



# Rossmoor IN News



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Monroe Township, New Jersey

March 2017

## A Rossmoor resident goes skydiving

By Anne Rotholz

Bebe McIntyre is not one of the fainthearted. Of course not, she's a "Dub."

When Bebe, who lives in Mutual 12, went to visit her sister Phyllis at her sister's vacation home in Tuscon, Ariz., she had no idea that the visit would bring one of the greatest thrills of her life. Bebe, an 81 year-old cancer survivor, had plenty of exciting times as she and her husband Jim raised their four kids. Perhaps that was part of the reason that she was ready for any challenge.

On the morning of October 22, 2016, Phyllis announced

that she was going skydiving. Her son then turned to his aunt with the question, "And what about you, Aunt Bebe?" She surprised both of them when she said that she would like to go. They set out for Skydive in Leroy, Ariz. Once she made up her mind to do the jump, Bebe would not be dissuaded. In fact she said that a little voice in her head kept saying "Do it, do it."

Her determination no doubt comes from the fact that she is a "Dub," a title that is fondly given (most of the time) by the people of Ireland to those who are na-

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Moon over Rossmoor

Photo by Dan McOlvin



Bebe McIntyre takes the challenge of skydiving

## Get ready for daylight saving time

By Jean Houvener

On Sunday, March 12, at 2 a.m., the time will officially switch forward one hour to 3 a.m., signaling the beginning of daylight saving time. This loss of an hour of sleep is offset by an extra hour of daylight that evening. Most of us will deal with that shift either the night before, adjusting our clocks to show the loss of the hour or dealing with our clocks the next morning. Some, of course, will arrive an hour late for the events of the day. Many of our clocks now speak with the Internet, and will reset themselves accordingly.

In effect, while the sun will rise on the morning of March

11 at 6:15, on the morning of March 12, it will not come up until 7:14, a sunrise time last seen in late January. For early risers, this is an unwelcome moment, although the extra hour at night, from a sunset of 18:01 (6:01 p.m.) on March 11 to a sunset of 19:02 (7:02 p.m.) on March 12, will be very welcome, especially if the day is pleasant and sunny. A 6:15 sunrise will not return until April 18.

The body does not necessarily make this transition as easily as the clocks do. As far as the body's chronometer is concerned, we are getting up an hour early for a while and going to bed an hour early. How long this transition takes varies from one person to another and is rather comparable to jet lag for some.

While not a new concept, the Romans had a clock that adjusted with the seasons, the official use of daylight

saving time is only a century old. Ben Franklin had suggested, perhaps facetiously, adjusting time in order to conserve the use of candles at night. New Zealander George Hudson first proposed what we recognize as DST in 1895. In order to have more evening daylight, he proposed shifting the time two hours during the summer. Englishman William Willett proposed an 80-minute shift, in 20-minute increments in 1905 in order to begin work earlier and have daylight for a full game of golf after work. In 1908 Thunder Bay in Ontario, Canada, became the first official location to use DST. Other towns in Canada also adopted the practice.

Germany was the first country to use it in 1916 as a wartime economy. Other European countries followed suit. When the United States joined the war in 1918, the

(Continued on page 2)

## Focus on: Groups and Clubs Current Events Roundtable: Come and discuss

By Jean Houvener

If you should happen to walk past the Maple Room some time after 10:30 on a Monday morning, you might hear the lively discussions of the Current Events Roundtable. Topics range across many areas currently in the news and some likely from scientific or financial journals rather than the nightly newscast. Topics can be local, national, or global. Participants also bring their own experiences to the group. As befits a roundtable, the chance to voice an opinion or add information about the

topic of discussion passes around the table, permitting each participant to contribute.

Who the moderator is varies, but the moderator or participants may suggest various topics, which the group then chooses by consensus to discuss. In general 10 to 12 residents participate, and the opinions vary widely. Participants are invited in turn to express their opinions, and all listen and consider the differing views.

At a recent meeting, topic suggestions included the Inauguration, the status of

the news industry, the Women's March, and the Bayer/Monsanto proposed merger. The group ultimately settled on the pharmaceutical and chemical industry in general. Knowledge and opinions varied and were shared. The discussion also expanded to the issue of costs of pharmaceuticals for consumers and to the insurance industry. An exchange of information on the current state of fusion research, which is proceeding, including at Princeton Physics Lab, concluded that it still costs

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## at the governors' meeting



Daniel Jolly, RCAI president, opened the Board of Governors meeting at 9 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 Commit-

tee meeting will be on February 7 at 2 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.

## Daylight saving time



(Continued from page 1)

U.S. also initiated what they referred to as "Fast Time." Most countries abandoned the concept after the end of World War I, but it was reinstituted with World War II, and called "War Time."

Between 1945 and 1966, there were local variations in the use or not of DST, resulting in considerable confusion in train and bus schedules and broadcasting times. In 1966 in the U.S. DST became the norm, beginning the last Sunday in April and ending the first Sunday in October. The states retained the right to make exceptions to this. Currently only Arizona does not go on DST.

In response to the oil embargo of 1973, DST was extended to 10 months in 1974 and eight months in 1975. This move did save energy and particularly oil, but it was still controversial, particularly on the western edges of the

time zones. The schedule was revised several times after that. The current Energy Policy Act of 2005 set the start of DST as the second Sunday in March and the end as the first Sunday in

November. For us that means a return to Eastern Standard Time on Sunday, November 5, at 2 a.m., when we will be able to reclaim that missing hour of sleep we lost in March.

## Has your electric bill left you cold?

By Dan McOlvin

Have your electric bills been unusually high?

After I came back from Florida, I noticed that my JCP&L bill was high in December, but outrageously high in January. When I discussed this with a neighbor in a similarly-sized home, I found my bill was twice the amount he was paying and I hadn't even been here in that period.

Upon closer examination of the bill, I found that "Astral Energy LLC" was supplying my electricity at a cost of \$0.155500 per kilowatt hour. My neighbor, with Tri-Eagle Energy, had a significantly lower bill.

It turns out that while I was in Florida, I apparently was "slammed" by Astral Energy. I was never notified, nor did I consent to this change. Slamming is an illegal practice that originated in the 1980s during a price war be-

tween telecommunications companies. A competitor would tell a provider that the customer wants to switch to the competitor's company. When challenged, the competitor would usually point to a contest or a survey from the customer, which contained often microscopically small print that seemed to authorize the switch. I do not know how they zeroed in on me.

It took me several phone calls over a couple of days but my service will now be through Tri-Eagle at about \$0.09 per KWH for a savings of almost 42.0%. Tri-Eagle is the third-party supplier chosen under Monroe Township's Energy Aggregation program.

### What does switching your energy supplier mean?

The Electric Discount and Energy Competition Act

(Continued on page 3)

## Bits & Pieces

Sue Ortiz

One rather dark and stormy night, after an equally dreary day, I settled in with a simple chicken dinner followed by a few minutes on the computer to catch up on Facebook, email, and play a short session of games to unwind. I shut and locked my doors and closed the curtains: I was not going out again.

A few minutes into playing Words with Friends (I have about 11 games going with several friends), my doorbell rang. Bing-Bong! Who could it be? I just locked myself in, darn it!

"Who is it?" I called without opening either door.

"It's Ssjieflsn, from insijdlgkje" a muffled voice answered.

"Who?"

"I'm from insidlkaskdik." Huh?

Reluctantly, I unbolted the lock and cracked open the inside door. A tall, thin young man wearing a hoodie (hood up...it was raining), an ID lanyard around his neck, and carrying a tablet gave his pitch, a little too cheerfully for the weather, "Hi ma'am, I'm Sean from Inspire. I would like to take a look at your JCP&L bill to show you the extra charges they are hiding from you!"

I tried to brush him off. "Sorry, can't talk now; I'm in the middle of a phone call."

"Oh, okay. I'll be making the rounds again in a day or two. I'll stop back." Persistent, he was!

"No thanks. I will look into it myself," I countered. The salesman smiled, turned, and disappeared into the night.

I do not like, or trust, door-to-door "salespeople" these days. Especially at night. What was I supposed to do, invite him in to discuss my electric bill?

Once or twice a year, Lord Voldemort, my black-sheep-of-the-family uncle, pays me a visit. I always know it's him by the way he rings my doorbell: bing-bong!, bing-bong!, bing-bong!, bing-bong!, bing-bong! ... Oh no! Where can I hide? Oh, well, I always let him in; after all, he is the only sibling still living from my father's side of the family.

What about the times when friends, whom I haven't seen in a while, call saying they are two minutes away and want to stop in to see me? I can't turn them away, either. A whirlwind house cleaning or game of "hide the mess" is in order. Couldn't they have given me at least five minutes' notice?

Bing-Bong! "Hi! Come on in! So good to see you ... Have a seat ... Coffee? ... Merry Christmas!" (Ha ha; it's July!) It is good to see them; they know me and don't care about how my house looks or if I'm in my PJs.

Bing-bong! The doorbell is accompanied by a rapid knock. "Sue, it's me, Sharon!" Why is my neighbor knocking at 10 p.m.? I open the door; she is drenched by the downpour. The road is flooding, and I can't see my sidewalk. "Gimmee your car keys, girl! I'll move your car to higher ground. I'm already soaking!" Before I say, "I'll do it" she grabs the keys out of my hand, and in two minutes, my car is saved from being flooded. Nice to have good neighbors.

Then there are the times when the doorbell rings, and I open the door to find only a package lying on my doorstep. Either the letter carrier or UPS driver has delivered that new jacket, book, or clock I just ordered from the shopping channel or Amazon. No visitors, just presents!

You just never know who, or what, is on the other side of that door. Hopefully, one day opportunity will knock, because, after all those *bing-bongs*, my doorbell will be broken!

**B&P**

"Opportunity knocks for every man, but you have to give a woman a ring." – Mae West (American actress and sex symbol, 1892-1980)

"If opportunity doesn't knock, build a door." – Milton Berle (American comedian and actor, 1908-2002)

"Learn to listen. Opportunity could be knocking at your door very softly." – Frank Tyger (American editorial cartoonist, 1929-2011)



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The Rossmoor News a monthly periodical is mailed to every home within the Rossmoor community. News items are welcome. Appropriate

news items from outside organizations will be considered as space permits.

All copy and pictures are subject to editing and are accepted with this understanding.

Letters to the Editor must be emailed to PES at [pescmd@aol.com](mailto:pescmd@aol.com) and clearly marked Rossmoor News.

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## Open RCAI Meeting in March

Thursday, March 16 ..... Board of Governors ..... 9 a.m.

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

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



## Skydiving

(Continued from page 1)

tive to Dublin City. Folks from that city are usually perceived as being intelligent, insightful, and very determined. They love a challenge. We have some great “Dubs” here in Rossmoor including my friend, Josie, who came with me when I went to talk to Bebe.

After several hours of instruction and preparation, Bebe was ready for her tandem jump. She told her instructor that even if she said at the last minute that she didn't want to go ahead with it, he was to pay no attention to her.

With 22 others, she set out for the small plane that would take them up into the skies. On the way Bebe noticed that the younger folk in the group were giving her instructor strange glances that she interpreted as, "Surely you are not taking HER up there."

The plane then took them up 13,000 feet. Each skydiver had been assigned a photographer who would exit the plane immediately before the diver or tandem. Needless to say, she got lots of beautiful pictures. The most exhilarating moment came when Bebe and her tandem jumped out of the plane. I asked what she felt during the 60 seconds of freefall (at 120 mph). She replied, "It felt so quiet."

Four minutes later they had parachuted back to earth. Unfortunately, Bebe had a slight mishap on landing, when she pinched a small bone in her foot. She had to wear a boot for a few weeks, but she was not fazed in the least by that. She wore it proudly and

## Electric bill

(Continued from page 2)

(EDECA) enables you, as a residential energy customer in New Jersey, to shop for electric and natural gas supplies. Your energy invoice separates the supply portion from the delivery portion of your bill.

With the supply portion of your bill open to competition, you now have the option to compare prices from third-party suppliers against what your current utility charges you for kilowatt-hours or therms. Regardless of your selection of supplier, JCP&L will still deliver your electricity, read your meter, issue your bill and respond to emergencies. Your service will be the same. The only thing that is different is that the energy supply will now be purchased through a different company.

## Getting ready for the challenge



## Mission complete!

saw it as a symbol of one of the greatest achievements of her life.

Bebe was given a certificate to verify that she had completed the training and the jump. She also got a lovely tee shirt that she modeled for us.

