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Rossmoor IN News



VOLUME 55 / No. 6

Monroe Township, New Jersey

June 2019

CONGRATULATIONS TO THE 2019-2020 RCAI EXECUTIVE BOARD

Resident Emergency/Disaster Information (R.E.D.I.)

Knowing what to do is the best preparation
IT'S YOUR RESPONSIBILITY

Why Prepare?

The outlook for recovery from a disaster often depends on your planning and preparation. While we all hope that such events never happen, it has been shown from time to time that those who have prepared are best able to recover. Emergency services and government agencies may not be able to respond to our needs immediately. **You need to be ready to care for yourself here in Rossmoor.**

Know What to Do

In the event of a disaster/emergency it is important to know what to do. Learn and understand the different types of disasters/emergencies you are most

likely to encounter and what you will need. While each person is unique, you can take steps to prepare by evaluating personal needs and making a plan that fits those needs.

Make a Plan

The first step is to consider how a disaster/emergency might affect your individual needs. It may be necessary to plan to make it on your own for many days. It is possible that you will not have access to a medical facility, drugstore, gas station, or bank. Bus service may be limited or cancelled. It is crucial that you think about what kinds of resources you use on a daily basis and what

(Continued on page 2)



Congratulations to Rossmoor's new Executive Board elected at the annual BOG meeting on May 16. From left are Sal Guerriero, vice president; Bob Gleason, secretary; Jerry McQuade, treasurer; and Dan Jolly, president.

Getting to know our veterans: Army veteran is descendant of long line who served our country

By Chris Donahue

Jerry Setzer, who served three tours of duty with the Army, stands on the shoulders of several battle-tested relatives who served in the military as far back as the American Revolutionary War.

Reading from a list that seemed like a baseball manager giving the starting lineup to the home plate umpire, Setzer, a native of Scranton, Pa., who grew up in West Pittston, Pa., noted that the first relative to serve came from his father's side of the family. Jacob Kunkle was a member of the First Pennsylvania Regiment in the Revolutionary War, but that is all Setzer knows about him.

The fate of other relatives

who served during the Civil War and later conflicts is more detailed, thanks to information supplied by the National Archives. The information included battle reports, enlistment records and discharge dates.

Setzer's great grandfather, William Setzer, and his brothers, Washington and Jerome, whom he might have been named after, served in the Civil War.

Washington was a member of the 81st Pennsylvania Regiment, which suffered heavy casualties at battles such as Antietam and Fredericksburg. He was wounded three times.

William was a member of the 90th Pennsylvania Infan-

(Continued on page 6)

Arbor Day celebrated

By Anne Rotholz and Carol De Haan

The rain was chomping to get started on Friday, April 26, but managed to hold off as if in deference to the 25 residents who gathered to admire our own personal "Monroe Oak" on the green behind the Village Center. It is a healthy, handsome oak tree with a bit of history to it.

About 15 years ago, our former consulting arborist, Tom Purtell from Bartlett Tree Services, gathered a handful of acorns from the famous Monroe Oak at the corner of Prospect Plains and Applegarth Roads. He planted them in what was then Rossmoor's tree nursery near the Maintenance Office. When three acorns sprouted, they were carefully nurtured until the saplings were mature enough to be moved to permanent locations.

One was given to the aptly named Oak Tree School.

Another found a home in Monroe's Sept. 11 Memorial Garden on Prospect Plains Road.

Rossmoor was honored to receive the third sapling, which has been thriving ever since on the big meadow behind the Village Center. No longer a sapling, the Rossmoor oak gives every indication it will spread its arms and eventually become the massive pride and joy of

our community, like its famous parent, the Monroe Oak.

Arbor Day history

This event dates back to 1872 when journalist J. Sterling Morton moved from Detroit to Nebraska. He found very few trees in that state. Realizing the importance of trees to a healthy environment, he and other pioneers proposed to the Nebraska State Board of Agriculture

that they have a holiday to plant trees. On April 10, 1872, the first Arbor Day, they planted a million trees. Ever since, Arbor Day has been observed, but on the last Friday of April.

It is interesting to note that in the State of Israel, citizens and their worldwide supporters have planted so many new forests on their Arbor Day that the average annual

(Continued on page 13)



At the Arbor Day ceremony, celebrating Rossmoor's "Monroe Oak"

Inside this issue

Bits & Pieces	2	Maintenance	23
Bob's Almanac	10	Month in Pictures	15
Clubs	16	Musings and Memories	12
Culinary Corner	14	RCAI Meetings.....	2
Governors' Meeting.....	2	Religion.....	20
Health Care Center	23	Sports	22
Landscaping.....	22	Transportation Tidbits...	26

at the governors' meeting

The Rossmoor Community Association, Inc. ("RCAI") Annual Meeting on May 16, 2019, was called to order at 9:00 a.m. by Mr. Daniel Jolly, President.

Mr. Jolly stated that the RCAI Annual Meeting Notice was distributed to the 54 Delegates on May 1, 2019; confirmed that a quorum of 50% or more Delegates was present at the meeting; and appointed Ms. Jane Balmer, RCAI General Manager and Ms. Linda Rainey as Inspectors of the election.

Mr. Daniel Jolly was elected unanimously as the RCAI President for a one-year term; Mr. Salvatore Gurriero was elected unanimously as the RCAI Vice-President for a one-year term; Mr. Gerald McQuade was elected unanimously as the RCAI Treasurer for a one-year term; and Mr. Robert Gleason was elected unanimously as the RCAI Secretary for a one-year term.

The RCAI Board of Governors May meeting, following the Annual Meeting, was called to order at 9:25 a.m. by Mr. Daniel Jolly, President.

Mr. Peter Kaznosky, RCAI Golf Committee Chair, announced that there are still golf memberships available for residents and non-residents; outside outings are available; there is a clothing sale in the Pro Shop and he reminded everyone that our golf course is a "gem".

Mr. Kaznosky, RCAI Maintenance Committee Chair, also reported on the election of officers for the Committee; Mr. Kaznosky, Chair; Mr. Salvatore Gurriero, Vice-Chair; and Mr. Edward Harkins, Secretary, for a one-year term.

Ms. Joan Avery, RCAI Community Affairs Chairs, reported on the election of officers for the Committee; Ms. Avery, Chair; Ms. Dolores Grieff, Vice-Chair, and Mr. Albert deLorimier, Secretary. She also reported on all the events and activities that

have been planned by the Education and Recreation department.

Mr. McQuade, RCAI Finance Committee Chair, reported on the election of officers for the Committee; Mr. McQuade, Chair; Mr. Robert Gleason, Vice-Chair; and Ms. Muriel Calvanelli, Secretary. He also talked about the RCAI surplus through the period ending March 31, 2019.

There were no resolutions or policy changes to be discussed by the board.

R.E.D.I.

(Continued from page 1)

you might do if those resources are limited or not available.

Leaving vs Staying Home

Prior to a snow storm, hurricane, rain storm or other extreme weather advisories, you should consider staying with family, friends or in a hotel out of the area especially if you feel you are not capable to safely shelter-in-place. If you leave Rossmoor prior to a storm, it is a good idea to check with the North Gate prior to returning to check on the conditions at Rossmoor and whether or not it is safe for you to return.

If you plan to stay home, it may be best in most situations to remain home during and after an extreme weather event as there may be the uncertainty of where you might go and the risk of impassable roads. Should you elect to stay home, you must plan ahead and be prepared to be at home for some period of time

possibly without services.

Evacuation

The Monroe Township Office of Emergency Management, in coordination with fire, first aid and police departments, will be in charge and provide instruction should it be necessary to evacuate. If residents are evacuated, every effort will be made to open the Clubhouse as a comfort station until evacuees are able to make other living arrangements, or a Township or County shelter is opened. The Clubhouse is equipped with a stand-by generator that will restore power in the entire building within seconds of a power outage.

Share Information

It's a good idea to check with Administration that you have a current *Emergency Contact Information* form on file. This information will be available to Administration and will also be available at the North Gate for emergency responders should the need arise.

If someone has *Power of Attorney* for you, please consider filing a copy with the Administration Office. It would be helpful in an emergency to contact the person you have designated as the

(Continued on page 3)

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



News Board:

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

Editorial Assistants

Alex Monaco
Linda Monaco

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. Unscheduled volunteer writers should contact Rossmoor News Chairman Joe Conti about any article they wish to contribute. All copy and pictures are subject to editing and are accepted with this understanding.

Letters to the Editor must be emailed to PES at pescmd@aol.com and clearly marked *Rossmoor News*.

Editorial Office:

2 Rossmoor Drive,
Monroe Twp., NJ 08831

E-mail:

news@rcainj.com

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Visit the Rossmoor website at www.rcainj.com

Bits & Pieces

Sue Ortiz

I went to the dentist a couple of months ago, my six-month checkup. The hygienist X-rayed, scraped, probed, and cleaned my pearly whites all while touting the benefits of brushing correctly and using my Waterpik every day. Her ultra-modern equipment, like an electron microscope, showed every nook, cranny, and crack – scars I have earned munching on nuts, crackers, chips, hockey pucks (burnt hamburgers), hard candy, hard rolls, and just about everything else I've eaten. Also, bad teeth run in my family. The dental work on my dad's teeth was worth more than what my parents paid for their house.

My dentist came in next to confirm what the hygienist already told me. "You need to take care of those cracks before the teeth break. Crowns and root canals are in order." As he talks, I see dollar signs. Yes, yes. I hear you. Truth be told, I was starting to have sensitivity in one of those cracked teeth, so I made an appointment.

Two weeks later, I was back in the torture chamber – I mean, chair. First up, the root canal. I've had one before, and the stronger version of Novocain that is recommended for this procedure makes my heart race, and I get shaky. So he used the low-dose Novocain which is usually fine for me. The loooooong needle is inserted here and there. I only feel slight pricks. The doctor leaves the room while the Novocain kicks in.

Five minutes, 10 minutes go by. I am NUMB. Fifteen minutes later, he comes back in, ready to get to the root of my problem, literally. I'm tipped so far backward, that I feel I'm going to slide off the chair. The dental assistant inserts an apparatus in my mouth to keep my mouth open, to keep my tongue out of his way, and to keep me from swallowing too much. It is so uncomfortable.

The drilling starts. Owwwww! The Novocain was already wearing off. He injected more. The drilling resumed. More pain; more Novocain. Two hours later, he gave up. I would have to come back to finish.

The second visit went a little easier, at the start; he filled the tooth with the stronger Novocain (I don't know the different names, sorry, my dentist readers), and finished the job. But

then I had to have a mold made to fit the crown. Purple goop was placed in my mouth; some got on my face, too. I kept my jaw still until it set. He pulled it out, and it felt like my teeth were being pulled out as well! But the mold had air bubbles in it, so he had to redo it! Pure torture.

One more visit to set the crown. This should be easy, right? Well, a week before my appointment, one of my *other* crowns popped off as I sucked on a cough drop. I didn't know whether to laugh or cry. I did both.

There was no pain, so I decided to wait until my scheduled appointment and have both crowns put on at the same time.

This is where the real suffering took place. I was again teetered backwards. Mouthpiece in. No numbing shots. One tooth, or the nub under the old crown, was "cleaned" with a drill; the temporary crown on the other tooth was popped off and the area cleaned, as well. Then, the dentist pushed – harder and harder – until I thought my upper jaw would pop off! My lips were stretched so much, I thought they would rip. I was getting over a cold; I had to cough or drown in my own saliva. After more pushing, the crowns were cemented in place and cured with blue light. After two hours in the "chamber," I rinsed and staggered to the front desk, trying to shake off the throbbing pain in my head.

I can't believe I have still to pay for this torture.

As I ran from my tormentor, he exclaimed, "Don't forget – Now we have to take care of the lower right ... as soon as possible!"

Not now, Satan. Not now.

B&P

"Happiness is your dentist telling you it won't hurt and then having him catch his hand in the drill." -- Johnny Carson (American comedian, 1925 – 2005)

"When the amalgam is delivered to your dentist in a special protective box, he has to take extreme caution when handling the stuff: with masks, gloves, gowns, goggles, all needed to protect him from danger. He then drills your teeth and rams the mixture into your cavities, whereupon it becomes miraculously, instantly safe!" -- Jasper Carrott (English comedian, b. 1945)

Open RCAI Meetings in June

Thursday, June 13

Standing Committee Meetings...9 a.m.

Maintenance Committee
Community Affairs Committee
Finance Committee

Thursday, June 20

Board of Governors Meeting.....9 a.m.

All meetings are held in the Village Center Meeting Room unless noted otherwise.

Mutual Directors 2019-2020		
Mutual	Name	Position
1	Paulette Mascia	President
	Albert de Lorimier	Vice President
	Dale Ralston	Secretary/Treasurer
2	Dennis Haggerty	President
	Alan MacVicar	VP/Treasurer
	Jacqueline Eiseman	Secretary
3	Loren Kelley	President/Treasurer
	Vincent Marino, Jr.	Vice President
	Robert Danehy	Secretary
4	Gerald Macfarlan	President
	Betty Hornig	Vice President
	Willam Reckdenwald	Secy/Treas
4B	Louis Russo	President
	Andrew Riggi	Vice President
	Joann Casper	Secretary/Treasurer
4C	Joan Avery	President
	Robert Landman	VP/Treasurer
	Gail McCarthy	Secretary
5	Daniel Jolly	President
	Harry Murphy	Vice President
	Thomas Croake	Secretary/Treasurer
6	Beverly Masters	President
	Thomas Christiano	Vice President
	Paul Mueller	Secretary/Treasurer
7	Arnold Jasper	President
	Christine O'Leary	Secretary/Treasurer
	Patricia Ray	Vice President
8	Robert Macchiarola	President
	Patricia Parisi	Vice President
	Andrea Mednick	Secretary/Treasurer
9	Jeffrey Albom	President
	Barbara Brumberg	Vice President
	Carol Turner	Secretary/Treasurer
10	Gail Piccirillo	President
	Debra McCauley	Vice President
	Dennis Arce	Secretary/Treasurer
11	John Vergano	President/Treasurer
	Cynthia Marnell	Vice President
	Dolores Grieff	Secretary
12	Salvatore Gurriero	President
	Alexis Monaco	Vice President
	Muriel Calvanelli	Secretary/Treasurer
14	Bob Gleason	President/Treasurer
	Joan Lundy	Vice President
	Brenda Burrus	Secretary
15	Gerald McQuade	President
	Edward Harkins	Vice President
	Edward Visinski	Secretary/Treasurer
16	Sidney Lincoln	President
	William Murphy	Vice President
	James Murphy	Secretary/Treasurer
17	Peter Kaznosky	President
	Anthony Saccone	Vice President
	Debra Stasik	Secretary/Treasurer

R.E.D.I.

(Continued from page 2)

one to handle your affairs if you are unable to do so.

If you have a medical condition or special needs, you should complete the *Monroe Township Special Needs Registry* form available in Administration. Completed forms should be returned to the Monroe Township Police Department, 3 Municipal Plaza, Monroe Township, New Jersey 08831.

You should also register with the Healthcare Center with your contact information and medical history.

Should you have a medical condition that requires outside treatments such as, but not limited to, dialysis or chemotherapy, you must register with the Healthcare Center prior to an ice or snow emergency to guarantee access for these appointments.

Additional Resources

For additional information resources, it is suggested you visit these websites:

- <http://www.ready.gov/>
- <http://www.redcross.org/prepare>
- <http://72hours.org/>

Basic Disaster Supplies Kit

According to the www.ready.gov/ website a basic emergency supply kit could include the following recommended items:

- Water – one gallon of water per person per day for at least three days, for drinking water and sanitation
- Food – at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to filter contaminated air and plastic sheeting and duct tape to “shelter-in-place”
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger
- Prescription medications and glasses
- Pet food and extra water for your pet
- Cash or traveler’s checks and change
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- First aid book

It may also be important to make sure your car is serviced and has a full tank of gas.

ARE YOU R.E.D.I.?
Be sure to review and renew your plan annually or as your needs may change

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

Q: I recently parked my vehicle in the Clubhouse parking lot overnight and found a ticket on the vehicle the next day. Why?

A: As we are all aware, parking in Rossmoor is difficult. The original builder planned for one vehicle per unit. In reality, most units have more than one vehicle. We ask that residents park their vehicles in their garages, driveways and carports before parking vehicles on Mutual streets.

Since the parking lots in Rossmoor are a bit undersized for the activities they support, parking in the Clubhouse, Village Center, Meeting House and Maselli Circle lots is restricted to those using the RCAI Common Facilities. Overflow, guest, and overnight parking in the RCAI parking lots is prohibited.

Q: I cannot believe that hurricane season is here already. How has Rossmoor prepared for this?

A: The RCAI Emergency Management Plan ("Plan"), adopted by the Board of Governors on May 15, 2014 and revised in 2016, was initially filed with the Monroe Township Police Department in 2014 and has been updated several times since. The purpose for the RCAI Plan is to make reasonable efforts to provide an effective response, during emergency situations, in a safe and efficient manner.

In cases of law enforcement, criminal actions, fire, first aid, major disasters, extended power outages, etc., the Community is dependent on the Monroe Township Police Department, Monroe Township District No. 3 Fire Company, Monroe Township First Aid Squad and Monroe Township Office of Emergency Management.

In addition to the Plan,

residents should also plan ahead of predicted hurricane, snowstorm or other extreme weather advisories. It is advisable to check medications, food and water supplies prior to any storm event. Every resident should have a battery-operated radio and light source and a supply of fresh batteries. It is also advisable that residents stay in their units during an extreme weather emergency.

Residents with medical conditions or special needs should complete the "Monroe

Township Special Needs Registry" form and return it to the Monroe Township Police Department, 3 Municipal Plaza, Monroe Township, N. J. 08831. Forms are available in the Administration Office in the Village Center.

