welcome

#### PICKLEBALL

See you in the spring!

#### SHUFFLEBOARD 2017 SIGN-UPS

Monday, April 10, 9am, Cedar Room

#### TABLE TENNIS

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

#### TENNIS

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

Shuffleboard Players



### MOVIE CORNER



#### "THE BIG SHORT"

Starring Steve Carell & Christian Bale Rated R for language & sexual situations 2hrs 36 minutes

No Charge

Sunday, February 19...1:30pm Ballroom Tuesday, February 21...1 & 7pm Ballroom

#### MYSTERY MOVIES

1PM Ballroom
No Charge
Friday, February 10
Monday, February 27



# COMING ATTRACTIONS

Details TBA

CINCO DE MAYO LUNCHEON Friday, May 5

KARAOKE NIGHT WITH ANTHONY TABISH Friday, May 12

WINE & DESIGN PAINTING PARTY Thursday, May 25

TRUNK SALE & SHREDDING PARTY Saturday, June 10



#### F41

- RCAI OFFICES CLOSED Monday, February 20.
- COMCAST Q&A Tuesday, March 7, 9-11am.
- CONTACT THE CLUBHOUSE for information regarding events and trips.
- EVENT REMINDERS: Bring Rossmoor ID when purchasing tickets
  for Clubhouse events. Only two tickets per manor can be purchased.
  When bringing a guest/non-resident, please provide their full name
  at the time of ticket purchase. <u>Tickets are non-transferable</u>.
- TRIP REMINDERS: Trips require average physical activity. You
  should be in good health, able to clumb stairs, and walk reasonable
  distances. Any guest accompanying a Rossmoor resident MUST be at
  least 18 years of age. Basic information on guests must be provided
  when tickets are purchased.
- CLUB PRESIDENTS & GROUP REPRESENTATIVES: Channel 26
  announcements and room set ups MUST be handed in on the official
  forms, Forms can be found on the website or in the Clubhouse.
- ROSSMOOR CLUBHOUSE NJ is our official Facebook page. Follow
  us for Clubhouse updates, ticket sales, and event photos. You just
  might see yourself having a good time!
- RCAINJ.COM is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- EVENTS & TRIPS are subject to change.

### PICTURE PERFECT





















NEW YEAR'S EVE 2016

# FEBRUARY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Groundhog Day	3 10:00am Fireside Chat-RR	4
5 Super Bowl Sunday 5:30pm *Super Bowl Party- BR	6	7 10:00am  *Fitness Center Orientation-FC 1:00pm Cultural DVD-BR "Count Basie" 7:00pm *Great Decisions-CD	8 9:00am Mutual 1-DW 1:00pm Aviation-BR 7:00pm Hikers Meeting-MP	9 9:00am Maintenance Committee-VC 10:00am Community Affairs-VC 11:00am Finance Committee-VC	10 1:00pm Mystery Movie-BR 2:00pm Mutual 17-VC	11
12	13 10:00am Mutual 7-BR 2:00pm Mutual 11-MP	14 Valentine's Day 10:00am *Morning Matinee & Bagel Breakfast-BR 7:00pm *Great Decisions-CD	15 1:00pm Mutual 9-GL 3:00pm Mutual 10-VC	16 9:00am Board of Governors-VC 6:30pm *Wine & Design-GL	17 10:00am Fireside Chat-RR 6:30pm Bingo-BR	18 2:00pm Mutual 4-MH 2:00pm-9:00pm Fire Elections-GL
19 1:30pm Movie "The Big Short"-BR	20 Presidents' Day RCAI OFFICES CLOSED	21 1:00pm & 7:00pm Movie "The Big Short"-BR 7:00pm *Great Decisions-CD	22	23	24	25
26	27 1:00pm Mystery Movie-BR	28 2:00pm Mutual 4c-GL 7:00pm *Great Decisions-CD	Events or trips marked * require tickets or prior registration.	Ticket Sales  Get Your Tickets Now!  Today!		



# HAPPY VALENTINE'S DAY!

INDEPENDENT CLUBS				
Chorus	Wed	4 pm	МН	
Church Discussion	Tues	1:30 pm	MHP	
Computer Club	3rd Mon	10 am	GL	
Dance Club	Last Sat	7 pm	BR	
Emerald Society	4th Wed	2 pm	BR	
Italian-American	3rd Wed	7:30 pm	BR	
NJ Social & Cultural	Last Fri	1:30 pm	BR	
Players	Last Mon	7 pm	GL	
Sisterhood	3rd Mon	1:30 pm	BR	
Torah Study	Sat	10 am	CD	
Women's Guild	3rd Thurs	1:30 pm	BR	

MEETING HOUSE SERVICES		
Catholic Society Mass	2nd Thurs	7 pm
Jewish Congregation Sabbath	2nd & 4th Fri	7:45 pm
Community Church & Communion	1st Sun	11 am
Community Church Worship	2nd & 4th Sun	11 am
Community Church & Fellowship	3rd Sun	11 am
Community Church "Living Well at Rossmoor"	Last Sun	1 pm

ROOM KEY				
BR	Ballroom	н	Hawthorn	
C	Court	MP	Maple	
CD	Cedar	мн	Meeting House	
сн	Clubhouse	мнр	Meeting House Parlor	
CFT	Craft	TR	Terrace	
DW	Dogwood	RR	Red Room	
GL	Gallery	vc	Village Center	
GR	Game			



# This month in pictures

Photos by Joe Conti and Walter Gryskiewicz

# AT THE VOLUNTEER RECOGNITION PARTY



RCAI President Dan Jolly addresses the volunteers



The Rossmoor "Newseys"



**Mutual Directors share some laughs** 



E&R Staff serving up delectable food to the attendees



Golfers recounting highlights of the last season

# All the computer questions you want to ask

By Alec Aylat

A special TechCom panel of experts will host a question and answer session at the Monday, February 20 monthly meeting of the Computer Club at 10 a.m. in the Gallery. Questionable refreshments will be ready to chew on at 9:30.

Further advance notice of this important session will be on the Cub's website at www.rossmoor.org and on Rossmoor's fabulous TV Channel 26 starting two weeks prior to this much looked forward to Q. and A.

Club members plus all other residents are invited to prepare their as many unanswerable questions as possible (otherwise they wouldn't' t be attending).

Cheers.

#### **Emerald Society winter fun**

By Joan Avery

It was wonderful seeing everyone in January at the Emerald Society meeting and hearing all the fabulous plans Dan Jolly is considering for the New Year. At the January meeting, members enjoyed Ian Gallagher singing Irish songs. At the February meeting, a representative from the Middlesex County Sheriff's office will give a presentation on safety issues.