When I asked Bebe how her husband Jim felt about the jump, she said that he was very supportive. He told her that if she wanted to do it, she should go ahead. Her

family was very excited about the venture and her teenage grandsons told their friends that their grandma was doing something “awesome.”

She tells an amusing anecdote about one of her visits to the doctor. A lady who was also waiting asked Bebe what had happened to her foot. She answered, "I went skydiving." Noticing that the lady had some kind of mishap, Bebe asked, "What happened to you"? The woman replied, "I was deep-sea diving." When Bebe said, "You're kidding," the woman chuckled, saying, "I am." They both had a good laugh.

Do not think for a moment that Bebe has finished her quest for adventure. When I asked what might be next on her agenda, she quickly replied that she is celebrating her next birthday by taking a ride in a hot air balloon. Way to go, Bebe!

Finally, I want to tell you that all your friends are very proud of you, Bebe. As they say in Ireland "No better woman."

## Monroe Township's Energy Aggregation Program

Monroe Township has over 19,000 homes that rely primarily on electricity. The communities of Rossmoor, Clearbrook, and Concordia have over 5,000 all-electric homes. So Monroe Township took the initiative.

In 2013, the Township negotiated with several third-party suppliers of electricity to get the lowest possible price per kilowatt hour and then offered this program to residents to help them save money on their electric bills.

## What is an Energy Aggregation Program?

The Government Energy Aggregation Act of 2003 (L. 2003, c. 24, "GEA Act"), authorizes municipalities and/or counties to establish a GEA program. This lets municipi-

(Continued on page 4)

<b>Total Current Charges</b>	<b>753.70</b>
<b>Amount Due by Feb 01, 2017</b>	<b>\$753.70</b>
<b>Usage Information for Meter Number L32112170</b>	
Jan 11, 2017 KWH Reading (Actual)	121
Dec 10, 2016 KWH Reading (Actual)	96,600
KWH used	3,521
<b>Charges from JCP&amp;L</b>	
When contacting an Electric Generation Supplier, please provide the following:	
Customer Number: 00000000000000000000	
Rate: Residential All Electric Service JC_RS_05D	
Customer Charge	2.27
Delivery Service Charges	50.46
1,174 KWH x 0.042981	50.46
2,347 KWH x 0.039617	92.98
<b>Current Consumption Bill Charges</b>	<b>145.71</b>
<b>Billing Information for Astral Energy LLC</b>	
16 Tyson Place, Bergenfield, NJ 07621	
Customer Service: 1-888-850-1672	
Account Number: 0735597 Rate: BILL_READY	
<b>Billing Period:</b> Dec 10, 2016 to Jan 11, 2017	
Energy Charge: \$21.01/kwh @ \$0.125500 Per Kwh	607.99
<b>Total Astral Energy LLC Current Charges</b>	<b>607.99</b>
<b>Detail Payment and Adjustment Information</b>	
12/14/16 Payment	-455.12
<b>Account Balances by Company</b>	
	<b>Amount Due</b>
JCP&L	145.71
Astral Energy LLC	607.99
<b>Total</b>	<b>753.70</b>



**S**

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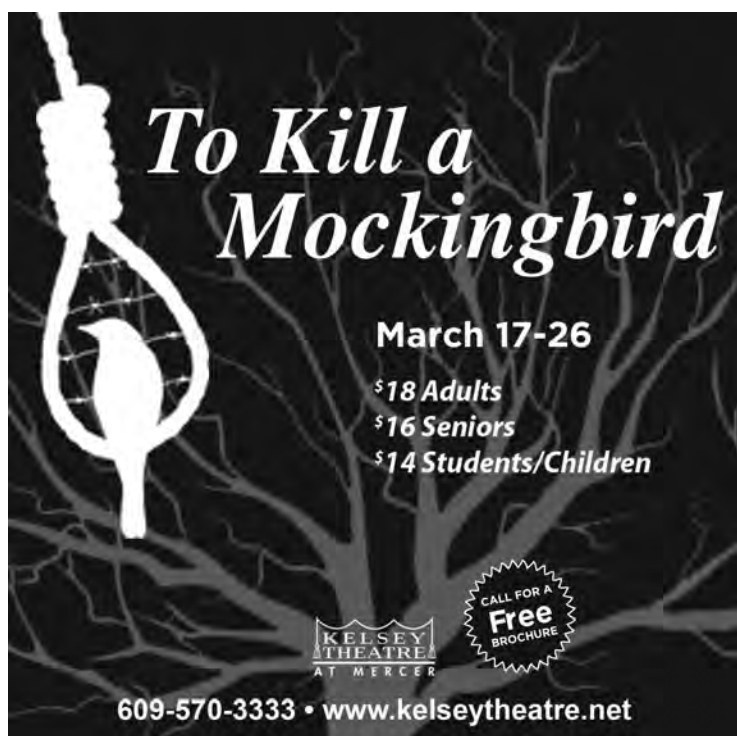
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## Exciting wildlife visits our retention pond

By Linda Bozowski

Behind the residences on Old Nassau Road, between Yale and Spencer (approximately), is a fenced retention pond which captures water runoff following wet weather. The fence is not new and not totally impermeable to creatures that wish to get to the water supply. One break in the fence on the western side permits a white deer to quench its thirst at the pond from time to time.

A friend who lives on Old Nassau first told me about the deer a few months ago, and I had the opportunity to see it for myself a couple of weeks ago. According to my friend Connie, the deer has grown but appears to be still



White deer

young. She is not sure if it is a male or female, since it doesn't have any antlers. On the day that I saw it, it grazed along the pond bank, wandering along looking for greenery to nibble on.

White deer are very rare. The chances of a true albino deer being born are about 1 in 20,000. According to one source I investigated, white deer are not necessarily albino, although they are sometimes mistakenly identified as albino. Albinism relates to the color of the eyes as well as the fur, in that albino deer have pink, blue or sometimes green eyes. The noses of albino deer are pink, not black, but the hooves can be either color. True albino deer usually have a totally white coat, but some may have speckles. These deer are more likely to be called piebald.

A large white deer population lives in an army depot in upstate New York near Seneca. Of the 800 deer that live in that fenced enclave, about 200 are white. It was

not stated how many of those 200 are albinos. Another large population lives in Wisconsin near Boulder Junction.

It is unknown if the Rossmoor white deer comes from more traditional tan parents and whether he/she qualifies as an albino. Since albinism is a recessive trait, tan parents can produce white offspring if there are heredity factors in either parent. So far no one has been close enough to our visitor to check the eye or nose color. We'll keep you posted if there is more news about our friend.

The other important recent visitor to the retention pond area is a bald eagle. Since there are fish in the pond, the eagle has a good food source. How often the eagle visits is unknown, since my friend has only seen him once. Since other birds are intimidated by the powerful eagles, there may be fewer geese in the area if eagles are taking up residence in an area. We'll watch and see if he alights again.



Bald eagle

## Electric bill

(Continued from page 3)

utilities aggregate the energy requirements of their residential, commercial, and municipal customers so the customers can purchase electricity and/or gas from third-party suppliers at prices lower than average. Monroe Township's program covers only electricity.

All Monroe residential customers who are not already served by a third-party supplier are automatically included in the Township's GEA program. However, residential customers can leave the GEA program with 30-days' notice at any time without penalty. If a residential customer in the program decides to leave, it will take approximately one to two billing cycles for the account to be switched back to the chosen supplier, depending on the next meter read date.

**End Note:** Several days after contacting Astral, I received notice that they cancelled my third-party supplier contract. JCP&L then notified me that I would now be under Monroe Township's Energy Aggregation program with Tri Eagle Energy. Another week later, I received a sizeable refund from Astral.

Please examine your electric utility bills closely. I hope other residents haven't been slammed.

**Concordia Clubhouse Presents**

# The Jay Mattioli Show

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**For more info call 609 655-4664.**

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Sponsored by The Monroe Township Cultural Arts Commission chaired by Maria Naumik with support from Mayor Gerald Tamburro, the Monroe Township Council and the Patrons of the Arts, Inc.

Event funding has been provided by the Middlesex County Board of Chosen Freeholders through a grant awarded to the New Jersey State Council on the Arts (Department of State)

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## Attaboy, Harry!

By Carol De Haan

From time immemorial, dogs and humans have been the best of companions. In war and in peace, in field, on farm, and in factory, the two species have loved and worked together for the benefit of both.

In World War II, the Belgian malinois was a tireless courier who could slip silently behind enemy lines to deliver messages between allied outposts.

More recently, in Afghanistan, dogs served as early warning systems, among other functions. So when our

troops came home, many dogs came, too.

A big, handsome German shepherd named Harry, who had served on a base near Kabul, was adopted by a family in Hagerstown, Md. The love and devotion that grew between Harry and his new family was palpable. It was a very good match.

Except for one little hitch.

It seems that no one — absolutely no one — could ever enter that house without first emptying all pockets, opening purses, grocery bags, or other bundles for Harry's meticulous inspection



and sniff test.

That had been his job. Harry had been trained to keep everyone safe from hidden explosives, and by golly, he intended to keep his new family out of harm's way, no matter who or what came through that door!

What a good doggie.



By Bob Huber

As we prepare for spring, (the vernal equinox will arrive on March 20) there is one event that we are likely to overlook: the peculiar antics of the *Lepus Europaeus*, better known as the European brown hare.

For untold centuries, our English cousins have observed the acrobatic shenanigans of the hare as it responds to the call of romance. Beginning in March and continuing for several months, the animal will indulge in the most bizarre behavior, running in circles, jumping, and boxing with other hares in an effort to attract a mate. No wonder the locals thought the beastie had lost its marbles.

By the mid-16th century these observations found their way into English literature with such comments as "mad as a March hare" and "harebrained."

Since our American hares appear to be more sedate in their courtship, the terms went relatively unnoticed here until the prominent 19th century English author, poet,

## The March Hare

and mathematician, Charles Lutwidge Dodgson, writing under the pen name of Lewis Carroll, wrote two delightful children's stories: "Through the Looking Glass" and "Alice's Adventures in Wonderland," in which the March Hare played a prominent role, along with the Mad Hatter and the Dormouse at an ongoing tea party. The stories became immensely popular in America, and the terms "mad as a March hare" and "harebrained" quickly found their way into the American lexicon.

The European brown hare shows little resemblance to the fuzzy bunnies we see hopping around Rossmoor. It is a much larger animal with long ears, more closely related to our American Western jackrabbit.

And as for that boxing routine, naturalists have now decided that it's not two males fighting over a female, but a female fighting off the unwanted attentions of an amorous male. If he's going to act so weird, we can't blame her.

## What's in a name?

By Linda Bozowski

Do you know the meaning of your name? Or what criteria were used in the selection of your name? Were you named for a favorite aunt or uncle, or a popular song? How many of your friends shared your name? Is your name still popular as a choice with new parents?

According to my mother, I was named for a song that was very popular in the mid-forties. Of the twenty-five students in my grammar school class, three of us shared the name. I don't know anyone who has named his or her daughter Linda.

Names go through phases of popularity. I compared frequencies of names used

in 1930 to those chosen in 2015 and there was very little overlap. Of the names used in 1930 and re-used in 2015,

(Continued on page 6)

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## What's in a name?

(Continued from page 5)

only William and James were repeaters. The girls' names had no commonalities. Most of the names chosen in 2015 seem old-fashioned to me: Emma, Abigail, Charlotte, Jacob, Alexander, and Benjamin. Names from the 1930s seem sturdy: Robert, John, Richard, Mary, Betty, and Helen.

Some of the names have religious meanings: On the 1930s list, John and Joseph, both names of Hebrew origin, refer to God's graciousness or that He will increase. Betty, Dorothy and Joan have similar connotations. Among the 1915 lists, Michael, Isabella and Abigail refer to God.

Some names are related to others: Liam is a short-

ened version of William. These names mean, respectively, determined guardian and protector. Liam is of Celtic origin, while William's meaning is from the English. Harper, name number 10 on the 2015 girls' list, means harp player, pretty straightforward. But Ava, also on the 2015 list, means like a bird according to the Greeks. Even more curious is 1930s fourth most popular girl's name, Shirley, which means bright meadow according to the English.

On the 1930 boys' list, the most popular name of Robert means bright fame according to the English, while Charles and George mean farmer in the German and Greek lexicons. William is a protector (English) and Richard is a rich ruler (also English).