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

A Review of Homeowners Insurance

By Charles "Cappy" Stults, Allen and Stults

There have been too many situations over the last few years in which the resident's Condo/Coop owner's insurance policy (also known as an HO6) has been improperly sold or inadequately purchased. Although there are many areas of coverage in an HO6, the topic of this letter is the HO6 coverage for the Master Insurance Property deductible.

The Mutual documents stipulate that any deductible on the Master Insurance will be charged to the unit owner of the damaged unit. The current deductible is \$10,000. Typical insured losses are fires, water damage from broken or frozen pipes, and water damage from broken/overflow of appliances.

Nobody likes paying insurance premiums, but since you do, please do it correctly and wisely. Make sure your agent or company knows that there is a \$10,000 deductible and you are responsible for it. Many HO6 insurers reimburse for this deductible under the HO6 Building Coverage. This is many times referred to as Coverage A, Building or something similar. Unfortunately, many insurers incorrectly use the "loss assessment" limit for this reimbursement which is typically inadequate and limited to \$1,000. Some insurers also state that Coverage A, Building, has a limit of \$1,000 for Master Insurance deductible reim-

bursement. Some don't pay at all.

It is important for you to understand and for your agent/company to understand that Coverage A, or equivalent, cannot have any sublimit for the Master Insurance deductible reimbursement and must be the coverage used for such losses.

Additionally, make sure your Coverage A, Building limit is adequate. We know that it has to be at least \$10,000 (the Master Deductible). This limit also must be adequate to cover any upgrades you and all prior owners have made to the unit. Hardwood flooring, for instance, is an upgrade. Many have upgraded kitchen cabinets and counters. We typically recommend no less than \$30,000 for coverage A and often higher.

It is worthwhile to mention here that we all need to be vigilant about loss control. Proper winterization, the inspection of your home when you are away, the replacing of old water heaters (10 years) and safe cooking techniques are a must. These are important for your own safety and protection, and for your neighbor's as well.

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

Concordia Clubhouse Presents

Shades of Bubl 

Saturday, August 3 - 8:30 pm - \$20

Shades of Bubl  is a three-man tribute to Michael Bubl , performing an incredible catalog of music while adding three-part harmony sound made famous by the "guy-groups" of the 1950s and 60s. This world-class act honors the sophistication and high-energy fun that Bubl  brings to his concerts. Songs from the show include sensational new arrangements of songs from nearly every decade of popular music with thrilling live vocals and polished choreography. Along with modern technology, Shades of Bubl  blends live instruments with pre-recorded studio instruments to guarantee a show that sounds like a full orchestra at each performance. Audiences worldwide have complimented the group's professionalism, musicality, choreography, arrangements and dashing good looks.

This is a show not to be missed!

Open to non-residents, Saturday, June 22.
Checks only, made out to Concordia Clubhouse

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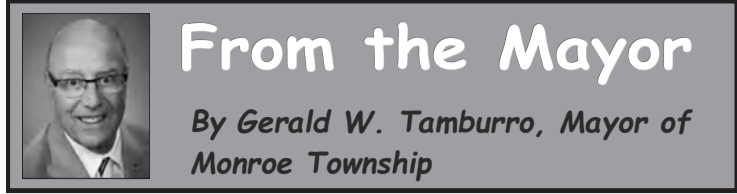
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From the Mayor

By Gerald W. Tamburro, Mayor of Monroe Township

Mayor leads fight for Monroe seniors' state tax relief

My ongoing pledge is to continue to be a good steward of the public's resources for the betterment of our community. Presenting a municipal budget without a tax increase is one step in that effort and working with state leaders on tax relief, particularly for seniors, is another element.

This month, with the fiscal 2020 state budget under discussion in Trenton, I will host Assembly Speaker Craig Coughlin for a roundtable with residents and our 14th District Assemblymen Wayne DeAngelo and Daniel Benson. I want to build on our accomplishments over the past few years.

Last year, I worked with Speaker Coughlin, a Middlesex County resident, to successfully restore cuts to the Homestead Credit program, providing \$3.3 million in state tax relief for Monroe seniors. The Homestead property-tax relief program provides critical tax relief to seniors and people with disabilities earning up to \$150,000 annually. Qualified residents received half of the credit in their May tax bill. I will fight along with the Speaker and our state representatives to ensure the second credit is funded in the state's fiscal 2020 spending plan.

Regarding the state budget, I also will be discussing with the Speaker directly about the need to expand the income threshold for the Senior Freeze (Property Tax Reimbursement) Program. Currently, the senior freeze is limited to incomes under \$70,000. This threshold must be raised so more seniors qualify.

Several years ago, I helped fight to expand the state's retirement income exemption, which was stuck at \$20,000. Thankfully, we were successful in that fight and we must stay on track in order to keep our seniors financially stable and remaining in New Jersey.

The retirement income exclusion threshold is slated to increase to \$80,000 this year (2019) and to \$100,000 in 2020. Retirees will be able to exclude more of their pension and retirement income from New Jersey income tax.

In the future, many retirees may pay zero income tax under the new program. It is absolutely critical that this exemption reach \$100,000 in 2020 and we need to change the law so everyone gets the benefit of the first \$100,000 no matter an individual's income.

Finally, we have to continue to support our veter-

ans. I was pleased that the legislature added a \$3,000 state income tax deduction for veterans beginning in 2017. And of course, we must maintain the \$250 property tax deduction for veterans. Both of these are important programs and recognize the sacrifice that our veterans made for each of us.

As your Mayor, I will continue to use the position you have entrusted in me to fight for tax relief for our residents at every level. I will address the issues impacting our senior community and create positive change at every opportunity. You deserve no less.

Thank you for the opportunity to serve.

Honoring Gene Horan

By Carol De Haan

To say a fond farewell and pay tribute to our former neighbor, Gene Horan, about 30 good friends and also members of his Hiking Club gathered at the Gallery at noon on Saturday, April 13. The group enjoyed a tasty buffet luncheon catered by Anne Rotholz, Diane Gatto, Pat Martin, Peggy Mankey, and Sara Acevedo.

The guest of honor, Gene, drove back to Rossmoor from his new digs at the fashionable Parker Residence on River Road in Highland Park. Gene moved there in recent weeks after having lived in Rossmoor since 1998. "It was time to move," said Gene, expressing satisfaction with his new home.

For many years when he lived among us, Gene was ever a community leader. He edited The Rossmoor News for many years since 1999, setting a pattern of excellence that continues to inspire the current editors.

In recent years, Gene wrote a monthly column for The Catholic Society. His love of music showed up in his columns for the Rossmoor Music Association that surely inspired other music lovers and increased attendance at Meeting House concerts.


In 2001, Gene founded the popular Hiking Club, motivated perhaps by his years of membership in the Rutgers Hiking and Outing Club. The Rossmoor Hikers have walked over 8,000 miles, going around the Manasquan Reservoir, through the Pine Bar-

rens, over to Washington Crossing and Battleground State Parks, and Duke Island Park, among others. They had many box lunches and found the best ice cream places. Then there were breakfasts at Teddy's,

(Continued on page 7)



Gene Horan with Anne Rotholz



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Getting to know our veterans

By Chris Donahue

Each month, *The Rossmoor News* will feature the story of a resident who has served in the military.

Jerry Setzer

(Continued from page 1)

try Regiment. He suffered an eye infection and went home to Pennsylvania to recuperate, but was somehow listed as a deserter. Fortunately, when he returned, he was returned to the same unit.

Jerome served in the 54th Pennsylvania Infantry Regiment.



Jerry Setzer in uniform

On Setzer's mother's side, two brothers served in the Civil War.

Lewis Kunkle, his great-grandfather, enlisted in a Pennsylvania regiment in 1862 and was captured in 1864. He was imprisoned at the infamous Camp Sumter, or Andersonville prison, in Georgia for 11 months. When he was released in May 1865, he weighed 65 pounds.

Lewis' younger brother, Paul, enlisted in a Pennsylvania unit in 1864, but Setzer said there was "nothing spectacular about him."

Setzer's father, Elmer Eugene, was in the Reserve Officer Training Corps at Dickinson Law School, Carlisle, Pa., when World War I broke. He was given command of the Sixth Quartermaster

ammunition train, which included 40 Liberty trucks, which were chain driven and manned by four men.

"He was the youngest captain in the American army. He was 21," Setzer said.



Jerry at bat in a softball game



Setzer points out his ancestor's name on the Pennsylvania Monument.

"They were hauling shells to the First Division and were caught in a German 88 stakeout. They were throwing two rounds of high explosive, one round of gas. My father was gassed and wounded. Accumulated time on and off in VA hospitals was 16 years.

"The last time I saw him, I was getting on a train to go back to camp."

He died of his wounds in 1951 at the age of 55.

His father also had three brothers, one of whom

served in the Navy and two in the Army. One earned a Silver Star and a Purple Heart while serving as a gunner on the USS Denver.

Setzer, who was drafted into the Army out of high school when he was 18, said he learned about his relatives' military history as a boy and visited Gettysburg many times.

"Every Pennsylvania soldier who served is listed in the monument, and Washington, who was a corporal at the time and before he became a lieutenant, fought there.

It wasn't an obsession with me. I was aware of it all the time," he said.

Although Setzer's career in the Army was free from ordnance of any kind being fired in his direction, it required a high level of discipline and organizational skills. A high school and college education, which many of his fellow soldiers lacked, helped hone those skills.

He attended the University of Scranton (Pa.) over the course of several years. "I was in and out," he said. "I did my freshman year, then got called back into the reserves for Korea in 1950. When I got out of Korea in 1951, I went back to finish my degree."

Re-enlisting in November 1954 to take advantage of the GI Bill, Setzer became a member of the 81st Engineers and served in Schwetzingen, Germany, and later in Manheim. "I was the company clerk. I was the only guy in the outfit who had a high school education," Setzer said.

As a clerk, Setzer took care of all the records such as morning reports, sick reports, payroll and correspondence with upper command.

"I am not blowing my own horn, but we had an inspector general and I got no negative reports. Everything was in order and the captain doing the inspection said, 'They don't get many of these.'

"That was the job ... it was tough when I got started because I knew nothing about Army administration or regulations. They pulled me out of the field, but there were not then many guys who had schooling. They sent me to adjutant general's clerk school in Frankfurt for a month to pound on a typewriter and get a fairly general outline about how the thing

(Continued on page 7)



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Monroe Schools A-B-C Jeopardy

By Linda Bozowski

Although we live in Rossmoor, we are part of the Monroe Township community. This month let's take a look at some of the facts and fictions related to our schools by playing a game of Jeopardy. Information has been sourced from Monroe Board of Education and N.J. Department of Education data.

Because of formatting restrictions, we cannot present this quiz in the usual Jeopardy format – what follows is three topics and three series of "Answers." You, the reader, are expected to supply the "Question" that addresses the topic. "Answers" will be indicated by number, and "Questions" will be indicated by the letter Q. For example, Answer 99 might say "This shines at night in the sky." The reply will be noted as "Q – What is the moon?" So, shall we give the game a try? And as Alex Trebeck states in each game, please remember that your reply must be in the form of a question.

Activities

1 – Monroe Township has this many schools.

Q – What is 8?

2 – Monroe schools have this many swimming pools.

Q – What is none?

3 – Falcon Care offers these services to children.

Q – What is before and after school care?

4 – Useful life of artificial turf is this many years.

Q – What is 10 years?

Budget

5 – A new 54-passenger school bus can be purchased for this average price.

Q – What is \$98,000?

6 – Our staff members pay this percentage of their health insurance costs.

Q – What is approximately 18%?

7 – The cost of a school election is approximately this much.

Q – How much is \$96,000?

8 – This local school district has the lowest per-

pupil costs – East Brunswick, West Windsor-Plainsboro, Monroe.

Q – What is Monroe Township?

9 – Jamesburg Borough pays Monroe Township these fees for the current 291 students attending Monroe Township High School.

Q – What is \$14,900 per student, for a total of approximately \$4.1 million per year?

Concerns

10 – The district is ex-

(Continued on page 8)

Gene Horan

(Continued from page 5)

brunches at The Cranbury Inn, at the American Hotel in Freehold, and at the Laurita Winery in New Egypt. They shared 15 Harvest or Hunter Moon walks around Rossmoor. They enjoyed many good times.

Gene has been one of those rare individuals who gives of himself to enrich the lives of others. God bless you, Gene.

We'll miss your kind smile.

An authentic Flan

Some guests at Gene's luncheon wanted the recipe for the flan that was served. Here it is.

You must have a flan pan, which is a round metal mold, about four inches deep with a tight-fitting lid. The base pan should have several clasps to hold the lid tightly as the flan steams.

1. Melt ½ cup sugar in a Teflon pan until caramel colored. Pour caramelized sugar into flan mold and swirl around to coat bottom and sides. Set aside.
2. Fork mix in a bowl:
Two whole eggs
Two egg yolks
One 14 oz. can condensed milk
One 12 oz. can evaporated milk
One teaspoon vanilla
Pinch of salt
3. Strain mixture into flan mold. Cover open mold with aluminum foil and secure lid on mold. Trim excess foil to ½ inch overhang.
4. Place enough water in a pressure cooker to measure half the height of the mold. Put sealed mold in pressure cooker. Apply pressure cooker lid and heat on high. When piston begins moving, lower heat and cook for 20-25 minutes. Remove cooker from heat, let cool until safe to handle, and place covered mold in refrigerator for 10-15 minutes. Invert onto plate and viola.

— or —

Use a deep pot instead of a pressure cooker. Add enough water to measure half the height of the mold. Turn heat to high, put sealed mold into pot and cover the pot. When pot starts rattling, turn heat down and continue to steam flan for 60 minutes. Lift mold out, refrigerate for 10-15 minutes. Invert onto plate. Enjoy.

Our veterans

(Continued from page 6)

worked."

As one of 160 men in a company, he said Schwetzingen was the best place he served in because it was halfway between Manheim and Heidelberg, where the Seventh Army headquarters was based. "There was a lot to do there. They had a great enlisted man's club," Setzer said.

A natural athlete, Setzer also played on the company's basketball and football teams and was the right-fielder on its softball team, which won the championship. Each member of the team received an engraved silver watch.

Setzer, who was a staff sergeant when he was discharged, and his wife, Laura, were married in 1952. The couple had five children, including a son who became a Green Beret.

He worked for RCA in Somerville for 17 years as a manufacturing supervisor before getting laid off with about 3,000 other employees in 1975. After that, he worked as a commodity broker from 1975 to 1993.

Looking back on how many of his relatives served in the military, Setzer encourages anyone who would like to learn about his or her own family members to contact the National Archives.



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Monroe Schools

(Continued from page 7)

pected to have this many students by 2021.

Q – What is about 7,200 students?

11 – The proposed new middle school could be located at this site.

Q – What is the corner of Applegarth and Union Valley Roads?

12 – Monroe Township provides schooling for most of its 900+ special needs students at this location.

Q – What is in our own district?

13 - Monroe schools will need this many additional teachers if we build more school space.

Q – What is none?

14 – We are renting this many portable classrooms at this time.

Q – What is 10 units?

Final Jeopardy

Our game does not have a Final Jeopardy question, so we cannot declare a winner for the game. However, just like a real TV show, we must

include a commercial message. You, the reader, are encouraged to visit the Monroe Schools website and/or attend Board of Education meetings to learn more about our schools. Videotapes of the meetings can also be viewed on Channel 28.

Traffic advisory—speed limit change

Please be advised that the speed limits have been reduced on the following County Roadways in Monroe Township:

- CR. 527 (Englishtown Rd.) – From 50 MPH to 40 MPH.
- CR. 613 (Spotswood Englishtown Rd. between Buckelew Ave. and Mounts Mills Rd.) – From 50 MPH to 45 MPH
- CR. 615 (Cranbury Station Rd., Half Acre Rd., Union Valley Rd., and Union Valley Half Acre Rd.) – From 50 MPH to 40 MPH

Please adhere to the new posted speed limits on the above stated roadways.

Board of Education passes school budget with minimal increase

By Linda Bozowski

The Monroe Township Board of Education has passed the 2019-20 school budget at its meeting on April 30. The new budget is composed of \$122.8 million in operating and grant program expenses and \$11.6 million in debt service, for a total of \$134,454,475. The projected school tax increase will be \$1.99 per \$100 of assessed valuation.

Among the reductions to the previously proposed budget were cuts in courtesy busing and elimination of some proposed staff increases. Reduction of courtesy busing was related primarily to late-run transportation of high school and middle school students. These students stay after the school day for clubs and sports practices. The other transportation cuts, which have not been finalized, will affect students in some areas where sidewalks and crossing guards enable students to safely walk to a nearby school building. There was concern

expressed by some parents that student safety must be fully addressed before final decisions are made as to what routes will be reduced.

Proposed staffing reductions eliminated the filling of six new positions. Total reductions from the proposed to the revised budget accounted for \$815,000 in lower costs.

The Board also spoke about its concern with the amount of state aid that the township receives. In this new budget, state aid is budgeted at \$6,366,231. Monroe and other districts are grappling with balancing the responsibility of providing a sound education with limited funds. Further discussion of this matter will be

ongoing.

On a positive note, the workers compensation injury experience in the district will enable the Board to reduce insurance premiums by about \$400K. That expense reduction, coupled with the \$600K revenue earned by the Falcon Care before and after school program, has contributed to easing budget decisions somewhat.

Monroe schools are expected to serve more than 7,000 students in the next school year, a projected increase of 195 students. Complete budget information can be reviewed on the Board of Education website in a user-friendly format.

So what else can trees do?

By Carol De Haan

Apparently, they can stop crime.

