**VOLUME 52 / No. 5** 

Monroe Township, New Jersey

May 2016

# **Kiwanis Monroe Township Food Pantry** celebrates 25 years of service

By Diane England

It's hard to believe that it has been 25 years since members of our Kiwanis Club, concerned about people in our local communities who sometimes had difficulty putting food on their tables, founded the Kiwanis Food Pantry. And then, since that event in 1991, the Club has worked hard to sustain this program. Indeed, Club members have collected large quantities of food from generous people here at Rossmoor and elsewhere, conducted fundraisers to raise money which allowed for the purchase of food items to supplement the donated items, and solicited charitable gifts from individuals and organizations to cover other costs of sustaining a Food Pantry responsive to community needs.

Of course, as some of you are well aware, because you've donated your time to assist at the Food Pantry checking expiration dates, sorting, bagging and delivering food, this project has demanded the ongoing support of many volunteers, but always under the guidance of a very dedicated Kiwanis member who also had other management responsibilities to fulfill. Additionally, let us not forget that our Kiwanis Club has also been able to sustain the Food Pantry for a quarter of a century in part because of the assistance of people like Maureen and John Vergano, and the many

Registration for primary voting

If you are not yet registered to vote, you can become registered. The voter registration sites in Monroe Township are

(1) Monroe Township Clerk's office in the Municipal Building during regular business hours,

(2) Monroe Twp. Library on Tuesday, May 10, from 11 a.m. to 2 p.m.

The last day to register is May 17 if you want to vote in the primary.

Your Vote-by-Mail ballot must reach the County Clerk's office by May 31.

The primary will be held on Tuesday, June 7. Vote in the Rossmoor Clubhouse. dedicated members of the Knights of Columbus and the Church of the Nativity.

Times change, though, and changing times sometimes demand that we rethink how we deliver important services. With this goal in mind,

we've made some changes that you should be aware of. In fact, you might have heard that the Kiwanis has turned over the day-to-day operations of the Food Pantry to the Monroe Township Senior

(Continued on page 2)

# Ready for visitors— The Dey Farm is open

By Linda Bozowski

After years of planning and hard work, the Monroe Township Historic Preservation Commission has announced that buildings at the Dev Farm Historic Site on Federal Road between Applegarth and Perrineville Roads are open to the public for touring this summer. Through efforts of the Mayor and Township Council in working with the County Freeholders, the Township was able to obtain a generous \$1 million grant from Middlesex County.

Careful utilization of these and local funds has enabled the Commission, under the chairmanship of John Katerba, to oversee the reconstruction of three buildings on the property.

The property is open the first Sunday of each month beginning May 1 through October 2 between 1 and 4 p.m. Other tour open house days are June 5, July 3, August 7, and September 4. It is expected that the reconstructed one-room school-

(Continued on page 26)



Barn today



Schoolhouse today



**Captain Novick** 

# Welcome to Rossmoor, Captain Novick

By Carol De Haan

Aram Kavalgian, the operations manager for U.S. Security Associates, Inc., needed a new captain of security for Rossmoor. He must have felt he struck it rich when he received an application from Craig Novick, whom he quickly hired for this important position.

Novick, who lives in the nearby Stonebridge community, took on his new responsibilities in mid-March. Although Novick has visited our neighborhood on many occa-

sions because his wife's mother, Mrs. Van Arsdale, lives here, he was nevertheless surprised at what a busy little city this is.

"Would you believe that about a thousand vehicles come into Rossmoor every day?" says Novick. "Most of it runs smoothly, but at times our gate officer has to turn away some vehicles, possibly five or ten per day, when unauthorized people try to get in." Occasionally, someone denied entry will get

(Continued on page 2)

# Join the RELAY for LIFE to end cancer: Save the date

By Carol De Haan

This year the American Cancer Society is partnering with Monroe Township and with the Rossmoor community to sponsor its RELAY for LIFE events. This worldwide movement is the Society's largest fundraiser to end cancer.

The Township-sponsored Relay for Life event will be held on June 10 at the Monroe Township High School at 200 Schoolhouse Road. The Survivor Reception at 5 p.m. will be the first event, to be followed by opening ceremo-

nies and the Survivor Lap, in which teams will take part walking around the track. The relay walk symbolizes the round-the-clock battle being waged by those facing cancer.

Cancer survivors, their caregivers, and all interested persons are urged to register for the Survivor Reception and subsequent events by visiting www.RelayforLife.org/MonroeTownshipNJ

For more information about the Township events, you can call Shawn Triggs

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# at the governors' meeting



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

qm

Jane Balmer discussed the Financial Analysis report for the period ending February 29, 2016. Peter Kaznosky gave a membership report for the Golf Committee.

#### **Kiwanis Monroe Township Food Pantry**

(Continued from page 1)

Center, an organization with which we have worked closely throughout the years. As a result, we know that its director, Bonnie Leibowitz, will ensure the Food Pantry continues to fulfill the mission those Kiwanis members embraced in 1991.

That said, the Kiwanis Club intends to continue to raise funds, collect food, and lend support to volunteers, all tasks relevant to the Food Pantry's sustainability.

Let me close by saying on this, the 25th anniversary of the Food Pantry, it seems a most opportune time to thank all of you who have sup-

ported this project through donations, attendance at fundraisers, or volunteer efforts of any kind. We are most grateful for whatever you may have done. Furthermore, we hope we can continue to count on our community in the future. After all, while we would prefer there came to be a time when there was no need for a Kiwanis/Monroe Township Food Pantry, we suspect that day will not arrive. So, thanks for keeping a needed program alive for 25 years, and may it remain responsive to our commu-

#### Relay

(Continued from page 1)
at 732-292-4261, or go to the website:
shawn.triggs@cancer.org

Rossmoor residents are encouraged to join under the "Team Rossmoor" banner on the above-mentioned website or come to our E&R department to sign up and/or to make a donation to this worthy cause. So far, about a dozen residents and staff have already joined our team.

In recent years, our community has made significant contributions to the Cancer Society's fundraisers: \$6,000 in 2013 and several thousand dollars again in 2014.

**NB:** The death rate from cancer is down 23% from its peak year of 1991 through 2012. In that time, 1.7 million lives were saved.

**NB:** Sean Parker, founder of NAPSTER and founding president of FACEBOOK, is donating \$250 million to six prominent national cancer

centers to advance research into immunotherapy.

nity needs in this arena for

years to come.

**NB:** Immunotherapy is what saved then 91-year-old President Jimmy Carter from his diagnosis of brain cancer.

# A cancer survivor speaks out

By Carol De Haan

Cynthia Marnell of Mutual 11 is a 25-year survivor of cervical and uterine cancer. She credits her amazing recovery from this disease to early detection. "Timing is everything," says Cynthia. "If you have the slightest suspicion that something is not quite right, get it checked out. If you have misgivings about the results, get it checked out a second time, as I did. You won't be sorry."

Cynthia has already joined the Cancer Society's 2016 Relay for Life event. "I urge everyone to support this effort. If you're not able to walk,

(Continued on page 4)

# **Captain Novick**

(Continued from page 1)

rowdy, even stooping to threaten the gate officer. "We have a good relationship with the Monroe Police," says Novick. We will call them if necessary."

Novick has 11 officers on his staff who work over 300 hours per week on all three shifts. They patrol the entire community several times a day. They are responsible for all three gates, as well as all public buildings, which they open in the morning, close at night, and for which they inspect alarm systems.

Two officers are on duty at all times: the gate officer and a patrol officer, who accompanies and assists ambulances, police, or firemen whenever they might be needed.

"Safety is our big issue," says Novick. He recommends that we keep our car windows closed and that we lock our car doors. As well, we ought to keep our garage doors down and locked because no one knows who might be taking inventory. It's important for us to keep an eye out for our neighbors and to call in anything that seems suspicious. He urges all residents to obey the posted speed limits and watch out for STOP signs.

Novick brings much experience to his new job. He spent 30 years on the police force in central New Jersey's rapidly growing Franklin Township, eventually advancing to become its chief of police. On retirement from that position, he worked for the Transportation Safety Administration at Trenton Airport, checking passengers and their passports, and doing other security work. Add to that a stint of police work at both Fort Dix and McGuire Air Force Base and you can see that this affable man comes to us with a wealth of personal knowledge and familiarity with all aspects of keeping people safe.

Welcome, Captain Novick. We're happy to have you with us.

# Bits & Pieces

Sue Ortiz

As I write this, it is early April, and the vestiges of winter are having their final hurrah. A windy, cold snap is keeping thoughts of spring at bay. But, fear not, dear readers, May, and spring gardening, is just around the corner.

As I've said before, I do not have a green thumb, and the things I grow best are weeds. But wishful thinking has already got me buying Burpee seeds at the local Wal-Mart: morning glories and several varieties of sunflowers. The Jamesburg Garden Club, at our last meeting, provided seed starter pots and herb seeds. I have oregano, basil, and True Lavender sprouting on my kitchen windowsill. The Lavender Lady and chives, sadly, are not.

My yard is rather plain. I like to keep it simple for the lawn-cutting service I use. It's an easy job for them, so they keep the price down. But this year, I'd like to make things a little more colorful without bringing in a lot of new obstacles for them.

A few years back I had a tree cut down in my back yard. The stump still stands about 18 inches tall. I kept it because I knew my squirrels would like to sit atop it and eat the peanuts I provide for them in the feeder I have attached to it.

Last year I bought a wind spinner and a set of chimes from Plough & Hearth and positioned both of them next to the stump. This year I intend to add an irregular stone border around the area, plant wildflowers (and the sunflower seeds), maybe some bulbs, and put a sun dial on the stump, and let it be.

I have some beautiful pink hibiscus that my cousin planted in the corner of my front yard a couple of years ago. Who knew they would grow into a mass six feet high and overtake the front sidewalk and part of the neighbors' yard? I told the girls to cut down whatever encroached on their property (they didn't), and I tried anchoring the darn beauties (the plants, not the neighbors) with stakes (didn't work). I think I will have to relocate the flowers to a corner in the back yard.

I can't even keep a rock gar-

den. Several years ago, I fashioned a wee bit of my yard next to the front porch into a rock garden complete with stones, some large pieces of coal and other rocks, a small steel gazing ball, and just a few irises and grape hyacinths. I bordered the 16square-foot area with large rocks I collected on my travels (mostly from parking lot medians). Well, from years of my lawn service blowing the sidewalks, dirt and grass seed settled among the pretty stones. I asked myself the other day, "Where did all my rocks disappear to?" Looks like I'll have to redo that, too!

Of course my front porch's raised flowerbed will have the usual impatiens or begonias, which I will water faithfully, and they do grow. I just hope the poison ivy that took root last year doesn't return. The morning glory seeds will be planted in a pot on the porch and the vines allowed to meander up the trellises and across the front porch to hang like a dainty blue curtain fluttering in the summer breeze.

I might design a faerie garden as the centerpiece for my outdoor table. A little mushroom cottage nestled amid some moss with a little gnome and his tiny wife tending their own little lobelia garden. Sounds peaceful, doesn't it?

Meanwhile, the fragrant oregano and basil, as well as the lavender, will be transplanted outside into a couple of pots on the porch, if they don't wither away first.

Now, however, I'm just waiting for the last frost.

#### BP

"A good garden may have some weeds" – Thomas Fuller (British clergyman and writer, one of the most prolific authors of the 17th century. 1608-1661)

"Isn't it enough to see that a garden is beautiful without having to believe that there are fairies at the bottom of it too?"

— Douglas Adams (British comic writer, 1952-2001)

"If you have a garden and a library, you have everything you need." – Marcus Tullius Cicero (Ancient Roman lawyer, writer, scholar, orator, and statesman, 106 BC-43

# Rossmoor Rossmoor Mining House

#### News Board:

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

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 <a href="mailto:pescmd@aol.com">pescmd@aol.com</a> and clearly marked Rossmoor News.

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

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The deadline for

# The Rossmoor News is the 7th of every month.

# RCAI Committee Meetings May 2016

Agenda May 5 10 a.m. Maintenance May 12 9 a.m. Community Affairs May 12 10 a.m. Finance May 12 11 a.m. May 12 (Ballroom) **Board of Governors** 9 a.m. Golf Maintenance May 10 2 p.m.

Meetings are held in the Village Center.

# Tony, Joe, and the other guy

By Jean Hoban

One morning in April of 1990 my son, Tony, called to say he was coming home because he did not feel well. At that time he was a student at Montclair College living off campus with some fraternity brothers. He would attend one of his morning classes and meet me later at the Glenwood Diner on route 9 in Old Bridge. I made an appointment for him with our family doctor, and got ready for work.

About 2 o'clock we met at the diner and sat in a booth toward the back opposite the long counter. The diner was very quiet, the lunch crowd had left and the waitress was quick to take our order. After ordering I went to the ladies'



Tony's glove with Joe DiMaggio's signature

room to wash my hands.

When I came out I passed a tall well-dressed older gentleman in the small space between the men's room and the ladies' room. "Excuse me," we both murmured as

we passed each other.

When I got back to our booth, my son's eyes were wide with excitement and he was searching his pockets. I asked him what he was look-

(Continued on page 4)



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pecial Events: Ham Dinner - May 7th 5:30 pm Spring Fair - May 14th 10 am to 5 pm Car Show - September 24th 10 am to 2 p.m.

Rain Date for Spring Fair May 15%, 1 p.m. to 6 p.m.

## Start the holiday weekend right by attending a pancake breakfast

By Diane England

On Memorial Day, we honor those who died in military service to our country. You have a wonderful way to begin this holiday weekend by attending the Kiwanis Pancake Breakfast in the Ballroom of our Clubhouse on Saturday morning, May 28. And, of course, you have options; you can select either the 9 a.m. or the 11 a.m. seating.

So indeed, you need to start making those phone calls or sending those emails to discover what will best suit not only you, but any friends and family members with whom you'd like to share this special holiday weekend fundraising event. Oh, and there's another reason this would be a great time to invite others into our community; our beautiful pool will be opening the day before, on Friday, May 27.

If you have grandchildren with seemingly insatiable appetites, and even if you don't, you might be happy to know that, as in previous years, this is an all-you-can-eat affair. And with both the pancakes and sausages always being so good, aren't you secretly glad

that's the case, too? Of course, you'll also be served orange juice, apple sauce, and coffee or tea.

The really good news, particularly in this age of rising food costs, is ticket prices remain the same as last year, \$8 for adults and \$4 for children. You might even win a door prize worth more than the cost of your ticket.

You can reserve a table for eight for this breakfast by calling Alyce Owens at 609-860-0866. When you do, please be prepared to provide the names of those people who will join you at this table. This is important since seats for this event are assigned.

Individual tickets will go on sale in the Clubhouse Red Room starting on Friday, May 13 from 10 a.m. until noon. Ticket sales will resume on the following Monday during the same two-hour time slot, and then continue through that Friday, or May 20. Reserved tickets should be picked up and paid for during one of these times, too. Please bring a check rather than cash to purchase your tickets.

As in previous years, mem-

bers of the Monroe Township High School Key Club, a club promoting service, character, and leadership which is sponsored by Kiwanis, will serve the breakfast. After completing this duty, they will sell flowers to raise funds for their own service projects. Incidentally, the Key Club is the world's largest service organization for high-school students.

Do you wonder7 how Kiwanis will utilize the proceeds from this fundraiser? Primarily, the money will fund scholarships for some of the graduating Key Club members. However, some funds could be used to support other Kiwanis projects such as the Food Pantry or the Reading Is FUNdamental program.

On a somewhat related note, would you like to experience the personal rewards that can come from knowing you're being of service to others in your community and township? Then contact President Alyce Owens at 609-860-0866 to see how your unique skills or talents might benefit others if you were to become a Kiwanis member.



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# Nellie Bly: Journalism pioneer

By Jean Houvener

Born May 5, 1864, Nellie Bly is celebrated this month for her courageous and pioneering work as an investigative journalist. She was born Elizabeth Cochran in Cochran's Mill, Pa. In 1870 her father died without a will, leaving his second wife Mary Jane and their 5 children, including Elizabeth, with no claim to his estate. Her mother struggled to support the family. When she was old enough, Elizabeth began studying for a teacher's degree in order to help support the family. Even this proved to be financially impossible. She and her mother moved to Pittsburgh and ran a boardthemselves.

When she read an editorial by Erasmus Wilson of "The Pittsburgh Dispatch" which opined women should be confined to the kitchen and raising children and that a working woman was a "monstrosity," she wrote a scathing response which so impressed the managing editor of the paper, George Madden, that he hired her to work for the paper. She took as a nom de plume Nelly Bly as in the Stephen Foster song, but due to a typo in the final copy became Nellie Bly.

Bly particularly focused on the difficulties of working women. Among her early reporting exposés was a report on conditions for working women in sweatshops, where she worked undercover. When her editors tried to move her to the Women's page, she decided to move to New York and worked at the "New York World" newspaper beginning in 1887.

One of her earliest successes there was her undercover reporting on the mental institution on Blackwell's Island, where she was committed by feigning mental illness, and where she saw and experienced at first and the poor treatment and abuse that inmates suffered. She was released after ten days at the request of her editor.

She subsequently wrote, "What, excepting torture, would produce insanity quicker than this treatment?

(Continued on page 5)

#### Greenbriar @ Whittingham Community Presents

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# **Tony**

(Continued from page 3)

ing for and he said, "I need a pen." Then he said, "Mom, did you see who went into the bathroom?"

ing house there to support

I said, "Yes some man, why?"

Tony kept looking at another man who was sitting at the counter drinking a cup of coffee.

"Tony I said, what's wrong?'

He said, "Ma, the man in the bathroom is Joe Di Maggio, and I know that the man at the counter is somebody, but I can't place him."

"Joe Di Maggio in the Glenwood, in Old Bridge, c'mon Tony what would Joe being doing here?"