Among 1930 girls' names, Margaret means a pearl, from the Latin, and Helen means light, according to the Greeks.

In 2015, the most popular boys' names were Noah (peace), Liam (guardian), Mason (stone worker), William (protector), and Jacob (supplanter). Top-ranking girls' names were Emma (universal), Olivia (peace), Ava (like a bird), Sophia (wisdom), and Mia (mine). Name origins ranged from Hebrew, Latin, Greek, French and English.

There are many books that prospective parents can use to research potential names, and of course there is the Web. And there's always the old-fashioned way of naming the child: for grandmom or grandpop.

## Yes, you can get there from here

By Carol De Haan

It's hard to imagine another place where retired working people like ourselves might have all the advantages we enjoy. Not least among those benefits is free, or very inexpensive, public transportation to most of the places we need to go. Here's a run-down of what is there for you in Rossmoor, in Monroe Township, and in Middlesex County.

### The Rossmoor Free Bus Schedule

Monday through Friday, starting at either 9:30 a.m. or 10 a.m., the free Rossmoor Bus will take you to the nearby shops on Applegarth

Road, or to McCaffrey's, Wegman's, Wal-Mart, Shop-Rite, or CVS.

The afternoon run, which can start at 11:30 a.m., 12:30 p.m., or 1 p.m., can take you to Burlington, Target, Shop-Rite, the Post Office, Stop & Shop, the Library, and PNC Bank.

You must call E&R at 609-655-4401 to make a reservation for this bus, which will pick you up near your home. For more detailed information on times and places, pick up a copy of The Rossmoor Bus Schedule at the E&R Office in the Clubhouse.

### Senior Center Free Transportation

Through the Monroe Township Office of Senior Services, the Senior Center will send a bus during regular business hours to bring you to their premises or take you home again. Just call 609-448-7140

The Senior Center also offers special bus day trips, monthly trips to local malls and grocery stores, transportation to and from medical appointments, and other shuttle stops to specific destinations. Just call 609-443-0511 to inquire.

### Monroe Township Free Transportation

This is a share-ride bus for routine medical appointments for disabled or older (55+) residents of Monroe, Helmetta, Cranbury, Plainsboro, and Jamesburg. Reservations should be made five to seven days in advance and riders are asked to schedule their doctors' appointments on Monday through Friday, between the hours of 9:30 a.m. and 2:30 p.m. After your appointment, it might be necessary for you to wait for all patients to be ready before you are transported back to your home.

Pick up a tri-fold flyer in the E&R office for more details and for the telephone number to call.

### Monroe Township Free Out-of-Town Shuttle

To the Freehold Mall from Monday through Friday: the first run of this bus picks up Rossmoor residents at 9 a.m. and returns by 1:45 p.m. The second run leaves at 10:30 a.m. and returns by 3:20 p.m.

To Princeton on Sunday, Tuesday, or Thursday: the first run will pick up Rossmoor residents at 9:25 a.m. and will return by 1:50 p.m. The second run will pick up Rossmoor residents at 11:10 a.m. and will return by 3:30 p.m.

Tri-fold flyers with a telephone number and more detailed information are available in the E&R office for both the Freehold-bound and the Princeton-bound routes.

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(Continued on page 7)

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## Bob's Almanac

By Bob Huber

Here's to the month of March when we look forward to the arrival of spring, which will occur on Monday, March 20.

This month, you might catch a glimpse of the first robin of the season, or perhaps some over-eager daffodils.

There are, of course, many other observances this month, so many in fact, that it would take this entire publication to list and describe them all. As a small sampling: this is International Women's Month, Women's History Month, Child Life Month, Red Cross Month, National Nutrition Month, and Irish-American Heritage Month.

It goes without saying that Irish-American Heritage Month is closely allied with the most prominent observance of the season: March 17, Saint Patrick's Day, the day when, regardless of our heritage, we are all Irish in spirit.

On March 17, we are actually observing the day of St. Patrick's death rather than his birth. The patron saint of Ireland was born in 387. At the age of 16, Patrick was captured by Irish marauders

who raided his village, and he was sold into slavery. Patrick considered himself a pagan, but during his captivity he converted to Christianity. After six years in slavery, he escaped and went to Gaul to study in a monastery. He eventually returned to his homeland to preach, and was appointed Second Bishop of Ireland. He was imprisoned by the Celtic Druids several times, but he always managed to escape.

St. Patrick established monasteries, schools and churches, eventually converting Ireland from paganism to

Christianity. It is said that he used the three-leafed shamrock to explain the Holy Trinity, and the lowly little plant became the symbol of his mission, a mission which lasted 30 years.

St. Patrick died on March 17, 461, gone, but far from forgotten. The first St. Patrick's Day observance in this country was in Boston in 1737, and it's been celebrated on that date every year ever since. Now, St. Patrick's Day is observed in many countries throughout the world. It has become more of a secular celebration than a religious observance, but we doubt if St. Patrick would mind.

## Musings and Memories

By Betty Emmons

It is March 8, 2013, and it is snowing. We have been alerted to a blizzard, and I believe that is what it will be. I'm okay though. I have everything on hand that I can think of to see me through: bread, milk, lanterns, batteries, etc. I just have to figure out what to do with myself

during this time of confinement. In that regard though, I'm better prepared than most because I live alone. When I don't go out it is up to me to keep myself busy, so I always have a book on hand to transport me to another time and place where I meet new people and spend time with them. I also have some cleaning projects that I can do. If all this fails, I can always cook.

All that having been said, I think I will probably end up writing something. Of course, I need a subject and since I went to the doctor just yesterday and got a good report, I'll write about my health issues or lack thereof. It is what I go through before my appointment, that causes me distress. Now I don't know about anyone else, but in anticipation of each visit I mentally go over any possible thing you can imagine

(Continued on page 8)

## Get there

(Continued from page 6)

Brunswick, (Saint Peter's University Hospital or Robert Wood Johnson Hospital) will pick up people from the senior communities starting at 7 a.m. through 2:45 p.m. Return trips begin at 8:30 a.m. and run every two or three hours until 6 p.m. For the details, call 1-800-858-8463.

When my friend, George, was recuperating from surgery, his wife found it most helpful to her peace of mind to be able to ride a bus to visit him, instead of driving through often heavy traffic and then needing to find one of those nearly non-existent, legal parking spaces near the hospital.

### Middlesex County Area Transit (MCAT)

Middlesex County offers several inexpensive bus routes to help residents get around from Monday through Saturday. The general public is charged \$1 per ride, but seniors or disabled people can ride for \$.50. You can pick up printed schedules for all routes in the E&R office in the Clubhouse, or call 1-800-221-3520 for information.

**M1 – The New Brunswick, Jamesburg, 8A Shuttle** makes ten stops starting with the New Brunswick Railroad Station, through North Brunswick, South Brunswick, Monroe, Cranbury, to Veterans' Memorial Park in Jamesburg running roughly every hour or so during the business day from 6:45 a.m. through 5:35 p.m. Then it carries passengers back to New Brunswick. On Saturday, it makes eight stops between those locations.

**M2 – The Brunswick**

**Square, Monroe, Jamesburg Shuttle** starts at 8 a.m. at Veterans' Memorial Park in Jamesburg and approximately once an hour thereafter, takes passengers through Monroe to the Brunswick Square Mall, with eight stops along the way, the last bus returning to Jamesburg by 3:45 p.m. These buses run on Saturday, but the schedule is limited.

**M3 – The Brunswick Square, Old Bridge Shuttle** starts at 8 a.m. at the Brunswick Square Mall, and runs once an hour through 3:50 p.m., looping through Old Bridge and returning to the Brunswick Square Mall, with eight stops along the way.

**M4** – This route has been eliminated. Refer to the M5 route.

**M5 – the Jersey Avenue, Brunswick/Commercial Avenue Shuttle** starts at the Pincus/Gerber Apartments on Remsen Avenue and runs through New Brunswick, ending at Jersey Avenue at Route 1. It starts at 6 a.m. and continues through approximately 6 p.m. Service is limited on Saturday.

**M6 – The Jamesburg, Cranbury, Plainsboro Community Shuttle** starts at Veterans' Memorial Park in Jamesburg, runs through Cranbury, Plainsboro, and ends up at the Princeton Junction Rail Station. It starts at 6 a.m., runs approximately every hour through 7 p.m., with limited service on Saturday.

**M7 – The South Amboy-Brunswick Square Mall Shuttle** runs from South Amboy, through Old Bridge to the Brunswick Square Mall and back, starting at 6:45 a.m. through 6:15 p.m. with limited service on Saturday.



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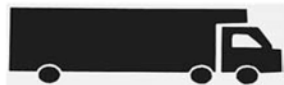
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## Shake, rattle and roll

By Dierdre Thomson

I know – you immediately remember Bill Haley and the Comets.

That is not my memory.

My memory is of visiting my Grandmother French for a month every year through my mid-teens. Every summer my father would bring my mother and me to the thriving metropolis of Bliss, New York. Yes, there really is a town by that name in the north-western part of New York State. Dad would stay overnight and then head back to Utica, New York, to work. One month later, he was back to pick us up after a relaxing and fun month in a very small town: think of “To Kill a Mockingbird” type of town. It was at Grandma French’s that I learned to sew and to crochet, and even how to piece quilts. It was in Bliss, where I could walk up to my uncle’s farm and get to ride on the huge draft horses that he used to pull the hay wagon.

So, where does “shake, rattle and roll” come into this story? My grandmother’s house was the third house

from the railroad track crossing. For most of the years, I slept in the upstairs bedroom that was facing the tracks. I would go to bed around 9 or 9:30 p.m., and usually just lie there remembering the day, and thinking about what I might do the next day. Then I would hear in the distance a faint wail, growing louder and louder. And when it became its loudest, I would begin to feel a slight trembling, then a definite shaking (and hear the rattling of things and rolling of pens and pencils) and it would sound and feel like the train was going to come

right through my bedroom window.

I don’t remember how old I was when I first felt that shake, rattle and roll as the train went by – I am sure I must have been scared that first time. The only memories I now have are fond ones that come back to me when I, once in a while, hear the train whistle here at Rossmoor. It is distant; it does not wail louder and louder, and my house does not shake – but it is as if I were back in Bliss, New York at Grandma French’s.

## New Neighbors



By Christina Smith, Resident Services manager

Frank J. Brown, 117-B Old Nassau Road, formerly of East Windsor, N.J.

Hee R and Young Kim, 73-N Rossmoor Drive, formerly of Sayerville, N.J.

Frank and Laurie Waltzer,

384-A Sudbury Lane, formerly of Dayton, N.J.

Marino Tanzi, 534-N Terry Lane, formerly of Staten Island, N.J.

Paula Russo, 36-O Concord Lane, formerly of Hamilton, N.J.

Zondra Norman, 640-C Yorkshire Lane, formerly of Staten Island, N.J.

Geneva Briggs, 194-A Madison Lane, formerly of Somerset, N.J.

Michael and Sally Salito, 307-N Sturbridge Lane, formerly of Monroe, Twp., N.J.

Diane Solomon, 456-N Roxbury Lane, formerly of Hightstown, N.J.

## Musings and Memories

(Continued from page 7)

and decide I definitely will not have surgery and a lot of other ridiculous stuff. Mind you, I have no reason for this mental discussion but it seems uncontrollably important to me that I convince myself, before each visit, that it is my life and I have the right to speak up. At this point I wouldn’t know how to take a stand on anything, but I have certainly raised my anxiety level and go in prepared for the worst.

In any case, as I mentioned before, I went to the doctor yesterday. All is well and, with my wide assortment of pills, I might even live long enough to receive a congratulatory card from the president when the big birthday comes along. I’m not planning on it, but it is a nice thought. Now that all fears

have been put to rest, I’ll just enjoy each day to the fullest and let the health chips fall where they may.

But now hear this!

Two days after I went to the doctor (and this really did happen) I received a call from a friend and the first thing she said was, “Oh I’m so glad to hear your voice.” An unusual way to start our conversation. But she then explained that a friend had called her and said that he had just read in the obituary column where a Betty Emmons of Monroe had died. Of course, it had upset her and she called me right away. Needless to say, I had never received a call like that and since I wasn’t dead all I could think of was what Mark Twain had written and that night I sent her a note as close as I could remember to what he said. In short:

“News of my demise has been greatly exaggerated.”  
Love Betty

## Thank you

I’d like to thank my friends and family for all their best wishes, their cards, especially for the hats, telephone calls, and visits after my recent surgery and recovery.