If that seems too far-fetched, just consider what happened in Chicago. In 1941, the authorities built a

high-rise housing complex for 1,500 families on the south side of the city. Over the years, in parts of the complex, the trees, grass, and shrubs died. Other parts of the development remained green. In 2001, the University of Illinois found that the high foliage areas saw 48% fewer property crimes and 56% fewer violent crimes when compared with the no-green areas.

Cincinnati had to remove 646 dead or dying ash trees that had been invaded by the emerald ash borer. Police records indicated an uptick in property crimes, assaults, and other violent crimes since the trees went down.

In a 2012 study, Portland, Ore. found lower crime rates on streets with trees.

With all of that in mind, last year Philadelphia conducted an experiment on 500 of its vacant lots. One third of them were cleaned up and planted with grass and trees. Another third were cleaned up and just sown with grass seed. The final third were left alone. Sure enough, the two newly greened areas saw a 29% drop in gun violence over a 38-month period.

A social scientist at the Forest Service and an author of the Philadelphia study, Michelle Kondo reports that the city spent only \$5 per square meter to green up each lot. That produced a 29% reduction in gun violence, a pretty spectacular return on investment.

Kondo says that other cities are experimenting with the “green solution” to crime: New Orleans; Camden, N.J.; and Flint, Mich.

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A private interview with a celebrity

By Myra Danon

You might have missed the hoopla last year when adoring fans marked National Grouch Day as their favorite holiday. Celebrated annually on Oct. 15, this wildly popular event is, appropriately, in recognition of arguably the most famous grouch: Oscar, long-time resident of Sesame Street. We celebrate, if we want to, grouches we know and think we know, and sometimes admit to being, the freedom to complain, whine, and vent. Our neighbors are grateful that this self-indulgence lasts only one day--hopefully. They patiently await the pronouncement of Celebrating Karma Day.

Because we accept the responsibility of newsworthy events, we take this opportunity to report that June 1 is Oscar the Grouch's birthday and we send him birthday greetings. This special day was created in episode 3,866 of the 50-year-long educational program "Sesame Street," when on this day, he was declared the grouchiest he had ever been to his neighbors when engaging in differences of opinion, especially when their opinion differed from his.

Oscar was developed in 1969 by Muppets creator, Jim Henson, and head writer, Jon Stone. The distinctive voice that went so perfectly with his personality was that of Carroll Spinney, puppeteer, who he said was pretty

much the sound of the voice of the taxi driver who often drove him to the studio where the magical work was done. The idea of his being an unkempt character living in an over-crowded garbage can was inspired by a restaurant in which Carroll (gulp) dined, hopefully infrequently. Oscar's oft-sung refrain of "I Love Trash" comes to mind too quickly.

In lieu of party favors (Oscar does not know what a favor is), he has asked some of his acquaintances to *grouchify* on subjects that really upset him. Possessing neither a garbage can nor a soapbox, I volunteer as I lunge forward with three gripes, with the promise of more to come at a later date. (Oscar is not happy with only three.)

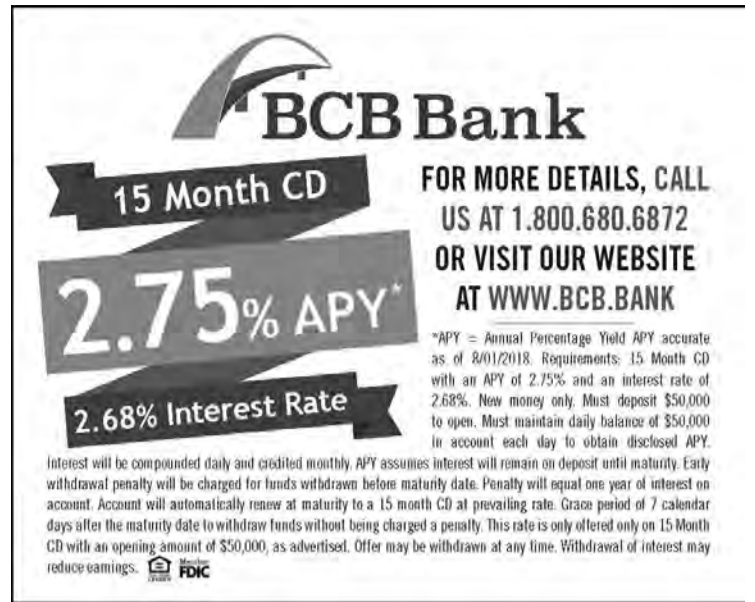
People: Do you know what a STOP sign means? When are you gonna get it right? It does not mean speed up so that you can outrace the other driver coming from the opposite direction. It does not mean make a rolling slowdown-sort-of-maybe-kind of -ambivalent attempt. It does not refer to just visitors of Rossmoor, as was heard by someone who didn't watch enough Sesame Street. People are complaining.

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Now what word do you see in upper-case letters repeated three times? Stay tuned for the next session of Sesame Street to learn the answer.



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Are DVDs really obsolete?

By Steve Smith

Are Blu-ray and DVD players obsolete? Technically, yes they are, but realistically, no.

Technically yes as you will notice that many, if not most, new computers do not come with a built-in DVD player. The advent of streaming services has greatly cut into the sales of DVDs and Blu-ray (for the purposes of this article I will refer to both as DVDs).

Why should you keep that old DVD player with your collection of DVDs that you

never watch when you can just stream everything? The answer is, and is not, simple. The video quality you see in DVDs is better than streaming services at this point, due to bandwidth. It takes a lot of bandwidth to stream even high-definition (1080 pixels), which is the highest quality you can get on Netflix at this point. So the 4k television you bought will look better (most TVs will upconvert to a point).

But you will need a bandwidth of about 50 Mbps

(Continued on page 11)

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Bob's Almanac

By Bob Huber

"What is so rare as a day in June?"

James Russell Lowell

America's most beloved romantic poet certainly hit the mark when he composed the above line. What, indeed, is so rare as a day in June? Winter is behind us. We can breathe in the scent of flowers and fresh mown grass and enjoy the best Mother Nature has to offer.

It goes without saying that there is a plethora of events scheduled for this month, not the least of which are June weddings.

Though more weddings are actually held in July and August, June is the traditional month to get married. June weddings attract more traditions than a dog has fleas. One of the most peculiar dates back to antiquity.

During medieval times, it was the custom to bathe once a year (whether you needed it or not). Since this bathing ritual was usually held in June, it was prudent to hold a wedding as soon after the bathing event as possible.

The most persistent wedding tradition is based on an old English rhyme which says a bride must wear "something old, something new, something borrowed, and something blue." Something old represents continuity. Something new signifies optimism for the future. Something borrowed represents happiness, and it is usually an item loaned from a friend or relative who is happily married. Something blue signifies fidelity, loyalty and love. In early biblical times blue, not white, symbolized purity.

We now turn our attention to the older gentleman escorting the bride down the aisle: dear old dad. It is appropriate that we devote at

least one day to honoring father, because he often gets lost in the shuffle, particularly at a wedding.

According to the Farmer's Almanac, we celebrate Father's Day on the third Sunday in June, thanks to the efforts of Mrs. Nora Louise Smart Dodd, of Spokane, Wash. (anyone with four names is bound to get your attention). On Mother's Day in 1910, Dodd approached the pastor of her church to propose there should be a similar occasion to honor fathers. Her pastor agreed. On June 6, 1910, at a meeting of Spokane ministries, Dodd presented a petition and it soon gained national attention. In 1914, Congress endorsed Father's Day, but it wasn't until 1971 that Pres. Richard Nixon signed the proclamation that officially established Father's Day as an annual national observance. Obviously, the powers that were in Washington didn't put dad on a very high priority.

Regardless of whom you may choose to honor, or occasion you plan to celebrate, the odds are that June will provide a day to cover it. We suggest you make the most of it.

World Oceans Day is celebrated on June 8

By Anne Rotholz

The following message from U.N. Secretary-General Antonio Guterres encourages everyone to participate in all that concerns the health of our earth, the only habitat we have. "Everyone needs to play a part. You can make a difference today and every day by doing simple things like carrying your own water bottle, coffee cup, and shopping bags, recycling the plastic you buy, avoiding products that contain microplastics, and volunteering for a local cleanup."

World Oceans Day gives us an opportunity to reflect on how well we are caring for our oceans. The oceans are said to be the lungs of our earth making it absolutely necessary to keep them healthy and functioning properly.

World Oceans Day came into being at the 1992 Earth Summit in Rio de Janeiro, when the Canadian government proposed that a day be set aside to honor, protect, and conserve our oceans. In 2009, the day was officially recognized by the U.N. General Assembly. At their request it was renamed World Oceans Day.

World Oceans Day is celebrated on June 8 each year. Its aim is to make

everyone aware of the vital importance of the oceans and the role they play in keeping our planet healthy. Following are some reasons why a healthy world ocean is critical to our survival:

The ocean ...
Gives us most of the oxygen we breathe,
Helps feed us,
Gives us crucial medications,
Regulates our climate,
Provides us with clean water to drink,
Has beauty that provides us with limitless inspiration.

Each year has an Oceans Day theme assigned, and various programs and activities are set up in keeping with that theme. In 2018 the focus was on the devastation caused by filling the ocean with plastic.

The theme for 2019 is *Our Oceans, Our responsibility*. It will focus on conservation and on constructive communication with other nations. Hopefully this will inspire the global community to realize that it is our collective duty to protect our marine environment and to carefully manage its resources.

World Oceans Day provides a unique opportunity to honor, to help protect and to conserve our world-shared oceans.

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Sickle Cell

By Jean Houvener

Those of you who watched a recent "Call the Midwife" episode on PBS may recall the story about a family from a West African country that suffered from a painful condition almost unknown in England at the time (1960s). June 19 is World Sickle Cell Day. The United Nations designated this day in recognition of sickle cell disease as "one of the world's foremost genetic diseases."

The disease is caused by a recessive gene that has occurred naturally as part of the evolutionary process of humans. It is prevalent in regions that suffer from endemic malaria, including much of Africa, the Middle East, the Mediterranean coastal areas, and India. As a result of human movement from those areas, it can be found throughout the world.

Caused by a single change in the DNA for creating hemoglobin, the revised hemoglobin causes many problems in the red blood cells where hemoglobin carries oxygen throughout the body to all its cells. Located on a paired chromosome, an individual may have one copy of the mutated gene, no copies of the mutation, or two copies of the mutation. If parents both have one copy of the mutated gene, they are carriers, with sickle cell trait. If they have children, their chil-

dren have a 25% chance of not carrying the mutated gene, a 50% chance of having one copy of the mutated gene, and a 25% chance of carrying both copies of the mutated gene, causing sickle cell disease. In 2015 an estimated 4.4 million people suffered from the disease and an additional 43 million carried the trait.

The mutated gene causes the creation of a different hemoglobin, which makes the red blood cells less flexible for passing through the blood vessels, and particularly the smaller capillaries. The hemoglobin also carries less oxygen to the cells and the hemoglobin in the red blood cells becomes clumped and more likely to cause premature death of the red blood cells, resulting in even less oxygen being carried. It changes the shape of the corpuscles to a sickle shape, which can get caught in the tissues and cause clots and damage to soft tissues of the organs. The lack of oxygen can cause shortness of breath. Anemia is common. The condition untreated can be extremely painful and even fatal.

While it might seem strange that this mutation has survived for centuries, for the carriers of one copy of the gene, it can offer protection from malaria. It does this not by preventing it, but by disrupting the life cycle of the virus that causes malaria.

One stage of this life cycle requires red blood cells in which to reproduce. Because even the one copy causes disruption of the blood cells when the malaria virus is present with a premature death of the blood cells, the virus dies along with the blood cells, unable to reproduce itself. The carrier suffers an onset of the disease, but has a shorter duration and less virulent version of malaria, increasing the likely survival of the mutation. Those without the mutation suffer from a worse case, which can be fatal. Those who have both copies of the mutated gene are far more at risk from malaria.

In regions where malaria was once endemic, but where it has been eradicated, the prevalence of the mutation and of sickle cell disease has decreased. With a possible future elimination of malaria, the mutation's value would be diminished and eventually could disappear.

Descriptions of what is clearly sickle cell disease and trait can be found in writings from the mid-1800s. Detailed research and the discovery of the sickle shaped blood cells began in the early 1900s by Ernest Irons and James Herrick in Chicago. St. Jude's Children's Research Hospital in Memphis has been in the forefront of researching and looking for treatments for

sickle cell disease, beginning with the work of Lemuel Diggs, M.D., in 1958. In 1983 a child who suffered from cancer as well as sickle cell disease was given a bone marrow transplant for her cancer, which unexpectedly also cured her sickle cell disease. A bone marrow transplant can be risky for the recipient, but when the operation is successful, patients receive blood-creating marrow that is not subject to the

mutation. This allows their bodies to now create red blood cells that do not have the problematic hemoglobin.

More recently hydroxyurea has been used to treat this disease. Hydration, painkillers, blood transfusions, vaccinations and antibiotics to reduce infections have also proven effective in reducing the impact of sickle cell disease. Further research is being done on genetic and bone marrow solutions.

DVDs

(Continued from page 9)

(megabits per second) to stream 4k quality. And, even though many ISPs (Internet Service Providers) advertise 200 Mbps or better, reality says you will almost never come close to that as you still need the Internet, which is still affected by many variables. For example: the number of people using it, the kind of router you have, the distance from the router, if there is a storm in the area, and whether or not your cat is sleeping on the keyboard (Okay, maybe not the last item). In addition, streaming services will compress the data in order to stream it successfully, which lowers the video quality.

So why keep your DVD player? You can watch movies if the Internet is down. You already bought the DVD so there is no additional charge if you watch it multiple times. You can obtain DVDs from the

Monroe Township Library for free. Some classic movies cannot be found to stream. The video quality is always the same (and will upconvert on a 4k TV). If you throw out your DVDs you now have an empty space. Since nature abhors a vacuum, you may end up with an ugly vase where your DVD collection used to be.

As far as obsolescence goes, how many of you still have your VHS player and VHS tapes? Raise your hands. Now you can lower your hands – this is a newspaper and I can't see them anyway. I still have some movies on VHS that cannot be found on DVD (I also have 8-track tapes but that is really dating myself).

Just because we are told an item is becoming obsolete does not mean it cannot be used. So let's hang onto those DVD players and DVDs – they look a lot better than ugly vases.



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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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24 HOUR EMERGENCY CARE

Summer recollections

By Bob Huber

June is called the gateway to summer. There may still be a spring nip in the air, and kids will have to suffer through a few more weeks of school, but anticipation is part of the fun.

I am particularly tuned to summer, as I recall many happy visits to our family farm, located on 220 acres of rich Ohio soil and crowned on a hill by an imposing Victorian farmhouse, which my grandfather built after the Civil War for his wife and (eventually) five children.

During my youth, the farm was operated by my Uncle Floyd and Aunt Daisy, two wonderful people whom I absolutely adored. They could have posed for a Norman Rockwell portrait of rural America.

I was a city kid, but on summer vacations and extended school holidays our family would head for the farm. I would use those occasions to explore every inch of the huge barn and all its out buildings; however, there were two areas that were off-limits to me. One was the hog barn. "A pig can take your hand off in one bite," Uncle Floyd would caution.

The other area was the special pasture where Uncle Floyd kept his prize bull, Henry. Henry was the only bull in Uncle Floyd's herd of bovines. In fact, Henry was the only bull in that part of the county.

"Bulls can be very dangerous," I was warned. "You stay away from him." I really didn't understand this, because Henry looked like such a placid, self-satisfied soul. Uncle Floyd could go into his pasture, and Henry would trot up to him and follow him around like a puppy dog. There was obviously a special relationship there that no one else shared.

At my tender age, I didn't quite understand why being the only bull in the area was so important, but I soon learned. His favors were very

much in demand among the lady cows throughout the area. When I was a little older, I figured out why Henry always seemed to have such a self-satisfied expression. The ladies were usually brought to visit Henry on his home turf, so I had a front row seat for these encounters. I developed a deep respect for his capabilities.

Truth be told, I really didn't care much for cows. I always had the feeling they didn't like me. I would go into the barn milking time, and they would stare at me as if I didn't belong there. I guess I didn't, because I never did get the hang of milking.

As I grew older, I spent less and less time on the farm, as my attention was drawn to other pursuits, and in the early 1940s the wonderful old farmhouse was totally destroyed by fire.

Another family owns the property now, and a modest ranch house occupies the prime spot on the hill, but in my mind's eye I still see that wonderful old Victorian home, and I think about all the wonderful times I had there and all of life lessons I learned ... especially from Henry.

Musings and Memories

By Betty Emmons

City vs. Country

The other day I was asked by a friend to accompany her on a dry run to the Trenton train station and I said I would be happy to go with her. I knew it was a big city and I figured it would be busy. It was as I expected, only now, I would say busy, busy and she did indeed need an extra pair of eyes to catch the signs as she maneuvered through the heavy traffic until we found the station. She was glad I was with her and felt much better for having taken the dry run. I'm sure she will be fine when she has to go there the next time. As for me, I was just glad she was doing the driving and very glad to get out of there.

Then, once this was out of the way, she decided to make a day of it and we continued to ride along the Delaware River into New Hope, Pa. It was a gorgeous day for such a junket and I was thrilled. The sky was blue with puffy white clouds and the temperature was warm but not too warm. Just perfect.

Once we crossed the bridge at Lambertville, we ran into a lot of tourist traffic but going at much slower speeds. What a difference from the rat race we had just left behind.

Now we were in what I like to call God's country. As we followed the river into the country on the Pennsylvania side, we saw the beautiful homes, farms, pasture lands, and woods that dotted the landscape. It was so peaceful and quiet; in retrospect, I only had one regret. I could not

capture all the beauty on both sides of the road at the same time. Never mind though, I was still sated with the gentleness I had seen. I have much to reflect on in times of remembering.