Dan Jolly arranged an

exciting trip to the Sands Casino on January 31. All who went certainly enjoyed the day. The cost was \$25 per person, with \$20 in Casino Play and a \$5 food voucher.

March 17 will be Saint Patrick's Day and Dan always plans a great party. The party will be on Friday, March 17, at 6 p.m. in the Ballroom of the Clubhouse. The menu will consist of corned beef and cabbage and other choices.

Don't forget the very beautiful Mass to be held in the Meeting House at 7 p.m. in March hosted by the Emerald Society. This year the date will be March 16.

There is another wonderful trip to the Dutch Apple Theater to see "Jesus Christ Superstar" in Lancaster, Pa. on Saturday, March 4. The cost will be \$76 per person which includes the show, dinner, bus and all gratuities. The bus will leave poolside at 9 a.m.

Another great year for the members of the Emerald Society! See you at the Feb. 22 meeting.

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#### **Italian American Club**

By Tony Cardello

The officers of the Italian American Club extend our best wishes to President Joe Conti for a speedy recovery from knee surgery.

Our annual Carnevale Party will be held on Tuesday, February 28 starting at 5:30 p.m. in the Ballroom and will be catered by Twin Oaks. It will be a BYOB affair with water and soda provided. Costumes for Best in Show will be awarded a prize. Entertain-

ment will be DJ Jean Marie. Also, the new king and queen for 2017 will be crowned.

There will not be a regular membership meeting in February due to Carnevale.

Bingo will be held in the Ballroom on Friday, February 17 at 6:30 p.m.

Bob Machiarola has scheduled a trip to the Sands Casino in Bethlehem, Pa. on March 27 at a cost of \$25 per person, with \$25 back so, in effect, it is a free trip.

#### **New Jersey Club luncheon**

By Eileen Parker

The New Jersey Club will meet on Friday, February 24 at 1:30 p.m. in the Ballroom. We're having a "Chasing the Winter Blues" buffet luncheon for members only. The cost will be \$17 per person. Please make checks payable to

"NJSCCR," and send to our club treasurer, Grace Gambino, at 377A Old Nassau Road by February 17. Al Parker will present a short, humorous program. This will be an enjoyable mid-winter day!

#### Mutual News

#### Mutual 10

The following are the tentative dates and locations for Mutual 10 meetings during 2017:

• Open directors meeting, February 15, Village Center

- discussion of Mutual and RCAI issues
- Annual meeting, April 19, Gallery - Election of one director and three alternate directors
- Open directors meeting, July 12, Village Center discussion of Mutual and RCAI issues
- Budget meeting, November 29, Gallery presentation of 2018 Mutual and RCAI budget

All meetings are scheduled for 3 p.m. and are open to all residents of Mutual 10. We look forward to meeting you and having the opportunity to answer your questions or address your concerns. If you have questions at any time, please feel free to call us.

After completing five threeyear terms as a Mutual 10 Director Judie Sforza will not seek another three-year term. Anyone interested in running to become a Mutual director (three-year term), or one of the three alternate director positions (one-year term), is encouraged to submit a letter of interest and resume to either Judie or Pam Clayton in the Village Center by March 15. This will enable the interested

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(Continued on page 15)

#### **Around the Clubhouse**



Tristan keeping busy with a project in the Woodshop

#### **Mutual News** (Continued from page 14)

candidates to make themselves known to the residents, and for their names to be placed on the absentee ballot included in the annual meeting packet mailed to all Mutual 10 owners prior to the April meet-

ing. If you have any questions regarding the responsibilities of these positions, please call for more information.

Please read the RCAI Snow Policy and Procedure which is printed in the Rossmoor News in each of the winter months for your reference. Please note that residents and their quests are asked to remove their cars from the streets during snow events. Cars should be parked in the resident's assigned carport, garage, or driveway. All extra cars must be moved to the lower level of the Clubhouse parking lot during a snow storm so that all streets can be cleared properly.

Thanks again for your cooperation in these matters.

**Mutual 10 Directors Judie** Sforza, Barbara Krysiak, and Don Marvel



Beryl and Frank at work in the Woodshop



A peek at one of the card games in the Clubhouse

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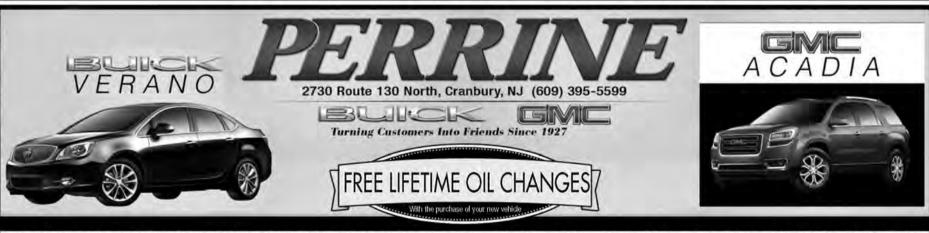
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#### **SPORTS**



#### Ladies' 18-hole league enters 2017

By Arlene McBride

If there are any women willing to join an 18-hole league, please contact me at 609-395-1017 or email: arlenemcbride@comcast.net. We are a vibrant and competitive league, and camaraderie with our peers is always a plus. There is always room for new members. So think about spring and joining the league.

A membership form is attached to this article. Please don't hesitate to ask for any information. Membership forms can also be obtained at the pro shop desk.

Keep well and keep practicing because the spring season is just around the corner.

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

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

Membership fee: \$75.

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

Name:
Address:
Phone:
GHIN #:
Email Address:

Please make checks payable to:

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

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At a holiday gathering of 9-Holers are, from left, Joyce Cassidy, Mary Ellen Mertz, Lucy Poulin, Rose Norton, Marilyn Shanks, and Paula Richardson.



Goodbye from the 9-Holers to Denice Sikora. From left are 9 Holers President Joyce Cassidy, Barbara Agnese, Denice Sikora, and Mary Shine.

#### Religious Organizations

#### Community Church thanks contributors of warm clothing for the needy

(Continued from page 1)

said "People normally come through the door with a worried look, but are able to obtain at no cost a bag or two full of clothing, shoes, toiletries, food, and whatever else they might need. Then they leave with a smile - often the only reason they have smiled all week. Thanks again for being such special friends to Your Grandmother's Cupboard and all the people we serve."

The Deacons' Benevolence Committee of the Rossmoor Church extends our thanks to each and every person who contributed to this very important outreach. This is truly God's love at work and we hope that all who contributed will know that the recipients of their warm clothing feel that someone loves and cares about them.



Mike Lehman, a volunteer for Your Grandma's Cupboard, picks up the warm coats donated by residents.