"Mom, he probably just had to go." Now Tony was frantic. "I have to get his autograph. Where's my pen?"

I pulled a pen out of my purse, handed it to him with a paper napkin and said, "Here, ask him to sign this." Tony said, "No I have my new glove in the back of my car," and with that he rushed out of the diner. Joe came out of the restroom and started talking to the man at the counter, they spoke softly, the man finished his coffee, left a tip, and both walked to the door. By this

time the waitress had brought our lunches, and she knew that Tony had recognized Joe DiMaggio and was out in the parking lot.

Tony returned a short time later with a signed glove and a story that we both like to tell. Joe asked him, "Do you follow the Yankees, kid?" and Tony who could not believe he was talking to one of his all-time heroes answered nervously that he was a diehard Yankee fan, and asked Joe to sign his glove. Tony stood by and watched him sign the glove as did the other man, who was smiling and smoking a cigarette. Tony knew he was missing something, but he was so excited to have met Joe Di-Maggio and gotten his autograph that he decided he would figure it out later.

When Tony came back to the booth the waitress came over to see the baseball glove. She wanted to know what happened. What did Joe say, and what did the other man say? Tony told her his short story and asked her if she knew who Joe's friend was. "Sure," she said, "that was Ted Williams."

The owner of the restaurant came over and offered Tony \$100 for the glove, which my son laughingly declined. The waitress and the owner congratulated him on getting the autograph, and we all bemoaned how great it would have been to have both Joe DiMaggio's and Ted Williams' autographs on the same baseball glove.

The following Christmas I bought Tony a box for the glove and wrote up the story so that he could keep it with the glove and have what the dealers on the Antiques Road Show call provenance. I am writing this story for the Rossmoor News on April 5, opening day at Yankee Stadium. Yesterday the official opening day was rained out. Today it is cold, but sunny and bright; the stadium is filled with Yankee fans who may have called in sick this morning because of the rescheduling. They are ready to begin the long journey through this spring, summer, and fall with their favorite team on the road to another American League pennant and a World Series trophy in their sights. Play ball! Go Yankees!

#### A cancer survivor speaks out

(Continued from page 2)

you can make a donation. If all you can afford is a small amount, don't consider that to be insignificant. Many small donations add up to a lot of help."

Twenty-five years ago, there was not a lot of support for cancer victims. "There was no hotline and very little else available to help and advise us," she says. "It's time for us to pay back for our good fortune. I hope everyone joins in this effort to eliminate cancer."

#### OPEN HOUSE

LAG B'OMER PICNIC & BBQ Join EBJC as we celebrate Lag B'Omer

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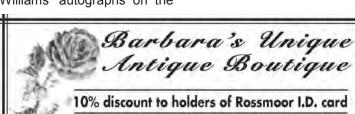
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# A challenge

By DierdreThomson

How are you feeling? Sometimes we don't feel very good physically, like having a stomach ache, and sometimes we don't feel good in our hearts; we are sad. The best thing for that, besides prayer, is exercise—HAPPY exercise.

Happy exercise can be done alone or in a group of people; actually it is more fun with a group. If alone, however, you might want to try this in front of a mirror. You may sit or stand while doing the following all body exercise:

Ready? Look as angry as you can, really make a face, a deep frown. Now smile slightly just with your mouth closed. Then look as sad as you can, really make a sad-sack face. Now make a wider smile. Okay, it's time to look as bemused or confused as

you can. Now grin from ear to ear.

The next step is to put your arms around yourself, like you are going to hug yourself. Keep your arms around you and twist from side to side. Now, put your arms across your belly and shake it like a bowlful of jelly. Then, look up and hold your arms out. Now bend down and place your hands on your knees. Very good! Do it again with sound effects. Place your arms around yourself and twist and say. "Ho, Ho, Ho." Put your arms across your belly and shake like jelly and say. "Hee, Hee, Hee." Look up with arms out and say, "Ha, Ha, Ha." Bend down, with your hands on knees and say. "Hoo, Hoo, Hoo."

I am not sure that was loud enough. Better do it again

LOUD. Repeat the four steps above. Now, how do you feel? God loves a merry heart and we can have a merry heart if we remember to do happy exercises. Just ask any of the folks you see in the Maple room, 11 a.m. to noon on Friday mornings.

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# **Nellie Bly**

(Continued from page 4)

Here is a class of women sent to be cured. I would like the expert physicians who are condemning me for my action, which has proven their ability, to take a perfectly sane and healthy woman, shut her up and make her sit from 6 a.m. until 8 p.m. on straight-back benches, do not allow her to talk or move during these hours, give her no reading and let her know nothing of the world or its doings, give her bad food and harsh treatment, and see how long it will take to make her insane. Two months would make her a mental and physical wreck."

Subsequent investigations by the New York Attorney General's Office resulted in significant changes to treatment at this facility. Later her reports were published as a book, "Ten Days in a Mental Hospital." She followed this reporting with further undercover investigations of jails and factories.

In 1889 she replicated the Jules Verne "Around the World in Eighty Days" fictional account, written in 1883, with a real-life around the world trip by ship, railroad, sampan, horseback, rickshaw, and other mechanisms in 72 days, 11 minutes, and 14 seconds, all of

it with full publication in the "World." In competition with her trip, the New York newspaper "Cosmopolitan" sent a reporter of its own, Elizabeth Bisland, in the opposite direction around the world. Both papers published the dispatches sent by cable and the longer reports sent by mail. Bly covered a distance of 24,899 miles, almost entirely on her own. Bisland returned from her own round the world trip four days after Bly. Bly later published her own book, "Around the World in 72 Days.'

In 1895 at age 30 she married millionaire Robert Seaman. After his death in 1904, she became president of the Iron Clad Manufacturing Co., where she made several important inventions and registered patents. After embezzlement by some employees brought the firm to bankruptcy, she returned to journalism, covering World War I and the suffragist movement. She died in 1922 of pneumonia at the age of 57.

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# **Employing words**

By Pam Toplisky

How expressive words are. Everyone has access to them, and anywhere we want to go, words take us there. Many words are thousands of years old, brought by wandering tribes from eastern steppes to regions along the Danube, and on into presentday Europe. From the Greek, we get hour and cemetery, from China silk, and veranda from India. French words came to England when William the Conqueror brought his court there in the eleventh century, since when words such as debris and crochet have not changed in spelling or pronunciation. In the New World Spanish and Portuguese words found a home. Over time, new words are coined, and dictionaries become larger. At the Writers' Group we employ an abundance of words, and form them into what, we hope, are entertaining jottings.

Subodh delights in politics, and in his poem *Pols*, he gives the words a wake-up call with staccato insistence to emphasize points. For "Greed is good" when "dollars float beneath the table." It's all a game! **Don** is a space buff. He zooms us off to Rama land, where "soda cans," two miles in extent, will house Earthlings in some future eon. For now, thank goodness, Don brings

us safely back to our chairs around the table in the Cedar Room.

On our return, **Norma** settles us with words on the grace of Earth's day, and restores confidence with her gifts of spiritual prose and poetry. Introspection comes naturally to **Betty**. Throughout her life she has filled a book with stories and poems of enlightenment, and shares these with us as well as recent works.

On a wave of words, **Steve** sails us into Galapagos, where fish, fowl, and animals, many with their own zoological curiosities, live without fear of humankind. These small islands in the Pacific Ocean are named after the old Spanish word for tortoise. **Tom** has stories to tell. Right now, working on his saga of Meredith and Mason, we wait in anticipation of ensuing chapters.

Please, **Dale**, don't "Go West," stay east. Your views on personal experience take us back to our own youthful errors and accomplishments. And you pass on energy to us in ideas of forthcoming ventures. Words to heal are found in two of **Diane**'s publications. She also writes on the needs of the handicapped, and shares moments of difficulty edging her own life, that make us take stock of challenges we our-

selves face. **Katrina**, a recent welcome addition to our group, writes of experiences in her positions in hospitals and prisons as a nurse/psychologist.

Insightful poems are one aspect of **Norm**'s pen, while his children's stories bring chuckles and intrigue. One story, "Harry the Hairy Ant" has recently been published. **Robert** shares poetry he has found enjoyable from small parts he has had in the theater.

Carlos' big search is for members of his family he never knew existed. He discovered his grandfather drowned, when the ship was torpedoed on its voyage from Italy to America. Twenty years later Carlos' father made it safely to the States.

Marty joins us when he can with personal poems and writing he has published. This collection focuses joyously on his wife, now deceased. Pam writes on history and the world of nature, the latter for two years with Sierra Atlantic.

The Writers' Group is our monthly call to action: searching, exploring, and deciding how to employ the words we use. On the last Thursday of the month at 10 a.m., we meet in the Cedar Room. Join us. We'd we pleased to welcome you. And look for our Open Mic in June.



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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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## "Alas! in Winter, dead and dark, where can poor robin go?"

By Anne Rotholz

This quote from the poem Robin Redbreast by the 19th century Irish poet William Allingham comes to mind in January and February each year when the first robins return to Rossmoor. The robins usually come in small flocks and gather near the Clubhouse. I have often wondered why they stop there but this year I found a simple explanation. Robins go wherever there is a food source and several of the shrubs growing there have one of the robin's favorite food, berries. These robins are usually gone in a few days but other small flocks appear and leave in a similar manner. Several weeks later nesting robins come to our lawns in much smaller numbers.

The American Robin, *Turdus Migratorus*, a migratory song bird of the *turdus* (thrush) family is found throughout North America. It is not closely related to the European robin which belongs to the flycatcher family. In terms of population it ranks just behind one of America's more populous birds, the red-winged blackbird and ahead of another bird that is found here in large numbers, the European starling.

The robin has an average length of 10 inches and a wingspan of 12 to 16 inches. It is dark grey or brown on the back and has wings with a reddish-orange chest. The female is slightly less vibrant than the male. It moves in a run and stop pattern on our lawns and then stands upright, sometimes tilting its head to the side, always in search of food. Contrary to popular opinion robins do not hear the earthworm that will provide the next meal for the family. Its keen eye can, however, pick up the slightest movement of earth that indicates the presence of the doomed creature.

Robins will come by when you water your flowers or lawn, running around happily at a safe distance. You make them welcome by providing them with water while encouraging the earthworms to come closer to the surface.

Robins also feed on insects, beetles, snails, spiders and caterpillars. They love berries and all kinds of fruit. The robin's migration has more to do with food than climate. When the winter freeze hits the northern U.S. their food source is limited to berries and fruit. A strong instinct tells them that there is not going to be enough food for all. They gather by hundreds in roaming flocks and several of the flocks head for Florida, northern Mexico and the coast of Southern California.

It will be a long, tiring journey for the birds and many of them will not make it to the destination. The ones that get there will have plenty of food for the winter but will have to face another dangerous journey when they return north in spring. While flying 100-200 miles a day at the mercy of spring storms, a large number of the birds will be lost.

Those that stay in place are

spared the perils of traveling, but a very harsh winter can be detrimental to a good percentage of them. They gather in large flocks to roost on bushes and trees in swamps, forests and other areas of dense vegetation. By day they break into smaller groups to forage for food. When earthworms and insects are no longer available they have to survive on berries.

Robins have a special call to warn their friends that a predator is approaching and they will band together to fight it off. Predators are cats, hawks, crows, and large snakes. Their greatest enemy, however, turned out to be West Nile Virus. When the disease came to this country from Uganda in 1999 it killed up to 45% of the robin population. West Nile was most lethal to crows, jays, and robins though other birds were affected as well. Robins earned the title of "super spreaders" of the disease for two reasons. The type of mosquito that gets infected by the virus is especially fond of biting the robin. Also, a robin can carry the virus in its body for a longer period of time before the bird recovers or dies and consequently many more mosquitoes get infected.

The robin is one of the earliest birds to build a nest and lay eggs. The male arrives first and finds a suitable site. It could be a horizontal branch of a tree or shrub, a windowsill, a ledge of a house, barn or bridge and it is always 5 to 25 ft. above the ground. He will then defend the spot by singing until the female arrives. The nest is usually made of mud, twigs, grasses, and other debris and is lined with fine grasses and plant fibers.

The female lays 3-5 eggs that are pale blue in color. Both parents feed the young, though the female does most of the work. Robins are very aggressive while the young are in the nest and they will dive-bomb anyone who comes near it. After 14-16 days the fledglings leave the nest. The male robin then takes over their care as the female prepares to have one or two more broods.

The fledglings can fly a short distance when they leave the nest but they will not have sustained flight until after two weeks. It is not surprising that only 25% of them survive to become fully fledged birds.

The average lifespan of a robin is just two years. It makes me sad that these beautiful and familiar creatures that come to visit us each spring have such a short lifespan.

Here are some additional interesting facts about robins:

The robins we see in early spring may have wintered just miles away.

The robin is the first bird to sing in the morning and its song is the last one you will hear at night.

A robin will sing just before a storm and again as soon as the storm ends.

Robins have a very clean nest since the adults carry the

waste away after each feed-

Drunken robins are not a myth. Sometimes after gorging themselves on fermented berries, robins appear disoriented and actually fall over!

Robins have a sweet tooth. They will even eat cake if one gives it to them.

While they are migrating, robins are guided by the angle of the sun.

A group of robins is known as a "worm" of robins.



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"Mothers hold their children's hands for a short while, but their hearts forever.

- Author Unknown

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## **Ever heard of amebiasis? Neither have I**

By Linda Bozowski

May is finally here and is another month filled with many observances that may be of interest. Among them is the opportunity to learn of a wide array of diseases and disorders, including arthritis, asthma, brain tumors and high blood pressure. Also on the list of observances is another medical segment of lesser-known disorders called medical orphans. According to some sources, there are as many as 6,000 diseases defined as rare or orphans

Under the Orphan Drug Act of 1983, vaccines and diagnostic agents qualify for orphan status if they are intended to treat a disease affecting fewer than 200,000 American citizens. The Rare Diseases Act of 2002 simplifies the definition by qualifying the prevalence to about 1 in 1,500 people. Europeans, on the other hand, define a rare disease as an orphan if fewer than 1 in 2,000 persons are affected. Worldwide, approximately 300 million people are affected by rare diseases according to the Global Genes Project.

While 200,000 or fewer persons compared to our whole population is a small percentage, these disorders are very serious to those persons suffering from them. In the U.S. some of the others who make this list have names that we've heard of or read about: Crohn's disease (more than 500,000 people), cystic fibrosis (30,000), vascular dementia (over 4 million), and eight varieties of Lou Gehrig disease (more than 12,000). But you (or I) may never have heard of osteolysis, Meige syndrome, Hartnup disease, or Reye syndrome.

Most rare diseases are genetic, which means that, although symptoms may not appear immediately, the diseases are present throughout the person's entire lifetime. According to some sources about 30 percent of children with rare diseases will die before reaching their fifth birthdays. Many rare diseases manifest symptoms early in life, while other appear later. Some are more prevalent in distinct geographic areas. Cystic fibrosis, for instance, is relatively common in Europe and European-descent populations, but is rare in most parts

So what is being done to treat these "orphans"? Traditionally, pharmaceutical companies have invested their research and development efforts and funds on generating medications to treat more common diseases. Our legal processes for testing and ultimately approving drugs for wide-spread use are intensive and costly. However, since there are far fewer persons affected by some of these rare diseases, the costs of conducting clinical trials in smaller populations is less and development of these drugs may actually become a more profitable source of income for the drug companies. In addition, regulatory agencies have become more flexible in generating approvals for these newer and smaller trial group treatments.

Despite the potential upside of generating new classifications of drugs, the larger pharmaceutical companies are still minor players in the orphan drug arena. Most research funding comes from venture capitalists and smaller companies, since they may be able to produce potential products more cost-effectively. Several of the larger pharma houses are investing in research units dedicated to rare diseases in the hopes of generating significant profits related to rare (translate to "now valuable") diseases. It is expected that global R&D funding for orphan drugs will continue to exceed one billion dollars per year as the larger pharmaceutical houses expand their efforts.

In the meantime, all we nonmedical friends, neighbors and family members can do is be helpful in whatever ways we can and be empathetic to those who have these rare diseases. And let's hope that our legislators will support funding for development of medications and treatments that can help those who need help.

## The slugs are coming (from Capistrano?)

By Linda Bozowski

I wouldn't kid you. On the list of observances in May is the return of the slugs from Capistrano. You know, like the swallows. Being a curious person, I went to the search function on my computer to get more information, and this is what I found out.

It was reported that the slugs that have been living in the mission at San Juan Capistrano (a beautiful place I visited in 2003) leave the mission grounds in May. These gastropods have migrated to the mission (the reason for migration and when it may have occurred

was unstated in the article). In May the slugs go back to the gardens they came from, according to the author. It was further noted that slugs are very destructive pests and are difficult to control. (I think I read somewhere that they can be captured by placing saucers of beer in the garden. I haven't tried that.)

Imagine my surprise when I learned that this holiday is a copyrighted holiday created by Thomas and Ruth Roy of Wellcat Holidays. I didn't know that people could make up holidays. When I think of one, I'll let you know.



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#### Grandma's clock

By Bob Huber

Recently, a visitor to our home was relating the details of her recent travels when her speech began to falter and eventually came to a dead stop.

"What is that noise?" she asked.

"What noise?" I queried. "That sound, that ticking,"

she said.

I had to think a moment. Then I said, "Oh, that's 'Grandma,' my maternal grandmother's kitchen clock. It's mounted on a shelf in the hall."

are a serious matter

"How can you concentrate with that infernal ticking going on?" she asked.

I told her that I hardly notice it, but truthfully, 'Grandma's' ticking is quite strident, and her hourly chime is even more so, but she is an important member of our family and a constant reminder of things past. Every hour her chime says, "I'm Sarah Ann Brearly. I came to this country as a frightened young girl from Burry, Lancashire. I grew up, married, and raised a good family on very limited resources. I'm proud of what I have done!"