A special thanks to Lou Russo, my lifelong friend, who was there when I needed him.

Last, but certainly not least, I want to thank my wife, Lucille, who has been by my side every step of the way.

Joe Conti

## Letter

I recently learned of a situation where a woman, not yet 70, is on life support with dim hopes for her future. This woman has no last will and testament. There is a blended family and an enormous amount of complications will fall on a relative.

Please accept that you are not immortal! Whatever your age, be sure your affairs are in order and that your spouse or family knows where your important papers are. Also, from past experience I can tell you many people don’t leave a list of people to be notified (especially long distance) in the event of an emergency.

Also, don’t forget to make provisions for your pets. Friends don’t abandon friends. A local vet says that many seniors die suddenly with no one designated or willing to take their pet. Please, we must live up to our responsibilities.

Marion Bochner

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## From the Mayor

By Gerald W. Tamburro,  
Mayor of Monroe Township

### A bittersweet sendoff for Wayne Hamilton

Goodbyes are never easy and it feels like we've been saying far too many as of late.

March 31 marks a bittersweet day for us here in Monroe's Town Hall, as our Business Administrator Wayne Hamilton heads into retirement after devoting 15 years to our community.

Being the Business Administrator in any community in New Jersey for more than a decade is largely considered an anomaly. It often involves long taxing hours and on most days, a thankless job, which has typically led to a high turnover rate in municipalities across the state. Nonetheless, all of us in Monroe could not be more thankful for Wayne's wealth of knowledge, unshakeable leadership and guidance over all these years.

Like most in his field, Wayne was tasked with steering the mayor and Council in the right direction, oversight of the municipality's various departments and day-to-day operations, ensuring our divisions were following the letter of the state and federal laws and more importantly, albeit one of his great labors of love, budgeting.

As many of you may be aware, with Wayne at the helm, the Township's bond rating has inched its way up to AA plus status and is expected to top out at the peak rating of AAA status before the year is out. In part, we credit that accomplishment to our business administrator, who ensured our fiscal integrity with a strong budgetary performance and ample reserves. In addition, Wayne is also a State-Certified Qualified Purchasing Agent, which has benefitted the finances of the Township.

For almost eight years, he has worked hard for the Township to realize an expanded library and community center, as well as a stand-alone senior center. Many of the programs our residents have come to cherish are the indirect handiwork of Wayne, who pushed for measured expansion and growth when a housing and warehousing boom freed up funding. Of course, he's led Monroe through several dark hours — from school budget defeats to the hurricane-caused flooding to the Great Recession — and we landed on our feet each and every time, much in part due to

Wayne's compromising nature and solution-driven mentality.

Aside from his professional endeavors, we have watched and admired Wayne's resolute and personal commitment to public service. He was appointed to Spotswood's Recreation Commission at the early age of 18. Within four years, he ran for Borough Council, where he held a seat behind the dais for four years. He rose to some local political stardom when he became the borough's mayor at only 26 and served for another six years; although, he'd eventually leave the post to step behind the curtain, helping administer municipal government.

Wayne is also a veteran member of the Spotswood Volunteer Fire Department, having spent five of those years as the organization's chief engineer. While we here at Monroe are sad to lose such an important facet of the municipal family, we count ourselves fortunate for having Wayne for this long a run and we wish him nothing but health and happiness for the future.

If any of our residents would like to see Wayne off personally, I invite you to attend his final Monroe Township Council meeting in the Municipal Building, 1 Municipal Plaza, March 27 at 7 p.m.

In the interim, we are searching for his replacement, a person who undoubtedly will have some very large shoes to fill.



Dr. Andrew Schmierer, DPM, FACFAS  
and Dr. Craig Shapero, DPM, FAPWCA  
18 Centre Drive - Suite 203  
Monroe Township, NJ - 609-860-9111



Dr. Schmierer



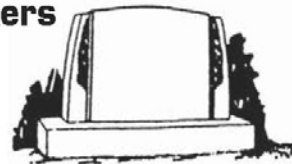
Dr. Shapero

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— Peter DeFazio, D.M.D.

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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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## Clubs and Organizations

### Discover the artistry and craftsmanship of wearable art

By Diane England

What is wearable art? Think of it as art to wear that has some relationship to the fashion world and yet, it's separate from it. Each item is a unique design created by the particular artist as expressive art. That all said, it

can be a tad difficult to explain but fortunately, you'll have an opportunity to see the works of one artist at the Women's Guild meeting on Thursday, March 16, at 1:30 p.m. in the Ballroom. Indeed, artist Janice Altieri, a Rossmoor resident, will be joining

us with three models to showcase her original jackets and vests—some of which might make you feel you've stepped into a flower garden.

Janice has focused on creating wearable art during the last 25 years. Previously, she engaged primarily in acrylic painting and crewel embroidery. In fact, with regard to the latter, she has been a member of the Embroidery Guild of America for multiple decades.

When you view the many items of clothing Janice has created, you'll realize that each represents a commitment to personal vision as well as craftsmanship. Janice is also honoring a movement that apparently emerged at the close of the 1960s, and particularly flowered throughout the 1970s and into the 1980s. It continues today, of course, but whereas the "wearables" in the 1970s might be described as intensely personal narratives from a given artist, in this century, wearable art has moved closer to mainstream contemporary fashion. Interestingly enough, at the same time haute couture designers such as John Galliano and Alexander McQueen were moving increasingly into the "art-for-the-catwalk" realm, wearable artists began to exhibit greater practicality and business acumen with regard to their garments. As a result, more recent wearable art appeals to a wider audience than it once did—an audience typically interested in craftsmanship, quality, and uniqueness in garments.

Anyway, come and see what wearable art is all about on Thursday, March 16, at 1:30 in the Ballroom. As usual, everyone is welcome, and we invite you to stay and enjoy refreshments and fellowship afterwards.

## CULINARY CORNER

By Sidna Mitchell

As we got ready to head back to warm, sunny Florida, I started packing a large plastic bin with such items as sheets, kitchen utensils, hostess gifts, and two small Graves County, Ky., cookbooks that my cousin Jan had given me. The sheets didn't fit properly so they were quickly given to the Salvation Army but not before I purchased a big salad bowl and hand towel holder at the Thrift Store's big after-Christmas 50 percent off sale.

We settled in by first calling a house painter, Comcast, and friends to let them know we were back in town. Then trips

to the grocery, the paint store, the Dollar Store, and Lowe's.

I had found a recipe in the Taste of Graves County 2013 "Let's Have a Party" cookbook that I wanted to try since Ken likes bean salads. This was a bit different from the one I usually make with green beans, kidney beans, English peas, corn, garbanzo beans, pimientos, chopped onions and Newman's Own Balsamic Vinaigrette.

Of course, I tweaked the recipe and cut it down. Frankly, I like this bean salad better than the one I normally make; it's not as tart.

### Culinary corner

#### Kentucky Bean Salad

15 oz. can Four Bean Salad, drained  
2 tablespoons chopped pimientos  
¼ cup chopped green pepper

¼ cup chopped onion  
2 tablespoons apple cider vinegar  
2 tablespoons sugar  
2 teaspoons olive oil  
salt and pepper to taste

In a medium-size bowl, mix the beans, pimientos, green pepper and onion.

In a small saucepan, over low heat, mix the vinegar and sugar until the sugar is thoroughly dissolved.

Remove from heat and stir in the olive oil.

Pour the liquid over the vegetables and mix well.

Salt and pepper to taste.

Store in the refrigerator until ready to serve.

NOTE: The four-bean salad can include green, yellow wax, red kidney and garbanzo beans. The original recipe used only three beans, a can each of green, yellow wax and red kidney beans, as well as a small jar of pimientos.

I can be reached via e-mail at [sbmcooks@aol.com](mailto:sbmcooks@aol.com)



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## In Memoriam

### Vincent Pennisi

Vincent "Jimmy" Pennisi, of Mutual 2, died on January 4 after a long illness. Pennisi had served as a director and assistant director of Mutual 2, who loved to spend his spare time sweeping up gumballs and doing odd jobs for his neighbors. He was retired from Xavier High School in New York City, where he had been the chief engineer.

Pennisi is survived by his wife, JoAnn, children Joanne and Frank, grandson Vincent and wife Olga, granddaughter Melissa and husband Rich, and three great-grandchildren, Hailey, Joey, and Giuliana.

Pennisi's widow, JoAnn, thanks her neighbors for all the flowers at the funeral and for their help in his last illness, especially her good neighbors Moya Brady, Dennis Haggerty, Al MacVicar, and Dennis Crane.



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St. Mary's Altar Rosary Society  
**Easter Babka Sale**  
**Saturday, March 11 through Sunday, April 9, 2017**  
Orders with payment may be left at the Parish Office during business hours  
**OR**  
 Mail order and check to:  
 St Mary's Altar Rosary Society  
 30 Jackson St., South River, NJ 08882.  
 Babkas will be available for **pick up** on **Tuesday, April 11, 2017**  
 in the Parish Center from 3:00 to 6:00 PM.

*For more information, please contact  
 Kazia 732-251-0765 or Christine 908-391-3355  
 Please complete the form below and submit with payment.*

**Altar Rosary Society Babka Order Form**

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

QUANTITY	TYPE	UNIT PRICE
_____	Cinnamon Crumb	\$11.50
_____	Prune	\$11.50
_____	Raisin	\$11.50
_____	Cheese	\$11.50
_____	Apricot & Cheese	\$13.00
_____	Raspberry & Cheese	\$13.00

Total # of Babka(s) \_\_\_\_\_ Total Amount Enclosed \$ \_\_\_\_\_

*Please make check payable to: St. Mary's Altar Rosary Society*

# Rossmoor Rental Library

By Irene Poulin  
**All by Myself Alone** by Mary Higgins Clark

When her husband-to-be is arrested, Celia Kilbride escapes public scrutiny by hopping on the newly minted cruise ship Queen Charlotte as a lecturer. Onboard, she befriends the monstrously wealthy Lady Emily Haywood, who soon turns up dead.

**The Devil's Triangle** by Catherine Coulter

Authors Coulter and Ellison return with the next in their newish "Brit in the FBI" series, featuring special agents Nicholas Drummond and Michaela Caine.

**The Burial Hour** by Jeffery Deaver

A travelling businessman is snatched from an Upper East Side street in broad daylight – or so it appears to the eight-year old girl, who is the crime's only witness.

**Man Overboard** by Judith Jance

Genius software engineer Roger McGeary is celebrating his 40<sup>th</sup> birthday with a fancy cruise when he plummets to his death from his stateroom's balcony. Suicide?

**Fallout** by Sara Paretsky

Famed investigator V.I. Warshawski is back and accompanied by her dog. She's in Kansas, crossing prairies dotted with Cold War-era missile silos, as she hunts for a young film student and a waning film star. Her quest leads her to a dead body.

**The Black Book** by James Patterson

A horrifying murder leads investigators to an unexpected address – an exclu-

sive brothel that caters to Chicago's most powerful citizens. There's plenty of incriminating evidence on the scene but what matters most is what's missing, the madam's black book.

**Murder on the Serpentine** by Anne Perry

The stakes have never been greater than now as a mission for queen and country places the future of the British Empire squarely in Thomas Pitt's hands.

**The Violated** by Bill Pronzini

In Echo Park, in the small town of Santa Rita, California, the mutilated body of Martin Torrey is found by two

passersby. Torrey has been a suspect in a string of recent rapes and instant suspicion for his murder falls on the relatives and friends of the women attacked.

**Golden Prey** by John Sanford

Lucas Davenport has a new assignment: he's a U.S. marshal with leeway to investigate any case he wants to nationwide. And where they've led him this time is into real trouble.

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

## Italian American Club

By Tony Cardello

Once again Carnevale proved to be a very festive affair. The food and drink were plentiful and DJ Jean Marie Fusco kept the evening going at a very lively pace. The costumes worn by some of the members were an additional touch to the merriment.

Also taking place, the annual crowning of the new King and Queen for 2017

went to two very deserving members, Bob and Cecelia Macchiarola.

For those planning to go to the Sands Casino in Bethlehem, Pa., on March 27, payment of \$25 per person will be collected at the regular membership meeting on March 15.

Bingo will be played in the Ballroom on March 10 at 6:30 p.m.