Artisans of the Catholic Society's Prayer Shawl group

#### **A Thin Place**

By Dierdre Thomson

Thirty years ago, my family and I had the chance to visit the Isle of Iona off the western coast of Scotland. Now getting to Iona is not easy. There are only a few times that a ferry runs to Iona. One has to first catch a ferry to the Isle of Mull, leave one's car at Mull, and then catch a ferry from there to Iona. The first day we did not get to the ferry to Mull in time. So the first thing the next morning we arrived at the ferry heading for Mull. From there we were able to continue to Iona. The Isle of Iona was awesome. There was a "feeling" we had as we walked around and saw the ancient ruins and the Abbey, a feeling of being close to the history of the Isle, and a feeling of being closer to God.

I recently came across a description of such a feeling by the Scottish preacher, George MacLeod. He said that Iona was a "thin place," spiritually speaking. What he means is that whatever barrier may divide the kingdom of God from the kingdom of this world, that barrier does seem. in some very special times and places (like lona), to grow porous. The two worlds just about touch and we know joy. My family and I spent only a few hours on Iona, yet we were affected by it. We could begin to think of special connections between people - a "thin place" such as between mother and nursing baby and Dad wheeling the twins down the street

More recently I could per-

ceive that there was a "thin place" between two movie stars who gave the world great pleasure – the "Good Morning" gal, Debbie Reynolds and the "Force be with you princess" Carrie Fisher. Mother and daughter – they knew all the layers of each other. There was that "thin place," that connection where they seemed to become as one. There are other ways to come closer.

We can begin to measure our lives by time spent for others — family, friends, neighbors, and strangers — rather than time lavished upon ourselves; by love poured out rather than love poured in. Give of your time and you will have more time to give. Set no limit on your love, and you will have more love for others than before. You will begin to find that "thin place."

#### One of a kind service

By Dierdre Thomson

Do you have a love/hate relationship with your computer and computer services? How many of you read the full text of those contracts for online services before you click on the phrase "I agree"? I am with you, at least a vast number of you. After all, who wants to read a continuous "legal document" that is impossible to understand for most folks like you and me.

#### A good start

By Dierdre Thomson

The New Year is off to a good start — especially for those of us who get together at 11 a.m. on Friday mornings in the Gallery for the physical/spiritual exercise class led by Kahlil Carmichael and Dierdre Thomson.

All are welcome to join us as we learn how to feel better both physically and spiritually, and we have lots of fun! I recently read about a one of-a-kind service agreement for online software. No wordy information on how not to use the software. Instead, there was a short and simple wish that the applicant do good and not evil. There was also a wish that he or she find forgiveness, and that he or she forgive others. The third wish was that he or she never take more than he or she gives.

Wow! Wouldn't it be great if more terms of agreement were blessings instead of unintelligible legalize? Think about it.

#### A Message from High Tech Landscapes, Inc.

- Please call the East Gate and leave a message with any questions or concerns. (609)655-5134.
- Winter pruning will continue throughout the winter.
- Please remember to put any debris out front Sunday night in order for us to pick up Monday morning.
- Damaged turf will be fixed in the spring.
- Please tune to Channel 26 for any new updates.

#### REMINDER

Prior to a winter weather emergency, please be kind and move your vehicles and your guests' vehicles from the roads and carport lanes. Vehicles left on the roads and in the lanes hinder pretreating, salting, and plowing operations.



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#### Community Church February calendar

- Thursday, February 2 at 10 a.m. Women's Guild Board Meeting
- Sunday, February 5 at 11 a.m. Communion Service Pastor, The Rev. Dr. Dierdre L. Thomson; Organist and Music Director, Cecile Wang
- Sunday, February 12 at 11 a.m. Church Service Pastor, The Rev. Dr. Dierdre L. Thomson; Organist and Music Director, Cecile Wang
- Thursday, February 16 at 1:30 Women's Guild Meeting – "50 Years in Broadcasting"
- Sunday, February 19 at 11 Church Service
   Pastor, The Rev. Dr. Dierdre L. Thomson; Organist
   and Music Director, Cecile Wang; Music by Rossmoor
   Chorus
- Sunday, February 19 at Noon Fellowship Hour
- Monday, February 20 at 10 a.m. Council Meeting
- Sunday, February 26 at 10 a.m. Church Service Pastor, The Rev. Dr. Dierdre L. Thomson; Organist and Music Director, Cecile Wang
- Sunday, February 26 at 1:30 p.m. Living Well at Rossmoor, Pastor, Rev. Kahlil Carmichael

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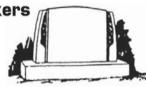
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#### **HEALTH CARE CENTER NEWS**

#### **Snoring**

By Kaytie Olshefski BSN, RN-BC

What is snoring? It is defined as the noise produced while breathing through the mouth. It occurs when the air flows through a narrow throat passage. Snoring can be a nighttime annoyance or it could indicate a more serious condition.

Some causes to why snoring occurs include:

- Sleeping on your back. When you sleep on your back, your tongue relaxes and falls back toward your throat. Your tongue partially blocks your throat causing a smaller passage of air to flow through.
- A blockage in your nose due allergies, a cold or sinus infection.
- Nasal trauma/injury that changes the shape of your nose/nasal passages as with a deviated nasal septum.
- Weight gain. Gaining weight can cause or worsen snoring. Especially gaining weight around the neck area can cause snoring.
- Some medications will relax muscles, such as sleeping pills, antihistamines and pain medications.
- Drinking alcohol prior to bedtime. Alcohol acts as a sedative and relaxes the throat muscles.
- Sleep apnea. This is a serious condition caused when the throat tissues obstruct the airway preventing the person from breathing. Signs of sleep apnea are loud snoring regardless of position. A person stops breathing for short period while sleeping. This in turn causes the person to experience excessive daytime sleepiness.

Some possible solutions to reduce snoring are:

- Try not to sleep on your back, as this will keep the soft palate from falling back against your throat.
- Avoid drugs that may aggravate the snoring.
- Use medication to unclog nasal passages.

   Laggreeight
- Lose weight.
- Exercising improves your weight and sleep.
- Avoid alcohol at least 4 hours before going to bed.
- Elevate the head of the bed. Do not add more pillows. Place blocks underneath the legs at the head of the bed.
- Over-the-counter nasal strips. Nasal strips (which look like small band-aids) are placed over the bridge of the nose before going to bed. The strip helps to keep the nasal passage open while sleeping.
- Oral appliance. This is a form-fitting dental mouthpiece, which keeps the air passage open.

There are surgeries

available and your doctor will inform you if you meet the criteria for the surgical procedure.

As noted, one cause of snoring is sleep apnea. Sleep apnea is a medical problem that cannot be ignored. We have heard in the past few months of bus and train accidents occurring because the driver/conductor has sleep apnea that caused the accident.