# The PB and J dilemma – food allergies

soy oil?

been deep fried in peanut or

Patients with more serious

symptoms may be advised to

carry an epinephrine (epi)

pen. Care must be taken us-

ing such a device, since the

medication must be injected

into the upper thigh, not intra-

venously. An Emergency

(Continued on page 10)

By Linda Bozowski

School lunch boxes and bags have evolved over the years since we carried them. The creation of insulated containers and prepackaged foods that require no refrigeration have allowed expansion of the food lists that can now be safely provided for a lunchtime five hours after the bus picks up the kiddos for school. However, as we have become more aware of the food sensitivities that affect about 15 million Americans, we need to take greater care in our kitchens.

Only eight foods have made the list compiled under the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA). But what a listing! The top eight foods identified are cow's milk, eggs, peanuts, fish, shellfish, tree nuts, wheat, and soy. Certainly these foodstuffs are not the only allergens that may have negative impacts for some of us, but the list includes many foods that are present in the foods we eat, both in our homes and out at restaurants, fast-food places, and school sports events. We may be unaware of what we may be ingesting, and may suffer consequences ranging from unpleasant to life-threatening. The food vendors at the track meets I attend don't have labels on the hot dogs, and how many of us read the nutrition data sheets at Burger King?

Many food allergies begin during childhood, which is part of the logic of introducing new foods to children one food at a time over the course of several days. But getting past the fifth birthday doesn't mean that a person cannot develop food sensitivity. Unfortunately, some allergies manifest themselves out of the blue, with symptoms that range from watery eyes to rash to stomach cramps to anaphylaxis. If symptoms are mild, the patient's doctor may recommend keeping a food diary. While a diary may be helpful, the record-keeper may not be aware of less readily identifiable foods he or she may have ingested. For example, when you eat a Drake's cake, do you think about the fact that it probably contains flour, milk products, and eggs? Or that your chicken nuggets may have

Grandpa was a skilled craftsman who made good wages, but as a devout fundamentalist, he gave most of his money to his church, leaving grandmother with a very slim budget to run her

> household. The thing Grandma wanted most of all was a clock for her kitchen, but Grandpa would not hear of it. He carried a perfectly good pocket watch, and that's all the family needed to know about time. A kitchen clock would be a waste of money.

> But Grandma persisted. One day while grocery shopping she noticed a company that made pudding powder had a special promotion. Attached to each box of powder was a coupon good toward the receipt of a beautiful kitchen clock. The family ate a lot of pudding over the next few months, but eventually Grandma accumulated enough coupons to send for her clock.

> The clock arrived in due course. It was a very basic timepiece, no match for the more elaborate clocks avail

able in those days, but Grandma thought it was beautiful, with its shiny wooden case and its bright brass works. Grandma immediately put it on the most prominent shelf in her kitchen and set it in motion. When Grandpa came home from work, the first thing he heard was the ticking, and he asked what it was. She said, triumphantly, "It's my new kitchen clock which I earned with the pudding coupons I saved, so it didn't cost you a penny. It's my clock, on my shelf in my kitchen, so I don't want to hear another word about it!" And she didn't. Grandfather knew when he

was beaten. The clock sat for years on shelf in Grandma's kitchen. My mother said it was one of the earliest sounds she remembered hearing as a child. After Grandma's passing, the clock passed among various family members and eventually into exile in a cousin's attic where it was all but forgotten for many years.

While cleaning house one

day, my cousin found the clock. Remembering our interest in family heirlooms, he called to ask if we would like to have it. Indeed, we would!

A thorough examination by a local clock repair man revealed that the old mechanism had weathered its 125 years in good shape. It had all its original parts and needed nothing more than a good cleaning.

Therefore, today Grandma's kitchen clock resides in our home. Far from an annoyance, its ticking is like a reassuring heart beat that says our home is alive and well.

Someday "Grandma" will be passed along to our daughter, and I hope the venerable old timepiece will provide her with similar comfort and remind her of that plucky young English lass who made a home for herself and her family in the New World.

May is Personal History Month, a good time to reflect on those who came before us and established our heritage.

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## A conversation with Clementine

By Bob Huber

May is National Pet Month. In honor of the occasion, I decided to interview my cat, Clementine. I rescued Clementine from a shelter over a year ago, and we have been close friends and constant companions ever since. I interrupted her in the middle of one of her naps

Clementine, we need to talk.

Not now. I'm taking a nap.

You take six naps a day. You won't miss this one.

Yes, I will. This is my biggie. I'm good for a couple of hours.

This is National Pet Month...

Whoopee.

... And I want to interview you for the Rossmoor News.

Really?! Well now, that sounds interesting. Perhaps I could spare a few minutes.

I thought you might. First of all, how would you describe yourself?

I am a cat.

Could you be a little more

#### PB and J

(Continued from page 9)

Room visit may still be necessary, since there is no guarantee that a dose of epinephrine will absolutely resolve the reaction.

Food allergies must be taken seriously, since they can be, in some cases, life threatening. Since many folks live or travel alone, extra care should be taken while taking care of ourselves or our loved ones. Read food labels, ask restaurant wait staff, and enjoy a PB and J on toast if and when you can. Preferably with a glass of cold milk.

#### specific?

Picky, picky! I am a sevenyear old, grey tiger American shorthair.

# Do you know anything about your background?

Not specifically, but I know my lineage goes back over 7,000 years when people on the island of Cyprus began domesticating several different breeds of wildcats, not only as pets, but also to keep down the rodent population.

# You've come a long way since then.

In many ways, but we retain a lot of our original traits. For instance, we still like to hunt and ambush our prey. Have you seen how we go after birds, mice, and squirrels? It's pure artistry.

#### I prefer not to watch. How did you happen to wind up in the shelter where I found you?

Correction: I found you. Cats always select their owners.

# Okay, we found each other.

I was raised from a kitten by a very nice family. They gave me good food to eat, cozy places to take naps, and a clean litter box.

#### What happened?

I was a house cat, but one day I got outside and became lost. I had to fend for myself for days.

# That must have been very

It certainly was. One day, the Princeton animal control officer found me. He could tell I was more than just another feral cat, so he took me to a nice shelter where I had good food and a nice place to sleep. The shelter folks said they would find a good home for me, but I was worried.

Why were you worried? It seems like things were working out pretty well for you.

Most people who get cats from shelters want kittens, and here I was, a middle-aged cat. I had visions of being stuck in that cage forever, but within a matter of a few days you came along, and I knew you were the right one for me: another elderly person with a soft lap.

I'll ignore the designation. But adopting you wasn't easy. I had fill out a mountain of paperwork, and have two people vouch for me.

Well, it's like the people at the shelter said: they would make every effort to find a good home for me. But, it can be risky. You never know how people are going to react to cats. Why, do you know that it was not that long ago that people thought black cats were witches in disguise, and they were often thrown into the fire alive?!

# Thank heavens those days are over.

Maybe so, but even today so many pets are ignored or mistreated. It can be hard to find a good home. It's really too bad. We make great companions for seniors. We require very little care, and we are wonderful companions

# Do you feel you have a good home now?

Very much so. And I'll be even happier when you allow me to finish my nap.

I can take a hint. Pleasant dreams.

# Annual Postal Service food drive

Be sure to watch for the notice in your mailbox about the U.S. Postal Service Food Drive on Saturday, May 14. All donations of unexpired, non-perishable (preferably not in glass jars) should be put into plastic bags and placed by your mailbox on the morning of Saturday, May 14. Your letter carrier will pick up and deliver your donations to the Monroe Township Food Pantry where Kiwanis members will be on hand to receive



them

Thanks to the generosity of our residents last year, this Postal Drive generated more than three thousand pounds of food which was distributed to those in need in our area. Let's try to do even better this year!

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# Monroe Township chorus salutes the armed forces

By Sheila Werfel

The Monroe Township Chorus will present its annual Salute to the Armed Forces at the Richard P. Marasco Performing Arts Center located in the Monroe Township Middle School at 1629 Perrineville Road on Monday, May 16. The doors will open at 7 p.m.

The Chorus will salute the military service of men and women who proudly served and those who continue to serve our country. Through choral performance and singalong songs, we will express our reverence, respect, and gratitude to all the branches of the Armed Forces.

The Monroe Township Cho-

rus, under the talented leadership of its Director Sheila Werfel and its accomplished Music Director David Schlossberg, will make this an evening not to be missed. If you are a veteran, show your pride by wearing your military decorations, uniform, cap and/or jacket of your veteran's organization. Let us thank you for your sacrifices and thank those who still guard us, our flag, and our way of life. Join us as we proudly honor, salute, and pay homage to all the military, past and present.

Admission is free. Everyone is invited. No tickets required. For additional information, please contact Sheila Werfel at 609 619-3229.

www.NJRETINA.com



"Ask the G.M."

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

#### Q: How are the RCAI Board of Governors officers elected?

A: By the time you read this article many of the Mutuals will have had their annual meetings and elections. It is the time of the year to extend our sincere thanks to our directors for serving the Mutuals and RCAI and to welcome the newly elected directors.

It is also the time of the year when the directors elect their Mutual officers, decide their committee assignments for the three RCAI Standing Committees (Community Affairs, Finance, and Maintenance) and the Governor to serve on the RCAI board.

Each RCAI Standing Committee as well as the RCAI Board of Governors, is composed of a representative from each of the 18 Mutuals. The committee members elect the officers of the three committees this month.

The last step is the election of the RCAI Executive Committee, president, vice president, treasurer, and

secretary, at the RCAI Board of Governors meeting on Thursday, May 19 at 9 a.m. in the Clubhouse Ballroom. All 54 Mutual directors elect the RCAI Executive Committee, in person, at this meeting. There are no absentee ballots and nominations are made from the floor. Each director votes by written ballot at the meeting.

It is certainly a very busy time of the year. All the meetings are open, held in the Meeting Room in the Village Center (except the May meeting of the Governors) and we encourage you to attend.

Once all the Standing Committee officers and Executive Committee are elected the fun will begin.

It is an exciting time and we plan to do our best to keep you informed of all the activities, projects and plans through The Rossmoor News and Channel 26. As always, I am available to answer your questions, comments or concerns.

Q: Is it possible for my children or friends join the golf course?

As a resident of Rossmoor, you may pay a daily fee and play the course or you may become a member and enjoy as many rounds of golf as you wish. We offer full memberships and Resident 9 Hole Golf Memberships as well as Range Memberships for our residents.

In addition, memberships are available for relatives of Rossmoor residents and non-resident golfers over the age of 21.

If you do not own a cart, we do have daily cart rentals or a full season golf cart membership.

If you, a family member or friend have any questions about the golf course and the memberships we offer, please contact our golf professional, Ted Servis, at 609-655-3182 or email tedservis@rcainj.com

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#### **District #3 Fire election results**

By Fire Commissioner Joe Haff

In the latest Fire District election held this past month, Regency resident James Fisher won re-election as Fire Commissioner for a three-year term with a total of 183 votes as opposed to two write-in votes for opponent

Steve Gorbe.

The vote for the 2016 budget passed with 149 "yes" votes to 41 "no" votes.

This year, only 36 Rossmoor residents voted out of a population of over 3,000. We couldn't blame the weather this year.



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#### Thanks to all

I would like to take this time to thank the residents of Rossmoor for the continued prayers, phone calls, visits, cards, flowers, and so much more while I was in the hospital. Things are starting to look good and I appreciate all

# Vote and eat, too!

What is the second event on Primary Day to look forward to?

Why it's the Rossmoor Rental Library Annual Books and Bake Sale, of course. This will take place between 10 a.m. and 2 p.m. on Tuesday, June 7 in the Gallery.

Donations of baked goods are needed and appreciated.

We will have assorted pastries to buy. Take some or stay and enjoy your choice with a free cup of coffee.

Don't forget to check out our sale books: only \$1 each and paper backs for 25¢ each or four for \$1.



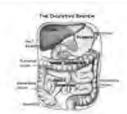
of the concern that was shown to me. Rossmoor is a wonderful place because of my neighbors and friends.

Thank you all so much. **Barbara Jolly** 



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# Bob's Almanac

By Bob Huber

It's May; it's May, the merry month of May! Mother Nature puts on her spring finery: flowers and trees are in bloom, not to mention pollen, and testosterone levels are rising in the younger generation. It's no wonder that May 1, (May Day) has been celebrated as a special occasion since ancient times.

Though May 1 is the unofficial start of the wedding season, it should be noted that there was an important wedding of a political nature which happened on May 1, 1707, when traditional enemies Scotland and England joined forces to become Great Britain, creating Western Europe's most formidable monarchy.

May 3, 1898 - Golda Meir

was born in Kiev, Russia. As one of the founders of modern Israel, she served as Israel's prime minister from 1969 to

May 4, 1494 - Christopher Columbus discovered Jamaica on his second voyage to the New World. Some say he took a circuitous route home after also discovering Jamaican rum.

May 5, 1862 - Mexican troops defeated the French forces of Napoleon III in the battle of Puebla, thus establishing May 5 as the country's Independence Day, known as Cinco de Mayo, similar to our July 4.

May 5, 1961 - Astronaut Alan Sheppard was the first American to fly into space. The sub orbital flight lasted 15 min.

May 6, 1937 - The huge German transatlantic airship, **Hindenburg**, caught fire and crashed while landing at Lakehurst. New Jersey. Out of the 97 passengers and crew on board, only 61 survived. The debate still rages as to whether the fire was started by a saboteur's bomb or leaking hydrogen gas set ablaze by lightening.

May 6, 1856 - **Sigmund Freud** was born in Moravia. Though Freud's methods were originally dismissed by his peers as inconsequential or bogus, he was eventually recognized as the father of modern psychoanalysis.

May 8, 1884 - Harry S. Truman was born in Lamar, Missouri. He was the last of only nine presidents who didn't attend college. He was poorly prepared to assume the presidency after Franklin Roosevelt's death, but he skillfully guided our country through perilous times. In his

"no nonsense" manner, he once said his decision to drop the atomic bombs on Japan was not difficult. In the end, it saved thousands of American and Japanese lives. It was a decision that will be debated for generations to come.

May 10, 1869 - The Union Pacific and the Central Pacific railroads met at Promontory Point, Utah. With the driving of a golden spike, the East Coast and the West Coast were connected by railroad for the first time.

May 11, 1888 - Irving Berlin (Israel Isidore Baline) was born in Russia. He could neither read nor write music, but he composed some of the most popular melodies of the 20th century. His patriotic song, "God Bless America," reached the status of a national anthem during World War II.

May 17, 1792 - Twenty-four merchants and brokers established the New York Stock Exchange. They met outside under a tree, and in inclement weather they moved into a local coffeehouse.

May 20, 1862 - Pres. Abraham Lincoln signed the Homestead Act into law, which opened western government owned land for settlement. After living on the land and cultivating it for five years, "homesteaders" could buy up to 160 acres for \$1.25 an acre. Today, it would be hard to rent a parking space for an hour for that much money.

Better still, leave the car in the garage, and take a nice long walk on these beautiful spring days to enjoy what Mother Nature has to offer. And if you should encounter a bunch of guys sitting under a tree, see if you can pick up some good stock tips.





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# Focus on: Groups and Clubs

By Jean Houvener

#### Book Discussion Group: Read interesting books and discuss

The Book Discussion Group is one of the longer running groups at Rossmoor, having continued for over 20 years under the guidance of Norm Perkus. The group meets in the Maple Room of the Clubhouse on the second Thursday of each month at 3 p.m. All residents are invited to any meetings. A list of the books being discussed in the course of the year can be obtained from E&R. In October the members of the group meet and vote for the books for the upcoming year, one book each month, with a video showing of a Shakespeare play at the June and July meetings.

At a recent meeting the group had read and discussed "Outliers: The Story of Success" by Malcolm Gladwell, Canadian author and journalist who has written "Blink" and "The Tipping Point" among other books.

The premise of the book is that there are exceptional people and groups that emerge for more reasons than sheer intelligence. Opportunity, chance, hard work, luck, culture, circumstances, generational position, date of birth, all play a role. The theory is illustrated with numerous stories of actual people and institutions. Opinions varied on the premise, but all agreed it was excellently written. "Couldn't put it down," was a commonly shared statement. There was debate among the members as to whether the stories were picked to fit the theory or the theory was confirmed by a variety of stories. Discussion also ranged across the concept of success itself and what constitutes success. Everyone had a turn to express what they learned, found interesting, questioned, or could relate to personally.

The May book for discussion is "1927" by Bill Bryson. In June and July the group will show and discuss in two parts "A Midsummer Night's Dream" by William Shakespeare. All residents are welcome

## THE FITNESS CORNER

By Kim Vasta, CPT

Navigating the exercise highway can be very confusing for most people. While there is greater access to information through the Internet, not all of the information is accurate. Late-night infomercials would have us purchasing every new-fangled piece of exercise equipment, well-meaning friends might give wrong advice, and new research is overturning long held beliefs about the best ways to work out. Below are some common myths and misconceptions debunked.

- · One of the most prevalent misconceptions I've heard from women over the years is that they fear lifting weights will cause them to get bulky. Nothing could be farther from the truth. Building muscle will increase your metabolism all day and night because your body uses more energy (burns more calories) to maintain muscle than fat. While muscle weighs more than fat, it is also leaner and takes up less space. So while the scale may be moving slower, you will lose inches, your clothes will fit better and your body fat will decrease. Additionally, women lack the testosterone levels necessary to gain bulk.
- "No pain, no gain." I'm sure everyone has heard this expression at one time or another. This, in fact, could be one of the most harmful myths. While you should expect some soreness a day or two AFTER working out, that is very different from feeling pain WHILE you are working out. A fitness activity should not hurt while you are doing it, and, if it does, then either you are performing the exercise wrong or you may already have an injury.
- Doing abdominal crunches or other abdominal exercises will get rid of belly fat. Abdominal exercises will help strengthen the muscles around your midsection and improve your posture, but to lose the belly fat you will need to decrease your overall body fat content through diet and exercise. It is not possible to burn fat only in certain areas. Basically, you can strengthen and firm certain areas, but you can't spot reduce.
- Cardiovascular activity burns the most calories. When you perform cardiovascular activity you burn calories during the exercise session and for a limited amount of time after the session is over. Weight training, however, in-



creases your muscle, which, as I mentioned above, causes your body to burn more calories all day long and even when you're asleep at night.