## Save the date: special music program

By Mary Jane Brubaker

A cantata, "Behold the Lamb!" featuring the Rossmoor Chorus, members of the Chin Yun Chorus, Rossmoor Singers, professional singers and musicians, will be a centerpiece of Sunday service at the Community Church on April 2. All residents are welcome and encouraged to bring their friends and family.

Led by our Chorus Direc-

tor, Church Music Director and Organist Cecile Wang, this program underscores the significant price that Jesus paid for our freedom and salvation and concludes with a celebration of his resurrection. Blending original melodies with timeless hymns, creators Lloyd Larson, Milly Ijames, and Jay Rouse have combined forces to develop this compelling worship experience.

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# Rossmoor Clubhouse News

## March 2017

### Country Western Night

Friday, April 21, 7PM, Ballroom  
\$10pp On sale now!

Come do-si-do with DJ Dominic and learn  
some new line dances with Maureen!

### 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

**AARP SAFE DRIVING CLASS**  
Friday, March 31, 8:30am, Gallery  
\$15 AARP Members, \$20 non-members  
*Sign up now!*

**"DIRTY DANCING" SUNDAY MOVIE LUNCHEON**  
Celebrate the 30th Anniversary of Dirty Dancing starring Patrick Swayze and Jennifer Grey  
Sunday, April 30, 12:30pm, Ballroom, \$15pp  
Menu includes: cold cut platters per table, assorted breads, relish tray, macaroni salad, strawberry & goat cheese salad, dessert, beverage and more...  
*On sale March 1*

**CINCO DE MAYO LUNCHEON**  
Friday, May 5, 12pm, Ballroom, \$20pp  
Buffet Menu includes: grilled chicken fajita style, steak el paso, rice & beans, grilled veggies, salsa & guacamole w/ chips, chopped tex mex salad, corn bread and more...  
*On sale March 28*

#### EXCURSIONS

**ATLANTIC CITY GOLDEN NUGGET**  
Tuesday, April 4, \$25pp  
Departs Poolside at 9am.  
*On sale now!*

**NYC ON YOUR OWN...DROP OFF AT THE MET OR MOMA**  
Tuesday, April 25, \$30pp  
Departs Poolside at 9am.  
*On sale now!*

**BROADWAY BOUND...**  
**WAR PAINT...Beauty is the Best Revenge**  
Two-time Tony Award-winning legends Patti LuPone and Christine Ebersole join forces to portray the trailblazing cosmetic icons, Helena Rubinstein and Elizabeth Arden, who built empires in a business world ruled by men.  
**Wednesday, June 7, \$118pp**  
Departs Poolside 10am.  
*On sale now!*

**LION KING... "A Feast for the Eyes and Ears."...WWOR**  
A Broadway classic that's going stronger than ever. Come listen to the 6 indigenous African languages sung and spoken throughout the show.  
**Wednesday, March 29, \$128pp**  
Departs poolside 10am  
*On sale now!*

### Are You Interested? VETERANS GROUP

Are you a veteran looking to  
meet other veterans?

Join us Thursday, March 23  
10am Maple Room

ALL ROSSMOOR VETERANS WELCOME

### DON'T FORGET

**FIRESIDE CHATS**  
Fridays, March 3 & 17, 10am, Red Room,  
No Charge

**PHILLY FLOWER SHOW—WAIT LIST ONLY**  
Wednesday, March 15

**ST. PATRICK'S DAY LUNCHEON—WAIT LIST ONLY**  
Monday, March 20

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

**LAUGH & BOOGIE COMEDY SHOW—WAIT LIST ONLY**  
Friday, March 24

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



## CULTURAL

### AVIATION GROUP

2nd Wednesday, 1:30pm, Ballroom  
"The Age of Aerospace"

### BOOK DISCUSSION GROUP

2nd Thursday, 3:00pm, Maple Room  
"Still Alice" by Lisa Genova

### CULTURAL PROGRAM SERIES ON DVD

1st Tuesday, 1:00pm, Ballroom

### 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 months of March and April will feature the beautiful artwork of Rossmoor resident, Angel Espinosa. Be sure to stop in and take a peek.

### 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 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 Mastro.

### 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, March 21, 10:00am  
Sign-up in the Clubhouse...Space limited

### HEALTHY BONES

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

### 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. New session begins March 6.

Join us for a walk around Rossmoor

## NATIONAL WALKING DAY

Wednesday, April 5  
9am...Red Room

Light Refreshments Following the Walk



## CPR INSTRUCTION CLASS

Sponsored by Princeton Health Care

Tuesday, March 28  
2PM...Gallery

Basic instruction with class participation but NOT a certification class.

The Heimlich maneuver will also be reviewed.

NO CHARGE...RSVP by 3/17

## SPORTS FUN!

### BOCCE

Look for sign-up information in next months insert!

### CROQUET

New Players Welcome. Call Betty Anne Clayton.

### HIKING

Saturday, March 11-Plainsboro Preserve  
Saturday, March 18-Mercer County Park  
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.

## NEW-CORNHOLE (BEAN BAG TOSS)

FRIDAY MORNINGS  
9am-11am Hawthorn Room  
COME SEE WHAT ALL THE FUN IS ABOUT!



MOVIE CORNER



"BRIDGET JONES'S BABY"

Starring Renee Zellweger  
Rated R for language & sexual situations  
123 Minutes  
No Charge  
Tuesday, March 14...1 & 7pm  
Ballroom  
Sunday, March 19...1:30pm Ballroom

Movies Subject to Change

COMING ATTRACTIONS

Details TBA  
KARAOKE NIGHT WITH ANTHONY TABISH  
Friday, May 12  
  
WINE & DESIGN PAINTING PARTY  
Thursday, May 25  
  
TRUNK SALE & SHREDDING PARTY  
Saturday, June 10  
  
ELLIS ISLAND & STATUE OF LIBERTY  
Tuesday, June 27



National Women's History Month

MARCH MOVIES

NORMA RAE  
Wednesday, March 1  
1PM Ballroom

A LEAGUE OF THEIR OWN  
Wednesday, March 15  
1PM Ballroom

INTRODUCING DOROTHY DANDRIDGE  
Tuesday, March 21  
1PM Ballroom

ROSIE THE RIVETER  
Tuesday, March 28  
1PM Ballroom

FYI

- DAYLIGHT SAVINGS TIME begins Sunday, March 12.
- 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. Tickets are non-transferable.
- 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



Super Bowl Party



Latino Hispanic American Group



The Fireside Chats are always FUN!



Rossmoor is full of talent!



Smiling Faces at the Wine & Design Party



The Three Musketeers



# MARCH 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>Events or trips marked * require tickets or prior registration.</div>	<div>Ticket Sales<div>Get Your Tickets Now!</div>Today!</div>		<div>1<div>1:00pm</div>Movie "Norma Rae" - BR<div>Get Your Tickets Now!</div></div>	<div>2</div>	<div>3<div>10:00am</div>Fireside Chat-RR</div>	<div>4</div>
<div>5</div>	<div>6</div>	<div>7<div>9:00am-11:00am</div>Comcast-BR<div>1:00pm</div>Cultural DVD-BR<div>7:00pm</div>*Great Decisions-CD</div>	<div>8<div>1:00pm</div>Aviation-BR</div>	<div>9</div>	<div>10<div>6:30pm</div>Bingo-BR</div>	<div>11</div>
<div>12<div>1:00pm</div>RJC Purim Party-BR<div>Daylight saving time starts at 2 a.m.<div>Clocks should be turned forward one hour</div></div></div>	<div>13<div>1:00pm</div>Health Care Lecture-MP</div>	<div>14<div>1:00pm &amp; 7:00pm</div>Movie "Bridget Jones's Baby"-BR<div>7:00pm</div>*Great Decisions-CD</div>	<div>15<div>9:00am</div>*Trip-Philly Flower Show<div>1:00pm</div>Movie- "A League of Their Own"-BR</div>	<div>16<div>9:00am</div>Board of Governors-VC</div>	<div>17 <i>St. Patrick's Day</i><div>10:00am</div>Fireside Chat-RR<div>6:00pm</div>Emerald Society-BR<div>Happy St. Patrick's Day!</div></div>	<div>18</div>
<div>19<div>1:30pm</div>Movie "Bridget Jones's Baby"-BR</div>	<div>20 <i>Spring Begins</i><div>12:30pm</div>*St. Patrick's Day Luncheon-BR<div>Spring</div></div>	<div>21<div>1:00pm</div>Movie "Introducing Dorothy Dandridge"-BR<div>7:00pm</div>*Great Decisions-CD</div>	<div>22<div>10:00am</div>*Trip-Miss Saigon on Broadway</div>	<div>23</div>	<div>24<div>7:00pm</div>*Laugh &amp; Boogie Comedy Show-BR</div>	<div>25</div>
<div>26</div>	<div>27</div>	<div>28<div>1:00pm</div>Movie "Rosie the Riveter"-BR<div>7:00pm</div>*Great Decisions-CD<div>Get Your Tickets Now!</div></div>	<div>29</div>	<div>30</div>	<div>31<div>8:30am</div>*AARP Class-GL</div>	



HAPPY ST. PATRICK'S DAY!



INDEPENDENT CLUBS				MEETING HOUSE SERVICES			ROOM KEY	
Chorus	Wed	4 pm	MH	Catholic Society Mass	2nd Thurs	7 pm	BR Ballroom	H Hawthorn
Church Discussion	Tues	1:30 pm	MHP	Jewish Congregation Sabbath	2nd & 4th Fri	7:45 pm	C Court	MP Maple
Computer Club	3rd Mon	10 am	GL	Community Church & Communion	1st Sun	11 am	CD Cedar	MH Meeting House
Dance Club	Last Sat	7 pm	BR	Community Church Worship	2nd & 4th Sun	11 am	CH Clubhouse	MHP Meeting House Parlor
Emerald Society	4th Wed	2 pm	BR	Community Church & Fellowship	3rd Sun	11 am	CFT Craft	TR Terrace
Italian-American	3rd Wed	7:30 pm	BR	Community Church "Living Well at Rossmoor"	Last Sun	1 pm	DW Dogwood	RR Red Room
NJ Social & Cultural	Last Fri	1:30 pm	BR				GL Gallery	VC Village Center
Players	Last Mon	7 pm	GL				GR Game	
Sisterhood	3rd Mon	1:30 pm	BR					
Torah Study	Sat	10 am	CD					
Women's Guild	3rd Thurs	1:30 pm	BR					



# This month in pictures

Photos by Joe Conti and Walter Gryskiewicz

## MEET THE MAINTENANCE STAFF



Bob, Carla, Ricky and Dave



Jillian, Wanda, Paul, and Maria



Jesus, Mike, Al, and Tom



Antonio, Miguel, Darren, and Jay



Joe, Bev, and Adam

### Employees Celebrating Anniversaries



Receiving employee service awards for their years of service to Rossmoor are, from left, Beverly Martynuk, Maintenance, 10 years; Jesus Maldonado, Maintenance, five years; Carla McDonald, Maintenance, five years; RCAI President Dan Jolly, who presented the awards; Erica Hardeo, E&R, five years; Jason Sak, Maintenance, five years; and Pam Clayton, Administration, five years.



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## The Emerald Society's activities

By Joan Avery

Everyone enjoyed the 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.

Dan Jolly had arranged for a representative from the Middlesex County Sheriff's office to talk on safety issues at the February meeting. Walter Marz will give a slide presentation on Ireland at the March meeting.

March 17 is St. 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 consists of corned beef and cabbage, roast pork loin, salmon in lemon dill sauce, wine, beer, and soda, among other treats.

Don't forget the very beautiful Mass to be held in the Meeting House at 7 p.m. hosted by the Emerald Soci-

ety. This year the date will be March 16.

There will be a wonderful trip to the Dutch Apple Theater to see "Jesus Christ Superstar" in Lancaster, Pa., on Thursday, March 2. Note the change in the date. The cost will be \$76 per person, which includes the show, dinner,

bus, and all gratuities. The bus leaves poolside at 9 a.m.

Dan has arranged a trip to the Villa Roma in New York for May 15, 16 and 17. More information to follow.

It will be another great year for the members of the Emerald Society! See you at the March 22 meeting.

## The New Jersey Club

By Eileen Parker

The New Jersey Club will meet on Friday, March 31, at 1:30 p.m. in the Ballroom.

Our speaker will be Rick Mikula, well known as "The Butterfly Man."