It was then time to head home. On the way, we stopped at two roadside farm stands for fresh eggs and some fresh produce, while having a pleasant exchange with the folks who worked there. This is another part of what I love about the country. After that we stopped at a lovely inn for a late lunch. The food was excellent, the hostess most gracious, and our day was complete.

A most delightful spur of the moment for me, one that started out as a nerve-racking run which then turned into one of the most peaceful of days. An unbelievable contrast between the past and the present, and to think I have lived in both. That, to me, is unbelievable, too.


Thank you

Many thanks to our neighbors and friends here in Rossmoor for all their prayers and good wishes after Michael's recent heart surgery. He is well on his way to a full recovery.

Thank you
Josie and Michael Cuddy

I would like to thank everyone for the 300+ cards I received while I was convalescing.
Arnold Jasper

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Doug Clark installing the sign board he made in the woodshop with Anne Rotholtz guiding its placement

Arbor Day

(Continued from page 1)
temperature of that country has dropped by several degrees. In the hot, dry Middle East that seems like a miracle.

What trees do for us

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Here in Rossmoor

Considering our proximity to the truck and auto emissions from the Turnpike, to say nothing of the truck traffic in and out of the numerous warehouses around here, shouldn't it be obvious that we need more trees, not fewer?

Upcoming concert

Friday, June 21:
Darryl Kubian and N.J. Symphony Orchestra Members. Kubian, a member of the First Violin section, will perform with several other talented musicians from the top-rated NJSO.

New Neighbors

By Christina Smith – Resident Services Manager

Ann Goodlow, 49D Old Nassau Road, formerly of Edison, N.J.

Juan Sota and Ruth Romero, 560B Tilton Way, formerly of Belleville, N.J.

Alesandro Galvez, 146D Putney Lane, formerly of Elizabeth, N.J.

Audrey and Walter Chamra, 364N Old Nassau Road, formerly of N. Brunswick, N.J.

Catherine Chempanos, 680B Yarborough Way South, formerly of Monroe Twp., N.J.

Maria Lamola and Deborah Kieselowski, 514A



Sutton Way, formerly of Old Bridge, N.J.

Helena Sciarrone, 208C Rossmoor Drive, formerly of Staten Island, N.Y.

Justo and Suzanne Rivera, 406N Oxford Lane, formerly of Princeton, N.J.

Roni Noble, 170B Rossmoor Drive, formerly of Kendall Park, N.J.

India Woods, 657N Yale Way, formerly of Jersey City, N.J.

Margaret Lantz, 148D Old Nassau Road, East Brunswick, N.J.

In Memoriam

Bernice Hunter

Bernice Hunter died Monday, April 15, at home surrounded by family and friends.

Bernice started her career in banking, then received a degree in X-ray technology. She was employed by Beth Israel Medical Center as a radiological technologist in mammography until she retired. As a retiree, she lived in Mutual 8 for many years, where she was known as a kind, gentle neighbor.

She was preceded in death by her husband, Donald. Bernice is survived by her sons, Raymond and Derek; daughters and sons-in-law, Tracey Hunter and Michael Abbate, Kim Hunter and Howard Borst; 14 grandchildren and two great-grandchildren; and two sisters; and a host of family and friends.

Patricia A. Landman

Patricia A. Landman, resident of Rossmoor, peacefully passed Monday, April 22, at Robert Wood Johnson Hospital. Born in Brooklyn, N.Y., in 1933 to Joseph and Maude Sheerin, she was a graduate of Lynbrook High School in Lynbrook, Long Island. She was a member of St. David's Episcopal Church of Cranbury.

Patricia is survived by her beloved husband of 67 years, Robert G. Landman, three daughters, Joanne Stermer, Denise Landman, and Tracey Pasarella; five grandchildren, Michael, Kiel, T.J., Jack, and John; and one sister, Joan Dealy.

Submitted by
Robert G. Landman

League of Women Voters

By G. Moore

In March, the U. S. House of Representative passed the "For the People Act" (HR1), a comprehensive package of democracy reforms, and sent the bill on to the Senate for hearings and a vote. For more than a month, the bill has languished in the Senate with no action taken.

The Monroe Township League of Women Voters joins with voting rights groups around the country in supporting the "For the People Act" (HR1) and encourages voters to take action by contacting our senators.

This legislation, described by some as an anti-corruption bill, is extensive. It covers campaign finance reform, strengthens the ethic laws applicable to the various branches of government, and expands voting rights.

As an organization with a mission of empowering voters and defending democracy, the League of Women Voters is proud to support legislation that does the same. HR1 enshrines into law what all Americans know: that every citizen de-

serves a voice in our democracy. When enacted, it will improve American elections by making our election system fairer and more accessible to all eligible Americans. It will restore the Voting Rights Act, expand automatic voter registration, bring increased transparency to the financing of elections, and end gerrymandering.

Looking back to December 2018, we saw the effectiveness of an organized public outcry when the power of our vote was threatened by a controversial redistricting proposal scheduled for a vote in N.J.'s legislature. Plans to vote on the bill were dropped in the face of criticism from united New Jersey people who believed that voters should select their representatives and that politicians should not be able to create safe, gerrymandered districts to protect incumbents. Two lessons learned in that experience: redistricting reform as provided in HR1 is needed, and our collective voices count.

On Monday, June 17, at noon, we will hold our annual

(Continued on page 14)

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CULINARY CORNER
 By Sidna Mitchell

Spring means time for asparagus and dill butter

When Ken and I are in Florida we always host a St. Patrick's dinner, complete with corned beef, cabbage, and boiled potatoes. Friends bring appetizers and desserts. We can always depend on Jim McLaughlin to tell some Irish tales, Carl Kruse (a Rossmoor resident) to lead us in Irish songs, and Colin Irwin, a true Irishman, to bake something from an Irish recipe.

This year Colin and his sister Helen made Irish soda bread. The bread was really delicious so when Colin claimed it was very simple to make, I asked him for the recipe. Later Colin returned to Ireland but he forgot to take the recipe back with him. However, thanks to the Internet, he e-mailed me to send the recipe.

Admittedly, such a party -- usually 24 attending -- is a lot of work, particularly when it comes to cleaning and clearing away the clutter and sand, however, I insist the effort is rewarding and hosting a party is probably the only way to get everything done.

That's the same for our annual Kentucky Derby party. Every year I question how could I accumulate so many requests for donations, newspapers, magazines and just plain junk? But I love entertaining so I don't mind all the work. Obviously, Ken does because he complains I

always get so up-tight before a party -- or a trip -- and reminds me to "just relax and check your last year's lists."

For many years, I made at least 14 appetizers, but lately I've learned to say "okay" when folks offer to bring finger food. However, I always

make my asparagus rollups since they are the first hors d'oeuvres to be eaten. As I made the dill butter for the rolls, I remembered I have also used this butter on tea sandwiches, small new potatoes and other vegetables. Try this; it's easy.

Dill Butter

1/4 cup melted butter
 1/2 cup softened butter
 1 garlic clove, minced

2 tablespoons fresh dill, chopped

Place melted butter in a medium-size bowl. Add softened butter, fresh dill and minced garlic. Mix well and serve over vegetables or use for tea sandwiches. Reserve any leftover butter in the refrigerator. This will keep for weeks. I can be reached via e-mail at sbmcooks@aol.com.

Mayor Tamburro supports new law that increases penalties for "energy slamming"

Monroe Mayor Gerald W. Tamburro is expressing appreciation to Sen. Linda Greenstein and Assemblyman Dan Benson for sponsoring a new law that increases civil penalties for energy slamming practices.

Tamburro said senior citizens are often the target of this scam, in which companies change consumers' electric power or gas supplier without their knowledge or consent.

Signed by Gov. Phil Murphy, the law (A1683/S1990) protects New Jersey consumers from the illegal practice of energy slamming. Penalties will increase from \$10,000 for the first offense, and not more than \$25,000 for the second and each subsequent offense, to \$20,000 for the first offense, and not more than \$50,000 for the second and each subsequent offense.

"We are sick and tired of these bad actors who engage in energy slamming, preying upon Monroe residents that are simply trying to pay their utility bills and keep their expenses low," Tamburro said. "This legislation protects us from deceptive and misleading companies that scam consumers out of their hard-earned money."

Tamburro said that two state

lawmakers representing Monroe -- Greenstein and Benson -- are standing between consumers and illegal, predatory providers.

"We can't guarantee that no one will break the law, but we can make sure they are properly dissuaded from attempting to in the first place and properly punished if they ever do," the mayor said.

Greenstein said companies that illegally acquire information about consumers and then go door-to-door with the intent to defraud them on their energy bills must be met with severe consequences.

"Fraud is a serious offense and this law will make perpetrators of energy slamming rethink their nefarious methods," she said.

Seniors, especially, are often victimized by "slamming." The significant penalties established by this law are strong deterrents to energy scammers.

"Residents should always be kept informed when any change on their energy bill takes place, especially if it results in a higher monthly payment," Benson said. "Increasing penalties is a deterrent for these types of unfair, unscrupulous practices."

In the past year, certain third-party energy suppliers took advantage of an unusually cold winter to change consumers' energy suppliers without their knowledge or consent, the mayor said, adding that energy slamming is anti-consumerism at its best and impacts Monroe families in a way that hurts them the most: their budgets.

"Any ratepayer is susceptible to slamming, but for seniors on a fixed income or families struggling to make ends meet, it is a threat to their financial security," Tamburro said. "I am thankful that Senator Greenstein and Assemblyman Benson are increasing penalties to a level that will make deceitful marketers think twice about ripping off the people of Monroe."

LWV

(Continued from page 13)
 meeting and luncheon at the Holiday Inn, East Windsor. The guest speaker and honoree will be Irene Goldberg, director of the Monroe Township Public Library. The reservation deadline is June 5. All are welcome. You may call Rossmoor resident and League member, Judy Perkus for more information. The League of Women Voters is a nonpartisan political membership organization whose goal is to empower citizens to shape better communities. Visit our website, lwvmonroetwpnj.org to learn more about us.

Rossmoor Clubhouse News

June 2019



Let's Luau!
Hawaiian Luncheon
with Steel Drum Performance

Monday, July 15
 12:30PM Ballroom \$24pp

Menu includes grilled chicken with mango salsa, BBQ ribs, coconut shrimp, luau ham, pork fried rice, beef with broccoli, Kona salad and more!

On Sale Now

WELCOME

Clubhouse
 Open daily from 8AM - 10PM

E&R Office
 Open Monday-Friday
 8:30AM - 5PM
 *Closed Daily from 12noon-1PM

Phone: (609) 655-3232

Melissa Barnard: Clubhouse Manager
Sue Ortiz: Office Coordinator
Sebrena Jinks: Office Assistant
Jessica Roberts: E&R Foreman

ON SALE - NOW & UPCOMING

EVENTS

TRUNK SALE & SHREDDING PARTY-SOLD OUT
 Saturday, June 1, 9:00am to Noon (Rain Date: 6/2)
 Clubhouse Lot, \$5 per car / One car per manor

JAM SESSION with BOBBY D
 Thursday, June 27 at 7:00pm, Ballroom, \$7
 On Sale Now

"LET'S LUAU" HAWAIIAN LUNCHEON
 w/ Performance by Steel Drummer, Mustafah Alexander
 Monday, July 15 at 12:30pm, Ballroom, \$24pp
 On Sale Now

"A STAR IS BORN" SUNDAY MOVIE LUNCHEON
 Sunday, June 9 at 12:30pm, Ballroom, \$15
 On Sale Now

BEATLES TRIBUTE SHOW by Maggie Worsdale
 Thursday, September 12 at 7:00pm, Ballroom, \$10
 On Sale Now

EXCURSIONS

"TO KILL A MOCKINGBIRD" - SOLD OUT
 Wednesday, June 12, \$155pp - 1PM Show

TROPICANA-ATLANTIC CITY, NJ
 Thursday, June 20, \$25pp—\$25 slot play
 Bus departs poolside at 9AM
 On Sale Now

RIVER LADY LUNCH CRUISE & SMITHVILLE VILLAGE
 Thursday, August 22, \$90pp
 ON SALE NOW—Meal selection required at sign-up

BOSTON RED SOX AT PHILADELPHIA PHILLIES
 Saturday, September 14, \$80pp
 Depart Clubhouse at 4:30PM, Game at 7:05PM
 ON SALE 6/11— Includes \$12 Concession credit

"AIN'T TOO PROUD" THE LIFE & TIMES OF THE TEMPTATIONS at The Imperial Theater
 Wednesday, October 23, \$180pp
 ON SALE 6/25



River Lady Lunch Cruise & Smithville Village

Thursday, August 22—\$90pp

Enjoy a 2.5 hour mid-day cruise with lunch aboard the River Lady in Toms River, followed by shopping at Historic Smithville Village. *Meal selection required at sign-up.*

On Sale Now

Jam Session w/ Bobby D

Thursday, June 27
 7PM Ballroom
 \$7 per person

From Rat Pack to Rock & Roll, enjoy songs from the 50's -70's. Guests are encouraged to their own refreshments.

ON SALE NOW

CULTURAL

AFRICAN HERITAGE GROUP
Summer Festival BBQ, June 15, 3pm, BR
On Sale Now

AVIATION GROUP
2nd Wednesday, 1:30pm, Ballroom
"World's Scariest Airplane Landings"

BOOK DISCUSSION GROUP
Thursday, June 20, 3:00pm, Maple
"Billy Budd" by Herman Melville

CURRENT EVENTS ROUNDTABLE
Mondays, 10:30am, Maple

GERMAN AMERICANS
Last Thursday, 1:30pm, Cedar

KOREAN AMERICANS
Saturday, June 22, 5:00pm, Gallery

LATINO/HISPANIC-AMERICANS
Wednesday, June 26, 6:00pm, Gallery

POLISH AMERICAN
Friday, June 7, 1:00pm, Maple

PROGRESSIVE GROUP
Thursday, June 20, 6:00pm, Cedar

RECIPE GROUP
Wednesday, June 12, 6:30pm, Maple

VETERANS GROUP
Tuesday, July 9, 10:00am, Ballroom
Join us in front of the Clubhouse at Maselli
Circle on Friday, June 14th for a "Flag Day"
Ceremony.

THE ARTS

"ALL IN STITCHES" Knit & Crochet Group
Thursdays & Saturdays, 1:00pm, Maple

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

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

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

RUG HOOKING GROUP
Thursdays, 9am—1pm, Gallery
Bring your lunch and have some fun!

OPEN WOOD CARVING WORKSHOP
Fridays, 9am—12pm, Woodshop
Monitor present. Supplies on your own.

WOODSHOP
Mon-Fri 9am-3pm Saturday 9am-Noon
Open to Residents who have completed the
orientation and safety class. Monitor
present.



CARDS & GAMES

BANANAGRAMS
Mondays & Thursdays, 2pm, Game Room
Contact Dolores Wardrop.

BRIDGE
Contact Clubhouse

CANASTA & MAHJONG
Contact Clubhouse

MAY I
Contact Sophie Prata.

MAH JONG
Beginners and experienced players
wanted. Contact Linda DeMorato.

MEN'S POKER
Contact Alan Lasky.

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

PINOCHLE
Please call E & R if interested.

POKER
Contact E&R

POOL ROOM
Open 7 days, 8am-10pm
(Closed for cleaning Wed. 8am—11am.)

GET MOVING!

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

"**DOWNSIZING**" -Weight Loss Support Group
Wednesday, 9:30am, Maple
Call the Clubhouse for information

FITNESS CENTER ORIENTATION
Tuesday, June 19 at 10am, Fitness Center
RSVP your attendance to E&R

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

OPEN EXERCISE DVD
Monday, Thursday, 9:30am, Hawthorn*
Saturday, 9:30am, Maple
Exercise at your own pace. No Instructor. DVDs
are selected from our current collection. No charge
or sign-up required.

T'AI CHI by Siobhan Hutchinson
Next series of dates to be determined.

WALKING GROUP (Weather Permitting)
Mondays, 9am, Front of Clubhouse
Walk the 1 mile or the 2.5 mile loop around Old
Nassau. Bring water and wear comfortable shoes.

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

ZUMBA
Mondays & Wednesdays, 5:45pm, Hawthorn*
Payable to instructor. Wear closed-toe shoes.

2019 Pool Pass Photo ID Cards

Stop by the E&R office
during operating hours to
have your photo taken.



Unable to make it by
before 5PM?

Stop over during our
Late Night

Wednesday, June 5
Until 7PM

Aqua Aerobics

Tuesdays at 10am
Wednesdays at 6:30pm
Thursdays at 10am

Classes begin July 9 - No Cost

SPORTS FUN!

BILLIARDS
Senior Condo Olympics, 6pm start
8 Ball—7/8
Straight Pool—7/15 (at Rossmoor)

BOCCE
Contact the Clubhouse for information.
Senior Condo Olympics (at Rossmoor) -
6/19 at 9:30am

CROQUET
New Players Welcome. Call Betty Anne
Clayton.

HIKERS
New Hikers welcome! All hikes depart
from Clubhouse at 9:30am, unless
otherwise noted.

PICKLEBALL
Senior Condo Olympics
Communities to be determined, 6pm
Women's—6/24, Men's—7/1, Mixed 7/9

SHUFFLEBOARD
Senior Condo Olympics—6/12 at 9:30am
(at Rossmoor)

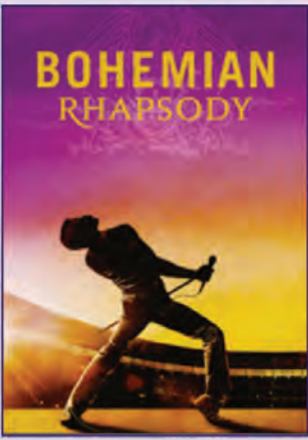
TABLE TENNIS
Tables available Tuesday, Friday, &
Saturday 9-11AM. All welcome! Hawthorn
Room

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

MOVIE CORNER

"BOHEMIAN RHAPSODY"

Rated PG-13 / 2hr 14m / No Charge



Sunday, June 23
1:30pm Ballroom

Tuesday, June 25
1:30pm & 7pm Ballroom

TUESDAY MYSTERY MOVIES
June 11 at 1:30pm and 7pm

Movies are subject to change.