- Stretching is best before working out. Warming up with some light cardiovascular activity is more effective than stretching. It will get your blood flowing and warm up your muscles, preventing injury. Stretching is best done after your workout.
- If I exercise, I can eat whatever I want. Exercising will help speed up your weight loss endeavors, but you probably won't lose much weight just by exercising alone. You must also watch what you eat.
- It's too late to get in shape.
   It's never too late to begin
  a healthier routine. If you
  don't exercise at all, start
  by walking 5 to 10 minutes
  a day, gradually adding
  time and strength training.

# Sound Advice

Norman J. Politziner, CFP® President of NJP Associates

[FINRA 03/22/2016]
Don't Be Victimized By
These 10 Common Scams

Scams of all varieties continue to bilk unsuspecting victims out of billions of dollars each year. In particular, older Americans are being targeted, especially those who have been recently widowed. With that in mind, here are 10 scams to watch out for:

- 1. IRS imposters. This scam proliferates during taxreturn season. A caller will say he or she is an IRS agent and claim you owe back taxes. Then the caller threatens you with stiff penalties or a lawsuit-and even arrest-if you don't wire the money immediately. But the IRS doesn't call debtors without sending a notice via U.S. mail first. To be on the safe side, if you get such a call, check with the IRS at 1-800-829-1040 to check the caller's credentials.
- **2. Tech support.** Typically, you receive a phone call purporting to be from Microsoft or

another software company, and the caller says a virus has invaded your computer. Then you're asked to provide access to your computer and the hacker installs malware that steals personal information. These software companies don't make unsolicited phone calls, so hang up immediately.

- 3. Robo-calls. Are you a victim of those annoying automatic telephone calls? Although the call itself isn't an attempt at ID theft, it helps the crooks build a "go-to list" for future phone scams. Use your caller ID to screen calls and don't answer if someone is calling from a number you don't know.
- 4. Charitable solicitations. Many legitimate charities call on the phone so it's hard to weed out the real ones from the fakes. Investigate any charity before handing over cash or making a credit or debit card contribution by mail or online. If the charity is for real, the caller won't hesitate to

provide additional information. Check out charities at www.charitynavigator.org

- 5. Credit cards. It's not surprising that scam artists are working an angle as credit card companies change their cards from magnetic strips to chips. Someone impersonating a credit card company employee may request information or ask you to click on a link to update your status. But credit card companies don't operate this way. If you have any doubts, call the company directly.
- 6. Dating websites. Initially, scams were based on prying money or sensitive data out of single people who recently have entered the dating scene. But now it has mushroomed into more sophisticated cons aimed at newcomers to religion-based sites. Because you're "dating" someone from your faith, you may be more likely to let your guard down and

(Continued on page 15)

# JOIN SEABROOK FOR A SUNDAY OPEN HOUSE!

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Sunday, May 15, 2016
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Call 1-800-619-0832 for more information and directions.

This event will not include a formal marketing presentation, but sales associates will be on hand to answer your questions.



# This month in pictures

Photos by Joe Conti







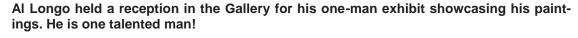
Janet from Mutual 1 celebrates her 60<sup>th</sup>

Bill & Muriel from Mutual 12 celebrate St. Patrick's Day

Happy birthday, Christine Parr!

# At the Al Longo Exhibit



















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SUNDAY BRUNCH & MOVIE

Sunday, May 22, 12Noon, Ballroom, \$16pp Movie: "Brooklyn" Rated PG-13...112 Minutes Sold Out...Wait List Available

**GAME NIGHT at ROSSMOOR** 

Friday, May 13, 7pm, Ballroom, \$15pp Sold Out...Wait List Available

**COMCAST Q&A** 

Tuesday, May 10, 9-11am, Ballroom Comcast Representatives will be here to address your concerns

FITNESS CENTER ORIENTATION Tuesday, May 10, 10am, Fitness Center Sign-up in E&R

SUMMER DATES TO REMEMBER

Pool Open Friday, May 27

**Sunday Family Days** 6/19, 7/17, 8/14

**Summer Concerts** Wednesday, July 6 Tuesday, August 16

Friday Night Pool Parties 6/24, 7/8, 7/22, 8/5, 8/19

#### **SAVE THE DATE**

BY SPECIAL RESIDENT REQUEST **DJ MIKE D IS BACK** PARTY IN THE PARKING LOT-

THURSDAY, JUNE 16 6:30-8PM

TRUNK SALE & SHREDDING PARTY

**SATURDAY, JUNE 4** 9AM-NOON

Fill the trunk of your car with items you would like to sell. Pull into the lot of the Clubhouse, open your trunk and you're in business.

> U.S. Security will once again provide the shredder and the refreshments.

If you would like to sell items, you MUST reserve a spot in the E&R office. The cost is \$5 and you must show vehicle registration upon sign-up. Sign-ups begin May 2.



ATLANTIC CITY CASINO TRIPS

Thursday, May 12, \$25pp, Taj Mahal Tuesday, June 14, \$25pp, Casino TBD (On Sale May 13)

"SHUFFLE ALONG" on BROADWAY Wednesday, August 3, Departs Poolside 10am \$155pp includes orchestra seat, bus & gratuity Sold Out ... Wait List Available

**HISTORIC TOWNS & WINERIES OF THE CHESAPEAKE** June 6-9, \$808 (Double) includes taxes & gratuities **Full Payment Due May 2** 

> "CRUISE & CASINO" TRUMP TAJ MAHAL

Wednesday, August 31 Departs Poolside 8:30am

\$58pp includes \$20 slot play, buffet lunch at the Chairman's Club, bus & gratuities

Enjoy this one hour cruise that highlights the Absecon Lighthouse, Garden Pier, Steel Pier & more...

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"Rock, Roll & Soul" at the **Hunterdon Hills Playhouse** Soulful Hits from the 50s to the 70s Wednesday, July 13 **Departs Poolside 10am** \$84pp includes show, full lunch, bus & gratuities

On Sale May 3

**WOMEN OF COLONIAL PHILADELPHIA TOUR &** ONE LIBERTY OBSERVATION DECK

> Wednesday, June 29 Departs Poolside 8:15am

The day includes a guided tour of the Women of Colonial Philadelphia. After the tour, you will have time to explore Philly's new observation deck where you can see incredible views of City Hall, Fairmount Park, Love Park and much more...

\$53pp includes Tour with Guide, Bus & Gratuities Lunch on Your Own at Geno's or Pat's Cheesesteaks

ON SALE NOW



THE OFFICIAL SPONSOR OF BIRTHDAYS."

RELAY FOR LIFE MONROE TOWNSHIP

Join Team Rossmoor in the Fight Against Cancer

Friday, June 10 5pm Monroe Twp. H.S.

Details in E&R

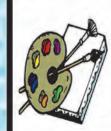
CONEY ISLAND TRIP

Monday, June 27

**Departs Poolside 9am** 

\$91pp includes Lunch at Gargiulo's (inc. wine), Music, Coney Island Historian, Leisure Time on the Boardwalk, Bus & Gratuities

ON SALE NOW



Wine & Design **Painting Party** Thursday, May 26 6:30pm Gallery \$15pp On Sale May 3

BOCCE

May 16...Bocce Season Begins

CROQUET

Golf Croquet Fridays 5pm Call Betty Anne Clayton for Details

**PICKLEBALL** 

May 21...Pickleball Tournament...8:30am Come cheer on your friends!! Call Frank Nobile for Details.

**HIKING** 

May 14...Washington Crossing State Park May 28...Local Hike & Pancake Breakfast Departs Poolside 9:30am Call Ann Rotholz for Details

SHUFFLEBOARD

May 9...Morning Play Begins...10am May 23...Township Tournament...9am Call Mary Leone for Details

**TABLE TENNIS** 

League Play Tuesday, Friday, Saturday & Sunday, 9-11AM.

Anyone interested in table tennis for beginners, contact E&R. New players welcome!

**TENNIS** 

We're getting ready!!!

Questions about any of the sport activities please contact the E&R Department at 609-655-3232. **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

OPEN EXERCISE DVD

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

Monday: Richard Simmons, Thursday: Jane Fonda's Saturday: Leslie Sansone
No charge or sign-up required.

YOGA

Wednesday, 9:30am, Cedar Room.

Resident instructor conducts the class. No Charge.
All Welcome. Bring floor mat.
SPACE LIMITED.

**ZUMBA GOLD** 

Monday, 6:30pm, Hawthorn Room.

Class conducted by a certified Zumba instructor.

Pay instructor directly.

MAY is "Sleep Better" Month Tips to Get Better Sleep:

\*establish a consistent sleep schedule by sleeping at the same time each day of the week (including weekends).

\*relax before sleeping. Prior to sleep, limit any stimulating activities such as exercise and work. Perform activities that you may find relaxing such as reading.

\*create an optimal sleeping environment. Your place of sleep should be dark, ventilated and of an appropriate temperature. Black out blinds can help seal out light in area. If possible, remove any distractions such as computers, cell phones and TVs from the room.

\*a healthy lifestyle consisting of diet and exercise can contribute towards better sleep. Avoid alcohol, nicotine and caffeine close to bed time. While alcohol may help some people to relax, it can disrupt sleep throughout the night.



**AVIATION GROUP** 

2nd Wednesday, 1:30pm, Ballroom "Wright vs. Curtiss"

BOOK DISCUSSION GROUP 2nd Thursday, 3:00pm, Maple Room "1927" by Bill Bryson

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

CURRENT EVENTS ROUNDTABLE Mondays, 10:30am, Maple

GERMAN AMERICANS Last Thursday, 1:30pm, Cedar

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

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

WRITERS GROUP

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



Science & Nature DVD 3rd Tuesday, 1:00pm, Ballroom

Armchair Travel DVD
4th Tuesday, 1:00pm, Ballroom

Contact the E&R office at 609-655-3232 if you would like more information "ALL IN STITCHES" Knit & Crochet Group
Thursdays,1pm, Maple Room

ART CLASS/WORKSHOP

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

CERAMICS STUDIO

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

**GALLERY EXHIBITS** 

The month of May will feature an open show Be sure to stop in and browse the beautiful artwork.

**POTTERY** 

Wednesday & Saturday, 8:30am-12 Noon. Tuesday, 1-4pm. Monitor present.

**RUG HOOKING GROUP** 

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

OPEN WOOD CARVING WORKSHOP

For experienced carvers, Fridays, 9am—12pm,
Woodshop. Work at your own pace.
Supplies on your own. If interested in a beginners class, contact E&R.

**WOODSHOP** 

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

Monday-Saturday 9am-4pm

Contact the E&R office at 609-655-3232 if you would like more information E ART WORLD

T H I S

S & THA

Т

Primary Elections

Tuesday, June 7 Ballroom 6am-8pm

RCAI Offices will be closed Monday, May 30 in observance of Memorial Day.

Have a happy &

safe holiday!

E&R Email Addresses

Michelle Williams michellewilliams@rcainj.com

Erica Hardeo ericahardeo@rcainj.com Sue Ortiz

sueortiz@rcainj.com Sebrena Jinks sebrenajinks@rcainj.com

Jessica Fletcher jessicaroberts@rcainj.com 2016

POOL RULES
ARE LOCATED IN THE
MAIN PART OF THE
ROSSMOOR NEWS

PLEASE FAMILIARIZE YOURSELF WITH THE RULES...THERE HAVE BEEN A FEW CHANGES

HAPPY SWIMMING!

#### JUST A REMINDER

PROJECT HEALTHY BONES BEGINS ON THURSDAY, JUNE 9 AT 9:30AM IN THE BALLROOM.

THIS CLASS IS ONLY FOR THOSE THAT HAVE PRE-REGISTERED.

24-WEEK CLASS IS HELD EVERY THURSDAY AND IT WILL END ON THURSDAY, NOVEMBER 10. C

D

M

#### **BANANAGRAMS**

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

#### **BRIDGE**

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

#### CANASTA MAHJONG Contact E&R

#### MAY I

Contact Sophie Prata. Info in Rossmoor phone book

#### MEN'S POKER

Contact Joe Conti. Info in Rossmoor phone book

 $\frac{\text{NINTENDO Wii}}{\text{Bowling, Tennis, Golf. Stop by E&R Office to sign out games.}}$ 

#### **PINOCHLE**

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

## **POKER**

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

#### **POOL ROOM**

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

#### ARE YOU INTERESTED?

German card game Schafskopf also known as Sheepshead in Wisconsin.

Call E&R if you are interested in this classic call-an-ace 5 handed game!



"TRUTH" Starring Robert Redford

Tuesday, May 10 1&7PM Ballroom

Sunday, May 15 1:30PM Ballroom

Rated R for Language 121 Minutes No Charge

\*Movie Subject to Change\*

"MYSTERY MOVIE" MONDAYS Mondays, May 2 & 23 1PM Ballroom...No Charge

## **ICE CREAM SOCIAL & MOVIE**



"SUFFRAGETTE" Thursday, May 19 1PM Ballroom \$3pp (Door) Rated PG-13...106 Minutes



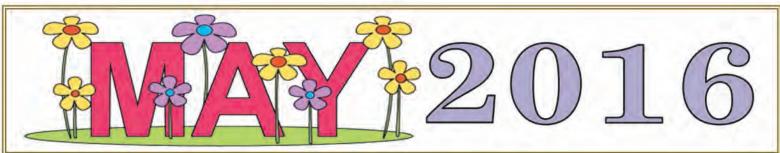












\*\*CALENDAR SUBJECT TO CHANGE\*\*Check with Group/Club for more info\*\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	
	1:00pm Mystery Movie-BR	1:00pm Cultural Program-BR "Bernadette Peters"	2:00pm Mutual 11-BR	10:00am Agenda Committee- VC 1:30pm National Day of Prayer-MH		
Mother's Day 8	9	10	11	12	13	3
Happy Mother's Day	1:00pm Health Care Lecture- MP 2:00pm Mutual 2-VC	9:00am-11:00am Comcast-BR 10:00am # Fitness Center Orientation-FC 1:00pm & 7:00pm FREE MOVIE-BR "Truth" Rated R- 121 Mins	10:00am Mutual 6-BR 1:30pm Aviation-BR "Wright vs. Curtiss"	9:00am  # Trip-Atlantic City 9:00am Maintenance CommVC 10:00am Community Affairs-VC 11:00am Finance CommVC	7:00pm 策 Game Show Night-BR	<u>5:30pm</u> Rossmoor Downs-Bl
15	16	17	18	19	20	
:00pm & 7:00pm REE MOVIE-BR Truth" Rated R- 121Mins	Golf Outing	1:00pm Science & Nature Program-BR		9:00am Board of Governors-BR 1:00pm-BR Ice Cream Social & Movie "Suffragette" Rated PG-13 106 Mins	6:30pm Bingo-BR 7:30pm Music Association-MH	8:30am # Pickleball Tournament-CT 5:00pm Emerald Society-BR
22	23	24	25	26	Pool Opens 27	
2:00pm & Brunch & Movie- BR	9:00am Shuffleboard Tournament-CT 1:00pm Mystery Movie-BR	10:00am New Resident Meeting-GL 1:00pm Armchair Travel-BR	7:00pm Mutual 4-MH	6:30pm 策 Wine & Design Painting Party-GL		9:00am Pancake Breakfast- BR
29	Memorial Day 30	31		/ 1-		
	GOLF OUTING  1:30pm Memorial Day Service-MH		I get by with from my	a little help friends. -The Beatles	Tickets on Sale today!	E & R Events  Marked with  Require Tickets  or Prior  Registration

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

Ballroom	BR	Clubhouse	CH	Gallery
Zumba®		Mon	6:30pm	Н
Zen Meditation		Mon	6:30pm	MHP
Yoga		Wed	9:30am	CD
DVD Exercise		Mon, Thurs, Sat	9:30am	H/MP
Table Tennis		Tues, Fri, Sat, Sun	9:00am	Н
Chair Yoga		Tues	10:00am	BR
Cards		Thurs & Fri	1:00pm	GR
Bridge (Various	Groups)	**CAI	RD ROOM**	
	WEE	KLY GAMES, EXERCISES & SP	ORTS	

Craft Room

Dogwood Room

CFT

DW

Game Room

Hawthorn Room

Н

C

CD

Court

Cedar Room

GL GL	Maple Room	MP	Terrace	TR			
Emerald Society German-American Greek-American Indian American Italian-American Jewish Cong. Services NJ Social & Cultural Players Polish-American Sisterhood Women's Guild Worship with Communion Writers Group		1st Sun Last Thurs	11:00am 10:00am	MH			
		3rd Thurs	1:30pm	BR			
		3rd Mon	1:30pm	BR			
		1st Fri	1:00pm	MP			
		3rd Wed 2nd & 4th Fri Last Fri Last Mon	7:30pm 7:45pm 1:30pm 7:00pm	BR MH BR GL			
					3rd Fri	7:00pm	CD
					1st Tues	1:00pm	MP
					<b>Last Thurs</b>	1:30pm	MP
		4th Wed	2:00pm	BR			
		Dance Club		Last Sat 7:00pm		BR	
		Computer Club		3rd Mon	10:00am	GL	
		Catholic Society Mass		2nd Thurs	7:00pm	МН	
<b>Book Discussion</b>		2nd Thurs	3:00pm	MP			

MHP

MH Parlor

VC

Village Center

# Musings and Memories

By Betty Emmons

#### You're never too old to learn

I am an inveterate clipper of coupons, so when McDonalds came out with one for a Black Agnus hamburger, I cut it out and put it in my wallet. Then, about a week later, while shopping at the mall, I decided to go into the food court, use the coupon and have a hamburger for lunch, while Jonas had his usual corned beef on rye from the deli.