An award-winning author with several books to his credit, Rick is also a photographer and a habitat consultant. He is president of "Butterfly Rescue International," and is an officer in the New Jersey Lepidop-

terist Society; has appeared on many TV shows, including Animal Planet and the Discovery Channel; and also conducts butterfly and botanical photography tours through Central and North America.

Mikula has been sharing his love of butterflies for the past 35 years. Come for an interesting presentation. All are welcome and refreshments will be served.

## Current Events Roundtable

(Continued from page 1)

more in input than the value of the output, but fusion remains a possibility for the future.

The sessions last for just over an hour, although they can continue on if individuals choose to discuss further after the session. The discussions can be interesting and intense, stimulating and fun. Other meetings have covered the recent appointments by President Trump, automation in industry, Fidel

Castro's place in history; the Electoral College, and the legalization of marijuana. Another interesting session discussed the U.S. relationship with Mexico, including NAFTA, which consists of the U.S., Mexico, and Canada; migration of labor between the countries; imports and exports; and the complexity of interactions among the three countries.

Anyone interested in learning and joining the discussion is welcome.

## Mutual News

### Mutual Seven

Hopefully spring is right around the corner.

Mutual Seven's Annual Meeting for the election of a director is April 24 at 10 a.m. in the Ballroom. Anyone wishing to run for this position must submit a resume to the appropriate person in the Administration Building. This must be received on or before March 10, to be included in the mailing.

The following six buildings are scheduled to be sided and roofed this year: 274, 269, 231, 246, 255, and 257. All work should be completed by the end of March. Of course, a lot depends on the weather. The front doors will be painted in the spring. This will leave us with only 16 additional buildings to do, after which Mutual Seven will be 100% completed as far as siding and roofing is concerned.

Common halls are being painted now. Work was

started mid-February. As buildings are being done you will be notified by the painter when your manor is scheduled. Remember that the door cannot be completely shut until it is dried.

Concrete repair and or replacement will be started next month.

Lamp Lighters are still needed. Having these faithful helpers defers additional Maintenance fees on the Mutual. Anyone interested? Please call us.

Once again, we remind all to please take time to place a bag over any walk light that needs attention. When calling Maintenance to report this outage please be sure to indicate where the problem exists (e.g., in front of manor 269C Old Nassau or between 274C and 274D).

**Your Directors, Arnold Jasper, Beverly Fasciano, Pat Ray, and Associate Director Bernie Lake.**

### 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.



## SPORTS



**Snowbirds in Whites:** Carl Kruse, MaryAnn and John (Mac) McDermott, Sidna Mitchell and Ken Northrop, standing with Susan Cole and Bill Cole, Jr., the children of former member Bill Cole, who passed away in January in Venice, Fla. More than 60 members of the Sarasota County Croquet Club attended the memorial service dressed in their traditional whites. Afterward a repast was held at the Venice Golf and Country Club.

## Croquet Club events for 2017



Croquet Club holiday luncheon at the Cranbury Inn, 2016

By M. Vail

The general meeting and luncheon opening the 2017 croquet season will take place on Saturday, April 29, in the Gallery from 11 a.m. to 3 p.m. Members are requested to wear whites for croquet play following the luncheon. Members, please bring your calendars and be prepared to sign up for Sidna's "Attitude Adjustment" refreshments after Golf Croquet.

Every Friday from May 5 through October 31, Golf Croquet is played from 5 to 8 p.m., followed by hors d'oeuvres and refreshments in the Clubhouse Cedar Room. Game time depends on the weather and seasonal changes. Golf Croquet will also be scheduled on other days of the week. Please check the Croquet Club (RCC) bulletin board on the court shed for postings of days and time.

Tentative dates have been scheduled to play with other

clubs. The RCC will host the Green Gables Croquet Club on June 13 from 11 a.m. to 3 p.m. for croquet, followed by a luncheon in the Cedar Room. Rain date is June 15.

Meadow Lakes Croquet Group will host the RCC on June 20. Rain date is June 22.

The annual Kooky Kroquet and BBQ will take place on

July 1 from 3 to 7 p.m. The BBQ follows in the Hawthorne Room and Patio, weather permitting.

There will be a two-day Tournament Play of Golf Croquet on September 15-16. Members will gather in the Cedar room after play. Come out and support your fellow members. Residents

(Continued on page 16)



Bill Coe refereeing from the court boundary line

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## Croquet Club

(Continued from page 15)

are invited to come and watch the games.

The annual meeting and luncheon will take place on October 7 in the Gallery, from 11 a.m. to 3 p.m. Members are requested to wear white and participate in play following the luncheon.

The annual Halloween play in costume takes place on the court on October 27, followed by refreshments and hors d'oeuvres in the Cedar Room. Starting time to be determined.

The annual holiday luncheon is scheduled for December 13 at a restaurant to be determined.

Six wicket croquet and golf croquet are played all week long. Members are requested to reserve a time slot for their group on the schedule sheet posted on the Club bulletin board. The schedule sheets will be back on the first day of May. This courtesy avoids overlap of croquet play and shows a conscious decision of respect for your fellow club members.

The Residents of Rossmoor are invited to join in the play on any scheduled play day, but particularly on Fridays for a meet and greet on

the court and for refreshments in the Cedar Room. Wearing white is not required for tryouts; however, flat, soft sole footwear or sneakers are required to protect the court's grassy surface. Croquet equipment is available for play.

Membership Chair Betty Anne Clayton is available for questions at 609-662-4659 during the croquet season, April 29 through October 31. She is also willing to speak to other Clubs on the topic of croquet.

Basic rules for RCC croquet are posted on the signage board set on the Clubhouse side of the court. Do come and join in the fun.

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## Golf Course Highlights

By Ted Servis, golf pro

What's going on at the golf course? Spring is right around the corner we hope, and that means it is time to start planning for the 2017 golf season.

The Pro Shop will start receiving new merchandise in April. We still have plenty of golf equipment in stock now if you need to buy a gift for someone, or just want something for yourself. The Pro Shop hours for March are as follows: Monday 11

a.m. to 4:30 p.m., and Tuesday through Sunday 8 a.m. to 4:30 p.m., with all hours subject to the weather.

If there is anything we can help you with, or any questions we can answer, please give us a call at 609-655-3182. Thank you and I wish everyone a healthy and happy 2017 golf season.

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

## 9 Holvers are ready to roll

By Terre Martin

It's hard to believe the 2017 golf season is almost here, but we're ready to go with a renewed desire to hit that little white ball. The opening day tournament will be on Tuesday, April 4, followed by our opening day luncheon. Details about the location will be listed on Channel 26.

As the new season begins, we must mention again the outstanding effort put forth by our former officers, especially Marie Bills, our past president, who made sure

this article got into the paper. Always vigilante, and always caring.

If you are a new golfer, a "wanna be" golfer, or an experienced golfer who would like to downsize to a nine hole game, our group is for you. With tips and encouragement from teammates, and lessons and clinics by our pro Ted Servis, you've got a winning combination for enjoying our beautiful golf course.

To learn more about our group, please contact membership chair, Mary Shine at 609-655-4518, or President Joyce Cassidy at 609-619-3618.

## Ladies' 18-hole league - 2017

By Arlene McBride

The ladies' 18-hole league's opening day is April 11, 2017.

As of this writing the winter has been uneventful. Spring is not far behind. We don't know yet if we're still going to get the big one or... we'll just have to wait and see what nature brings.

Attached to this article is the membership form for season 2017. If you are willing to join an 18-hole league, please contact me at 609-395-1017 or email: [arlene.mcbride@comcast.net](mailto:arlene.mcbride@comcast.net).

Keep swinging "those golf clubs," and we'll be meeting shortly in the spring.

(See membership form, next page.)

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## Instructions for aging well



Lori Morrell, Senior Manager of the Center for Healthy Aging

By Hadassah Aylat

All of us need all the help we can get in meeting our problems while aging, including our nutritional, physical, and, yes, emotional needs. We often flounder around not understanding how to live up to these ideals. Lori Morrell, Senior Manager of the Center for Healthy Aging, will assist us in defining these in her address "The Three Dimensions of Wellness" at the next meeting of the Sisterhood on Monday, March 20, at 1:30 p.m. in the Gal-

lery. We will learn how we can achieve the goal of becoming healthy in all these spheres with only small behavioral lifestyle changes.

We'll also have our delicious, healthy desserts, and don't forget to bring non-perishable food items for the Food Pantry.

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

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

Membership fee: \$75.

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

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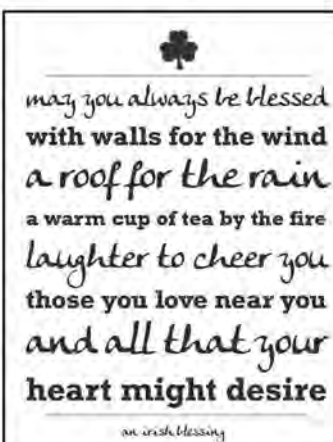
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### Unifying people through music

By Diane England

Fifty years ago this month, at the Ninth Grammy Awards, the winner for best record was "Strangers in the Night," by Frank Sinatra, while the winner of the best song was "Michelle," by The Beatles. If my parents and I'd been watching that awards ceremony, they'd have been happy to see Frank Sinatra recognized, since they'd danced to his music when they were young and in love. But for me, as a sophomore in high school, I'd have cheered for The Beatles.

Certainly, I find it positive that music appealing to two generations won awards that evening. Music can be a unifying force. But not everything happening in March of 1967, when some Rossmoor residents were preparing to found the Rossmoor Community Church (which happened on Sunday, September 24, 1967), were so positive. Our country

also tested nuclear bombs in Nevada that month, since the Cold War with the former Soviet Union was still very much alive.

But thinking about music as a unifying force got me thinking about something else — the possible range of musical tastes to which the new church needed to appeal, versus what is the case with the Community Church today.

To make comparisons over time, let's assume people joining the Community Church in 1967 were born in 1910. First, this suggests these were exceptional people in that they'd already exceeded the average life expectancy for those born in that year. But then, in 1910 the average life expectancy was 49 years of age for white men, 34 years of age for black men, 52 years of age for white women, and 38 years of age for black women. However, both white and black men born in 1910 who survived until

1970 or to sixty years of age (yes, I realize this was several years after the church was founded) could expect to live thirteen more years. White women, on the other hand, could expect to live 17 more years whereas for black women, the figure was 16 years. But by 2013, for all men born in the United States who arrived at Rossmoor at age 60, they could expect to live another 25.41 years whereas for women of this same age, the figure rose to 27.88 years.

Of course, today our Community Church has members who are certainly old enough to be a parent of some of the younger members (and certainly, some parents and their children live at Rossmoor). So, how much longer can these older members expect to live? Well, for the men who were age eighty in 2013, they could expect to live 8.20 more years at that point whereas for the women, that figure was not much more — at 8.48 more years. Then for our even older members yet, the men who reached age 90 in 2013 could expect to live 4.03 more years whereas the women could expect to live only slightly longer — at 4.80 more years instead.

It looks like the call for Frank Sinatra songs might remain for a few more years, but if the Community Church decides to hold concerts to celebrate their sixtieth and seventieth anniversaries, and they hope to unify the community through music, they might want to crank up the music of The Beatles, Aretha Franklin, The Supremes, The Monkees, The Rascals, The Four Tops, The Rolling Stones, The Mamas and the Pappas, The Bee Gees, and The Temptations — some of the top groups in 1967 — to appease their Boomer members. I guess we'll also be listening to the music of Generation X: Dr. Dre and hip hop, Nirvana, Radiohead, the Smashing Pumpkins, Sonic Youth, Pearl Jam, and other groups I somehow managed to ignore. What about you?

So, perhaps the music won't be such a unifying force after all?

Well, let's not worry about that currently. Yes, the planning committee for the Fiftieth Anniversary Celebration has chosen to incorporate music into the three-day celebration from September 22 to 24. But trust me, the artists who'll be appearing will perform songs that should appeal to all generations of folks. So please, go ahead and mark your calendar for Friday, September 22 at 7:30 p.m. in the Meeting House as well as Sunday, September 24 at 6:30 p.m. in that same location. Then watch for details in future articles.

I'm certain a good time will be had by all no matter which musical artists you might have embraced in March, 1967.

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## Emerald Society will host Mass on eve of St. Patrick's Day

By Gene Horan

The monthly Mass of the Catholic Society will be held in the Meeting House at 7 p.m. on Thursday, March 16, the eve of St. Patrick's Day. The Mass is hosted by the Emerald Society. Father Michael Frago, pastor of St. James the Less Parish in Jamesburg, will be the celebrant. Fellowship and refreshments in keeping with the feast day will follow.