How do you know if you have sleep apnea? When you wake up from sleeping and you are not refreshed, if you have daytime sleepiness, if you feel tired, if your memory is not as sharp, and/ or your sleep is disturbed because of the need to get up frequently to use the bathroom. Testing for sleep apnea has come a long way. Technology has improved

sleep studies where they once were performed at an overnight sleep study lab, can now be done at home if the person meets the criteria for the home study.

If you are experiencing any of the above symptoms, seek medical advice especially if you are experiencing excessive sleepiness during the daytime or if you are keeping people in the house awake at night because of your snoring.

We will not have a February lecture. In past years, February has been an inclement month with snow and ice. We feel it would be safer for residents and the lecturer not to venture out in that weather. We will resume our monthly lectures on March 13 with Laura Hawkins speaking on "Understanding Memory Loss."

#### **MAINTENANCE DEPARTMENT**

By Dave Salter

# Some helpful information you might want to cut out and save:

Emergency Service: There's a Maintenance man on call 24 hours a day, seven days a week, including holidays, for emergencies. If our office is closed, just call the North Gate (655-7586) and they will call the man on duty. Please note there's a \$75. charge for emergency service, so it's better to wait until the next business day if you possibly can.

Recycling: Please collapse all cardboard boxes before putting them in the dumpster because they take up a lot of space and cause the dumpsters to overflow. It is now acceptable to put glass jars and plastic containers in plastic bags, since it keeps the glass from falling on the ground and breaking.

Bulk items: Waste Management, our trash contractor, will pick up bulky items such as furniture, bedding and carpeting at no cost. Please call Waste Management directly at 609-587-1500 give them account # 02670072 and they will be happy to assist you.

Disposal of Hazardous Waste Items: You may call the Middlesex County Division of Solid Waste at 732-745-4170 to get the location of your nearest drop off

area or, for information, go to the website co.middlesex.nj.us/planningboard/solidwaste.asp

For leftover paint, pour it all into one can and leave the empty cans to dry out. When dry, put the empty cans in the regular garbage dumpster. Paint cans are not recyclable. The paint itself must be disposed of at a special Middlesex County paint drop off area.

General Info: We have an electrician, plumber, and carpenter on staff to handle routine household repairs. The fees are a \$10 service fee per work order plus \$13 for each 15 minutes thereafter, so the minimum charge is \$23 plus tax. When you call, we'll ask some questions to help us get it done right and done quickly the first time. We have a thirty-day warranty on our labor. We can service your furnace for \$35 plus tax. Call to schedule an appointment. New residents should call for a free home orientation. Give us a

Reminder: Please make sure outside faucets are shut off and hoses are disconnected.

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#### **IMPORTANT NOTICE**

Motorists must obey the rules of the road while driving within the Community including, but not limited to,



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.

#### League of Women Voters current activity

By Judy Perkus

An in-depth and personal view of the birth and growth of Monroe Township will be the topic of the Feb. 27 meeting of the League of Women Voters of Monroe Township. The speaker will be John Katerba, local historian and chair of the Historical Commission. The meeting will take place at 1 p.m. in the Municipal Building, and the public is encouraged to attend.

Future League meetings will examine the role of the Freeholders, learn about the Township's water system, and give an update on education issues in N.J. and on the national level.

Members of the League participated in a statewide effort to bring attention to the issue of human trafficking, which was organized by RWJ University Hospital staff. The January event attempted to reach out to organizations and service groups throughout the state

to improve communications and information on the issue. In Monroe Twp., our League has sponsored two community meetings with films that revealed the ways in which young people, male and female, are tricked into becoming involved in sexual and criminal activities. Concerned with our graduates when they leave for college and other areas, the committee has met with high school officials to update their information.

The Monroe Twp. League has also worked with the state League's Education Committee to explore the role of civics in the curriculum, where and how it is taught, especially in light of the recent controversy over the electoral college results.

The LWVUS has continued to be involved in the effort to prevent voting discrimination and disruption in so many states. It has joined 88 voting and civil rights groups in urg-

ing state election officials to create plans to prevent voting discrimination, and has opposed the purging of voter rolls based on non-voting. It has also joined an amicus in the case of McCrory v. Harris, which involves the issue of gerrymandering the redistricting map on the basis of race.

The League of Women Voters is a nonpartisan political organization with state and national offices, and is open to both men and women. As a League, it does not support or oppose candidates for political office. It meets monthly, usually the fourth Monday, except when a holiday falls on that date. For more information, feel free to contact: Andrea Pellezzi, 609-664-2146; Judy Perkus, 609-395-1552; Marsha Rosenbaum, 609-409-0930; Adrienne Fein, 609-860-5984; or Ruth Banks, 609-655-4791.

# Attention: Children of Holocaust survivors

The Henry Ricklis Holocaust Memorial Committee of Monroe Township was formed in 1985 by Henry Ricklis, a World War II veteran, who was moved by his experiences liberating Holocaust survivors at Dachau in 1945. The Committee continues to focus on keeping the memory of the Holocaust alive by providing educational programs and speakers throughout the year. If you are interested in participating on this committee or would consider lighting a candle in honor of your parents at our annual community holocaust commemoration, which will take place this year on Sunday, May 7, please contact Lou Flumen at 732-641-2495.



#### **Senior Center Highlights**

Monroe Township Office of Senior Services and Senior Center 12 Halsey Reed Road, Monroe Township, NJ 08831; 609-448-7140

Membership has its bene-

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 and over. Around the 15th of the previous month members can sign up for the monthly activities either via phone or in-person for all programs with a fee. Sign-up dates are subject to change; call to confirm. Advance registration is recommended to ensure easy admission into a program; and, if needed, transportation to and from the Senior Center. Registration is also available on the same day of an event from 9 to 11:30 a.m. For members unable to attend a registered program, a cancellation phone call is appreciated.

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 Register in Advance

**Income Tax Assistance:** Starting on Wednesday, February 1, and concluding on April 12, AARP-trained, Volunteer Tax Counselors provide free income tax help for individuals with low-tomoderate income - by appointment - on Mondays and Wednesdays. Transportation is available at select times. Please speak with Rosanna to make your appointment. On your appointment day, please bring in last year's return as well as all pertinent tax info and your Social Security Card.

Fun with Yiddish: Starting on Friday, February 3, from 10 to 11 a.m., join Naomi Miller for this 4-session (2/3, 2/10, 2/17, 2/24) interactive, Power-Point driven class with all words translated. Scheduled and filled from an interest list, please call to inquire about space availability. Class Fee: \$5 p.p.; due upon registering in advance and in-person.

Benefits of Dark Chocolate: On Monday, February 13, at 1:30 p.m., discover the many hidden health benefits of eating dark chocolate, in moderation, with Heather Shanabrook, Director of Nursing, from Brook Health Care, LLC. Come and learn about the history of chocolate as well as the whys and hows for enjoying this delicious treat.