I found a table, sat down, and Jonas went to get my order. The servers were nice young kids from another country and their language skills were limited.

There were three choices, so Jonas pointed to one and to make sure she understood, emphasized that I wanted only lettuce, tomato, and onions. Nothing more. She got the order together and put it on the tray, which

Sound Advice

7. Widows and widowers.

A typical trick of con artists is

to prey on your emotions. Of

course, elderly individuals are

especially vulnerable after the

death of a loved one. It's not

unusual for a criminal to pre-

tend to be a banker or other

professional to coerce you to

hand over funds. Rely on repu-

table financial planners you

know and trust and close fam-

ily members to steer you in the

8. Medical ID theft. ID theft

often is associated with finan-

cial information, but loss of

medical information can be

just as damaging. Just imagine

someone running up costs for

expensive drugs, doctor visits,

and even surgery under your

name. What's more, unlike

theft of credit card data, you're

often held liable for these pur-

chases. Don't volunteer your

particulars (for example, Social

Security and insurance ac-

count numbers) unless you're certain it's for a valid reason. Check with your insurer about

any charges you don't under-

9. Gift card vouchers. If

you're targeted for this scam,

you receive an unsolicited email offering you a free gift

card from a well-known retailer or restaurant if you click on a

link. It can look legitimate—the scammers will go to great lengths to replicate logos and corporate designs—but often it

isn't. Clicking on the link will

install malware on your computer that can siphon away personal data. No matter how

appealing an offer is, don't click on links you have not

10. Counterfeit apps. Finally, in a highly publicized incident, Apple developed

some applications that were

found to contain vicious mal-

ware that spied on consumers. While Apple believes it has

purged these malicious apps,

similar occurrences could lead

to loss of personal data. Try to

stand.

verified.

right direction.

(Continued from page 13)

give access to money.

Jonas brought to the table.

I fixed my coffee, munched a few fries and, when Jonas sat down with his sandwich, I opened my hamburger to find only lettuce, tomato and onions on the bun and no hamburger. Obviously she had filled the order as she understood it. We had a laugh and then he went back to the server. She was perplexed as to what had happened, but added the hamburger to the bun without guestion or comment.

It makes me smile when I think back on this happening and I remember thinking, how stupid. But then I put myself in her place. She was doing the best she could and I wondered if I would have been able to work in her country with the same lack of language skills and I'm pretty sure I would have ended up in a torrent of tears and been fired on the spot. It was then

use only well-known apps and consider reading reviews before purchasing them.

These are just 10 of the scams currently making the rounds. Be on your guard and be skeptical of anything that doesn't seem just right.

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I saw a young lady of courage who was doing her very best and not the bumbling inept server as I first thought.

Yes, it was a funny happening, but I learned something that day that was not ha -ha funny when I looked beyond and saw something much more important than a hamburger-less hamburger and I hope in the future I am a better person for having had this encounter.

# New Neighbors

Christina Smith.

Resident Services manager

Anne and Sean Hart, 597-B Waverly Road, formerly of North Salt Lake, Utah

Alicia and Roberto Berrios, 57-B Fairfield Lane, formerly of Monroe Twp., N.J.

Niranjam Patel, 441-A New Haven Way, formerly of Edi-

Edye Tenner, 30-A Bradford Lane, formerly of West Orange, N.J.

J. Arturo and Josephine Pangilinan, 343-N Old Nassau Road, formerly of Annandale, Va.

Frank Galipo, 552-O Tilton Way, formerly of Asbury Park, N.J.

Teresa Fallon, 566-A Old Nassau Road, formerly of Monmouth Jct., N.J.

Richard Conway, 14-N Sussex Way, formerly of Monroe Twp., N.J.

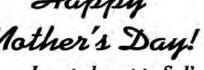
Kathleen P. Hye, 113-B Gloucester Way, formerly of Whiting, N.J.

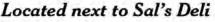
Lillian M. Ramirez, 484-B Revere Way, formerly of Old Bridge, N.J.

Kathleen Downey, 77-B Rossmoor Drive, formerly of Jackson, N.J.

Michael F. and Patricia Egan, 283-C Sunset Circle, formerly of Monroe Twp.,

Bobby and Dianne Martucci. 95-C Gloucester Way, formerly of South Plainfield, N.J.





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2017. After which, The Princeton Money Market
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becomes variable and is subject to change at the Bank's discretion. No minimum balance required to Bank's discretion. No minimum balances of the earn interest. No service charge. Annual Percentage earn interest. No service charge. Annual Percentage Yield (APY) of 1.15% guaranteed until January 1 available to customers who open a Princeton Money Market Account with a minimum opening balance of \$5,000, and maximum of \$1,000,000, per tax ID. Offer valid on NEW MONEY ONLY Promotion begins at 9:00 AM EST on February 5, 2016; subject to change or cancellation without notice. Fees may reduce earnings. Other terms and conditions may apply

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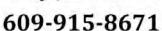
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# Women Guild will go to Kuser Mansion and Sayen Gardens; come join us

Clubs and Organizations

By Lana Ottinger

The Women's Guild is having a day trip to Kuser Mansion and Sayen Gardens on May 11 in Hamilton, N.J. Springtime is a beautiful time of year with more than 250,000 azaleas, rhododendrons and many other colorful flowers in Sayen Gardens. Enjoy the breathtaking views as you sit on benches throughout the gardens, or enjoy a walk and explore the ponds, bridges, and gazebos.

The Kuser Mansion, built in 1892, is a magnificent Queen Anne style country home and formerly the summer home of Fred Kuser whose business interests included Fox Film

The Craft Group of the Women's Guild will sell wreaths and other spring decorations every Tuesday from 9:30 to 11:30 a.m. until Memorial

the Clubhouse. All proceeds are donated to the scholarship fund for Monroe High School students.

Day in the Craft Room of

Corporation and the Mercer Motor Car Company. Since 1979 Kuser Mansion has served as a house museum, featuring guided tours. The mansion sits in the middle of a 22-acre estate, and springtime will be beautiful with nature surrounding the mansion.

We will be going to Mafalda's in Hamilton for a family style lunch between Kuser Mansion and Sayen Gardens. The all Inclusive

price is \$65, which includes the bus from Rossmoor. Checks should be made out to Rossmoor Women's Guild, no cash. If you would like more information please contact Ruth Klein at 609-655-8755. You can send Ruth Klein the checks and secure your position for this trip which will be a great way to enjoy a wonderful day. On May 11, we will be meeting at the Poolside at 9:30 a.m.

#### **Players Pastimes**

By Sue Archambault

Our April monthly meeting took place on Monday, April 25, at 7 p.m. in the Gallery Room. Our own Bob Huber treated the audience to his extensive knowledge of stage and screen. In addition, a Vaudeville film was shown. The Players and guests were invited to attend the presentation.

The Players' "Just Music" production took place on Thursday, April 28, and Friday, April 29, in the evening at the Meeting House. Per-



formances included vocal and instrumental numbers covering a wide milieu of music including jazz, Broadway shows, pop favorites from different eras, and folk tunes. The audience was entertained by the show, and then everyone was invited to enjoy the refreshments and mingle with the performers. Both evenings were a great success!

Our monthly meeting will take place on May 23 in the Gallery at 7 p.m. The Players and guests will be able to learn all about The George Street Playhouse in New Brunswick. Our guest speaker will inform the audience about one of the state's preeminent professional theatres and its commitment to the production of both new and established plays. The George Street Playhouse is dedicated to presenting a professional and entertaining theater season while providing an artistic home for established and emerging theater artists. This event should prove to be an interesting and enjoyable evening. All are welcome to attend and enjoy the refreshments pro-

vided as well. Heads up! The next big production from the Players will occur on July 28, 29, and 30. It is our ever popular "This 'n That" show. More information will be forthcoming, as we get closer to that date. In addition, our own Bob Huber and Bill Strecker have been hard at work on another original play. The musical comedy is titled "It's News to Us." This play is from the same writing team as last year's "Between Engagements," which received rave reviews last October. We will present this very exciting event at the end of October.

## CULINARY CORNER By Sidna Mitchell

While in Florida, we had two croquet couples over for dinner. For the menu I decided on several hors d'oeuvres: pepper jelly over cream cheese, onion dip and chips, asparagus rollups, mixed nuts, and a cheese board and crackers. For the dinner I selected my trusty Moroccan chicken casserole, rice and a vegetable medley. Dessert was brownie sundaes.

At dinner we talked about how long we had been together as couples. The Michigan folks were about to celebrate their 50th anniversarv. When the Oklahoma couple was asked how they met, Donna noted at the time they were both on Bald Head Island. A friend convinced her to attend a lecture on emergency procedures and one of the instructors was Doug.

"I looked at him and noticed he didn't have a ring Donna reported. thought, 'Oh, here's a single guy who still has his teeth and can string two sentences together!" We all laughed as Doug gave a big toothy grin.

The vegetable medley is easy to make, although there's a bit of chopping and cutting beforehand and can be assembled earlier. The vegetables can vary depending on the season and the availability. For example, I had trouble finding yellow squash, also called summer squash.

Culinary corner

# **Vegetable Medley**

- 3 tablespoons olive oil 3/4 cup baby carrots cut
- into coins 4 garlic cloves, chopped
- 3/4 cup chopped onions
- 1 cup zucchini, cut into
- 1 cup yellow squash, cut into coins
- 1 cup Japanese eggplant, cut into coins
- 3/4 cup sweet red pepper, chopped

Add olive oil to a large skillet. Add baby carrots and sauté briefly.

Add garlic and onions and continue to sauté, careful

not to burn the garlic. Add remaining vegetables, stirring to coat with oil, and sauté until barely limp.

Do not overcook.

NOTE: I had purchased small grape tomatoes for this dish but decided to include the sweet red pepper because of the consistency in crunchiness of the vegetables. I cut the vegetables the day before and put in separate containers in the refrigerator. This dish is good warm, room temperature or cold. It's great for a picnic in the summer and a colorful side dish in the winter.

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

The Rossmoor **News deadline** is the 7<sup>th</sup> of every month.

# Rossmoor Rental Library



By Irene Poulin

Robert Parker's Slow **Burn** by Ace Atkins

The fire at a boarded-up Catholic church raged hot and fast, lighting up Boston South End and killing three firefighters. A year later, there are still no answers about how the deadly fire started, but Boston firefighter Jack McGee, who lost his best friend in the blaze, suspects arson.

#### Tall Tail: A Mrs. Murphy **Mystery** by Rita Mae Brown

When the governor of Crozet dies, Harry and her furry friends look to the past for answers and follow the clues back to the 18th century to uncover a secret

buried for hundreds of years.

As Time Goes By by Mary Higgins Clark

The coverage of a highprofile murder trial renews a reporter's interest in finding her birth parents.

Guilty Minds by Joseph

A "sling-the-dirt" website called Slander Sheet is set to run an expose on the chief justice of the Supreme Court, claiming that he had liaisons with an escort. Private intelligence operative Nick Heller has just 48 hours to prove the allegations false. Then the escort turns up murdered.

derbrand

ing story from New York Times bestselling author Elin Hilderbrand about a grieving family that finds solace where they least expect it.

Blood Flag: A Paul Madriani Novel by Steve Martini

Accused of the "mercy killing" of her father, Emma Brauer has come to Paul Madriani for help. The only evidence to clear her name lies in a mysterious package sent to her father before his death containing a key and a slip of paper.

#### The Apartment: A Novel by Danielle Steel

Four young women, each at a crossroads, start new chapters in their lives as they form a strong bond living together in the heart of New York City.

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

Club events

By Tony Cardello

# The Rossmoor Dance Club hosts a Fifties Hop

**PAID-UP** Member(s):\_\_\_\_\_\_@ \$11 = \_\_\_\_\_

Non-member(s):-----@\$13 =

**RESERVATION DEADLINE: May 19** 

Please send check made out to the Rossmoor Dance

Club to: Armen DeVivo at 449B Roxbury Lane. 609-655-

2175, or leave in an envelope in the Dance Club folder in

**BOOK** and

Bv Judv Perkus

Name:\_

Phone #:

Address:

2016 membership dues

the E & R Office

\$7.50 per person; \$15 per couple

Join the Rossmoor Dance Club for a "Fifties Hop" on Saturday May 28 at 6:30 p.m. in the Ballroom. There will be a prize for the best Fifties costume. Music is by DJ Donny Pesce who plays all kinds of dance music. We will have hot dogs with the trimmings, potato salad, macaroni salad, soda, coffee, tea, and cake (sugar-free available). All residents, sin-

gles as well as couples, are welcome.

Please send your reservation check made out to the Rossmoor Dance Club (\$11 a person for paid-up members; \$13 a person for nonmembers) to Armen DeVivo at 449B Roxbury Lane by May 19.

Annual Membership is \$7.50 per person, \$15 per couple. Call Armen at 655-2175 for more information.

Total \_

On April 10, 108 people had a great time at the Cranbury Inn dinner theater event. **Rossmoor Dance Club May 28 Dance** 

Mozzarella night at our April meeting was a huge success. All 140 Of us learned (and enjoyed) how to make fresh mozzarella. Our thanks to Lenni Caggs and Fran Gatti for making the event possible.

Italian American

#### Upcoming events are:

- The Rossmoor Downs on May 14,
- · Our trip to the Sands Casino in Bethlehem, Pa. on June 24,
- · A trip to the Renalt Winery in Little Egg Harbor, N.J., on August 29.

The next regular membership meeting will be on May 18 at 7:30 p.m., in the Ballroom. Entertainment will be a presentation by Paul Pitari on Air Force One.

Bingo will be played on May 20 in the Ballroom at 6:30 p.m.

Here's to Us by Elin Hil-

An emotional heartwarm-

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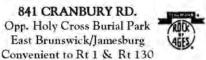
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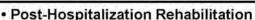


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# **Emerald Society's spring** activities

By Joan Avery

President Dan Jolly stated that there will be another trip to the Sands Casino on May 6. The cost for the trip is \$25 with \$20 back and \$5 for lunch. The trip to Sight and Sound Theater in Pennsylvania on April 19 was a great success. This fabulous production was "Samson."

The March entertainment was the marvelous Gary

Morton and Walter Marz gave a wonderful presentation at the April Emerald Society meeting. The May 25 Emerald Society meeting will have a terrific Doo Wop group to entertain the members.

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

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# Cellist accompanied by pianist and clarinetist to perform works by Bach, Strauss and others

# Concert set for Friday, May 20, at 7:30 p.m. in the Meeting House

By Gene Horan

Katrina Kormanski is a professional cellist who has appeared as soloist with many orchestras. Presently she is principal cellist of the New Jersey Capital Philharmonic, Boheme Opera, Newtown Chamber Orchestra, and Southeastern Pennsylvania Symphony.

Katrina pursued her musical studies at the Eastman School of Music, Cleveland Institute of Music, University of Massachusetts, Mason Gross School of the Arts (Rutgers), and the Nice Conservatory in Nice, France. She holds a Master of Music degree.

As a soloist she has appeared with the Collegium of

Musicum of Princeton, the Rutgers University Orchestra, the National Repertory Orchestra, and the Greater Trenton Symphony Orchestra. In 2006, she performed as soloist with the Hunterdon Symphony at the 250<sup>th</sup> Anniversary Mozart celebration in Austria.

She has toured with Anne Murray, Theodore Bikel, Harry Connick Jr., and Andrea Bocelli, among others.

Don Tenenblatt, piano accompanist, received degrees in Music from Yale and Rutgers Universities. He has played keyboard for numerous dance, theater and opera companies in New York and Pennsyl-



Katrina Kormanski

vania, including a decade at the Pennsylvania Ballet and a decade at the Opera Theatre of the College of New Jersey.

John Kormanski, clarinetist, husband of Katrina, will perform one number. He graduated from the Naval School of Music in 1971 and was assigned to the Navy Band. He studied at the Philadelphia College of the Performing Arts (now University of the Arts) and graduated in 1979 with a Bachelor of Music degree.

The program will include Sonata III by Johann Sebastian Bach; Adagio and Rondo by Carl Maria von Weber; Vocalise, Opus 34, by Serge Rachmaninoff; Spain (considered a jazz standard) by Chick Corea; and Sonata for Cello and Piano in F Major by Richard Strauss.

The concert will be held on Friday, May 20, at 7:30 p.m. in the Meeting House. For non-subscribers, tickets are available at the door for \$15.

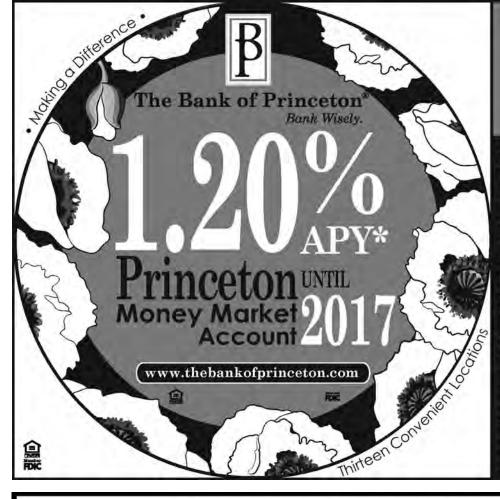
# Family history or memoir guidelines at Computer Club

By Alec Aylat

What you didn't expect to know about family history or memoir guidelines will be explained by Al Parker and Tom La Cascia at the monthly Computer Club meeting in the Gallery at 10 a.m. on Monday, May 16. All residents, especially those with family histories, are invited to start with coffee and cake at 9.30. No history? Come anyway, because there may be a blog to explore those bygone years.