SAVE THE DATE FOR UPCOMING ATTRACTIONS...

MOVIE IN THE PARKING LOT
Tuesday, August 27th

SUMMER POOL PARTIES

July 12 - DJ Jeff August 9 - Bob Denson's Blues Band
July 26 - DJ Mel August 30 - Let's Be Frank Band

Here are some other events to look forward to.
Dates TBD

Kid's Day . Car Show . "GOTCHA" Gift Steal Night

LIBRARY ON LOCATION

"IN THE LIGHT OF REVERENCE"

Wednesday, June 19 at 1PM, Ballroom

The story of three indigenous communities and their lands they struggle to protect the Lakota in the Black Hills, Hopi of Arizona and the Wintu in California.

Directed by Christopher McLeod. [2001, 73 min.]

"SUN KISSED"

Wednesday, June 26 at 1PM, Gallery

A Navajo family discovers their children have a disorder that makes exposure to sunlight fatal.

Director by Maya Stark [2016, 60min]

No Charge—Program is in collaboration w/ Monroe Twp. Library & PBS

F41

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

RSVP Your Interest

NY Yankee or NY Mets Baseball Game
Mackinac Island, New York Tour
"The Tina Turner Musical"
Color Wars
Harriet Tubman & the Underground Railroad
Ladies Day in Lancaster



The sun was shining on opening day at the outdoor pool Residents enjoyed catching some rays, swimming laps and chatting with neighbors.

On Arbor Day, the Hikers dedicated a plaque to the Monroe Oak that was planted behind Village Center by the Rossmoor Tree Committee in 2009.



JUNE 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9:00am-12 Noon Trunk Sale & Shred Event-CH
2	3 7:00pm Players Auditions -MH	4 6:00am-8:00pm Primary Elections-BR 2:00pm Players Auditions -MH	5 5:00pm-7:00pm Pool Passes Late Night -CH 6:30pm Concert on the Lawn with Debra & Patrick- MH	6 1:30pm Prayer Shawl-CFT	7 10:00am Mutual 3 Open-GL	8
9 1:30pm "A Star Is Born" Movie -BR*	10 Golf Outing 1:00pm Healthcare Lecture-MP	11  9:00am Comcast-BR 1:30pm Mystery Movie -BR 2:00pm Golf Committee-VC 7:00pm Mystery Movie -BR	12 To Kill A Mockingbird On Broadway 1:00pm Mutual 6 Open-GL 1:30pm Aviation "Worlds Scariest..."-BR 6:30pm Recipe Exchange-MP	13 9:00am Committee Meetings- CH	14 10:00am-1:00pm Health Fair— BR, DW, GL 2:00pm Mutual 17 Open- VC 	15
16 	17 Golf Outing 2:00pm Mutual 14 Open-DW	18 10:00am Fitness Center Orientation-VC	19 1:00pm Library on Location-BR 1:00pm Mutual 1 Open-DW	20 Tropicana Casino Atlantic City* 9:00am Board of Governors-VC	21 7:30pm Music Assoc. Concert -MH 	22
23 1:30pm "Bohemian Rhapsody" Movie -BR*	24	25  1:30pm "Bohemian Rhapsody" Movie -BR 7:00pm "Bohemian Rhapsody" Movie -BR	26 1:00pm Library on Location-GL	27 7:00pm Jam Session with Bobby D-BR*	28 10:00am Mutual 9 Open-DW 6:30pm Bingo-BR* 	29
30					Events or trips marked * require tickets or prior registration	Ticket Sales Today! 

INDEPENDENT CLUBS			
Chorus	Wed	4 pm	MH
Church Discussion	Tues	1:30 pm	MHP
Computer Club	3rd Mon	10 am	GL
Dance Club	Last Sat	7 pm	BR
Emerald Society	4th Wed	2 pm	BR
Indian-American	Sun	9:30 am	GL
Italian-American	3rd Wed	7:30 pm	BR
Players	Last Mon	7 pm	GL
Torah Study	Sat	10 am	CD
Women's Guild	3rd Thurs	1:30 pm	BR

MEETING HOUSE SERVICES		
Catholic Society Mass	2nd Thurs	7 pm
Jewish Congregation Sabbath	2nd & 4th Fri	7:15 pm
Community Church & Communion	1st Sun	11 am
Community Church Worship	2nd & 4th Sun	11 am
Community Church & Fellowship	3rd Sun	11 am

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

This month in pictures

Photos by Joe Conti and Walter Gryskiewicz

The Players performed "Just Music"



Carlo Carunchio and Judi Frey in an interesting rendition of "It's Magic"



Mutual 17 residents celebrated Cinco de Mayo.



Jim Wilson and Soonja Nam bring down the house with "The Prayer."



Moya Brady was honored at the Mutual 2 annual meeting for 21 years of service as a director.



Music director and pianist Janet Wilson



After a mint julep (or two) a few ladies model their hats for the 2019 Kentucky Derby at a Rossmoor party to celebrate the Run for the Roses on the first Saturday in May.



Father Charlie blesses the Prayer Shawls.

Clubs and Organizations



Pam and her wood block students

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Draw and paint with our weekly art class

By Pam Neece and Paul Pittari

For those of you not familiar with the Art Group, it meets every Wednesday morning at 9:30 in the Gallery. The group is composed of beginners to experienced artists. It's constructed as an open studio -- we work on our own individual projects in all media (watercolor, acrylic, oil, colored pencil and pastel)



A wood block print

at our own speed and on our own schedule. We take inspiration from each other and enjoy the comradery of sharing a pastime with people who enjoy creating.

There is also individual instruction available from resident Paul Pittari. There are several people currently in the group who started as beginners one to six years ago taking instruction from Paul. They continue to enjoy the learning process as they get ever more accomplished.

Recently, one member of the group, Pam Neece, provided a demo of wood block printing. Over the course of several weeks, the group had seen Pam carving out areas on a wooden block. When they asked to see the "what comes next?" Pam agreed to put on a demonstration. The demo reviewed the steps she had already completed: drawing, transferring the drawing to a wood block, and carving out the areas on the block that would appear "white" on the finished print. She then rolled some ink over the surface of

(Continued on page 17)

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The Music Association presents The Brigantia Quartet

By Faith Knabe

The Brigantia Quartet will perform at the Meeting House on Friday, June 21, at 7:30 p.m. Tickets are \$15 for non-subscribers. The group is composed of four members of the New Jersey Symphony Orchestra.



Darryl Thomas Kubian

Darryl Thomas Kubian is a member of the New Jersey Symphony Orchestra's first violin section and former principal second violin of the Brooklyn Philharmonic Orchestra. Kubian has been a featured soloist with the NJSO on the theremin, performing the "Cantelina" from Villa-Lobos' "Bachianas Brasileiras No. 5." He has also performed and recorded theremin with the National Symphony Orchestra, Cincinnati Pops and the Virginia Symphony. He has performed jazz violin with trumpeter Randy Brecker in a Charlie Parker program titled "Bird Lives!" and has arranged and performed Ellington's "Sacred Songs" in collaboration with the Jazz Studies Program at Rutgers University. Kubian's improvisational skills have been highlighted with artists such as Nigel Kennedy, Al Jarreau, Bobby Short, and Renée Fleming.

Kubian is also an accomplished composer; during the 2007-08 season, the NJSO gave the premiere of Kubian's "3-2-1 Concerto for Electric and Acoustic Violin and Orchestra" — an NJSO commission dedicated to then-Music Director Neeme Järvi and NJSO Concertmaster (and soloist) Eric Wyrick. Following its critically acclaimed premiere, Scientific American featured "3-2-1" in its "60-Second Science" blog, describing the work as a "beautiful example of what happens when artists are inspired by scientific discoveries."

JoAnna Farrer, violin, is a member of the New Jersey Symphony Orchestra, as well as a chamber musician, solo performer and orchestral musician in the United States and abroad. She has performed as a soloist in the Berlin Philharmonic with the Goteborgs Symfoniker and has premiered new solo works by contemporary composers at Jazz at Lincoln Center and the Chelsea Art Gallery. With Itzhak Perlman, Farrer has performed Vivaldi's Concerto for Four



JoAnna Farrer

Violins at Carnegie Hall, as well as in a "Live from Lincoln Center" broadcast

As a concertmaster, she has worked with conductors such as James Conlon, James DePreist and Lorin Maazel, including performances of Britten's "The Turn of the Screw" at the Kennedy Center with Maazel. Farrer has a wide variety of classical chamber music experience.

Farrer was accepted as a scholarship student at The Juilliard School at age 7. When she was 9 years old, Itzhak Perlman suggested that she study with Patinka Kopec at the Manhattan School of Music. She is an alumna of the Perlman Music Program and has participated in the National Arts Centre Young Artist Programme as a student of Pinchas Zukerman. Farrer completed her master's degree at The Juilliard School under the tutelage of Glenn Dicterow, former concertmaster of the New York Philharmonic.



David Blinn

David Blinn has been a violist with the New Jersey Symphony Orchestra since 1993. He received a bachelor's degree from The Juilliard School, where he was principal of the Juilliard Orchestra for three years; he completed a graduate degree in Orchestral Studies at the Manhattan School of Music. A passionate chamber musician, Blinn frequently performs with a variety of ensembles in New York and New Jersey. He was a founding member of the Al-

lendale String Quartet, which has performed in Carnegie's Weill Recital Hall.

Blinn enjoys a variety of music; he is currently the violist in Broadway's hit revival of "Evita." Other credits include the Tony Award-winning "South Pacific" at Lincoln Center, as well as Stephen Sondheim's revivals of "Follies" and "A Little Night Music." He is also a member of the City Center Encores! Orchestra. Blinn can be heard on many recordings and soundtracks.



Hyewon Kim

Cellist **Hyewon Kim** joined the New Jersey Symphony Orchestra in the 2015-16 season. She has made appearances in various concert venues including Alice Tully Hall, Carnegie Hall, David Geffen Hall, the Korea Society and Merkin Concert Hall. She has recorded with Gil Shaham and Sejong Soloists as part of Shaham's "1930s Violin Concertos" project released on Canary Classics. She performed in the New Juilliard Ensemble, as well as the New York String Seminar Orchestra under the direction of Jaime Laredo. She has served as principal and associate principal cellist of the Juilliard Orchestra under the batons of Emmanuel Villaume, Alan Gilbert and Itzhak Perlman.

Kim appeared as a soloist with the Busan Philharmonic Orchestra, performing Brahms' "Double Concerto" at age 13. As a recipient of the Jack Kent Cooke Young Artist Award, she has appeared on NPR's "From the Top." She has also received various awards, including the Seolbong Scholarship awarded by the Ryu Foundation and Korean Honor Scholarship awarded by the Embassy of the Republic of Korea.

A native of South Korea, Kim was born into a family of classical music lovers. After learning violin, flute and piano, the deep sound of the cello fascinated her when she was 10. After winning numerous national competitions and engaging in other musical pursuits in Korea, she was accepted to the Juilliard Pre-College Division. She holds Bachelor of Music and Master of Music degrees from The Juilliard School. Kim is a faculty member at New York Music School and has served as a chamber music coach in the school's Intensive Programs directed by Hyo Kang.

Italian American Club

By Tony Cardello

Due to a lack of participation, the planned trip to the Tommasello Winery and Smithville on April 30 was cancelled.

Our most popular social event, The Rossmoor Downs, held on May 11, was a sold-out event as usual with much whooping and hollering as the horses raced around the track.

We were entertained at the membership meeting May 15 by talented singer Ken Ryan who put on a great show.

The next regular membership meeting will be held on Wednesday, June 19, at

7:30 p.m.

Bingo will be held on Friday evening, June 28, at 6:30 p.m. in the Ballroom.

Art class

(Continued from page 16)

the carved wood block, and finally used the inked block to print the image on a sheet of rice paper (which requires gradually rubbing the back of the paper to transfer the ink onto the paper to get a sharp image).

If you would like to see what the group is like, please stop by any Wednesday morning. We'd love to see you and we'd love to have you join us.



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Clubs and Organizations

Indian-American Club conducts Heartful meditation sessions

By Shatrughan Dawani

The Indian American Club is pleased to offer classes in Heartfulness meditation to our residents.

The first set of sessions was offered in January and presented by resident Ritu Chopra. February onwards sessions are being taught by the local members of the Heartfulness Institute. (See www.heartfulness.org website for more information on them.)

The upcoming classes will be held on Saturdays in the Gallery at 10:15 for registration. Classes begin at 10:30 and will last until 11:30. To sign up for classes and for any questions or comments, email rossmoorindian@gmail.com or leave your information in the Indian American Club folder at the E&R office.

Heartfulness Institute is a global organization with centers in 130 countries. Brothers Uday Kumar, Jagdish, Mohan and Satya from the local center conduct the sessions. Admission is free and

open to all residents.

The goal of Heartfulness meditation is to imbue peacefulness, develop healthy and educated individuals, and fill families with the spirit of wellbeing and oneness. Heart-based meditation enables us to experience significant increase in joy, calmness, harmonious tranquility of mind, tolerance, and confidence. It also aids in sleep quality and develops positive attributes.

Rossmoor Chorus



By Janet Wilson

The men and women of the chorus invite all interested persons to join them at rehearsals Wednesdays from 4-5 p.m. in the Meeting House.

Players Pastimes

By Sue Archambault

The Players are starting to get ready for our popular "This and That" variety show on July 18 and 19. Information about the show will be forthcoming in next month's Rossmoor News and on Channel 26.

Auditions have been scheduled for this month. The auditions will be on Monday, June 3, from 7 to 9 p.m. and Tuesday, June 4, from 2 to 4 p.m. Both dates will take place in the Meeting House. If you need to have piano accompaniment, please come to the auditions on Monday, June 3. Piano accompaniment will not be available for the Tuesday auditions. Other musical numbers and skits can be auditioned on either day.

We are looking for in-

Emerald Society's spring activities

By Joan Avery

Dan Jolly arranged another trip to the Sights and Sounds Christmas Show with dinner at Good and Plenty in Lancaster, Pa., on Dec. 10. Everyone signed up early to secure the trip. The cost is \$115. Very festive.

Gary Morten entertained the members of the Emerald Society in April, and Joan Avery gave a presentation on the life of James S. Avery. He was the recipient of the Jackie Robinson Life Achievement Award. Billy Phillips will be the entertainer in June. In July a representative from the Monroe Township Police Department will be here to discuss fraud.

Dan arranged a trip to the Crystal Point Yacht Club in Point Pleasant on June 19 for a wonderful dinner and show starring Vincent Talario. This is always a popular event.

The Emerald Society picnic will be held August 10. Save the date.

See you at the June 26 meeting.

strumentalists to join our group. If you are interested, please contact Sue Archambault at 201-981-5959 or come to one of the auditions.

The Players monthly meeting will take place on Monday, June 4. Joe Conti will introduce and present the DVD of the show "Hello Dolly." This production was



performed as part of the ongoing Plays in the Park summer program in Edison, N.J. Joe had the leading role of Horace Vandergelder in the play. Refreshments will be served. All are welcome to join us in the Gallery for this fun evening.

Computer Club

By Steve Gray

The June 17 meeting of the Computer Club will feature Mark Surks who will show us all how to "cut the cable." He will be describing how to replace your current cable TV supplier with other sources such as Netflix that are sent to your TV wirelessly through the Internet.

This presentation can help us reduce our monthly cable

bills and still have access to all the entertainment material we prefer, while not paying for those shows that we do not wish to see.

The meeting starts at 10 a.m. on Monday in the Gallery. Doors are open at 9:30 for cake, coffee and conversation. Please come out to support your Computer Club, and you may even learn something.

Things to know before the Women's Guild's summer hiatus

By Diane England

Really, another year has passed for the Women's Guild? Actually, there will be the Scholarship Luncheon on Thursday, June 6, at noon in the Ballroom, but only for those already holding tickets. That day, we'll be giving scholarships to five Monroe Township High School college-bound seniors. One will be for a student planning to study music.

Last year, we gave out an additional scholarship because the New Jersey Club, upon disbanding, had asked us to use their remaining money in this way. This year, \$750 of that sum yet remained. So, let's think of this sum as funding one half of the music scholarship. Why? Because Dr. and Mrs. Parker, besides being committed to the New Jersey Club during their years here, strove to keep our community alive with the sound of

music through their involvements with the Chorus and the Music Association. Now, their daughter and son-in-law, Janet and Jim Wilson, are perpetuating their legacy through their roles with both the Chorus and The Players.

Once this luncheon is over, we'll essentially be on hiatus until we kick off the 2019-2020 year with our fashion show on Thursday, Sept. 19 at 1:30 p.m. in the Ballroom. In August, however, we'll hold a meeting for those who wish to be volunteers at our next Bazaar. This meeting will be on Wednesday, Aug. 14 at 1:30 p.m. in the Gallery. The schedule for the Bazaar will be as follows: Thursday, Oct. 31 for intake of items; Friday, Nov. 1 for set-up of sales rooms; and Saturday, Nov. 2 for the event itself.

By the way, Bazaar volunteers are expected to be Guild members. You'll have an opportunity to pay the twelve dollars we'll be charging for dues next year at this meeting. Others are welcome to make out a check for this amount to the Women's Guild and send it to Maureen Roaldsen at 658-A Windsor Way anytime this summer to pay their 2019-2020 dues. Also know that she'll be sending reminders to past members in mid-to-late July.