Drumming Circle: On Thursday, February 16, from 1:30 to 3 p.m., drum away stress with Michele Granberg as she inspires you to create simple rhythms using handheld drums and various percussion instruments. Evidence shows that drumming boosts your immune system and calms the mind. Join us to connect with others through sound, song, chant, and rhythm in a fun, relaxed environment. Space limited!

**Drivers' Safety Program:** On Tuesday, February 21, at 8:45 a.m., enhance your driving skills by attending AARP's drivers' safety class. For more information, please call the Center.

Mobility and You: On Thursday, February 23, at 1:30 p.m., Dr. Matthew Parisi, Rutgers-RWJMS, Centerstate Medical Center, discusses how to improve your mobility through exercise. Exercise is the "active medicine" that is crucial as we age. Learn about the different diseases that can be managed through being active and tips for creating your own personal regimen.

Brain Health: On Monday, February 27, at 2 p.m., Dr. Kimberly Oo, in coordination with Karen Lin, M.D., Assistant Dean, Rutgers—RWJMS, discusses how to keep our minds healthy and reduce risks that may be related to brain health. Learn about the threats to brain health and the connection between good health and the normal aging brain.

#### Music and More Register in Advance

Romance Movies: On select Wednesdays this month, at 1:15 p.m., enjoy a free film to touch your heart: The Age Of Adaline (February 1); Music & Lyrics (February 15); and, Bridget Jones Diary (February 22). When registering in advance, please be sure to indicate the movie title and date. A film's synopsis is available at the Center's reception desk.

Best Crooners: On Tuesday, February 7, at 1:30 p.m., join our musical friend, Gordon James, as he explores many great crooners of the 1930's thru the 1960's. Enjoy the hits and history of Bing Crosby, Nat King Cole, Dean Martin, Frank Sinatra, Perry Como, Mel Torne, Paul Anka and Bobby Darin. Please register in advance.

Jazz Legends: On Wednesday, February 8, at 1 p.m., enjoy this DVD presentation, hosted by Mike Ferriera, that features the music of three great Jazz Legends: Louis Armstrong, Eddie Condon, and Bobby Hackett. Please register in advance.

Cooking Demo/Lovely Dinner for Two: On Thursday, February 9, from 1 to 3 p.m., learn how to make a quick, but fancy homecooked dinner for your special Valentine from accom-

(Continued on page 21)





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

#### Honor Flight of Southern New Jersey plans June 3 trip for veterans

By Dan McOlvin

Calling all veterans of World War II and the Korean War!

Honor Flight of Southern New Jersey announces plans for their 2017 complimentary trip to the National Mall in Washington, D.C., to let veterans visit the Memorials that are dedicated to honor their sacrifices, their service to our country, and our freedom.

Honor Flight of Southern New Jersey has been conducting these trips for ten years. The Honor Flight network has grown to 130 hubs located in 42 states. Since the national programs began in 2005, 159,703 veterans have been provided this opportunity to visit their Memorials on the National Mall.

#### History

Honor Flight of Southern New Jersey began ten years ago, as a community service project for a small group of special needs students at Williamstown High School. It quickly grew into a school and communitywide project with help from their faculty, students, and staff. Mayor Michael Gabbianelli and the Monroe Township (Gloucester County) Town Council lent their support. In addition, businesses, veteran and civic groups from around the area jumped on board. They were the first hub of Honor Flight in New Jersey. Their trip last year was the ninth trip affiliated with the national organization from New Jersey.



**World War II Memorial** 



Korean War Memorial

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#### The Honor Flight Network

The National World War II Memorial in Washington was completed in 2004. Earl Morse, a retired Air Force captain, who worked in a VA clinic in Springfield, Ohio, saw many patients who were World War II veterans. He asked if they intended to go and see it. Most said yes. But six months later, when Morse inquired, not one of them had been there, from about 300 veterans. Reality set in: they were never going; maybe it was too great an effort at their ages.

So, Morse himself flew two

veterans to Washington to see the Memorial. It was after he saw them break down and cry, that he pitched his idea to a local aeroclub of 300 private pilots at a local Air Force base. They agreed to help. The first Honor Flight took place in May 2005, when six small planes flew 12 veterans to Washington,

#### HonorAir

In late 2005, Jeff Miller, a local drycleaner from Hendersonville, N.C., was inspired by Morse's efforts. Miller was a charter member of the National World War II Memorial Foundation N.C. and the son of a World War II veteran. Through Miller, seeds that Morse had planted grew to a veritable forest of volunteerism, fundraising, and goodwill toward the Greatest Generation veterans, who had been too busy building their communities to demand recognition for wartime service. HonorAir was formed.

In September and November 2006, HonorAir flew more than 300 World War II veterans from Ashville, N.C. to Washington, free of charge. HonorAir provided everything: a medical doctor and several EMTs, guardians

who would attend to the needs of three to four veterans each, tour buses to take them to the World War II Memorial and other national memorials, and a box lunch. Cheering airline ticket agents and passengers lined the ropes as veterans emerged from the charter jets into the terminal.

#### The Honor Flight Network is formed

Honor Flight and HonorAir subsequently combined their efforts and today the Honor Flight Network is a non-profit organization created to honor America's veterans for their sacrifices by providing complimentary flights to Washington, D.C., to visit and reflect at their memorials.

#### Time is short

The time to apply is now.

Veterans interested in participating in this year's trip should contact Pam and Ron Pontano at (856) 589-5072 for additional information and an application.

Honor Flight of Southern New Jersey will have five coach buses to transport our veterans in June to Washington, D.C. The trip for veterans is free. The cost for a companion is \$85. All meals

(Continued on page 21)



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#### **Senior Center Highlights**

(Continued from page 19)

plished Chef Rob Klingebiel, Chef de Cuisine for Parker at Monroe. Menu and recipes include: Mediterranean Chicken, Vegetarian Quinoa, and Banana Foster Flambé. Space limited!! Free admission tickets are available while supplies last. The early bird gets the chicken...and bananas foster! Register early and in-person!

Jerry's Travels: On Friday, February 10, at 1:30 p.m., sit back and relax as Jerry takes you to Costa Rica. Venture into the towns, plantations, and rainforests to get up close to exotic animals in their natural settings.

Acoustic Café: On Tuesday, February 14, from 2 to 3 p.m., enjoy an afternoon of original music by singer/songwriter, Sheli Monacchio, from Caring Connections of NJ and Always Best Care. Listen to stories in the form of music relating to love, life, loss and hope. Desserts and coffee pro-

#### **Honor Flight**

(Continued from page 20) and a commemorative t-shirt are included.