The historical technique of genealogy questions the emergence of philosophical and social beliefs within specific time periods. Whether some such beliefs have been inherited unknowingly from our ancestors, in not such distant times, is worth examining. Although our two speakers are unlikely to address this issue, it's one of those things that make these monthly club meetings absorbingly interesting, attracting many noncomputer users who tend to ask the most original questions. Someone may even interrogate them on this one.

No guarantee, but you may also find answers on the club website at http://rossmoor.org edited by Fred Milman, who is adept at discovering subjects on little known websites.



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# Sahaj Marg Raja Yoga meditation

By Govinda Rajan

A wise man was once asked: "What have you gained from meditation?" He replied, "Nothing. However," he continued, "let me tell you what I lost: anger, anxiety, depression, insecurity, fear of old age. and death."

There is no doubt, meditation heals and transforms us. Regular practice of meditation has the following bene-

- · Improved quality of life.
- · Stress relief.
- · Better quality of sleep.
- Stimulation of immune sys-
- Greater concentration.

The Indian American Club, partnering with Shri Ram Chandra Mission, proposes to offer, without charge, to all

those interested residents, a simple and practical method of spiritual training known as Sahaj Marg (Nature Path). Sahaj Marg supports the unfolding of the full potential within an individual, who may then assume responsibility for personal growth and social change.

Sahaj Marg, takes us on a journey into the heart, toward the highest expression of our inner self. It is a refined and simplified form of raja yoga that includes three elements: meditation, cleaning, and prayer. These elements combine to create a complete and effective system, bringing inner transformation.

Meditation trains the mind to look within, to discover the Self. This is facilitated by an ancient yogic technique called pranahuti, or transmission. Starting the day with meditation brings a different quality to the whole day.

The practice of cleaning in the evening removes impressions and complexities, the impediments on our inner journey, in much the same way that taking a bath cleans the body. Cleaning results in lightness of being and simplicity.

Prayer creates an attitude of wonder and acceptance, and deepens our inner awareness of the Self.

Sahaj Marg is especially suited to modern day family and working life. It is in the family that human values are perfected, complementing the spiritual practice. The teacher, also known as the guru, is at the heart of Sahaj Marg. He is an example of someone who balances the material and spiritual aspects of life, having mastered both and integrated them.

Sahaj Marg can best be known through practical, personal experience. We invite you to try it, to test its efficacy in your own life. An orientation session is scheduled to be held at 11:30 a.m. on Saturday, May 7, in the Gallery. Guru Krishna Linga will give a full description of this deep, enlightening, and fulfilling spiritual exercise. All are welcome. Any questions, please call Shatrughan Dawani, president, Indian American Club, at 845-633-4665.

# **New Jersey Club: Liberty Hall at Kean University**

By Eileen Parker

The New Jersey Club will meet on Friday, May 27, at 1:30 p.m. in the Gallery. Dr. Al Parker will speak on the interesting stories to be found on the campus of Kean University, in Union. A masterpiece of history is there. Called Liberty Hall, this 50 room Victorian mansion began as William Livingston's home. He was a lawyer, who became the very first governor of New Jersey (1776 to 1790), fought in the Revolution, and as a delegate to the

Constitutional Congress was a signer of the Constitution.

This remarkable place has been host to many very special people: George and Martha Washington, Alexander Hamilton, John Jay (first Chief Justice of the Supreme Court), the Marquis de Lafayette, and others of historical renown.

There are many stories to tell - this program will enhance your knowledge of Liberty Hall, and make our October 18 bus trip there even more memorable.

# SPORTS



## 9 Holer season is underway

By Terre Martin

The season started on April 5 with a lovely breakfast provided by our sister 18 Holers. It was wonderful to see friends after a long, cold winter. Thank you to our gracious hostesses.

A general meeting followed the breakfast. We met our newest members, Denise Sikora and Paula Richardson. Paula has rejoined the 9 Holers after several years playing with the 18 Holers, We're glad to have her back. As of the meeting, our group had 19 paid members, which was great to hear.

There was an excellent discussion about rule changes and potential changes. Slow play has been an ongoing problem, so various suggestions were made including putting a time limit of three hours from the time a group first tees off. We were also reminded to play "ready golf" if it helps move the game along.

Groups that go beyond the three hour limit would be disqualified from that week's tournament. These changes would enable our scorekeepers to leave the premises at a reasonable time.

President Marie Bills also reminded everyone that golfers who don't own a cart



Opening Luncheon for the 9 Holers. From left, Marie Eppinger, President Marie Bills, and Hostess Joan Gabriello.

must split the cost of a rental. They don't get a free ride from a cart owner.

Several "snow bird" members returned in time for the first tournament on April 12, and some of our members are on hiatus due to various surgeries and illnesses. We look forward to having everyone well and together. The opening day scramble was followed by an excellent luncheon organized by Joan Gabriello. If nothing else, the 9 Holers know how to have fun.

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

Thought for the day: "Golf is a puzzle without an answer. I've played the game for 50 years and I still haven't the slightest idea of how to play." Gary Player

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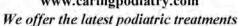
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# Croquet Club play in high gear

By M. Vail

The winter scene on the cover of the 2016 Rossmoor Calendar is a glorious picture of our snow covered croquet court. It is a fond reminder of how we enjoy the four seasons here in New Jersey. April 30, the official opening day of the croquet season, was celebrated with a general meeting luncheon and play.

Golf croquet begins in May, three times a week: Sunday, Tuesday, and Friday at 5 p.m. Refreshments are served in the Clubhouse on Fridays after play. The schedule is posted on the bulletin board found on the court storage building. Please check for time changes.

Residents are invited to try out and join in the play. White special clothing is not required for tryouts; however, please wear flat soft sole footwear or sneakers to protect the court's grassy surface. Equipment is available for play all sea-



Cluster photo of Croquet Members enjoying the seasons.

son.

American Six Wicket Croquet singles and doubles, is played most days of the week. Lessons on skills and strategy will be offered to

members. For more information on joining the croquet club, contact Membership Chair Betty Anne Clayton at 609-662-4659 during the croquet season.



Sidna Mitchell (left) is congratulated by Ken Northrup and Joy Bradford for winning third place in her croquet doubles flight at the PGA's Payton Ballenger tournament, Palm Beach Gardens FL.



# Golf Course Highlights

Ted Servis, golf professional

What's going on at the golf course? Golf season is in full swing that means it's time to start playing golf. Our next ladies' golf clinic will be on June 29. Ladies, please call the Golf Shop to sign up.

We recently received our new fleet of 33, 2016 golf carts from Club Car. We changed the color from tan to blue. They look and ride great.

On May 16, our Golf Club will host the Eastern Amputee Golf Association tournament so please come out watch some great golf.

The Pro Shop continues to receive new merchandise so please stop in and take a look. The Pro Shop is back to its normal hours: Monday from 11 a.m. to 5:30 p.m. and Tuesday through Sunday from 7 a.m. to 5:30 p.m. All hours are 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 2016 golf season.

Remember: The Golf Course offers a referral incentive of \$200 in Pro Shop credit for bringing in new members.

# Memberships available at affordable prices



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

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

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



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# Gala Evening of Music

The Greater Monroe Chapter of ORT America is pleased to present a "Gala Evening of Music" with the Mercer County Symphonic Band on June 6 at the Monroe Township Senior Center, 12 Halsey Reed Rd, Monroe Twp.

Fifty talented musicians will perform show tunes, music by popular composers, and favorite melodies. Conductor Lou Woodruff will give interesting commentary throughout the performance. Tickets are \$10 per person in advance and \$12 at the door. Contact Alyse for tickets at 609-409-9545. Everyone is welcome to join us for this upbeat evening.

# In Memoriam

Lillian (Malette) Marchese

Lillian (Malette) Marchese, 92, died on April 6. She moved to Rossmoor in 1989. Lillian was a member of the Italian American Club, the Garden Club and the Bocce Club. She is survived by her daughter Margaret Rosner and her husband Arnold, her sister-in-law Phyllis Marchese, and her granddaughter Lara Rosner.

# Religious Organizations



Witherspoon Street Traveling Medicine Show

## Witherspoon Street Traveling Medicine Show to perform

By Judy Perkus

The band, the dance tunes, and the popular songs of the 1920s, 1930s and 1940s, that gave us all the urge to keep time to their beat, will be enjoyed at the next meeting of the Sister-

hood on the evening of May 16 at the Meeting House at 7:45. All residents are welcome.

This is the music we all love and remember, and can sing the words to. The band, which we used to call the

"Doctors Orchestra," and now named as seen above, is almost wholly made up of physicians or other health officials who practice medicine in our area, and, as nonprofessionals, play together for fun. You'll have a ball.

# Jewish Congregation's Annual Meeting elects co-presidents

By Ben Wistreich

Starting immediately, and being installed at the May 10 Annual Meeting, the Jewish Congregation's nominating committee has chosen several co-presidents who will serve for three months each. Those who agreed to this unique arrangement and their terms of office are:

Ben and Judith Wistreich – May 10 through June, July, and August;

Dolores Grieff – September and October plus February 2017;

Judy Perkus – November and December 2016 and January 2017

Arnold Jasper – March, April and May 2017.

The nominating committee also thanked President Janet Goodstein for her two years of service to the Congregation. Janet will continue as a co-Gabbai after her presidential term expires at the May 10 annual meeting. The duties of Congregation president include running monthly board meetings, officiating as an observer at occasional Interfaith Services, welcoming all Congregation members and guests, making announcements at the two Sabbath Services monthly, and participating in audits of the Congregation's books by a board member-accountant.

The president (or copresident) may also bring up new business to be discussed at a board meeting.

At the annual meeting, new delegates Karen Seiden and Carolyn Wall will be installed for a three-year term, and Norman Perkus will be installed to fill out the two-year term remaining of Ed Abrams, who has moved to

Monroe Village. (Shirley Merke has served temporarily until the annual meeting in this position.)

On Friday, May 13, the Sisterhood and its members will read many of the prayers at their annual Sisterhood Service, and Sisterhood will provide refreshments following Services. Jeff Albom will be the Torah Reader and Hadassah Aylat will be the Lay Reader.

On Friday, May 27, Bob Kolker will be the Torah Reader and Jeff Albom will be the Lay Reader. Sylvia Weshnak will be the Oneg Shabbat sponsor at this Service. Our Cantor is Mary Feinsinger, and our Gabbais are Judy Perkus and Janet Goodstein.

All Services are held at 7:45 in the Meeting House. All are invited to attend our Services,

(Continued on page 22)

# **Special Worship Services**

By Dierdre Thompson

Living Well in Rossmoor - we have been living well despite the recent heavy rain, lightning, and very strong winds. It is calming down, and as I sit before my computer, that old hymn of assurance comes to mind - "When peace like a river attendeth my way, when sorrows like sea-billows roll; Whatever my lot, Thou hast taught me to say, 'It is well, it is well with my soul'."

Join Pastor Kahlil Carmichael and Pastor Dierdre Thomson for a contemporary Worship Service every fourth

Sunday, 12:30 p.m. at the Meeting House at Rossmoor. Those who came out for the first "Living Well in Rossmoor" Service enjoyed the contemporary biblical message and both the traditional and contemporary worship all done in the Christian tradition of love and excellence. We are Living Well in Rossmoor! This month's service will be on May 22.

REMEMBER - 12:30, the fourth Sunday of each month at the Meeting House for a special Worship Service - "Living Well in Rossmoor."

# Community Church for May (Tel. 609-655-2321)

Services:

- SUNDAY, MAY 1, 11 a.m. Guest Preacher. Communion will be celebrated.
- SUNDAY, MAY 8, 11 a.m. The Rev. Dr. Dierdre L.Thomson will preach. Soloist: Stephanie Pervall.
- SUNDAY, MAY 15, 11 a.m. The Rev. Dr. Dierdre L. Thomson will preach. Music: The Rossmoor Chorus, under the direction of Gloria Montlack.
- SUNDAY, MAY 22, 11 a.m. The Rev. Dr. Dierdre L. Thomson will preach. Special music: The Rainbow Chimers.
- SUNDAY, MAY 29, 11 a.m. Guest Preacher. The soloist will be Beverly Owens.

# Catholic Society continues series on St. Luke's Gospel

By Gene Horan

The Catholic Society is continuing a series of programs on St. Luke's Gospel. The sessions are held on Wednesdays at 2 p.m. in the Maple Room of the Clubhouse. Each consists of a half-hour televised video and a half hour discussion. Participants are encouraged to bring a New Testament and notepaper with them. Light refreshments will be available.

On the videos, Scripture scholar Frances Hogan brings an insightful look on some of the most cherished stories in the Gospel of St.

Luke, narrated with precise and vivid detail, with many illustrations from the masters

The following sessions are scheduled this month:

May 4: The Testing of Jesus, the Word Incarnate May 11: The Inaugural Speech of Jesus in Nazareth

May 18: Jesus' Ministry in Capernaum

June 1: Proclamation of the Christian Way of Life

The remaining sessions will be held in June. Check in the *Rossmoor News* and on Channel 26 for details.

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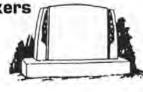
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# Catholic Society schedules Mass in the Meeting House. Rev. Van Hager will be the celebrant

By Gene Horan

The monthly Mass of the Rossmoor Catholic Society will be held in the Meeting House at 7 p.m. on Thursday, May 12. Father Van Allen Hager of the Consolata Missionaries will be the cele-

In October, Father Hager will be celebrating the 50th anniversary of his religious profession. Later this year he will be leaving for a mission in Columbia, the third time he will have visited that country.

Father has been active in charismatic renewal movement and in the pro-life movement as well as serving in the healing ministry and as

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chaplain for the King's Men, a group dedicated to improving the spiritual life of Catholic men.

Refreshments and fellowship will follow the Mass.

The following activities are scheduled during the month:

- The Chaplet of Divine Mercy will be prayed in the Maple Room of the Clubhouse at 3 p.m. on Tuesday, May 17.
- The Prayer Shawl Ministry will meet in the Craft Room of the Clubhouse at 1:30 p.m. on the Thursday, May 5, and Thursday, May
- The Book Club will meet at 1:30 p.m. on Tuesday, May 17, in the Cedar Room of the Clubhouse to discuss a novel by Val Brelinski that has been called by critics "a stunning liter-



Father Van Allen Hager

ary achievement" and "deeply moving."

- Catholic Society Board Meeting will be held at 1:30 p.m. on Tuesday, May 10, in the Meeting House Parlor.
- The Catholic Society is continuing its series of programs on St. Luke's Gospel. See the separate article in this paper for details.
- Save the date, June 17, for a Day of Recollection. Check in the June issue of The Rossmoor News for details

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# **Jewish** Congregation

(Continued from page 21) which include both English and Hebrew readings.

The Congregation's Board meeting on Tuesday evening, May 3, will be held in the Dogwood Room at 7 p.m. All Board members are urged to attend meetings on the first Tuesday evening of each month.

Upcoming events: Monday, June 13, Yizkor Service, 10:30 a.m., Meeting House; and Monday, July 4, barbecue at 1 p.m., Ballroom. Everyone welcome. Details soon.

A message from

Landscapes, Inc.

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out the community.

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have been completed. The

next round will start May/

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edging completed by 4/8, weather permitting. • Blowing out the beds of debris and leaves will be completed by 4/8, weather pending as well.

The first mowing will be completed by middle to late April, along with edging of sidewalks.

- Common areas will be mulched by mid-April.
- Carport cleanings will start late April/May.
- The summer flowers will be planted around mid-May in the common ar-
- The first pruning of the smaller shrubs will start around mid-May/June.

# **HEALTH CARE CENTER NEWS**

## Spring Allergies

By Kaytie Olshefski, BSN, RN-BC

This year's El Nino phenomenon has contributed to making our allergy season arrive earlier than in years past. The warm winter we had in November and December, plus the rain added to the mix, has caused trees to pollinate earlier than usual. Tree pollen count started about three weeks earlier this year and in turn will cause the allergy season to last longer. All this adds up to causing allergy sufferers to be miserable longer. Spring allergy is also referred to as seasonal allergic rhinitis, commonly known as hay fever, caused by pollen from trees, grass, and weeds. According to the Centers for Disease Control and Prevention, more than 50 million Americans have spring allergies, with 19.1 million people over the age of 18 who were diagnosed with hay fever in 2014.

An allergic reaction is triggered when a person comes in contact with an allergen. The body's immune system mistakes the pollen as a foreign invader and produces antibodies to fight it. These antibodies fight the pollen by releasing histamine. Histamine causes inflammation in your nose, eyes, lungs, skin, and digestive system. Symptoms are exhibited by a runny nose, sneezing, itchy and watery eyes. Allergy symptoms are worse on windy days when the air carries the pollen far and wide. Allergy sufferers have fewer symptoms after it rains. The rain washes the pollen out of the air and this brings the pollen count down. Allergy symptoms are usually worse in the spring and summer mornings from 5 a.m. to 10 a.m. when the pollen count is at the highest level.

People who have a history of asthma may be prone to have an asthma attack when in contact with airborne allergens. Asthma is a medical condition causing a person to have difficulty breathing with symptoms of shortness of breath, wheezing and coughing. An asthma attack is a medical emergency and needs to be treated immediately.

People who suffer from migraines may also feel they are experiencing more migraines than usual during allergy season. Researchers are linking nasal allergies and hay fever as a cause to migraines.