In observance of Lent, the Rosary will be recited every Friday at 10 a.m. in the Dogwood Room of the Clubhouse, commencing on Friday, March 10, and ending on Good Friday, April 14.

**The Chaplet of Divine**

Mercy will be prayed at 3 p.m. on Tuesday, March 14, in the Maple Room of the Clubhouse.

The Prayer Shawl Ministry will meet at 1:30 p.m. on Thursday, March 9, and Thursday, March 23, in the Craft Room of the Club-

house.

The Catholic Society Council meeting will be held on Tuesday, March 14, at 1:30 p.m. in the Meeting House Parlor. The Council wishes all the Society members a holy and fruitful Lent.

## On Fridays and Sundays

By Dierdre Thomson

Keep fit and warm through exercise. Come out to the Physical/Spiritual Exercise Class every Friday at 11 a.m. in the Gallery. Kahlil Carmichael makes physical exercise fun and Dierdre brings some serious, and not

so serious, things for folks to discuss.

On each 4<sup>th</sup> Sunday: Come join Kahlil at the "It is well in Rossmoor" worship service on the 4<sup>th</sup> Sunday of the month at 1 p.m. in the Meeting House. You'll leave inspired and excited.

## Purim Party starts March with a celebratory step into spring

By Ben Wistreich

Yes, we know spring is on the horizon (even though snow is usually not part of this season) - but the Jewish Congregation is in a party mood. A March highlight is our well-attended Purim Party on Sunday, March 12, at 1 p.m. in the Ballroom. Purim has been celebrated by Jews for over a thousand years - marking the hanging of a tyrant in Persia who wanted to hang us. Needless to say, with all in attendance making noise when the bad guy's name is mentioned, it's a noisy party (with great foods, too)! Congregation members and their friends who are planning to attend should use the Purim form found in the March Bulletin, which has cost info and a seating form.

And then comes April - and our annual Passover Seder. This event marks our escape from Egypt and the parting of the Red Sea, where our oppressors drowned while chasing us! There's a moral in all of this. We celebrate with a family Seder (a special meal) with the re-telling of the way we escaped through the Sinai Desert to the Promised Land. Our Seder, led by our Cantor, Mary Feinsinger, will be held on Tuesday, April 11 starting at 5:30 p.m. in the Ballroom. Family tables for members and their grandchildren are available. (Form: March Bulletin).

The Jewish Men's & Friends Club will announce our March lunch/dinner event in the Bulletin also. Because of the ever-present bad weather that month we tend to stay local, so no one has to drive far out of the area.

The March 10 Sabbath Service will have Jeff Albom as Lay Reader and Norm Perkus as Torah Reader. Marcia and Jeffrey Albom will sponsor the Oneg Shabbat, celebrating Jeff's 75<sup>th</sup> birthday. The March 24 Service will have Bob Kolker as Lay Reader and Jeff Albom as the Torah Reader. Dolores Grieff will sponsor the Oneg Shabbat in celebration of the

marriage of her son Jeff Edelson and his bride Dawn Catlin. Those wishing to sponsor a Sabbath Service should contact co-Gabbai Judy Perkus. Cantor Mary Feinsinger leads our Ser-

vices, which begin at 7:45 p.m. in the Meeting House.

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

### Community Church March 2017 calendar

- March 1, 12:30 p.m. Ash Wednesday Service
- March 2, 10 a.m. Women's Guild Board meeting
- March 3, 11 a.m. Physical and Spiritual exercise
- March 5, 11 a.m. Communion Service
- March 10, 11 a.m. Physical and Spiritual exercise
- March 12, 11 a.m. Church Service; Guest Preacher, Rev. Joanne Petto; Soloist, Stephanie Pervall
- March 13, 10 a.m. Deacons' meeting
- March 16, 1:30 p.m. Women's Guild meeting; Speaker, Janice Otero on Wearable Art
- March 17, 11 a.m. Physical and Spiritual exercise
- March 18, Deadline for Rossmoor Community Newsletter
- March 19, 11 a.m. Church Service; Rossmoor Chorus Noon Fellowship Hour 50th Anniversary Cards on sale before and after Church Service
- March 20, 10 a.m. Council meeting
- March 24, 11 a.m. Physical and Spiritual exercise
- March 26, 11 a.m. Church Service; Soloist, Don Sheasley 1 p.m. Living Well at Rossmoor

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BSN, RN-BC*

There are times when I hear residents speak about their hospital experience and they say they never saw their physician the entire time they were hospitalized. Instead they were cared for by a physician whom they never saw before.

There have been changes going on these past years. The current trend is for physician's offices to use a hospitalist when their patients are admitted to the hospital. The changes can also be seen with health insurance, as in certain Health Plans, HMOs, and some Medicare managed health plans. These health insurance plans are mandating these changes when a member is admitted to the hospital. So, who is this doctor who cared for you while you were hospitalized?

This physician is known as a hospitalist. A hospitalist can be

compared to an emergency room physician. If you have ever been to a hospital emergency room, you were seen by the emergency room doctor. The emergency room doctor cared for you while in the emergency room and while there he or she was in contact with your primary physician. Once discharged, your care was returned to your physician.

A hospitalist has a very similar role. He or she is the attending physician caring for the patient while they are hospitalized. A hospitalist can also be referred to as an "inpatient physician."

A hospitalist does not have a private practice. The hospital is his or her primary site of practice and they work only with hospitalized patients. Being based within the hospital, the hospitalist provides direct medical care, by ordering treatments and tests. The hospitalist will manage and coordi-

nate the patient's care and is able to spend more time with a patient. The hospitalist works with the patient and family members addressing concerns, helping to achieve the best possible outcome for care and treatment for the patient. The hospitalist reviews all tests and adjusts care based on the test results. They coordinate care from other physician specialists, physical therapists, radiologists, case managers, and social workers. A physician who decides to become a hospitalist can specialize in Internal Medicine, Family Practice, Pulmonology, Cardiology, or Pediatrics. In the past ten years "hospitalists" have become the fastest growing physician specialty.

When a person is admitted to the hospital, the hospitalist contacts the primary physician to obtain the history and reason for admission. The primary physician shares the patient's records and information about the person's health condition and medical history. The continuity and quality of care is maintained through

communication between the primary care physician and the hospitalist.

A hospitalist will follow the patient's care from admission until they are discharged. The hospitalist works closely with the primary care physician, but it is the hospitalist who will manage the patient's care while hospitalized, prescribing medications the patient will need prior to being discharged.

Once discharged, the patient's care is up to the primary care physician. The hospitalist will send the primary physician a summary of the hospital records and medications. The hospitalist will inform the primary physician of needed follow up care.

If you are ever hospitalized and find yourself cared for by a physician you never saw before, ask if he or she is a hospitalist.

The next lecture in Saint Peter's University Hospital lecture series will be on Monday, March 13, at 1 p.m. in Maple Room. The topic will be "Understanding Memory Loss," by Laura Hawkins, MSW, LSW, director of education and outreach of the Alzheimer's Association of New Jersey. If you are interested in attending this very informative lecture, please call Health Care Center, at 655-2220 to sign up.

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- Winter pruning is wrapping up and will be finished by end of the month. (All Crabapples, hanging branches, or branches were pruned 6" off the siding).
- Spring clean-ups have started. The first operation will be cleaning up gumballs and debris throughout the community. Edging the beds and cleaning will also start later this month in April.
- The first fertilizer application will begin in March, once spring clean-ups are complete and before the first mowing. This application will consist of a granular fertilizer with crabgrass preventer, using an herbicide that provides season long crabgrass control.
- Snow damage is being taken care of and will be completed in a timely manner.
- Carport cleaning will begin in April if it does not snow within the next two weeks. Common facilities will be mulched as well.
- Edging sidewalks will be performed once a month and will take place in the same time period as our first cut (April). Please note: all of this will be a two-month operation in March and April.
- Please call the East Gate phone and leave a message with any questions or concerns: (609) 655-2121
- Please tune to Channel 26 for any new updates.



## Meet the staff at Maintenance

By Dave Salter

The department staff consists of an operations manager, assistant operations manager, office manager, two full-time and two part-time customer service people, a foreman, seven building maintenance mechanics, three handymen, and one full-time auto mechanic.

Ricky DeBlois is the operations manager. He has been with Rossmoor forty plus years and has many responsibilities. He manages the Maintenance Department and is responsible for the maintenance of common facilities, the community's infrastructure, and snow removal.

David Salter is the assistant operations manager. He has been with Rossmoor for six years. He works closely with the Mutual directors. He assists them in securing bids for Mutual work. He also helps with the day-to-day operation of the Maintenance Department.

Carla McDonald is the Office Manager. She has been with Rossmoor for five years. She is responsible for all administrative operations. She works closely with Mutual directors. She will gladly handle any problems that arise.

Bev is part-time and handles the billing and accounts receivable for Maintenance and she updates our customer database.

Maria is full-time and handles all the co-op issues and all Rossmoor lighting issues.

Jillian is full-time and is the friendly face you usually see at the front desk. She also handles all the permits and winterizing paperwork.

Wanda works part-time in the afternoon and answers the phone, in addition to many other tasks.

Bob Buskett is the Maintenance foreman. He supervises the Maintenance men, orders parts and materials. He also handles the inspections, new resident orientations, and resales.

Adam is the lead man and one of our carpenters. He installs ceramic tile, all types of doors and assists with resales.

Paul is our licensed electrician and has his air condition certification.

Darren Nemow is our other carpenter. He installs replacement windows, doors, and can handle any carpentry repair needed.

Tom Fletcher handles our winterizing and openings and

also can do various plumbing jobs.

Al Patrick has his air condition certificate. He also does plumbing and electrical.

Jesus Maldonado, Antonio Torre, and Mike Pidoto do all of our miscellaneous work, such as power washing, Jomax, Chem-Calk, grinding sidewalks and attic insulation.

Miguel Santana is our full-time mechanic. He works on all our vehicles and machinery and helps with miscellaneous work.

Jay Sak can handle anything from electric to plumbing.

Joe Sinagra is our experienced plumber.

Our staff is very knowledgeable and is trained to help you diagnose problems and offer immediate advice. If we are not sure how to help you, we will try to get you an answer as soon as possible. Please give us a call at 655-2121 for prompt, reliable service from the Rossmoor Maintenance Department.

Call today for your free estimate on these jobs: attic insulation, ceramic tile, and window replacement.

## Your Garden

By Mel Moss

March is here and although it is still winter, the weather in general will be getting warmer and the spring season will be here officially within three weeks. It is still way too early to think about planting any of our summer flowering annuals such as marigolds, petunias, impatiens, etc. Night time temperatures can still get down well below the freezing point.

So, if you want some color in your planting beds now, a good solution is to put in some pansy plants. As you can see outside our North Gate, they can be effective. Pansies should be available at most garden centers by the middle or end of March, depending on the weather.

To plant pansies in March, it is important to buy plants that are adjusted to outdoor conditions. Pansies that have come directly out of a heated greenhouse may react poorly to the sudden change in weather conditions. When I used to sell pansies, I would take the flats out of a heated greenhouse and put them in an unheated greenhouse, giving them plenty of daytime aeration. In a week or so, the plants would harden off enough to be sold for outdoor planting.

Pansies are low growing, about eight or nine inches high with a spreading habit. They should be planted about eight inches apart.

Pansies have probably the widest range in color of any family of plants. Colors range in shades of red, white, pink,

yellow, blue, purple, orange and even black. Breeders have gone crazy developing new varieties. I have a seed catalogue that offers over 350 varieties. The flowers range in size from two inches to four and a half inches and they come in multi and solid colors.

Pansies like a lot of sun and a well-drained soil. If your soil is poorly drained, it would be best to plant in containers where you can create a well-drained soil. They have few diseases or insect problems. Occasionally you might get aphids on them, or mildew, but this is not a common occurrence. However, if rabbits are around, this can become a problem. They love pansies, especially the flowers. Planting in containers can prevent this problem.

Rabbits are not the only creatures that like to eat pansies. People also eat them and enjoy their mild mint fla-

vor. They can add a gourmet touch to a salad. Pansies are a good source of rutin, a nutrient that strengthens capillaries, which in turn helps prevent spider and varicose veins. Just be sure not to use any pesticides or chemical fertilizers on the plants if you want to use them in salads.