Points to remember:

- Obtain an application from the Pontanos (listed above). Complete and submit it.
- Spouses and significant others may not participate in this free trip unless he or she is also a veteran.
- WW II vets get priority.
   Korean and Vietnam and other vets are added, room permitting.
- Chronically and terminally ill vets go to the top of the list
- Vets may bring their own adult guardian, but it is not necessary. We have many guardians with years of trip experience to go with them.
- If a vet needs to have a
  wheelchair tied down on
  the bus, we need to know
  ASAP. Buses have lifts,
  but if a vet can't transfer
  easily from wheelchair to
  seat, we need to know
  ahead of the trip.
- If a vet requires us to provide oxygen, we need an original prescription. The vet must bring along an extra 12 hours of oxygen. We will store it with the EMT team or on the bus. It's not a big deal.
- Medical staff travels with us.
- Wheelchairs are available.
- Kosher and special dietary specific meals are available.
- Monroe Township (Gloucester courtesy bus) will pick up Middlesex County veterans at Monroe's Crowne Plaza Hotel on June 3 at about 5:15 a.m. We return about 10 p.m. that night.

We look forward to seeing you on this year's trip.

vided during this intimate "coffeehouse listening room" set-up.

All About Jazz: On Tuesday, February 21, at 1:30 p.m., join David Aaron as he explores the beginning of Jazz in the late 1800's with all of its artists, forms and styles. Enjoy this discussion filled with plenty of music from Ragtime, Swing, Be-Bop, Cool and Modern eras.

Meet Our Newbie: On Tuesday, February 28, at 1:30 p.m., join us as we introduce our newest staff member, Susan Schwartz, CSW, who will be available to assist with Outreachrelated issues, caregiver resources, and more. Please reserve your spot in advance.

#### **Exercise Your Options**

Chair Yoga: Starting on Thursday, February 2, at 9 a.m., join Eileen for a modified yoga class with all yogic exercises performed on the chair. (Last Class: March 23). Relax your mind and improve your flexibility during this 8-session class. Class fee: \$40 p.p., due upon registering in-advance, in-

person. Space limited.

Body Works: Starting on Tuesday, February 21, at 9:30 a.m., Julie provides this 10-session low-impact aerobics and weight resistance class that meets on Tuesdays (resistance bands) at 9:30 a.m. and Thursdays (light hand weights) at 10:30 a.m. Class fee: \$40 p.p. Call in day activated during winter month and is scheduled for Thursday, February 9 at 8:45 a.m. Space limited to ensure safety. (Last class: March 23.)

Bodies in Motion: Starting on Monday, February 27, at 9 a.m., join Georgeann for 10 sessions of weight resistance training, with a focus on both standing and seated movements. Resistance bands, spikey balls, and light weights needed. Class fee: \$40 p.p. Space limited to ensure safety. (Last class: May 1.)

#### Artistically Speaking

Mixed Watercolor Media: Starting on Thursday, February 23, at 12:30 p.m., join Jeremy for her 5-session special, multi-level watercolor class. Acrylics and other water media may be incorporated, if desired. Use of both natural and synthetic papers will be explored. Bring out your own individual style. Course fee: \$50 p.p. Supply list available upon registering in-person, no later than February 15. Space limited. (Last class: March 23.)

Watercolor Experience: Starting on Friday, February 24, at 12:30 p.m., join Jeremy Taylor for her 5session special watercolor class for beginners/ advanced beginners. Explore watercolor technique and fulfill your individual style. Demos, one-on-one critiques, and more will be provided. Course Fee: \$50 p.p. due in-person, in advance, by February 15. Space limited. Supply list available upon request. (Last class: March 31.)

#### **Center Transportation**

Transportation to and from the Senior Center is a free service available to all senior members/residents during regular business hours. Please be sure to advise us of your transportation need when registering for Center activities, as soon as possible, and include your name, address, community, and phone

number. If you need to cancel your transportation reservation for any reason, please let us know immediately, noting the original purpose of your transportation need (i.e. program, appointment, etc.).

Also, feel free to call the Office in the morning for all other transportation requests. We will make every effort to schedule your ride to and from the Senior Center.

For on-going activities, be sure to "renew" your reservation for the following month for uninterrupted service to your regularly scheduled group. Renewals will be honored prior to the month's end.

# Do You Have Our Registration & Program Policy Pamphlet?

The Monroe Township Office of Senior Services provides this pamphlet to serve as a helpful reference guide that includes information on: what to do if a program is filled, refund issues, and basic registration and day-of program procedures.

Stop-by the Senior Center and ask for a Registration & Program Policy Pamphlet at the front desk.

# **ATTENTION VETERANS**





World War II Memorial

**Korean War Memorial** 

#### Honor Flight of Southern New Jersey Wants You!!!



To thank you for the sacrifices you made, your service to our Country and our Freedom.

Honor Flights would like you to join us on a complimentary trip to Washington, D.C., to visit the Memorials dedicated to your service.

WHEN: Saturday, June 3, 2017
WHERE: Washington, D.C.
COST: Free for VETERANS
FOR MORE INFORMATION:

CALL: PAM & RON (856) 589-5072 HONORFLIGHTNJ@COMCAST.COM www.SJHONORFLIGHT.org



Dan McOlvin - Monroe Twp. Coordinator / (732) 423-4696

#### ROSSMOOR COMMUNITY ASSOCIATION, INC. **SNOW POLICY AND PROCEDURES**

**POLICY** 

When a snow or ice event occurs, it will be the objective of RCAI to make reasonable efforts to ensure that the 17 miles of roadways and 43 miles of sidewalks within Rossmoor are passable for motorists and pedestrians as soon as possible, in a safe and efficient manner. The safety of Rossmoor residents is the goal of this policy.

#### **PROCEDURE**

When a storm is predicted, all equipment and supplies will be checked and staff as well as the snow removal contractor will be informed of the response plan.

Snowfall accumulations of up to two inches are handled by presalting the streets and carport lanes prior to the storm to try and prevent snow/ice from bonding to the surface. Salting of the streets and carport lanes will continue as needed. Depending on weather conditions and the forecast, typically, no further action will take

Snowfall accumulations of more than two inches, typically, require the initiation of the full snow removal operations as follows:

- 1. Pre-salting streets and carport lanes to prevent snow from bonding to the surface.
- 2. Plowing all main and secondary streets (see list of streets under "Priorities") continuously after an accumulation of 2" or more or as required by RCAI management.
- 3. Once the storm ends, separate crews and separate equipment will begin plowing lanes and carports; plowing perimeter and main sidewalks; plowing driveways and finally shoveling of the main, front entrance walks and stoops leading to the main entrance doors of the manors. Secondary walks and/or stoops on the sides or backs of manors will not be shoveled or treated with ice melt.