Most people treat themselves with over-the-counter allergy medications. When taking such medications, it is important to read and follow the directions on the drug box. Antihistamines will help relieve the sneezing, runny nose, and itchy eyes, but antihistamines are known to

cause sleepiness. Never take an antihistamine if you plan to drive or operate machinery. Decongestant pills and/ or nasal spray decongestants will help to relieve congestion decrease the nasal swelling, making it easier to breathe. A nasal spray decongestant like AfrinÒ relieves nasal stuffiness, but these sprays should only be used no more than three days.

Rebound congestion is known to occur from using nasal decongestants. After three days, these nasal decongestant sprays begin to cause abnormal nasal swelling, which causes nasal stuffiness. This becomes a "catch-22" in which you depend on decongestant spray to relieve the nasal stuffiness but it is the decongestant spray that is causing the nasal congestion. Be aware the relief from the decongestant spray does not last as long as it did when you first started using it.

If over-the-counter remedies do not relieve your symptoms, your doctor may prescribe medication. Tell your doctor what you have been taking. There are three over-the-counter steroid nasal sprays available by prescription to help relieve symptoms: NasacortÒ, FlonaseÒ, and RhinocortÒ.

You can do some things control your allergy symptoms. Check the pollen count every day, especially during the spring months. If the pollen count is high for that day, limit your time outside and take an allergy medication to help control your symptoms. If you are going to be outside, for example in the garden, wear a mask. Keep your home and car windows closed to keep pollen out. Use your air conditioner while driving and in your home. If you have been outside, take a shower to wash the pollen off your skin and out of your hair. Toss your clothes in the washer and use the dryer to dry them. For me, I also keep a box of Kleenex tissues close at hand for those unexpected sneezes.

In our lecture series from Saint Peter's University Hospital, Dr.Sajida Mokhashi, a family practice physician and geriatrician from Saint Peter's Physician's Associates, will speak on osteoporosis on Monday, May 9, at 1 p.m. in the Maple Room. If you are interested in attending the lecture, please call the Health Care Center at 655-2220 or stop by to sign up.

Our Health Fair will be on Tuesday, June 21, in the Clubhouse. I will have more information as to the screenings and vendors that will be there in next month's news article. So circle the date on your calendar to come and join us for a great health fair.

# **MAINTENANCE**

By Marlene Niwore

#### A/C Servicing

It's time to have your air conditioner serviced. We are servicing air conditioners again this year. To be put on the list, please call the Maintenance Department at 609-655-2121.

Condo (except Mutual 4) \$40.00 plus tax (per unit) Co-Ops (including Mutual 4) \$45.00 plus tax

Servicing includes inspection of the system, checking Freon levels, and filter replacement (Parts, blue mesh filter and Freon are not included in the price).

#### Yellow stake and yellow ribbon procedure

Many homeowners enjoy gardening and take pride in maintaining their own threefoot bed areas. If you are one of them, you need to mark the bed so the landscaping company (High Tech) gets the word. This is done with yellow stakes at the corners of the bed where they are visible from either direction or additional stakes every six feet or so in between, if needed. The stakes mean nothing is to be touched. Some people only want to take care of a special bush or two themselves. If you don't want a bush pruned by the landscaper, please tie a yellow ribbon or two on it where it is very visible. Yellow stakes and ribbons (and more detailed instructions on their use) are available at no charge in Maintenance and E&R.

#### Insects

If you have a problem with insects in or around your manor, please call or bring in a sample. The exterminator is here every Tuesday. We will have the exterminator treat wherever appropriate.





By Mel Moss

The soil here in Rossmoor is mostly heavy, clayish, and poorly drained. Although some plants thrive in this condition, most will not do their best. For adding some summer color, it might make sense to plant in containers. You can make your own good soil and plant above ground, or buy already planted containers. These can be placed along the driveway, sidewalk, or front steps.

Some materials used to make planters, such as clay or terracotta, cannot be left outside in the winter because they will crack and break apart with winter freezing and thawing. Concrete containers are good but heavy. They can be left outside all winter, but because of their weight, they might not be what you want if you plan to move them around from time to time. Plastic and fiberglass containers are lightweight and relatively inexpensive, coming in many different shapes and colors. The lightest are made of polyurethane foam, just one tenth the weight of terracotta or concrete, but they have the same appearance. They also insulate the plant roots from hot or cold temperatures. Wooden planters are good; cedar or locust are rot resistant. Pine needs to be treated with a non-toxic wood preservative. All containers need drainage holes so excess water can drain out and not rot the roots. Some containers might not have drainage holes, so be sure to add a few 1/2 inch holes where necessary.

The soil should be mostly

sphagnum peat moss, perlite and/or vermiculite, along with a wetting agent. A number of good mixes are available. most labeled as "soil-less." Do not use garden soil because it is too heavy and will not drain well. Most of the mixes contain a starter fertilizer, but this will have to be supplemented after a few weeks. Slow release fertilizers will last for a couple of months and can be applied at the time of planting. You can also use liquid fertilizer once a week when you water but do not use both methods.

Plants will dry out faster in a container than will those grown in the ground. When hot summer days come along and hopefully the plants are growing well, you will need to water them every day. In the really hot spells, you will have to water them twice a day, unless it rains.

Most garden centers will have ready made up containers for sale. But if you decide to plant your own, don't cram too many plants in or they will crowd each other out as they grow. For example, an 18" to 24" container will need about six plants. If you want plants that hang over the edge, go for wave petunias, vinca vines, or sweet potato vines around the perimeter.

By mid-summer, the plants might need to be trimmed back, depending on how much growth they put on. Trimming back will encourage new growth and will thus produce more flowers. By mid-summer, it will be a good idea to add some more slow release fertilizer, if that is what you are using. If you've been using liquid fertilizer, continue as directed on the package. This way you can keep the planters looking sharp well into the fall sea-

Hanging baskets are handled much the same way,

except that their containers be smaller and more lightweight. Because they are smaller, they dry will out Therefaster. fore, if you purchase an already planted hanging basket, I suggest

you make sure it is at least a 12" basket.

Begonias, ivy geraniums, and portulaca require less water than many other basket plants. If you plant your own basket, there are gels

and wetting agents that you can add to the soil-less mix to retain more moisture.

Although growing in containers requires an initial output of money and more wa-



tering during the summer, you will find the plants grow much better than if they were planted in the ground. They will give you a lot more color in areas you never had color before.





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Sunday: 11 AM to 5 PM

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# League guest to focus on New Jersey issues at May 23 meeting

By Ruth Banks

Shining a light on New Jersey's recurring crises at the May 23 meeting of the League of Women Voters of Monroe Twp., will be Gordon MacInness, president of New Jersey Policy Perspective, a prominent policy-analysis organization.

MacInness has a long track record of success in New Jersey's worlds of policy, nonprofits, and politics. He has served in both the Assembly and the Senate, has led the N.J. Network, the Fund for N.J., League Citizens for Better Schools, and has served as assistant education Commissioner from 2002 to 2007. Most recently, he was a fellow at the Century Foundation.

The League meeting will begin at 1 p.m. in the Municipal Building Courtroom. There is no charge and the public is invited to attend.

New Jersey Policy Perspective (NJPP) has taken on many of the state's economic and social issues and

has focused on the reality and context of the situation. It recently criticized the state's decision to "strip SNAP (food stamps) from thousands of New Jersey's most disadvantaged part-time and unemployed workers." It also questioned the economic sense of eliminating the estate tax pointing to it as a reverse-Robin Hood mentality.

NJPP is also engaged in efforts to close a loophole that profitable, multistate corporations use to dodge N.J. taxes, giving them an unfair advantage over local businesses and depleting needed revenues.

MacInnes is a graduate of Occidental College and of the Woodrow Wilson School of Princeton University. In a previous visit to the Monroe Twp. League, he spoke of "changing the conversation about political issues in N.J." and suggested that the public conversation should highlight the state's many assets for living and working here, and not its weaknesses.

On June 6 the League will hold its annual meeting and luncheon at the Cranbury Inn. For more information on that event, please contact Doris Altman at 609-655-

At its April meeting, members were treated to a review of the state of the environment in the Township by John Riggs, environmental commissioner. He pointed out how the idea to protect at least half of the Township's land from development was born some 20 years ago and this vision has been the driving force behind the planning for growth. He announced that the Green Fair will celebrate its 7th year on October 8 and that this year it will be held at the high school. He explained the open space tax and how it enables the town to purchase properties to add to the overall plan, which is to have a green trail from the boundary with Jamesburg to the southern boundary of the township. He also brought us

(Continued on page 24)

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# Save the Date

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**Contact Nina Wolff** nwolff0325@aol.com, 732-605-7811

# League

(Continued from page 23)

up to date about the status of affordable housing and the newly formed Community Gardens. He also suggested that it was time for the League to plan another town tour. He ended his talk with a brief description of the Environmental Commission and its members.

The League of Women Voters is a nonpartisan political organization, encourages informed and active participation in government, and works to increase understanding of major public policy issues. Membership is open to men and women over 18. The Monroe Township League is currently working to increase understanding of and awareness of human trafficking, particularly as it may affect our youth as they leave the confines of the community and begin to explore the larger world. We are also concerned with policies affecting the Pinelands and other areas which are being subjected to the possibility of development. We work closely with our Township officials and welcome community input on these

For more information about the League, please contact Ruth Banks, at 609-655-4791, Judy Perkus at 609-395-1552, or Francine Glass, (Membership).

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## **Monroe Township Fire District 3 is** wearing safer, more efficient equipment



Once Again, Monroe Township Fire District #3 has received money through the Assistance to Firefighter Grant (AFG) Program, which is administered by the Federal Emergency Management Agency (FEMA), to purchase updated, state of the art turnout gear for ALL of its firefighters. Our members are now completely equipped with new personal protective equipment, which increases mobility, lessens fatigue, and provides a higher level of thermal protection to all of our firefighters.

The department continues to display a determined focus on providing for the safety of its members while they serve the public in their time of need. We will continue to work on ways to improve our service and equipment while keeping costs to a minimum.

For more information on the AFG grant program, check out the website at www.FEMA.gov/grants.



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# Township N.J.

Another winter has passed and with the spring season in full swing, Post 522 is already supporting our community and also our veterans. This past fall and winter we sponsored a coloring contest for the fourth- and fifthgraders at one of our elementary schools. We had approximately 50 students who entered the contest and, believe me, it was a very hard decision to pick the finalists. The top three were awarded gift cards to Barnes & Noble Book Store. The first -place winner's entry was submitted to the county officers with entries from other posts here in Middlesex; un-

(Continued on page 25)

# American Legion Post 522, Monroe

By Nicholas Ferrarotto, commander

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From the Mayor

By Gerald W. Tamburro, Mayor of Monroe Township

# **Township of Monroe –** 2016 Budget Message

In fulfillment of the requirements of the Faulkner Act, I am submitting the 2016 Municipal Budget recommendations. I would like to thank the Business Administrator, his staff and all Department Heads for their efforts in formulating this budget in my first year as Mayor.

The National economy is slowly improving, while the State economy continues to lag. For the seventh consecutive year, Municipal and School State Aid is continuing at a reduced level. New Jersey Homestead Rebates are also continuing at a significantly reduced level. The good news is the property tax revaluation in 2014 has stabilized the negative tax appeal impact. Local real estate sales are also at a much improved level.

Our tax collection rate was a superior 99.05% in 2015. We are achieving our goal of reducing our reliance on Utility Surplus Revenue by anticipating \$2,000,000 less than used in 2015. For the seventh consecutive year, we were at or below the 2% tax levy cap.

The proposed Municipal Budget totals \$54,202,832.63 (up 3.62%). As a result, the municipal tax rate is \$.458/ \$100 assessed value. For a home with the average assessed value of \$306,877, the annual municipal purposes taxes will total \$1405.50 (not including School, County, Fire Districts or Library taxes).

Earlier this year, the Township Council reduced the local open space tax by \$.01/ \$100 assessed value. This action is related to the ratable adjustment as a result of the township wide property revaluation in 2014. With the reduced tax, it is important to note that the actual dollars raised for open space will remain essentially the same. As a result of the open space tax reduction, there will be no overall increase in the municipal tax rate.

For the 25<sup>tr</sup> consecutive year, there will be no increase in water & sewer rates, which remain among the lowest in Central New Jersey.

The 2016 Municipal Tax, which is the only portion of property taxes that are under the direct control of the

Mayor and Council, is estimated at 20% of your total property taxes. The Board of Education makes up the largest portion of property taxes at 57%; the County at 17%; and the Fire Districts at 6%.

Noteworthy capital improvements that are planned to get underway in 2016 include the Prospect Plains Road Soccer Complex Improvements and the construction of a traffic signal at Perrineville and Federal Roads and the planning for another traffic signal at Matchaponix and Spotswood Gravel Hill Roads.

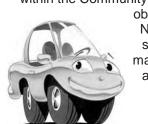
In January, our bond rating was upgraded by Standard & Poor's from AA stable to AA positive. The Township's financial management and budgetary practices were provided as primary reasoning by Standard & Poor's for the upgrade. This helps reduce borrowing expenses for not only the Township - but for the Board of Education and Fire Districts, as well. As an example, the Township went out for a refunding issue and we anticipated present value savings of 4 to 6%. As a result of the rating upgrade and competitive bids the actual present value savings turned out to be 10.467%.

Monroe Township remains one of the premier residential communities in Central New Jersey with a beautiful and green landscape. We are very proud of our quality municipal services and schools. We are consistently recognized as one of the safest towns in New Jersey. Furthermore, Monroe Township remains only one of two communities in Middlesex County with a population density of less than 1,000 people per square mile. With continuing open space acquisitions to expand our existing 6,600 acres of open space and over 1,300 acres of farmland preservation, Monroe Township continues to work toward its goal of 50% undeveloped land in our community.

Our positive record achievement is primarily due to a continued effort of everyone working together in a united way for the betterment of our Township. Residents, employees and volunteers serve on our boards and agencies to forvide dedicated service to all of our residents.

## **IMPORTANT NOTICE**

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



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

# Senior Center Highlights

#### Monroe Township Office of Senior Services & Senior Center

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

#### **Membership Information**

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years or older. The monthly newsletter, Senior Focus, is distributed around the 15th of the previous month and members can sign-up for the special, monthly activities either via phone or in-person for all programs with a fee.

Advance registration is recommended to ensure easy admission into a program. Registration is also available on the same day of an event from 9 to 11:30 a.m.

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

#### **Free Transportation**

Transportation, to and from the Senior Center, is available to all senior citizens in Monroe Township. This doorto-door service is free, during Senior Center hours of operation, to any and all related Office and Center business. For more information or to be put on the day's bus schedule, please call the Office Manager at 609-448-7140.

#### Get Your Game On!

On select days and times, bring friends and play your game of choice on Monday and Wednesday afternoons from 1 to 4 p.m. and on Tuesday and Friday mornings from 9 to noon. Cribbage (for new and seasoned) players meet on the 2nd and 4th Wednesday. (Some days are shared with classes.) Table Tennis is offered on Monday, Tuesday, and Friday afternoons from 1 to 4 p.m.

#### **Good for You**

Bagels Plus: On Friday, May 6, at 10 a.m., join Linda Mundie, from The Gardens at Monroe, as she hosts this informative discussion with Sheli Monacchio, of Caring Connections. This month's topic: "Medicines in your Medicine Cabinet." As always, pre-registration is required and bagels with smear will be provided. Please be sure to register in advance.

Alternative Healing: On Wednesday, May 18, at 1:30 p.m., Michele Granberg, MA, Reiki Master, provides a look at Alternative Healing: the types of methods and modalities available, the nature and benefits of alternative

healing, and a demonstration of energy healing and more. Sponsored by The Wilf Campus for Senior Living. Please register in advance.

Silent Mediation: On Thursday, May 19, at 2 p.m., join Judy Kalman for a relaxing session featuring breathing techniques and visualization. Please register in advance.

Smart Drivers AARP Course: On Monday, May 23, at 8:45 a.m., refresh your driving skills by taking the AARP's driving class. For space availability and payment information, please call the Office: 609-448-7140.

#### **Music and More**

**Thomas Elefant Presents:** On Thursday, May 5 and 12 at 1:30 p.m., join Thomas Elefant, Orchestra Conductor, for an enlightening look at: "The Nutcracker" on the 5th. Discover the elements that make this beloved ballet and its music of Tchaikowsky an annual all-time favorite; and then, "Gypsy Music of Spain" on the 12th. Enjoy the thrill of the Flamenco guitar while comparing it to Gypsy music of Hungary.

Never Forget: On Friday, May 6, at 1:30 p.m., Sol Lurie shares, from the heart, his horrific experiences as an 11

\$8,000 collected during the

year old boy in the concentration camp. Despite his four year ordeal, he travels around the country to spread his message: "Love, Don't Hate." Register in advance.

Springtime Menu: On Monday, May 9, at 1:30 p.m., a limited number of participants will get to witness and

taste a special springtime menu prepared by Chef Anthony, from the Chelsea at Manalapan Assisted Living. On the Menu: Mango Smoothie, Shrimp Skewers, Sautéed Orzo, and a Berry Cream Tart. Please register in advance.

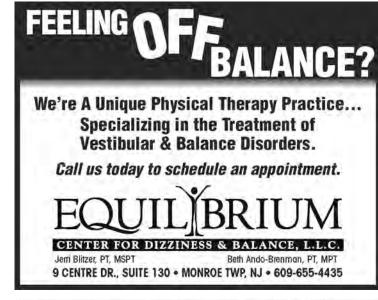
(Continued on page 26)

## The Interfaith Council says "Save the dates"

The National Day of Prayer Service will be on Thursday, May 5, at 1:30 p.m. in the Meeting House. Our guest speaker will be Sol Lurie, a

Holocaust survivor.

The Memorial Day Service will be on Monday, May 30, at 1:30 p.m. in the Meeting House.





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# **American Legion**

(Continued from page 24)

fortunately, it was not a winner. We want to thank all the students who took the time to participate.