Pansies bloom their best with moderate temperatures. In the spring, and fall for that matter, when temperatures are generally between 40 degrees at night and 65 degrees during the day, they do their best blooming. Once we start getting daytime temperatures consistently in the 70s and 80s, the plants will get leggy and with few or no blooms. This is the time to remove them and put in your summer annuals. Usually this occurs sometime around the middle of June. By this time, you will have had at least a couple of months of beautiful color.



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## New water director is guest of LWV MT

By Ruth Banks

Michael J. Barnes brings more than 40 years of experience in private and public water distribution systems, treatment plants, reservoirs and high hazard dams and wastewater systems, water and wastewater systems design, rehabilitation and operation, and consulting engineering services.

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is a professional engineer, P.E.; certified municipal engineer, C.M.E.; certified public works manager, C.P.W.M., and has the top New Jersey Department of Environmental Protection water treatment and distribution licenses.

A graduate of Northeastern University with a B.A. degree in Civil Engineering, he also holds a Master's degree from the University of Texas at Austin.

In his spare time he has served in his community's volunteer fire department as captain and chief, and is a merit

badge councilor with the boy scouts.

The League meeting will take place on Monday, March 27, at 1 p.m. in the Township Municipal Building.

The League of Women Voters of New Jersey has been involved in environmental issues for more than 20 years. Through its study, research and action it has developed a comprehensive state planning policy for land use decisions, which include open space conservation, habitat preservation for biodiversity, farmland preservation, including watershed and storm water management, energy and solid waste management. Lately it has focused on protecting the state's drinkable water sources in the Highlands and in the Pine-lands.

The Monroe Twp. League has sponsored several meetings on open space, water, energy, pollution, and electricity. Recently, the issue of the state's master plan for water has become of interest since many communities' water distribution facilities are more than 100 years old. Fortunately, Monroe's are not in that category. But another issue is the impact of growth on the town's aquifers. Straddling two major aquifers, the Highlands and the Pinelands, the township with about 43 square miles of at one time mostly rural and semi-rural land, didn't foresee a threat to the recharge areas of these aquifers. However, since those days, thousands of homes have been built, at least 10 retirement communities have been built, and many new commercial enterprises have thrived. So the League is concerned that we take water for granted, when we should be more concerned that this precious resource is protected.

The League is a nonpartisan political organization, with a national office in D.C. and Leagues in every state. Founded in 1920, a legacy of the women's suffrage movement, the men and women of the League continue to take on the challenges to democracy. For more information about the League, please feel free to contact: Andrea Pellezzi, 609-664-2146; Judy Perkus, 609-395-1552; Adrienne Fein, 609-860-5984; Marsha Rosenbaum, 609-409-0930; Mary Ann Colgan, 609-490-0063, or Ruth Banks, 609-655-4791.



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All schedules are available outside the E&R office (near the copy machine) or via the Web at [www.rossmoor-nj.com](http://www.rossmoor-nj.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.**



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

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age or older. Around the 15<sup>th</sup> of the previous month and members can sign-up for activities either via phone or in-person for all programs with a fee. For more information, visit the Senior Center to pick up a calendar of events or visit [www.monroetwp.com](http://www.monroetwp.com), and look for the "Office of Senior Services" link under "Departments."

#### Good For You Register in Advance

**Income Tax Assistance:** Until April 12, AARP-trained, volunteer tax counselors will provide free income tax help for individuals with low-to-moderate income - by appointment - on Mondays and Wednesdays. Transportation is available at select times. Please leave a message for Rosanna and she will promptly return your call. On your appointment day, please bring in last year's return as well as all pertinent tax info and your Social Security Card.

**The Top Ten:** On Monday, March 6, at 2 p.m., Mary M. Bridgeman, Pharm. D., BCPS, RWJUH, Ernest Mario School of Pharmacy, discusses what key questions you need to ask when you visit your neighborhood pharmacist — who is a local resource for all prescription and OTC medication related questions. Please register in advance.

**Viral Jeopardy:** On Monday, March 20, at 1:30 p.m., find out how smart you are as your answers are the questions in this interactive game centered around "health". Topics include: viruses around the world, illness prevention, and much more. Have fun while learning some new information to wow your friends with Michael Yannotta, RN, Director of Nursing, at The Martin and Edith Assisted Living Residence, The Wilf Campus for Senior Living.

**Nutrition Inquiza-Quest:** On Thursday, March 23, at 1:30 p.m., we welcome back Caryn Alter, MS, RD, of CentraState's Star and Barry Tobias Health Awareness Center, for some learning, laughter, and prizes. This is your chance to test your nutrition knowledge while having some fun!

**Science Today/ Sustainable Organic & Community Supported Agriculture:** On Tuesday, March 28 at 1:30 p.m., Sherry Dudas, owner of Honey Brook Organic Farm, with over 10 years of conservation and farmland preservation experience, discusses how its Community Supported Agriculture program serves over 4000 families without using synthetic pesticides or fertilizers. From pro-

viding quality organic produce at reasonable prices to ensuring safe working conditions and livable wages for farmworkers, Ms. Dudas shares the story of the farm, including threats to its future viability. Hosted by Vivian Schwartz, Science Today Facilitator.

#### Music & More Register In Advance

**Mike & Ted Present:** On Wednesday, March 8, at 2 p.m., our friends, Michael and Ted, for WWFM's "The Classical Network" discuss the life and six decade career of Debbie Reynolds. Enjoy songs from her early film roles through her later stage work along with a look at her often tempestuous life off-screen.

**Empty Bowls Kick-Off Breakfast:** On Friday, March 10, at 10 a.m., enjoy a catered brunch and join Monroe Township students as they fight hunger in America and seek your support. Find out how you can get involved by painting bisque ceramic bowls for the silent auction in June. Learn more about this worthwhile, intergenerational endeavor by participating in this kick-off event. Tickets: \$5 p.p., due upon registering in-person no later than March 3.

**Jerry's Travels:** On Friday, March 10, at 1:30 p.m., sit back and relax as Jerry takes you on an armchair adventure and shows you the historical sights of Washington, D.C. during this two-part journey. Part II is scheduled for Friday, April 28, at the same time. When you register for this program, you will be automatically enrolled in the April session.

**Karaoke with Rick:** On Monday, March 13, at 2 p.m., enjoy some seasonal songs performed by Rick Purcell; and get ready to sing your favorite tunes. Light refreshments.

**Thomas Elefant's Musical Lectures:** On Wednesday, March 15, at 1:30 p.m., Thomas Elefant examines *Incredible Rhythm* where he explores the dynamic elements of rhythm in some of the most beloved melodies. Then, on Thursday, March 16, at 1:30 p.m., Mr. Elefant returns to provide an analysis on the popular music of Tchaikovsky's *Swan Lake*. When you register in advance, please note which programs you wish to attend.

**Zeigfeld Girls:** On Wednesday, March 22, at 1:30 p.m., Marty Schneit, Historian and born/bred New Yorker, provides this discussion on Florenz Ziegfeld, known as the "glorifier of the American girl." This Power-Point presentation will include Irving Berlin, Anna Held, Justine Johnston, Fanny Brice, and many others, along with the songs, "My Man", "Love Me or Leave Me" and "A Pretty Girl is Like a Melody".







ADVERTISEMENT



# New Directions

IN HEALTH AND WELLNESS

An educational medical series brought to you by Northeast Spine and Sports Medicine

This month's topic: **SPINAL DECOMPRESSION**

## Say goodbye to back and leg pain ...without surgery!

### NEW Non-surgical, FDA approved treatment for Back Pain now available locally

30 Million Americans suffer from back pain every day, affecting everything that you do, from work to play... and ultimately your quality of life.

With 7 out of 10 people experiencing low back pain at some point in their lives and low back pain being one of the most common reasons for patient visits to primary care physicians as well as hospitalization, there is no doubt that low back pain exists in epidemic proportions today.

#### Back Pain:

##### Causes and Coping

There are many causes of back pain. Some people develop it over time, others are injured in sports, work, or auto accidents. A good deal of sufferers also complain of pain and numbness in their legs, usually the result of spinal conditions such as sciatica, stenosis and herniated discs.

Regardless of the cause, people cope with pain differently. Many people try to wait back pain out

only to find that it keeps getting worse. They buy new mattresses, try different stretching exercises, learn new techniques for sitting and standing, etc., yet their condition doesn't improve. Some make repeated trips back and forth between their medical doctor, chiropractors and/or physical therapists. Others opt for surgery, and while it is true that surgery may be the answer for certain types of back injuries, it is highly invasive and not without serious risks.

Therefore, when considering your treatment options, ask yourself... If there is a solution to back pain that doesn't require surgery, all under one roof, is it worth exploring?

#### A New Hope for Lasting Pain Relief

We at Northeast Spine and Sports Medicine are here to tell you that the answer is YES! Our integrated treatment program offers effective non-surgical relief for back pain. In fact, we have helped thousands of back pain sufferers just like you get rid of their back pain and return to a higher quality of life since 2002.

After years of study, training and trials, we have developed a mode of care incorporating a combination of advanced FDA-cleared treatments with breakthrough technology that aids in the restoration, stabilization, and relief of your specific condition. The options are non-surgical, provided under one roof and covered by most insurances, including Medicare. Healing effects can be felt on the first few visits.

#### Spinal Decompression: FDA-Approved, Non-Surgical Relief for Back Pain

Spinal decompression therapy can be used to treat disc bulges and herniations, disc degeneration, sciatica, spinal stenosis, arthritis, facet syndrome, and chronic pain in the low back. This type of treatment employs a motorized traction machine that gently stretches the spine,



relieving pressure that builds up on the discs and nerves. By creating negative pressure within the disc, referred to as *negative intradiscal pressure*, a vacuum is formed, drawing the bulging and herniated disc material back into the disc space, relieving pressure. Over time, this may cause bulging or herniated disks to retract, taking pressure off the nerves and other structures in your spine, which helps promote movement of water, oxygen, and nutrient-rich fluids into the disks so they can heal. This process of non-surgical decompression allows the body to heal itself naturally.



**Vax-D Spinal Decompression**  
There are many types of decompression machines available today. At Northeast

Spine and Sports Medicine you will find the latest medical technology, including Vax-D Non-Surgical Spinal Decompression. Vax-D's state-of-the-art decompression tables have been successfully operating for over 25 years throughout the world and is one of the FDA-cleared technologies available at Northeast Spine and Sports Medicine. More than 3,000 patients a day receive this treatment in the U.S. alone. Numerous clinical studies are available for review at [www.vax-d.com](http://www.vax-d.com).

In addition to Vax-D, we employ a variety of other wellness modalities as part of our integrated back pain treatment program:

- Acupuncture — Through clinical trials, acupuncture has been proven effective in treating various medical conditions, including back and neck pain, and has been expanded into conventional medicine practices throughout the world.
- Physical Therapy — A traditional

treatment methodology aimed at the treatment and curing of certain ailments common to patients suffering with chronic or severe pain. Its primary aim is to bring back the patient to his/her normal self, free of any pain or suffering.

- Cold Laser — A gentle, non-invasive procedure which is successful in treating chronic conditions without pain or discomfort to patients.

If you are suffering from the discomfort and numbness associated with back pain, the doctors and staff of Northeast Spine and Sports Medicine invite you to call their office and schedule a complimentary consultation. Say goodbye to pain and hello to a world of relief.

For details about Northeast Spine and Sports Medicine's non-surgical back pain treatment programs, call 732.415.1401 (Jackson Office), 732.714.0070 (Point Pleasant Office), 609.660.0002 (Barnegat Office) or visit [www.northeastspineandsports.com](http://www.northeastspineandsports.com)

### Are YOU a candidate for Spinal Decompression?

Types of symptoms that can be relieved include:

- Back/Neck Pain
- Leg Pain/ Numbness
- Chronic Low Back Pain
- Sciatica
- Stenosis
- Neuropathy
- Failed back surgery
- Herniated/ Degenerated discs

goodbye back pain...

hello world.

CALL US TODAY!

Get the non-surgical, FDA-cleared treatment for *sciatica, stenosis and herniated discs*

## FREE MRI/ X-Ray Review

Limited to the first 30 callers! Call today to secure your appointment!  
Offer expires 3-31-17

**NorthEast**  
SPINE and SPORTS MEDICINE



**Monroe Location**  
350 Forsgate Drive  
Monroe Township, NJ 08831  
732-521-9222

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