In a typical snow storm (2 to 6 inches of accumulation), it takes approximately 12 hours once the storm ends to complete the full snow removal operation. In the event of a major snow event (6 inches or more) and/or icing conditions, it may require more time to complete the full snow removal operation.

4. Once the full snow removal operation is complete, ice melt may be applied to perimeter and main sidewalks and the front entrances walks and stoops leading to the main entrance doors of the manors depending on accumulations, ice conditions, ground and air temperatures and the forecast for the next 24 hours. Reasonable efforts will be made to maintain the perimeter and main sidewalks and the front entrances walks and stoops leading to the main entrance doors of the manors and driveways after each storm and for the days to follow until the conditions clear, but it is impossible to be everywhere all the time. A full ice melt application takes approximately six hours and is not effective in lower temperatures and without sunlight. Secondary walks and/or on the sides or backs of manors will not be shoveled or treated with ice melt.

5. Reasonable efforts will be made to rotate the snow plowing schedule of driveways and carport lanes each storm.

Extreme caution should be used if residents must use the walkways during a storm and during the thaw/freeze cycle that typically follows each storm until all the snow/ice has melted. Each resident should consider having a supply of ice melt or grit for their personal use.

#### **COMMUNICATION** Fire/Police/First Aid

Emergencies ......911

Upon notification of a pending fire, police or first aid emergency requiring emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access prior to or simultaneous with emergency personnel arrival.

In those instances where there is no notification in advance, upon learning of the emergency and/or arrival of emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access.

#### **Snow Removal Operations** Concerns

Maintenance Office 655-2121 Monday - Friday 8:30 a.m. - 12:00 noon and 1:00 p.m. - 5:00 p.m. North Gate 655-1868

After hours/evenings/weekends

North Gate personnel may take messages for supervisory staff on site during a winter storm and snow/ice removal operations.

Residents are responsible to leave accurate and pertinent infor-

#### **Snow Removal Operations Updates/** Cancellations/Bus Service Channel 26

Reasonable efforts will be made to keep residents informed during a snow emergency, but it may not always be possible.

#### **RESIDENTS' RESPONSIBILITY**

It is the responsibility of all residents to know and participate in the procedure by moving vehicles to ensure proper and complete snow removal from our streets and carport lanes. Vehicles should be parked in residents' assigned carport spaces or garages. Second vehicles or guests' vehicles may be parked in the lower level of the Clubhouse parking lot.

It is incumbent upon each resi-

dent to be attentive to the surroundings and exercise extra care for their safety when walking on exterior surfaces during periods of inclement weather. If it is absolutely necessary to drive during a snow storm, please drive slowly and give snow removal vehicles the right of way.

If residents, their guests or employees use an entrance other than the front entrance walk and/or stoop leading to the main entrance door to their manor, it is the resident's responsibility to remove the snow and treat the secondary walk and/or stoop for ice.

Snow removal is an arduous and time consuming task. Please be patient. It is best for residents to stay in the safety of their manors. Typically, bus service and most activities are cancelled during a snow/ice storm. For your safety, residents should not approach active snow removal equipment.

#### **PRIORITIES**

The safety of Rossmoor residents is our priority. Supervisory RCAI personnel are on site during snow removal operations to lead staff and the outside snow removal contractor to oversee procedures and respond to emergencies. All main and secondary streets and entrance gates will be plowed continuously to provide emergency access. Sidewalks to the Club House and Meeting House are continuously cleared and the buildings remain open during snow/ice storms for residents use in case of power outages and/or loss of heat.

Residents with medical conditions that require outside treatments such as, but not limited to, dialysis or chemotherapy, must register with the Healthcare Center prior to a winter storm emergency to guarantee access for these appointments.

Regular medical/dental appointments, going to work, grocery shopping, filling prescriptions, leaving for vacation etc. are not considered priorities and staff will not respond to such requests.

Residents that return to the Community during a winter storm or during storm removal efforts is not considered a priority. Safe access to a resident's manor may not be possible. It is advisable to check with the North Gate prior to returning to be sure snow removal efforts

The following 26 main and secondary streets are cleared continuously after an accumulation of two or more inches or as required by RCAI management:

Spencer Way

Stonaker Road (South Gate to Prospect Plains Road) Gloucester Way Sharon Way Sheldon Way

Mayflower Way Mt. Vernon Road New Haven Way **Newport Way** Old Nassau Road

Springfield Way Sussex Way **Sutton Way** Providence Way Terry Lane Revere Way Thurman Lane Rossmoor Drive Tilton Way

Troy Way Victoria Court Waverly Way Windsor Way Yale Way Yarborough Way Yardley Way

The following 51 carport lanes are cleared when the snowfall ceases:

Amherst Lane **Bradford Lane** Concord Lane Dorset Lane **Emerson Lane** Fairfield Lane Glenwood Lane Greenfield Lane Hanover Lane Lowell Lane Madison Lane Malden Lane Manchester Lane Marblehead Lane Meeting House Lane Middlebury Lane

Mystic Lane Nantucket Lane Narragansett Lane **Nautilus Court** New Bedford Lane Northfield Lane Norwich Lane Onset Lane Orrington Lane Oxford Lane Pelham Lane Plymouth Lane Portland Lane Prescott Lane Putney Lane Redding Lane

Roxbury Lane Salem Lane Sanford Lane Somerset Lane Stockton Lane Stowe Lane Stratford Lane Sturbridge Lane Sudbury Lane Sunset Circle Thorton Lane Westfield Lane Westport Lane Winchester Lane Wingate Court Yorkshire Lane

#### Valentine's-weekend NJSO Pops Concerts feature song-and-dance standards from Hollywood's Golden Age

Sunday, Feb 12, at the State Theatre of New **Jersey in New Brunswick** 

The New Jersey Symphony Orchestra will present song-and-dance standards from the golden age of Hollywood musicals in a Valentine's-weekend pops program, February 10-12 in Red Bank, Newark, and New Brunswick. Broadway veterans Joan Hess and Kirby Ward will join the Orchestra and guest conductor Gemma New, performing classics inspired by Fred Astaire, Ginger Rogers, Gene Kelly, and Eleanor Powell.

Performances will take place on Friday, Feb. 10, at 8 p.m. at the Count Basie Theatre in Red Bank; Saturday, Feb. 11, at 8 p.m. at the New Jersey Performing Arts Center (NJPAC) in Newark; and Sunday, Feb. 12, at 3 p.m. at the State Theatre New Jersey in New Brunswick. State Theatre New Jersey will co-present the February 12 performance.

Hess and Ward have acclaim for their earned "seemingly limitless

(Gazettes – gifts" Beach) in their duo orchestral performances. The Las Vegas Review-Journal called the pair "prolific," writing: "Hess and Ward sang and danced their way through a nearly two-hour show and did so flawlessly. The energy generated on the stage was palpable."