On Wednesday, March 23, two other Legionnaires and I were at the Monroe Township High School interviewing Juniors who want to participate in the Department of New Jersey Boys State program slated for mid-June at Rider University. This one week at the program gives the boys a better understanding of how our system of government works, where they create their own working government. This experience can also give them a chance to go to Washington, D.C. this summer attending Boys Nation with boys from all 50 states and learn about the federal government and the Constitution. Post 522 will sponsor three boys as delegates and three alternates in case one of the delegates cannot attend. We interviewed 10 extremely intelligent and well-spoken young men, and it was very difficult to pick the delegates and alternates because they were all terrific. I wish to thank these gentlemen for their interest in government and politics and wish them well in their future endeavors. I cannot divulge the winners' names at this time because the high school is on spring break, and the school has to be notified first and agree to have the delegates and alter-

nates' names published.

This June we will also award a Monroe Township High School senior, the American Legion Americanism Award at the awards ceremony in late May. The school will pick the recipient and let the post know so we can recognize him or her in a future article.

On May 16, the Monroe Township Chorus has invited Post 522 to present the Colors at their Salute to Veterans event which will be held at the Monroe Township Middle School Auditorium, The Marasco Performing Arts Center on Perrineville Road. The doors will open at 7 p.m. All veterans are encouraged to attend and wear any veterans' organization caps, hats, uniforms, etc. Also attending will be military personnel who are on active duty to be of assistance to those who require help in getting to their seats. In the past this event has had a huge impact on all attending veterans and civilians alike.

Of course with Memorial Day soon approaching, we are in the midst of our annual Poppy Drive. You will notice that our legionnaires have been out with our poppies at some locations in the Township. Throughout May we will also be collecting donations and distributing poppies to help our disabled, homeless, and destitute veterans from all our branches of service. Whether during wartime or peace, we all served honorably and we ought to support those in need.

Last year we donated over

Poppy Drive to over 22 organizations, some in N.J. and others around the country. We donated approximately \$4,000 of that amount in clothing comfort items to one veteran's hospital, two veterans shelters, and a veterans nursing facility in N.J., and to Walter Reed National Military Hospital in Bethesda, Md. Again we ask all of our friends and neighbors to be as generous as possible during this drive, because it really helps. All funds collected during our Poppy Drive are earmarked for veterans' causes; we at the American Legion do not use any of those funds for any other purposes. We answer to the IRS and the National Headquarters of The American Legion as to what is collected and where it goes. We appreciate all your support.

On May 26, at 7 p.m., we will have our 2016-2018 post officers' installation at the Jamesburg Elks Club on West Railroad Avenue. All post members and their guests are welcome. Please contact the Commander by May 15 at our email address if you would like to attend.

Finally, we are always looking for new members to join our post here in Monroe Township. If you are a veteran, male or female, go to our website and check out the qualifications needed for membership, and contact us at www.alpost522.com. Our email address is: post522@comcast.net.

#### TRANSPORTATION TIDBITS

#### Important phone numbers:

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

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

Middlesex County

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

St. Peter's University Hospital

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

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

# **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.

#### **Dey Farm**

(Continued from page 1)

house will be open beginning in June. The original farmhouse and barn located on the property will be open as well.

The 40-acre property, owned and maintained by the Township, is part of the Township's Master Plan, which was approved in 2001. The site was originally owned by two different developers, who each donated a large parcel. A former roadway was reconstructed to make a more open yard in the property.

As part of the planning associated with the site, the Historic Commission was asked to develop a comprehensive proposed map of the site. Aided by Richard Grubb Associates, the Commission found four houses in Monroe that met the criteria based on age and construction. The England house was selected as a well-preserved example of a home constructed between 1760 and 1810. Since the house, slated for demolition by the property owner, was located on a property approved for a new development, the developer very generously agreed to have the house moved 4,000 feet across the pastures of the

Oschner farm to the township -owned site, where it was placed on a new foundation constructed by the developer. Power lines, mud and a fence were obstacles that were worked around, and the move was completed successfully in 2004. The two-fireplace house has its original windowpanes, wide-plank pine floors and a winding staircase. That house is still in a state of reconstruction, and no date has been set as yet for its opening to the public.

The 1850s schoolhouse, one of the original schools in the Township, has been nearly completed through a combination of reconstruction of original materials that were carefully dismantled, numbered, and reassembled in addition to newer materials true to the period. Many of the newer elements were hand-constructed to ensure that their designs were representative of older building style and techniques. Although current building codes have been adhered to, care was taken to minimize their intrusiveness into the old architecture. The Art Department at Monroe High School will be recreating one of the signs that will be placed on the building when it is completed.

A second large barn dismantled years ago has had its components numbered and is awaiting reconstruction. The materials are currently in storage. No date has been set as yet for this project.

Over the years many current and former township residents have donated farm implements, school materials, household goods and thousands of photographs and other written memorabilia. Many persons have been interviewed and have shared their recollections of the Township as it has evolved. The donated artifacts are being placed in their appropriate buildings where they might have been used many years ago. The photos, school records, postcards and letters are being scanned and catalogued by volunteers and members of the Commission. In addition, Katerba has compiled two historical collections of photographs that have been published. These books are available for purchase through various book sellers and are available for borrowing from the Monroe Township Library.

Donations of old photos, letters, postcards and other memorabilia would still be welcomed. If the materials are of sentimental value, the Commission would be pleased to return them after they have been scanned into the collection. Other materials, implements, clothing, and household and farm items will be evaluated for inclusion and may or may not be used at the Preservation site. Longtime residents and other persons who would like to be interviewed to share their recollections should contact the Commission so arrangements can be made.

Since yard work is important to the beauty of the site,

ROSSMOOR COMMUNITY ASSOCIATION

2016 POOL SEASON

RULES, REGULATIONS, & POOL HOURS

The Rossmoor Community Pool will open Friday, May 27,

and close on Labor Day, Monday, September 5

The Pool will be open daily between the hours of 9:30 a.m. - 8:30 p.m.

volunteers are needed to help plan and assist with landscaping. Donations of transplantable perennials and other plantings will be considered.

The expected highlight of the year will be the Vintage Baseball Game scheduled for September 24. Once again players will don vintage uniforms, use vintage equipment and try to recreate the look and feel of a 19<sup>th</sup> century game. Picnics are encouraged at this family-oriented event, which is free to all.

Volunteers are always welcome to assist with Historic Preservation Commission projects. Please feel free to attend a Commission meeting, held on the second Monday of each month at 7 p.m. downstairs at the Municipal Building. Additional information about the Commission is available on the Monroe Township website.

# Senior Center

(Continued from page 25)

with Spring Fling "Murderous" Zing: On Friday, May 20, with doors opening at noon, put on your detective hat and find out "Whodunit". The Riddlesbrood Touring Theatre presents, "The Case of the Missing Van Gogh," and your deductive reasoning could yield a prize! Select a "Mysterious Luncheon Plate" (prepared by City Streets) when you arrive to the event. Tickets: \$10 p.p.; due when registering in-person, in advance. No tickets sold at the door. No refunds for this event.

Girl Singers of the 1950's: On Monday, May 23, at 1:30 p.m., we welcome back Francine and Joel as they bring back the songs from the 50's while highlighting the hits of Doris Day, Rosemary Clooney and Patti Page.

Songs/Letters of WWII:
On Tuesday, May 24, at 2
p.m., the Traveling Literary
Theater performs what is,
according to Ralph Jeffers,
Pearl Harbor Survivor, "A
moving tribute which honors
our history and those who
sacrificed so much."

Carpenters' Greatest Hits: On Wednesday, May 25, at 1 p.m., our friend, Mike Ferreira, hosts this DVD musical presentation featuring the greatest hits of the Carpenters, from "Close to You" to "We've Only Just Begun".

Jerry's Travels: On Friday, May 27, at 1:30 p.m., join Jerry as you cruise Southeast Asia and sample a number of fascinating ports that include: Thailand (Buddhist temples and Bangkok's Grand Palace), Vietnam (resort areas), Hong Kong, Shanghai, and Busan

(home of the world's largest department store). Please register in advance.

**Artistically Speaking** 

Collage with Karen: Starting on Tuesday, May 10, at 2 p.m., join Karen for this two-day workshop (May 10 & 17) as she follows in the footsteps of Matisse, Bearden, and other artists who paint with paper. Experiment with different mediums to create realistic and abstract images. Course fee: \$15 p.p., due upon registering in-person, in -advance. Space limited.

Art of the Masters: On Friday, May 20, at 2 p.m., join Christina, from Creative Notions, LLC, for a brief lecture on Vincent Van Gogh. Then, individuals, with a project coupon, will create a group masterpiece, using wax pencils, in the artist's style. Coupons are available upon request, inperson, while they last.

#### **Exercise Your Options**

Dance & Tone: Starting on Tuesday, May 3, at 10:30 a.m., we welcome back Sandra to provide this Zumba-like class consisting of 8 sessions thru June 21st. Combining both low-impact aerobics and toning, this class offers a total body workout. Zumba Toning Sticks are strongly recommended. However, dumbbells or bottles of water can be used as weights. Course fee: \$30 p.p., due upon registering.

**Zumba Gold:** Starting on Friday, May 13, at 9 a.m., join Fran to get your hips moving during this 6-session class infused with Latindancing and music. Class fee: \$24 p.p.

1. Access to the pool and any of the facilities in the fenced area around the pool are permitted only when a lifeguard is in attendance.

2. Upon entering the pool area, all residents must register and present Rossmoor identification.

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

Personal furniture is not permitted in the pool area.

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

#### GUESTS OF THE ROSSMOOR POOL

1. All residents must register their

- guests at the pool. Residents do not have to remain with guests over the age of twenty-one. Only residents may purchase pool passes in the E & R office. Residents assume full responsibility for their guests. Pool passes will be required for all guests during all hours of operation.
- 2. There is a maximum of four guests, including children, per Manor per day, except for Memorial Day Weekend, July 4<sup>th</sup> and Labor Day Weekend when there is a limit of two guests, including children, per Manor. The fee for a pool pass is \$4.00 per guest over the age of 16 and \$2.00 per child between the ages of four and sixteen.
- 3. Children between the ages of four and sixteen will be permitted to use the pool and surrounding facilities between the hours of 11:00 a.m.—2:00 p.m. daily and must be accompanied by a resident at all times. Children between the ages of four and sixteen must exit the pool at 2:00 p.m. and exit the pool area no later than 2:30 p.m. Children under the age of four are NOT permitted in the pool or any of the facilities in the fenced area around the pool.
- 4. Children between the ages of four and sixteen should be encouraged to use the restrooms before entering the water and any "accidents" in the water should be immediately reported to the lifeguard.
- 5. Children under seventeen years of age are NOT permitted in the Hot Tub.

#### LANE SWIMMING SCHEDULE

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

 Four Lanes:
 Monday – Sunday
 9:30 am – 11:00 am

 Two Lanes:
 Monday – Sunday
 4:00 pm – 5:00 pm

 Three Lanes:
 Monday – Sunday
 5:00 pm – 8:30 pm

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

<u>Please note: Rules and Regulations are subject to change from time to time due to E & R Special Events</u>

Revised by Board of Governors November 19, 2015

# Classified Advertising

## **Transportation**

JOE'S CAR SERVICE- Any place, any time. Special care -Doctors, nursing homes, shopping. Rossmoor resident (908) 433-8188.

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

TRANSPORTATION - Airports, events, doctor's appointments and more. Call George (732) 887-5437.

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

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

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

**CALL ARETZ CAR SERVICE** - We go to all airports and any place you need to go. (917) 821-2751/ (609) 860-7942.

## Home Improvement & Services

J & M POWER WASH - Soft wash specialist. Remove dirt, mold and mildew from the exterior of your home. Jimmy (908) 875-1934.

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

SAM'S PAINTING - Quality painting and wallpaper removal. 30 years experience. (732) 616-8402.

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

T-K-S HOME IMPROVE-MENTS - A full-service contractor and handyman services. Kitchens, baths, basements, painting, tile and more. No job too big or small. Credit cards accepted. License

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

**GOT TRASH? NEED TRASH** REMOVAL? All clean-outs. Estate closings. Demolition/ removal. Check us out: aceremovalllc.com (732) 521-5500.

LANDSCAPE - Spring cleanups, small jobs welcome. Free bush fertilizing plus one complimentary begonia hanging basket. Concordia resident. (609) 468-3412.

MGL SERVICES - Landscaping. Garden service. Mulch/ gravel. Senior discount. For estimate call Morales (609) 240-5164.

# Miscellaneous/ Services

**ENJOY HOME-COOKED** MEALS - Delivered. Variety, healthy. Call Karen (609) 802-

SHOPPING BY SHELLY -Shopping, errands and more. Call for free consultation. (908) 812-3650.

PERSONAL ASSISTANT -Run errands, shopping, doctor/dental visits, deliveries, light housekeeping, laundry and linens, dog walking, house sitting, caring companionship, transportation to recreational, family or special events, take your car for repair or to the inspection station. Colleen Ward (609) 802-7377.

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

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

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

PET CARE - Loving, responsible, experienced. Reasonable rates and great references. Please call (609) 664-

**TECH BUDDY for SENIORS**  Simple step-by-step help with smartphones, computers, tablets. EBay postings to video chats. I bring technology to you. So easy my 99-year-old mom can do it. Always patient and enthusiastic. Low cost individual and small class rates (732) 589-4974, bcholewa@icloud.com

**COMPUTER REPAIRS - RJF** Sales Company LLC (formerly Monroe Computer Service). Is your computer running slow? It may need a tune-up. Desktop and laptop repair in your home. Custom built computers. Virus removal and protection. Monroe resident with over 20 years of computer experience. www.monroecomputer.com (732) 723-9537 or (732) 967-3400.

#### **Home Needed** For Cat

BEAUTIFUL DARK BROWN tortoise Mancion cat needs a home. Sweet, loving, spayed, healthy, 3-year old female. Up on all shots. (609) 409-4372.

#### For Sale

ALFA ROMEO - 1984 Spider Velace convertible - the graduate car. Red, 5 speed stick. Radio, CD player, newer top, power windows, power side view mirrors. Great car. Offered at \$9,750. Call Jules at (908) 839-0052.

#### Wanted to Buy

RUTH NEEDS A CAR -Please sell me yours. Any make/model. Must be in good roadworthy condition. (609) 655-8939.

# Health Care Wanted

WANTED-HEALTH CARE AIDE - Part time help for homebound female Rossmoor resident. Cooking, light housekeeping, care of all personal needs. Please contact Annmarie. (914) 906-7638.

# Help & Health Services

CARING ELDER CARE - A local service you can trust. We will help you live independently; two hours a day or a few hours a week. Experienced. Flexible schedule. (646) 413-

www.CaringElderCare.com

CERTIFIED HOME HEALTH AIDE - 25 years experience. Available afternoons, evenings, nights. Top care. Excellent references. (609) 954-3284.

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

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

POLISH NURSE with experience. Driver, honest, responsible. Looking for work. Will care for you, help you. 24 hours, 7 days. Call Vicki (518) 663-5153 or (732) 272-3286.

PERSONAL ASSISTANT for experienced, dependable, quality care. Tailored for you. Please call Jennifer (609) 632-

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

#### Housecleaning

SIMOES HOUSE CLEANING - Portuguese lady offers to give your home a true cleaning. Experienced. Reliable. Free estimates. (732) 347-9483.

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

HENRYKA'S HOUSE **CLEANING** – Quality work. References available. Call (609) 586-0806.

Tel.#

CATEGORY/HEADING:

**QUALITY HOUSE CLEANING**  Experienced and reliable. Trustworthy and respectful. References. (609) 858-4296.

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

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

# **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 <u>now</u> appears:
NAME:	
ADDRESS:	
PHONE:	
Changes for the	ne 2016 - 2017 edition:
NAME:	
ADDRESS:	
(1) PHONE <u>OR</u> (1) CELL	
If your name, addre in the 2015 – 2	e received by July 15, 2016** ess and/or telephone number 1016 edition is <u>correct</u> , for you to complete this form.
PIRE DEPARTMENT OF MORE DISTRICT THREE	MONROE TWP. FIRE DISTRICT #3 AT YOUR SERVICE, ANYTIME. www.mtfd3.com 609-409-2980
Check those produce ☐ The Clearbrook Courier ☐ GW Voice ☐ Regency F	AD COUPON  ablications that apply:  ☐ The Concordian ☐ Encore Speaks  Reporter ☐ Renaissance Reflections  Rossmoor News
□ Check here fo	or all seven publications
14th of the month pr	Ads must be received by the receding publication month. Editorial Services, Inc. Millstone Twp., NJ 08510
\$14 for 10 words, 50 cents e Sample: 10 words in two No discounts apply. All a No classifieds acc Note: Phone numbers co punctuation. Do not abbi State category/heading, "Help Wanted." You will One check or money ord	RATES  each additional word per publication.  publications = \$14 x 2 = \$28.00  ds must be mailed with payment.  epted by phone or email.  ount as one word. Do not count reviate.  ie., "For Rent", "For Sale",  Il not be charged for the heading.

Phone number or address which appears in ad must appear

(Above information is for Princeton Editorial purposes only if

we need to contact you. Above information will not be published.)

PLEASE PRINT YOUR AD BELOW OR ON a 8.5 x 11" PAPER

on check or money order to ensure proper credit.



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

#### 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 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

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 nonsurgical, provided under one roof and covered by most insurances, including Medicare. Healing effects can be felt on the first few

#### 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 FDAcleared 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.

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

- 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 northeastspineandsports.com

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, noninvasive 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.



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 5-31-16



732.276.1313 JACKSON, NJ 732.722.5953 POINT PLEASANT, NJ 609.488.4189 BARNEGAT, NJ 732.561.8118 MONROE, NJ NOW OPEN

COMING SOON: WHITING, NJ

www.northeastspineandsports.com