We've increased our dues to cover refreshment costs. Rather than have members bring refreshments, our hospitality co-chairs will purchase them henceforth. We thank those who've baked or donated store-bought deserts throughout the years. If you still wish to bring something, we'll gladly accept these items.

Talking about our hospitality co-chairs, we thank Pat Martin for her years of service in this role. She was already on board when I be-

(Continued on page 19)



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Women's Guild

(Continued from page 18)

came president in June, 2016. I was so fortunate to have both her and Josie Cuddy already doing such a wonderful job. Again, thank you, Pat, for all you've done for us.

We welcome Marilyn Cohen as our new hospitality co-chair. The other two new members joining the Board are our members-at-large, Marjorie Patten and Janet Taranto. Those returning are Linda Klink as vice president and director of programs, Mary Dieker as secretary, Dolores Wardrop as treasurer, Paulette Mascia as bazaar chair, Jean Cooke as devotions chair, Maureen Roaldsen as membership chair, and Josie Cuddy as co-chair of the hospitality team. I will once again serve as president.

I feel blessed to have such a wonderful group of women with whom to work. This summer, we'll be striving to plan another great year for you. Meanwhile, we hope that you have some fun in the sun. See you in September, if not in August.

Democratic Club

By Catherine Hunt

Greetings from the Democratic Club. We began our first membership meeting in May with our annual election of officers. At press time, we don't have the results, but stay tuned for the July edition, where we will announce our new officers. In May, Brandon McKoy spoke about New Jersey Policy Perspectives with a lively discussion following.

Please join our Facebook

page for Rossmoor's Democratic Club. Bring a friend, enjoy the refreshments and discussion, and join our club. The dues are only \$15 per year. We usually have an informative speaker, short talk, a question and answer period with light refreshments and opportunity to socialize. Check Channel 26 for the June announcement. The next meeting will be on June 17 at 7 p.m. in the Gallery. Hope to see you there.

First Dance Club Dance of the summer

By Judy Perkus

Come to the first dance of the summer on Saturday, June 29, at 7 p.m. in the Clubhouse Ballroom. The Rossmoor Dance Club and its friends will be dancing to the music of Peter Lieberman. The decorations will have a Hawaiian theme. Everyone is welcome. Send your reservation check made out to the Rossmoor Dance Club to Armen DeVivo at 449B Roxbury Lane. The cost is \$8 a person for members and \$10 a

person for non-members. Annual Membership is \$7.50 per person, \$15 per couple.

Refreshments include coffee, tea, soda, and cake (sugar-free available). Call Armen at 609-655-2175 for more information.

SAVE THESE DATES: The July dance will take place on the third Saturday of the month, July 20. Saturday, Sept. 28, is the date of the Anniversary Dinner Dance. More details to follow.

ROSSMOOR DANCE CLUB
June 29 Dance
RESERVATION DEADLINE: JUNE 20

Name: _____

Phone: _____

Address: _____

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

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

2019 ANNUAL DUES: \$7.50 PER PERSON, \$15 PER COUPLE

Membership Dues: \$ _____

TOTAL: \$ _____

Please send check made out to
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Armen DeVivo at 449B Roxbury Lane. 609-655-2175
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in the E & R Office

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Pet reminder

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Religious Organizations



The Rossmoor Jewish Congregation celebrated Passover.

A lot happening

By Adrienne Brotman

On June 9 and 10 the holiday of Shavuot will be celebrated. The word Shavuot or Shavuous means weeks. It completes the counting of the Omer, the 49 days from the holiday of Passover to Shavuot, which commemorates G-d's giving of the Ten Commandments to Moses, more than 3,300 years ago on Mt. Sinai. It is customary to attend services in the synagogue for both days and to stay up all night studying the Torah, (handwritten scroll containing the holiest book in Judaism) on the first night.

Many families celebrating the holiday will eat dairy meals, such as cheese blintzes and quiches. On the second day Yizkor (Memorial Service) is recited. The congregation will conduct a Yizkor service in the Meeting House on Monday, June 10, at 10:30 a.m.

Sabbath Services this month will be held on Friday, June 14, and Friday, June 28, in the Meeting House at 7:15 p.m. At both services prayers will be chanted by our wonderful cantor Mary Feinsinger. On June 14, the Lay Reader will be Jeff Al-

bom and the Torah Reader will be Bob Kolker. Marilyn Pollack will be sponsoring the Oneg in honor of her 90th birthday. Happy birthday, Marilyn, and many more.

On June 28, the Lay Reader will be Janet Goodstein and the Torah Reader will be Jeff Albom. The Oneg will be sponsored by me, Adrienne Brotman, in honor of my children's birthdays. All are welcome to our Sabbath Services.

Before we know it, July 4 will be here. Members of the congregation are busy planning the annual barbecue. Rain or shine we will celebrate our nation's birthday in the Ballroom. We will indulge in a Kosher feast of burgers, Hebrew National hotdogs, veggie burgers, baked beans, cole slaw, macaroni salad, corn on the cob, traditional garnishes, fresh fruit and of course watermelon and beverages.

The cost is \$18 for RJC members and \$23 for non-members. Reservations are

required by June 18. Reservation slips will be available at E&R. All are welcome to our annual barbecue.

We hope you will save the date: August 18, for Fun and Game Day. All Rossmoorites

are invited and their guests. We hope to see you there.

New members are very much welcomed. For information contact our membership chairperson Karen Seiden.

Rossmoor Jewish Congregation

July 4th BBQ

NAME _____

PHONE # _____

ADDRESS _____

of Cong. Members @\$18pp _____

of non-members @\$23pp _____

Total Amount of Check made payable to
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Place in a sealed envelope for "Jeff—July 4th BBQ" in the Congregation folder in the E&R Office
RESERVATION DEADLINE: June 18
(If you would prefer a veggie burger, the reservation deadline is June 11)



A statue of Mary, on loan from Jackie Duchak, was on view at the Mass.

Catholic Society

By Lucille Conti

A Healing Mass and the Sacrament of the Anointing of the Sick will be celebrated by Father Lancelot McGrath on Tuesday, June 11, at 1:30

p.m. (note the new time) in the Meeting House. Please offer a ride to anyone who cannot drive.

By popular demand, the film, "Human Fulfillment" will again be presented by the producer, Dave O'Neill, on Friday, June 28, at 2 p.m. in the Gallery. A discussion will follow. Please try to attend, as it was very well received at the first viewing.

Meet the Community Church's new pastor, June 26

By Diane England

I introduced you to her in an article in the Rossmoor News last month. And now you'll have the opportunity to meet her in person. Of course, I'm talking about the new pastor of the Community Church, The Rev. Robin Bacon Hoffman, for whom RCAI is sponsoring a reception on Wednesday, June 26, from 6:30 to 7:30 p.m. in the Ballroom. All residents are cordially invited to stop by at

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(Continued on page 21)

New pastor

(Continued from page 20)

anytime during this hour. Also, for those of you engaged in sports that evening, such as the bocce players, please feel free to come by in your athletic attire.

"I look forward to meeting the neighbors," Pastor Robin said. "I hope the whole church can contribute to the strength and well-being of the wider community, in both new and familiar ways."

For people at our stage of life, there are supposedly five values that provide the foun-

ation for our most meaningful activities. One is autonomy, or our desire to remain self-sufficient. A second is social and spiritual connectedness. A third is altruism, or our desire to give something back to the world. A fourth is personal growth. And the fifth one? Revitalization, often through activities providing new experiences.

When the Pastor Search Committee was first considering what the Community Church needed in a new pastor, they realized that its future was, at least in part, going to be dependent upon its pastor and leadership understanding the unique needs of our increasingly diverse active adult community. Fortunately, Pastor Robin has more than two decades of experience working with a population rather similar to our own, at the continuing care retirement community, Meadow Lakes, in East Windsor. Thus, we felt she could help us find ways to further strengthen the sense of community we'd

like all our residents to feel, not just those who are currently Community Church members.

This event is being held in the evening because we'd like not only our fully retired residents to be able to attend, but we wanted to meet those of you who are still working as well. Because RCAI is providing coffee and desserts for you to enjoy, we see this as an opportunity for you to not only chat with Pastor Robin, but perhaps to reconnect with old friends and neighbors, and maybe you'll meet some new people, too.

In fact, we hope you'll walk away feeling more socially connected and revitalized. And really, don't you think that's a good possibility? So please, put this reception on your calendar now.

After you've attended what is certain to be a lovely event, we hope that you, like us, will be grateful that RCAI offered to sponsor this event to benefit the entire community.

Monroe secures 25 acres for recreation, open space and veterans housing

Monroe Township accepted by ordinance a deed of dedication from K. Hovnanian at Monroe NJ, LLC for 25.15 acres of land located on the corner of Cranbury-Half Acre Road and Prospect Plains Road identified as Block 41, Lot 14 at the Township Council meeting on Monday.

"The acquisition of this land serves three very important functions for Monroe Township. It increases our open space inventory and adds convenient recreational facilities for residents in that part of town," said Mayor Gerald W. Tamburro. "Perhaps most importantly, it will provide land for the construction of affordable housing specifically for veterans, as we are so grateful for their service to our country."

The land, slated for dedication as "Patriot Park," will be home to the newest Monroe Township recreation area built by the developer that will feature a new playground, basketball court and cricket pitch.

The balance of the land totaling almost 25 acres will

(Continued on page 22)

Community Church

By Linda Klink

- June 2 Communion Service at 11 a.m.
Preacher – Guest
Organist – Kevin Gunia
- June 6 Women's Guild Scholarship Luncheon, Ballroom at noon – Advance Ticket a Must
- June 9 Church Service at 11 a.m.
Preacher – Rev. Robin Bacon Hoffman
Organist – Kevin Gunia
- June 10 Finance Committee Meeting at 10 a.m.
- June 12 Worship Committee Meeting at 9:30 a.m.
- June 16 Church Service at 11 a.m.
Preacher – Rev. Robin Bacon Hoffman
Organist – Kevin Gunia
Music Presentation – Rossmoor Chorus
Fellowship Hour at Noon
- June 17 Council Meeting at 10 a.m.
- June 23 Church Service at 11 a.m.
Preacher – Rev. Robin Bacon Hoffman
Organist – Kevin Gunia
- June 26 RCAI Reception for Rev. Robin Bacon Hoffman
Ballroom at 6:30 p.m. – All are welcome to join
- June 30 Church Service at 11 a.m.
Preacher – Rev. Robin Bacon Hoffman
Organist – Kevin Gunia

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SPORTS



2019 Golf Croquet season opens

By John N. Craven

On Friday, May 2, the Croquet Club opened its first weekly Golf Croquet session at the court next to the Clubhouse. The court was packed to the bleachers with members eager to swing their mallets for the first time in the new season.

Now in its 30th season, the Croquet welcomes 11 new members to its ranks. Our new members are quickly acquiring the skills and knowledge necessary. They will enjoy the game and sharing in the pleasures of croquet in no time at all.

At the end of each Friday session, the club members gather in the Cedar Room for "Attitude Adjustment" which entails an impromptu meeting followed by snacks, beverages, and great conversation among friends.

Golf Croquet can be understood and learned within a half hour at the novice level. I mean, the rules can be understood, not necessarily the best strokes and best tactics. It shares much more in common with sport of golf than it does with the sport of croquet or even the conventional backyard game with which most people are familiar. Some people NEVER really understand it after years of play. But it's fun, challenging, and you very rarely lose a ball in the rough.

The Club welcomes all residents. Anyone seeking

a form of light exercise, the enjoyment of the outdoors, an opportunity to mingle with friends and neighbors and to learn a simple yet challenging game on a pro-

fessional level playing court, contact Betty Ann Clayton. Look for us on the croquet court any Friday afternoon. Come join us; you'll like it.



Golf Course Highlights

By Ted Servis, Golf Pro

What's going on at the Golf Course?

Golf season is in full swing at the Golf Club; and it's been a great season to date. The golf course is in great shape thanks to all the hard work Tom Tucci and his staff have done.

Our Ladies next golf clinic will be June 26 so please call the Pro Shop to sign up.

The Pro Shop is fully stocked with merchandise for all your golfing needs so please stop in and take a look. If there is something your looking for and we don't have in stock, we'd be happy to order it for you.

Ladies' 18-Hole golf league tournaments

By Arlene McBride

Welcome to spring.

Our April tournaments have started in full swing.

On April 9, Best 9 holes out of 18 tournament was played. First place, Carolyn Meyers; second place, Maria Hogan.

On April 16, Count par fours only tournament was played. First place, Maria

Hogan; second place, Jo Schwegel.

On April 23, Bakers dozen tournament was played. First place, Sandy Pellicane; second place, Maria Hogan.

On April 30, oops (first rainout)?

On May 14, Opening Day luncheon is scheduled.

We are looking forward to seeing our returning snowbirds, without the snow.

9-Hole Golf

By Mary Shine

Mother Nature has been cooperative as of this writing. The course is in beautiful condition. We are so lucky to be here enjoying the flowers and trees.

Our tournament winners so far have been:

4/9 Step-Away Scramble – Tori Meiselbach, Alyce Owens, Paula Richardson and Mary Shine;

4/16 Two Mulligans – A-Flight Joyce Cassidy and B-Flight Joan Gabriello;

4/23 Low Net - A-Flight Soonja Nam and B-Flight Maureen Danehy;

4/30 Step-Away Scramble -- first place Tori Meiselbach, Maureen Danehy and Barbara Agnese;

5/7 Low Net – A-Flight Joyce Cassidy and B-Flight Mary Ellen Mertz.

Ted Servis, our golf pro, scheduled the first ladies' golf clinic for Wednesday, May 22, at 9 a.m. Please be sure to check Ted's column,



"Golf Course Highlights," for the dates of future monthly clinics. These clinics are very helpful and are offered at no cost. Class size is limited. Sign up at the pro shop early.

Details of membership in the golf club can be obtained by contacting Ted or Ray at the golf pro shop. For more information on joining the 9-Hole Women's Golf Association, please contact membership chair, Mary Shine, at 609-655-4518, maryshine1@verizon.net or President Joyce Cassidy at 609-619-3618, joycece3206@aol.com.

All tee times begin at 8:30 a.m. Please arrive at the pro shop at 8 a.m.

"If you really want to get better at golf, go back and take it up at a much earlier age – Henry Beard"

Message from High Tech Landscapes, Inc.

By Jeff Voss

- We have completed spring clean up and have edged the beds throughout the community
- Blowing out the beds of debris and leaves has also been concluded.
- Cleaning of the 267 carports and all common parking lots took place last month.
- All common facilities have been mulched and summer flowers were planted in late May.

- So far, we have still been able to mow the entire community weekly even with the recent bad weather. Please call the East Gate phone and leave a message with any questions or concerns. 609-655-5134.

- The second round of fertilization was completed in late May. This application is a Broadleaf Weed Control with Crabgrass Preventer, using herbicide with a high potassium formula that will provide outstanding broadleaf weed control in warmer weather.

- Pruning the smaller shrubs will begin this month throughout the community.
- Just a reminder, the newly installed soil and seed need to be watered at least twice a day for 45 minutes in the morning and evening.

Rossmoor will now send robocalls to advise in case of bad weather or emergencies

The Rossmoor administration will send automated robocalls to residents' telephones whenever it is necessary to advise about predicted snow storms, severe weather warnings, or other emergencies.

If you are not home to answer, a message will be left in your voice mail or on your answering machine.

Please be sure to check your phone or answering machine. All necessary information will be included in the message so you will not need to call the office in return.

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- No caps on glass bottles/containers in the recycle bin.
- No lids on plastic bottles.
- Only #1, #2, and #5 plastic is acceptable in the recycle bin.
- Plastics numbered #3, #4, and #7, etc. must go in the household trash bin.
- Other plastic items as well as plastic bags, plastic wrap, shipping film, and Styrofoam go in the household trash bin. Please, no plastic bags in the recycling bin. You can use a plastic bag to dump your recyclables, but take the plastic bag away with you. (Recycle it at the supermarket.)
- Shredded paper cannot be recycled by Waste Management with their current equipment so put it in the household trash bin.
- Aerosol cans must be empty *and* punctured before being put into the recycle bin.

25 acres

(Continued from page 21)

expand open space, increasing the Township's open space inventory to nearly 8,000 acres.

"We are pleased to provide additional recreational resources to be enjoyed by residents of all ages. Unique to this site, the Township is installing a new cricket pitch by popular demand that will be available for use in the near future," said Council President and Recreation Advisory Board Chairman Stephen Dalina. "It seems fitting that this site be designated Patriot Park in honor of the brave men and women who defend our country – past, present and future."



HEALTH CARE CENTER NEWS

Medication safety and disposing of syringes and needles safely at home

By Kaytie Olshefski
BSN, RN-BC

You are all familiar with your medications, or are you? Do you take them with food or on an empty stomach? Do you take them in the morning or at night? Will they react with one of the medications you are already taking? Is there a medication that must be taken before all the others? So you can see, taking medication is not as simple as swallowing a pill.

As we grow older, medications can be a vital component of our lives. Research has shown that people who are on six drugs a day have an 80% chance of experiencing a drug-drug interaction. You must take an active role and be in charge of your health when it comes to medications. By being attentive, you are protecting yourself from harm and the side effects that might occur. Here are tips on medication safety.

- Carry an updated list of all your medications with the dosages, including eye drops, pulmonary inhalers, skin ointments, and vitamins.
- List your medications as: name of medication, dosage, what time you take it and why you are taking it. Keep this list updated when a new medication is added, if the dosage has changed, or if the medication is

discontinued.