The NJSO holds a singalong — one of the Orchestra's signature NJSO Accent events — of love songs from Broadway, film, and beyond, beginning one hour before the Feb. 11 and 12 performances. These sing-along events are free for ticketholders.

#### **Tickets**

Concert tickets start at \$20. Tickets are available from the NJSO online at www.njsymphony.org, by phone at 1-800-ALLEGRO (255-3476).

Tickets for the February 12 performance are also available at the State Theatre New Jersey ticket office, online www.StateTheatreNJ.org, by phone at 732-24-SHOW

(Continued on page 23)

#### TRANSPORTATION TIDBITS

#### Important phone numbers:

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

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

Middlesex County

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

St. Peter's University Hospital

On Time Transportation ......1-800-858-8463

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

### **Rossmoor Resident Telephone Directory**

CHANGES & DELETIONS ONLY

Please mail or bring this form to the Rossmoor Community Association, Inc., Village Center

128 Sussex Way, Monroe Twp., NJ 08831 with any changes or deletions to your name, address or telephone listing.

#### Information as it now appears:

NAME:		
ADDRESS:	 	 -
PHONE:		

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

NAME: ADDRESS: (1)PHONE **OR** (1)CELL: \_\_\_

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

If your name, address and/or telephone/cell number is in the 2016-17 edition correctly, it is not necessary for you to complete this form.

#### Classified Advertising

#### **Transportation**

EXPERIENCED LIMO DRIVER - NYC, airports, anywhere. Former Clearbrook resident. Call John (732) 610-0703.

EXPERIENCED DRIVER -Airports and local, including doctor visits, supermarkets. Call (908) 812-6326.

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

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.

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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T-K-S HOME IMPROVE-**MENTS** - Full service contractor and handyman services. Kitchens, baths, basements, painting, tile and more. No job too big or small. Credit cards accepted. License #13VH05970500. (609) 259-2574.

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.

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

**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.

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#### Wanted to Buy

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

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

#### Help Wanted

JAMESBURG POLICE DEPT. **SEEKING** part-time crossing guards. Applications available at Police Headquarters. Call Chief James Craparotta with any questions at (732) 521-0346.

#### Help & Health Services

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

SCOTTISH LADY SEEKS fulltime elder care work. Cal (609) 448-8641.

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

IN-HOME HELP with personal care, meal preparation, etc. MiMi Home care (732) 343-4480.

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

AN EXPERIENCED, CONFI-**DENT** and caring nurse is seeking a caregiving job. If interested, please call at (609) 643-2945.

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.

#### Housecleaning

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

HOUSE CLEANING with references. Call Nancy (609) 273 -2867.

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

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

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

#### **NJSO**

(Continued from page 22)

(7469), or in person. The State Theatre New Jersey ticket office is located at 15 Livingston Ave in New Brunswick; hours are Monday-Friday, 10 a.m. to 6 p.m.; Saturday, 1 to 5 p.m., and at least three hours prior to curtain on performance dates unless otherwise specified.

Full information on the NJSO's Pops series is avail-

www.njsymphony.org/pops. Concert program

**Dancing & Romancing** Joan Hess, vocalist and dancer

Kirby Ward, vocalist and dancer

Gemma New, conductor New Jersey Symphony Orchestra

The February 12 performance is presented in collaboration with State Theatre New Jersey.

Gemma New, conductor

Sought after for her insightful interpretations and dynamic presence, New Zealand-born conductor Gemma New is music director of the Hamilton Philharmonic Orchestra in Ontario, Canada, and resident conductor of the St. Louis Symphony Orchestra.

She maintains a close relationship with the New Jersey Symphony Orchestra, where she served as associate conductor, and Chamber Orchestra of San Antonio. This season, New also enjoys guest engagements with the Malmo SymfoniOrkester in Malmo, Sweden; Orlando

Philharmonic; Orchestra of St. Luke's and Manitoba Chamber Orchestra in Winnipeg, Canada.

A former Dudamel Conducting Fellow with the Los Angeles Philharmonic, New has led youth, school and community programs with the LA Phil, and she has assisted its Music Director Gustavo Dudamel, Conductor Laureate Esa-Pekka Salonen and other guest conductors. She is also founder of the Lunar Ensemble, currently in its seventh season. New holds a Master of Music degree in orchestral conducting from the Peabody Institute in Baltimore, where she studied with Gustav Meier and Markand Thakar. She graduated from the University of Canterbury, New Zealand, with a Bachelor of Music (Honors) in violin performance.

New Jersey Symphony Orchestra

Named "a vital, artistically significant musical organization" by The Wall Street Journal, the New Jersey Symphony Orchestra embodies that vitality through its statewide presence and critically acclaimed performances, education partnerships and unparalleled access to music and the Orchestra's superb musicians.

The NJSO welcomes new Music Director Xian Zhang in the 2016-17 season. The Orchestra presents classical, pops and family programs, as well as outdoor summer concerts and special events. Embracing its legacy as a statewide orchestra, the NJSO is the resident orchestra of the New Jersey Performing Arts Center in Newark and regularly performs at the State Theatre New Jersey in New Brunswick, Count Basie Theatre in Red Bank, Richardson Auditorium in Princeton, Mayo Performing Arts Center in Morristown and bergenPAC in Englewood. Partnerships with New Jersey arts organizations, universities and civic organizations remain a key element of Orchestra's statewide identity.

For more information about NJSO, visit t h e www.njsymphony.org or email information@njsymphony.org. Tickets are available for purchase by phone at 1-800-ALLEGRO (255-3476) or on the Orchestra's website. **State Theatre New Jersey** 

The State Theatre New Jersey is a premier nonprofit venue for the performing arts and entertainment. The theater exists to enrich people's lives, contribute to a vital urban environment and build future audiences by presenting the finest performing artists and entertainers and fostering lifetime appreciation for the performing arts through education. The State Theatre New Jersey's programs are made possible in part by funding from the New Jersey State Council on the Arts/Department of State, a Partner Agency of the National Endowment for the Arts, and contributions from numerous corporations, foundations and individuals.

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ı	☐ GW Voice ☐ Regency Reporter ☐ Renaissance Reflection
ï	The Rosemoor News

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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.

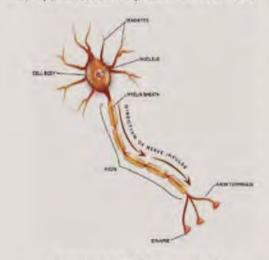
#### New FDA-cleared treatments provide hope

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?

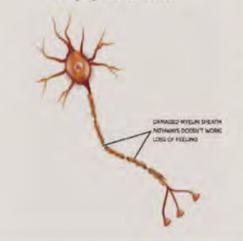
#### **Healthy Nerve Cell**

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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