- Discuss all your drug allergies or reactions with your pharmacist and doctor.
- Inform your doctor of all the medications you are taking including prescriptions, over-the-counter (OTC), vitamins, herbals, and dietary supplements. Every prescription and non-prescription drug has potential side effects and, if combined with other drugs, might lead to a decrease or an increase in a drug's efficiency. For example, Ginkgo Biloba, an herbal product; affects anticoagulants and anti-platelet medication.
- Review all your medications with your physician at least once a year. Ask your doctor what each drug is used for, how it works, the best time to take it, how it should be taken, what side effect might occur, and will it interfere with other medications?
- Keep a drug diary – the date you started the medication, who ordered it, and the reason you are taking it. Also jot down the directions for taking the medication and if you experience any side effects from it.
- Read all the written information that comes

with the medication. This will inform you if there are certain precautions that need to be taken.

- If you have difficulty reading the prescription label on the medication container, ask the pharmacist for large-print label, or use a magnifying glass.
- Be aware of the common side effects of the drug. If you realize that you are not feeling like yourself, it could be a side effect from a medication. Inform your doctor about how you are feeling.
- Be extremely careful if you order medications on the Internet. Check with the National Association of Boards of Pharmacy, www.nabp.net, to see if the online pharmacy is accredited. When you order your medications through the Internet, also look for the websites that post National Association of Boards of Pharmacy VIPPS (Verified Internet Pharmacy Sites) Symbol.
- Use the same pharmacy to fill all your prescriptions. The pharmacy's database will cross reference your drugs for any incompatibilities or adverse reactions.
- When it is time to refill your medication, do it while you still have a five to seven day supply. Allow yourself even more time if refilling through a mail-order drug plan.

Taking your medication

- Check the label on the medicine container before taking the medication.
- Know the color and shape of your medications. When you renew your medication, if the pills/packaging looks different, do not take the medication. Call your pharmacist immediately to report the difference.
- Do not take your vitamins and medications at the same time. Space the vitamins two to three hours between your prescription medications.
- If you should miss, forget, or even vomit your medication, ask your doctor or pharmacist when you should take the next dose. Doubling up on the medication for a missed dose, or taking it when you remember, could be very dangerous. Talk with your pharmacist about when you should take it.
- Drink at least an eight-ounce glass of water each time you take your medications to enhance absorption.
- Do not take your medication with hot liquids. This may destroy its effectiveness.

(Continued on page 24)

MAINTENANCE DEPARTMENT

By Dave Salter

Walk Lights

When you see a walk light that is out, it would be helpful if you would place a bag over it and then call Maintenance at 609-655-2121 to report it. The bag lets other residents know it has been reported and marks the broken light. In many Mutuals a Director or resident volunteer will change walk light bulbs themselves. Please give them time to get to it. If it's more than just a simple bulb replacement, the director will contact us to make the necessary repair.

Alteration Requests

If you're having any changes or improvements made to your manor (including installing a lawn sprinkler system), the first step is to get an Alteration Request form at Maintenance. The staff will be glad to help you fill it out. If you've been talking to a contractor, he should be able to supply a sketch or picture to go with it to help explain what you want to do. The Alteration Request is then reviewed. This normally takes about 10 days, so please allow yourself plenty of time.

Office hours

Our office hours are 8:30 a.m. to 5 p.m. We are closed between noon and 1 p.m. If we are on another line or unable to get to the phone, we have an answering machine, so please leave a message and we will get back to you as soon as we can. If you have a maintenance emergency and get the answering machine, please call the North Gate at 609-655-7586.

Homeowners Insurance

It is extremely important that you have homeowner's insurance coverage. If you experience damage in your home, even if it came from your neighbor's manor, it still falls under your policy. If you do not have coverage, the damage would be an out-of-pocket expense and can be very costly. Make sure to have an H06 insurance policy with a rider for sewer backups.

Please check that your current policy has enough limits to cover the items in your manor, such as personal belongings, flooring, and any other upgrades. You might need to increase the limits on your policy to cover upgrades.

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Friend's Circle: A Memory Café
Brought to you by Greenwood House, in collaboration with JFCS
**A SOCIAL GATHERING FOR ANYONE AFFECTED WITH
MEMORY CHALLENGES AND THEIR CARE PARTNERS**

Tuesday, July 9th, 2019
1 PM – 3 PM
Free & Open to the Public
Adath Israel Congregation
1958 Lawrenceville Road
(Route 206)
Lawrenceville, NJ 08648

**Enjoy coffee,
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entertainment in a warm,
welcoming & comfortable
atmosphere!**
Community Resources Available

Pre-registration Required.
To learn more or pre-register,
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Friend's Circle Project Director
Dsobel@GreenwoodHouse.org
or **609-883-5391, Ext. 388**
(Please make sure to provide your
contact information)

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Our July program is made possible by the following sponsor:
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IMPORTANT NOTICE

Motorists must obey the rules of the road while driving within the Community including, but not limited to, observing the posted speed limits, No U-Turn, Yield, and One Way signs; stopping for pedestrians; making a full stop at all stop signs; and exercising extreme caution when entering RCAI streets from lanes or other areas without stop signs.



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Health Care

(Continued from page 23)

- Take the medication exactly as prescribed. Do not change how much or how often you take the medication and do not stop taking medication on your own without talking with your doctor first.
 - Don't take your medications in the dark, or if you are drowsy. It is too easy to mix them up that way.
 - There are certain medications that cannot be cut in half, such as capsules, gels, long-acting tablets, slow release drugs, and coated pills. Small or unevenly shaped pills may not split evenly if you attempt to cut them in half.
 - Do not take someone else's medication, or give yours to someone else.
 - Do not take your medication with alcohol. Speak with your physician about how much alcohol you are allowed.
 - If you like to drink grapefruit, orange, or apple juice with your medications, ask your pharmacist or doctor if this will interfere with the absorption of your medications.
 - Develop a routine in taking your medications. Using memory aids will help you remember when to take your medication: use a calendar and write down the name of the drug and the time you took it. There are seven-day and even 30-day pill boxes to plan out your medications for that allotted time. There are pillboxes available with reminder beepers. Some people use the alarm on their watch or smart phone to remind them.
- Storing medication**
- Keep the medication in its original container. Some medications are light sensitive and need to be kept in an opaque

container to protect it.

- Keep medication out of reach of children. If there are grandchildren around, use childproof caps.
 - Rotate your medication as you get your refilled prescription, so that you are using the medication with the more recent expiration date on it.
 - Store your medication in a cool dry place, or where the pharmacist instructs you to keep it. Some medicines need to be refrigerated, as with some liquid medications.
 - Do not store your medication in any area that is susceptible to extreme heat, cold, or humidity. One place you should not store your medication is in the bathroom medicine cabinet. A better place to keep your medication is in a kitchen cabinet or a dresser drawer.
- Avoiding problems**
- Check all your medications for their expiration dates.
 - Look at the medication container for the name of the drug, directions on how to take it, and the colored warning label that may be on the container.
 - Do not discard unused or expired medication in the garbage or down the toilet. Our Monroe Township Police Department has a Project Medication Drop Box in the main lobby of the police station. Residents can dispose of expired or unused medications 24 hours a day, seven days a week, 365 days a year.
 - Wear a medical ID bracelet or necklace if you have a chronic illness such as diabetes or a life-threatening condition. Make sure it lists the drug (s) you take.
 - There are drugs for which lab work must be done to monitor the drug and keep it within a therapeutic level. Just a reminder, the Health Care Center does blood

work Monday through Friday, so please call or stop by for more information.

Disposing of syringes and needles safely at home

- Place used syringes and needles in a heavy duty, sturdy, puncture resistant, and leak proof plastic container, like a laundry detergent or bleach bottle
- Only fill the container $\frac{3}{4}$ way up
- Screw the cap on tightly and place tape around the cap and top of bottle to doubly secure the cap.
- Label the container "Do

Not Recycle — Contains Sharps"

- Place the container in the garbage, NOT with the recyclables.

Our next lecture in the Saint Peter's University Hospital lecture series will be "When Should You See a Rheumatologist," by Sangeetha Pabolu, M.D., a rheumatologist, on Monday, June 10, at 1 p.m., in the Maple Room. If you would like more information or wish to attend, please call the Health Care Center at 609-655-2220.

Our Health Fair is scheduled

for Friday, June 14, in the Ballroom and Gallery. Like last year, we will raffle off beautiful gift baskets, using your sign-in ticket at the door. You do not have to be present to win. We will offer screenings such as blood pressure, blood sugar, bone density, derma screening, hearing, memory, dizziness screening, and head-to-toe alignment screening. Many medical professionals will be there to answer questions. There will be information from other vendors, besides lots of giveaways.

Come on out and join us there.

Senior Center Highlights

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

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age and older. **Around the 15th of the previous month members are required to pre-register for ALL monthly activities.** Call the Office at least 24 hours in advance should you need transportation to and from the Senior Center. For members unable to attend a registered program, please sure to cancel. **For complete details regarding the new registration procedure, our guidelines and refund policy, please call the Office at 609-448-7140.**

HERE'S TO YOUR HEALTH

Brain Health Assessments: On Wednesday, June 5, either at 9:30 a.m. or 10:30 a.m., Cogniciti, Inc. provides two-group workshops, each comprised of 15 participants. The online memory assessment takes about 15 to 30 minutes. Then, the Regional Engagement Specialist, from Baycrest Health Sciences, provides you with the best tips on brain health and addresses questions. Please select your "time" when registering.

Skin Cancer Screenings: On Thursday, June 6, by appointment, from 10 a.m. to 12:30 p.m., St. Peter's Mobile Health staff provides free skin cancer screenings. Education and examination are key to the prevention and treatment of skin cancer. Limited appointment times.

Bagels Plus: On Friday, June 7, at 10 a.m., join Linda Mundi, from The Gardens at Monroe, for this enlightening program on loneliness. Is there a difference between "being alone" and "being lonely?" Explore how loneliness affects us and obtain simple strategies to combat social isolation.

Oils for Ailments: On Monday, June 10, at 10:30 a.m., join Faye Nulman as she explores the world of essential oils and how they can naturally treat certain health conditions. *Have joint pain? There's an oil for that!*

Blood Pressure: On Tuesday, June 11, from 1 to 3 p.m., keep your blood

pressure in check with this free screening. Please be sure to set-up your appointment time early!

Drivers' Safety Class: On Wednesday, June 12, at 8:45 a.m., enhance your driving skills during this AARP-sponsored program. For pricing and space availability, please call the Office.

Oxygen Bar: On Wednesday, June 12, by appointment, between 12 p.m. and 3 p.m., step-up to the Oxygen Bar where aromatherapy meets pure oxygen. Purified air is mixed with a scent of choice. *Waiting to2 Inhale* provides this safe experience that hydrates the nasal passages and provides stimulus to the senses. (To note: the oxygen is delivered through a cannula (nose hose).)

Senior Options: On Thursday, June 13, at 10:30 a.m., Megan Kovaltchouk, LNHA, from Parker at Monroe Adult Day Center, covers everything from home handrail installation to hospice care. This overview of senior services looks at various options, depending on your health and level of independence. Light snacks, too!

Oral Health Issues: On Thursday, June 13, at 2:30 p.m., Dr. Cathy Hung discusses common oral conditions seen in the older adult, such as dry mouth, jaw discomfort, and bump in oral cavities.

Trip Tips: On Friday, June 14, at 1:30 p.m., Victoria Larkin, PT, DPT, RWJ Outpatient Physical Therapy, discusses the many risk factors that lead to falls and shares helpful tips to avoid them.

Sunscreen and You: On Friday, June 14, at 2:30 p.m., Chris Socha, RPh, MBA, from Texas Road Pharmacy, addresses medicines that increase your skin's sensitivity to the sun and ingredients to look for in sunscreen that have the most protective benefits.

Science of Character: On Wednesday, June 19, at 10:30 a.m., Anne Berman-Waldorf, Director of Lifelong Education, Congregation Beth Chaim, explores the

idea that, no matter our age, we can shape who we are and who we want to be in the world. Through stories, activities, and a short film, discover how small changes have a huge impact on brain development and explore characteristics of growth mindset.

Be Senior Smart: On Thursday, June 20, at 10:30 a.m., join Barbara Vaning, MHA, with Princeton Health's Community Wellness, for this informative session on taking better care of yourself. Learn how to avoid common injuries and avoid being a target.

Psychosomatic Med: On Monday, June 24, at 10:30 a.m., Dr. Sang Song, DO, affiliated with St. Peter's University Hospital, provides an overview of psychosomatic medicine - that explores the relationships between social, psychological, and behavioral factors on the bodily processes and a person's quality of life. Bagels, too!

Truth About Protein On Thursday, June 27, at 10:30 a.m., join Mary Myers, RD, as she separates fact from fiction about protein and how much you nutritionally need in your daily diet. How much is enough? Join us as we get to the "meat" (and potatoes) of this issue.

Music and Memory: On Thursday, June 27, at 11:30 a.m., discover the latest research on how music works in our brain and way to use music to improve your cognitive abilities. Join Gloria Hoffner, founder of *Science for Seniors*, as she explains why we can remember the words to a song but not to a single math theorem.

Laughs, Lyrics, and Lectures

Stiletto and The Saxman: On Monday, June 3, at 2 p.m., have a musically fun afternoon with Joey and Do-reen, The Arminios, as the light up the stage with popular tunes and their banter.

iPhone Basics: Starting on Monday, June 3, at 2 p.m., join Joel and Art, for this two-day iPhone Workshop, as they help you navigate through the various fea-

(Continued on page 25)



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Senior Center

(Continued from page 24)

tures of the iPhone and show you what this handheld computer can do...besides making phone calls. (This is NOT intended for Android Users.) Last class: June 10. Course fee: \$10 p.p., due upon registering in advance.

Spring Planting: On Tuesday, June 4, at 10:30 a.m., BrightStar Homecare and Parker at Monroe bring the joy of planting indoors. Decorate your own terra cotta planter and bring a flowering plant home to enjoy. Limited space available. All supplies provided.

Senior Sensations: On Tuesday, June 4, at 2 p.m., The Senior Sensations, a group of talented senior tap-dancers, as they bring "Dancin' Through the USA" to our stage. The show was produced/directed by our member, Bunny Feigenbaum.

Do-Si-Do, Away We Go: On Wednesday, June 5, at 2 p.m., we welcome back Betsy Gotta as she helps us find our inner country dancer and enjoy an hour of square dancing.

Ceramics Class: Starting on Thursday, June 6, at 10 a.m., join Bev for this four-session class as you enjoy decorating your own bisque pieces. Studio time is provided on a monthly basis and the fee of \$20 p.p. is required in advance. Pieces are sold separately, allowing each student to work independently. (The next class follows on July 11; registration commences in mid-June.)

Broadcast Comedy: On Thursday, June 6, at 1:30 p.m., join Walter Choroszewski, NJ Author and Historian, as he explores the history of Broadcast Comedy. Revisit Burns & Allen, The Honeymooners, and other beloved shows from 1929 through the 1950's. Sponsored by The Chelsea at East Brunswick.

Thomas Presents: On Friday, June 7, and on Monday, June 10, at 1:30 p.m., Thomas provides this two-part lecture on Dvorak, the National and Romantic Check Composer. Discover the greatest of Dvorak's writing that makes his "New World Symphony" one of the most beloved works in musical literature.

TED Talk: On Wednesday, June 12, at 10:30 a.m., join Ellie and Caryl as they present, "My Stroke of Insight." In the video, Jill Bolte Taylor shares her awareness of having a stroke.

Iced Tea Season: On Tuesday, June 11, at 1:30 p.m., join Deb Raub as she prepares you for National Iced Tea Month. From iced to cold brewed, from signature blends to sweet options, this class will have all the fixings to make perfect traditional/fusion iced tea.

Shirley's Shakespeare: On Wednesday, June 12, at 1:30 p.m., rediscover Shakespeare's HENRY IV as Shirley explores the relationship between the father, the

son, and a no-good rascal. Follow them through personal turmoil and affairs of the state.

Berlin and The Exodus: On Thursdays, June 13 and 20, at 1:30 p.m., Julian Davis continues his talk about the exodus of intellectuals and theater personalities who fled violence leading up to the Nazi takeover in 1933.

Judge for Yourself: On Friday, June 14, at 10:30 a.m., join "Judge Jen" as she shares true, sometimes controversial cases, for you to debate and discuss...as well as discover the outcome.

Jerry's Travels: On Monday, June 17, at 1:30 p.m., join Jerry as he takes you on an armchair tour of China, consisting of five flights and two river cruises, to view all of its magnificent sites.

John's Jukebox Favs: On Tuesday, June 18, at 2:30 p.m., John Sebastian comes to us fresh from his traveling group, The Jukebox Legends, to perform a variety of "jukebox" classics.

Celebrate Summer: On Wednesday, June 19, at 1 p.m., have fun in the sun as we welcome the season with DJ Malone. Featured items on the menu include a hot dog, chips, beverages, and dessert. Weather permitting, get ready to enjoy our beautiful backyard with fun and games! Price: \$8.00 p.p. Space limited.

Genealogy, Part 2: On Thursday, June 20, at 11:30 a.m., Carol and Nancy return to share their expertise about online databases and how to carryout effective research on the internet.

War of the Worlds: On Friday, June 21, at 2 p.m., we welcome Raconteur Radio for its live, staged presentation of *The War of the Worlds*. Celebrate the most famous radio drama of all time with this immersive interpretation.

ABBA TRIBUTE: On Friday, June 21, at 7 p.m., you don't need to be a "Dancing Queen" to enjoy the popular band of the 1970's band, ABBA. From "Take a Chance on Me" to "Mama Mia," get ready to sing-along and move your feet with this tribute band.

American Classics On Monday, June 24, at 11:30 a.m., stroll down memory lane as you rediscover Chevrolet's "Hot One," in 1955, and America's first mass-produced sports car, the Corvette, during this DVD presentation.

David Aaron Presents: On Monday, June 24, at 1:30 p.m., explore the life and music of Louis Armstrong, as David Aaron takes you on this musical journey about this popular Jazz legend.

CATMOONDADDY: On Tuesday, June 25, at 2 p.m., get ready to enjoy one of the longest, continuously performing NJ bands! From classic pop, rock, folk, country, and soul songs, enjoy faithful renditions of beloved songs as well as a musical twist in musical gems.

Science Today: On the fourth Tuesday of the month at 1:30 p.m., join Vivian as she explores a topical subject in science that is selected by the group. Please be sure to register in advance.

Pop and Doo-Wop: On Wednesday, June 26, at 1 p.m., the music of the late 1950's and early 1960's is highlighted during this DVD musical concert featuring the best-loved songs of that era. Hosted by Ronnie Spector (of The Ronettes) and Jon "Bowser" Bauman (of Sha Na ha), get ready to dance in your seat or in the aisles.

Keep It Cool, Dino: On Thursday, June 27, at 1:30 p.m., Gordon James shares and performs the cool, smooth songs of Dean Martin.

Mike and Ted Present: On Thursday, June 27, at 2:30 p.m., Michael and Ted explore the life and work of Cole Porter, during their lecture, LET'S DO IT. From his first operetta at the age of ten to his best known musicals, like *Kiss Me Kate* and *Anything Goes*, learn all about Porter's witty and often ribald lyrics that show his true genius.

Jersey Harmony: On Thursday, June 27, at 7 p.m., the sweet sounds of The Jersey Harmony Chorus grace our stage this evening. The Chorus is a chapter of Sweet Adelines International, which promotes women's 4-part a cappella. From jazz to popular to Broadway, there is something for everyone to enjoy! Light snacks, too!

Calendar of Events for Monroe Township Public Library

All events are open to the public.

To register online: www.monroetwplibrary.org

POV Documentary Film

Sunday, June 2 at 10:30 a.m. 2018 film about China's most famed poet, Yu Xiuhua, who rises to stardom despite not finishing high school. Runtime: 52 minutes This film is presented in collaboration with the award-winning documentary series P.O.V. (www.pbs.org/pov). Registration is not required.

GEN X 1989 Film & Discussion

Sunday, June 2 at 1 p.m. We shine a spotlight on the biggest events of 1989, our anniversary year, during this series of programs. The History Channel film presents the lead up and actual events of the Tiananmen Square protests and massacre. Runtime: 50 minutes. Brief discussion and light refreshments will follow. Registration is not required.

Coupon Club

Monday, June 3 at 1:30 p.m. Clip, swap and trade coupons. Discuss deals, share frugal tips and shopping experiences. Bring a pair of scissors and your stash of non-expired coupons. Registration is not required.

Book Café

Wednesday, June 5. Session 1 at 11 a.m. Session 2 at 1 p.m. Discuss books that you have read. Light refreshments will be served. Space is limited. Register at the Welcome Desk.

Socrates Café

Wednesday, June 5 at 7 p.m. Socrates Café are gatherings around the world where people from different backgrounds get together and exchange thoughtful ideas and experiences while embracing the central theme of Socratizing; the idea that we learn more when we ask questions along with others. Join us and pose questions, listen to others, raise challenges and consider other alternatives. Monroe resident **Noreen Gummic** moderates. Register at the Welcome Desk.

Bookkeeping & Accounting Info Session

Thursday, June 6 at 11 a.m. **Marvin Weiss, PhD**, retired Professor of Accounting and founding Dean of the School of Management at the New York Institute of Technology will present a brief history of bookkeeping and accounting. Light refreshments will be served. Registration is not required.

Sit-N-Stitch

Fridays, June 7 and 21 at 10:30 a.m. Stitch a project; assist others, share tips, projects and patterns. Bring your own supplies. Registration not required.

Poets Corner

Friday, June 7 at 11 a.m. A workshop and reading group for all ages. Please bring 12 copies of your work. Regis-

(Continued on page 26)

The Jewish Heritage Museum of Monmouth County
presents

YIDDISH THEATRE IN AMERICA



"Laden With Happiness and Tears"

A Presentation by John Kenrick
Author of Musical Theatre: A History
Creator of Musicals101.com

Jews took no part in world theatre until the Yiddish movement (born in Eastern Europe) caught fire among immigrants in the United States. With rare photos, performance videos, and fascinating backstage stories, historian John Kenrick offers a warm and entertaining celebration of a rich legacy that still reverberates in every corner of show business today.

Sunday, June 23, 2019 2 PM
\$10 members, \$12 non members

The Jewish Heritage Museum of Monmouth County
310 Mounts Corner Drive, Freehold, NJ
(located in the Mounts Corner Shopping Center, at the corner of Route 537 and Wemrock Road)

For more information or to make a paid reservation, please call the Museum at
732-252-6990 or visit our website www.jhmomc.org

Maximum capacity is 100, so paid reservations are recommended.

Funding has been made possible in part by an operating support grant from the New Jersey Historical Commission, a Division of the Department of State, through grant funds administered by the Monmouth County Historical Commission.

The JHMOMC is a tax-exempt organization under Section 501 (c)(3) of the Internal Revenue Code.
The Museum is handicapped and assistive listening accessible.

ROSSMOOR COMMUNITY ASSOCIATION 2019 POOL SEASON

RULES, REGULATIONS, & POOL HOURS

The Rossmoor Community Pool will open **Friday, May 24,**

and close on **Labor Day, Monday, September 2.**

The Pool will be open daily, in June and July,
between the hours of 9:30 am – 8:30 pm

The pool will be open daily, in August and September,
between the hours of 9:00 am – 8:00 pm

- 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.
- Upon entering the pool area, all residents must register and present their Rossmoor photo ID. Rossmoor photo IDs are nontransferable and expire annually.
- Residents are required to register their personally invited guests and present their Rossmoor photo ID. Guests are required to abide by all established rules and regulations.
- As per New Jersey State Bathing Code: persons showing evidence of communicable infection, sore or inflamed eyes, cold, nasal or ear discharges, or excessive sunburn will not be permitted in the pool area. Persons with open sores, blisters, cuts, and/or bandages will not be permitted in the pool.
- Persons recovering from diarrhea or symptoms of gastrointestinal disease are encouraged to wait seven days before using the pool.
- Showers are required prior to entering the pool.
- Non-slip footwear is recommended on the pool deck and locker room area.
- 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.
- Radios or other music media are not permitted in the pool area, except those equipped to play through earphones.
- Beach towels should be used to cover and protect pool chairs and lounges when sun tan oil/lotions are being used.
- There is a 30-minute time limit when using swimming lanes and the lanes are to be shared.
- Only water in non-breakable containers is permitted in the pool area.
- Pool furniture is available on a first-come basis. Personal furniture is not permitted in the pool area.
- 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 4:00 p.m.
- Management reserves the right to close the pool at any time.
- Lifeguards are obligated to close the pool in the event of potentially dangerous weather.
- Lifeguards and Pool Staff are required to enforce all Rules and Regulations.
- Persons suspected of being under the influence of drugs and alcohol shall be prohibited from entering the pool area.
- Smoking of any kind, including e-cigarettes, is NOT permitted in the pool area.
- No sitting on the pool entrance steps or ladders.
- Neither diving, running, continual jumping nor "horseplay" is permitted.
- Violators of the Rules may lose their pool privileges.

GUESTS OF THE ROSSMOOR POOL

- Residents must register their guests at the pool and do not have to remain with guests over the age of twenty-one. Residents assume full responsibility for their guests.
- Pool passes are required for all guests during hours of operation on Fridays, Saturdays, and Sundays. Only residents may purchase pool passes in the E & R office. The pool pass fee on Fridays, Saturdays, and Sundays is \$5.00 per guest over the age of fifteen and \$2.00 per child between the ages of four and fifteen.
- There is a maximum of four guests, including children, per Manor per day, except for Memorial Day Weekend, July 4th and Labor Day Weekend when there is a limit of two guests, including children, per Manor.
- Children between the ages of four and fifteen 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 fifteen 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.
- Children between the ages of four and fifteen should be encouraged to use the restrooms before entering the water and any "accidents" in the water should be immediately reported to the lifeguard.
- Children under seventeen years of age are NOT permitted in the Hot Tub.

LANE SWIMMING SCHEDULE

Lane swimming is available on a daily basis, Monday through Sunday. The schedule will be posted on the pool bulletin board.

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

The Rules and Regulations are subject to change from time to time due to E & R Special Events.

Revised by Board of Governors
February 28, 2019

Library

(Continued from page 25)
tration is not required.

Music Circle

Friday, June 7 from 3 to 5 p.m. Musicians of any level are welcome to play popular songs of various decades in a campfire-style setting. Songs will be done in simple 3-4 chord arrangements and lyrics will be shown on the projector for everyone to follow along. Registration is not required.

POV Documentary Film

Saturday, June 8 at 1 p.m. 2018 true-crime thriller about the assault of a teenage girl by members of the beloved high school football team in Steubenville, Ohio. *This film is presented in collaboration with the award-winning documentary series P.O.V.* (www.pbs.org/pov). Registration is not required.

Open Sewing

Monday, June 10 from 3 p.m. to 5 p.m. and Thursday, June 13 from 6 p.m. to 8 p.m. Students will bring their own projects on which to work – there is not a planned project; everyone will be working on their own. If you would like to use a pattern we have previously used in class, the pattern and information can be available to you. Students must take the Meet Your Sewing Machine class or have prior machine sewing knowledge to take this class. Register at the Reference Desk, by phone or online.

Short Story Discussion Group

Wednesday, June 12 at 11 a.m.

Leah Wagner moderates a discussion about "Unearth" by Alicia Elliott in Best American Short Stories and "Stop 'n' Go" by Michael Parker in O. Henry Prize Stories. Register at the Welcome Desk.

Genealogy Club

Wednesday, June 12 at 1:30 p.m. Beginner and experienced genealogists are welcome. Registration is not required.

Native Plants for Pollinators

Thursday, June 13 at 2 p.m. **Nisha Khanna** of the

Middlesex County Master Gardeners will explain the benefits of planting native plants, and attracting pollinators to your yard, including bees, butterflies and hummingbirds. Register at the Welcome Desk.

Friday Afternoon Movie

Friday, June 14 at 2 p.m. 2019 Biography/Drama - Future Supreme Court Justice Ruth Bader Ginsburg launches her career fighting for gender equality by proving discrimination "on the basis of sex" is unconstitutional. PG-13, 2h. Movies are free. Registration is not required.

Creating Your Best Life, How to Pursue Meaningful Goals and Live with No Regrets Workshop

Saturday, June 15 from 10:30 a.m. to 12:30 p.m. **Susie De Lima Verde** and **Roopak Desai** present. Sponsored by the Friends of the Library. Register at the Welcome Desk.

Coffee and a Book

Tuesday, June 18 at 10:30 a.m. Join a book discussion moderated by **Monica Teixeira**. This month's title is Warlight by Michael Ondaatje. Coffee and cookies provided. Register and reserve your copy at the Welcome Desk.

Library Board of Trustees Meeting

Tuesday, June 18 at 6:30 p.m.

Page Turners

Thursday, June 20 at 11 a.m. Looking for something to read or add to your reading list? This ongoing event takes place on the third Thursday of every month. Library staff will present and recommend a variety of new titles pertaining to a different topic each month, both new and old titles. Light refreshments provided. Register at the Welcome Desk.

Medicare Workshop

Friday, June 21 from 11 a.m. to 1 p.m. **Mike Salum** of Senior Advisors presents the changes for 2019, the 5 biggest mistakes made by Medicare beneficiaries, original Medicare vs. Medicare Advantage Plans, How Medicare Supplement Policies

(Continued on page 27)

Monroe Mayor Voices Concerns about Additional Cranbury Warehouse

Monroe Mayor Gerald W. Tamburro is expressing strong concern that additional warehouse development, on the Monroe border would negatively impact residents and neighborhoods in both communities.

To help protect residents from increased truck traffic, poor aesthetics, excessive noise and other concerns, Monroe officials have developed a professional study of an area, which is located between Hightstown - Cranbury Station Road and Halsey Reed Road in the Southwest Corner of Cranbury. The findings were presented in late April to a subcommittee of the Cranbury Planning Board, which is reviewing that township's master plan.

Of great concern is the fact that the 408-acre area that abuts Halsey Reed Road, which is currently farmland, is now zoned for light industrial use, which means that more mega-warehouses could be built on the border of Monroe in Cranbury. Such development would create even more traffic, particularly tractor trailer traffic, on Monroe and Cranbury streets. The size and scope of such industrial development would be incompatible with the surrounding area and the adjacent communities of Stratford as well as Renaissance Cranbury Crossing in Monroe. It would also greatly impact the Monroe and Cranbury residents on Old Halsey Reed Road.

(Continued on page 27)

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 rcainj.com and following the links Facilities, Clubhouse and Activities, and Bus Info.

Classified Advertising

Transportation

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

MARVIN'S CAR SERVICE – Low rates. Airports, piers, NYC, Philadelphia. Anywhere 24/7. Ride in style for less. (908) 812-6299.

CALL DOREEN – I'm back! My new number is (609) 284-4308. Thank you.

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

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

LIMO GUY, INC. – Our 17th year. We go to all airports. Late model Lincoln Towncars. Holds four passengers in total comfort and style. SUV's now available with approximately \$40 additional charge. \$75 to Newark, \$155 Philadelphia, \$175 JFK airports. We go almost anywhere 24/7. Call (732) 452-9222.

Home Improvement & Services

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 IMPROVEMENTS – Full service contractor. Kitchen, baths, basements, painting, tile and more. No job too big or small. License #13VH05970500. (609) 259-2574.

LEN'S REMODELING AND CONTRACTING SERVICES (formerly Len's Handyman Services). Doing repairs and renovations in Monroe since 2003. Full-service home renovation company. Our beautiful kitchen and bath showroom in Englishtown displays everything you need under one roof. All interior renovations – kitchens, bathrooms, flooring, painting, plumbing, electric and handyman services. Free estimates. (732) 851-7555.

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

Miscellaneous/ Services

PET SITTERS (MONROE) – for a day, a week, or up to a month. Our home or yours. True animal lovers. Barb (732) 735-4243.

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.

TECH BUDDY – Simple step-by-step help with smartphones, computers and tablets. Large print solutions for low tech problems. Beginner to Advanced. Patience and enthusiasm included. Wireless printers, Netflix, Amazon Alexa setup and training. Have Alexa remind you of your appointments, read audiobooks, more. \$5 off setup. Free quote. (732) 589-4974. techbuddybarb@aol.com

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

Tax/CPA Services

CERTIFIED PUBLIC ACCOUNTANT – Want a CPA who comes to your home? Personalized attention to your tax questions or problems at reasonable rates. Rebecca Bergknoff, CPA (732) 718-4359.

For Sale

BEAUTIFUL MAHOGANY DINING ROOM SET – Duncan Fyfe Harp-Lyre table with expandable inserts, protective cover; glass-doored hutch; bureau. \$475. (732) 565-2552.

Wanted to Buy

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

Help & Health Services

AT ANGEL TOUCH HOME CARE we provide excellent care for the elderly with licensed, insured and bonded thoroughly screened aides. We are a company that cares for our patients and makes sure they are treated by the best. 24-hour care (living with resident). Elderly companionship. Call (609) 907-6059.

CAREGIVER – Responsible and caring, looking to care for your loved one. Last position was nine years. Call Molly (732) 514-2486.

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.

CARING ELDER CARE – We will help you with personal care, household tasks and outdoor errands. Free consultation. Reasonable rates. Elizabeth (646) 413-0813.

House Cleaning

ANA SANTOS HOUSE CLEANING SERVICES – Experienced, dependable, changes bed sheets, will start laundry, uses own vacuum cleaner. Reasonable, references available. Please call Ana at (732) 337-5743.

HENRYKA'S CLEANING SERVICE – Professional house cleaning. Quality work. Call (609) 586-0806.

HOUSE CLEANING – Honest and experienced. Quality work. Call Laura (609) 902-9951.

NICE JEWISH GIRL'S HOUSE CLEANING – Bonded and insured. Reasonable rates. 25 years of experience. Call Eileen (609) 860-9050.



Classified Information

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

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

RATES

\$14 for 10 words, 50 cents each additional word per publication

Choose any below

- Clearbrook Rossmoor Encore
- Concordia GW Voice
- Regency Renaissance

- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.

- Check or money order must accompany insert, made payable to Princeton Editorial Services

- Phone number or address which appears in ad must appear on check or money order to ensure proper credit.

Library

(Continued from page 26)
(Part D) Work, Medicare Prescription Programs, and proposed future changes. Register at the Welcome Desk.

Musician's Showcase
Sunday, June 23 at 2 p.m. Coming down from the mountains, TC Carpenter will join us for a live performance of his unique style of American Folk Rock. Sponsored by the Friends of the Library. Registration not required.

The Friends of the Monroe Township Library Meeting
Tuesday, June 25 at 4 p.m.

Census Bureau Jobs & Applicant Event
Wednesday, June 26 from

10 a.m. to 12 p.m. 2020 jobs presentation & help with applications. Register at the Welcome Desk.

"Piano Dave" Schlossberg in Concert

Thursday, June 27 at 1 p.m. Limit of 4 tickets per person. Pick up tickets at the Welcome Desk.

Beyond the Basics for Your iPhone

Friday, June 28 at 10:30 a.m. Presented by AARP. Register at the Welcome Desk.

Eating Healthy on a Budget Presentation

Friday, June 28 at 1 p.m. Registration not required.

Fine Arts Gallery

Photography of Roy Goldschmidt

Warehouse

(Continued from page 26)
"It is my sincere hope that our friends in Cranbury realize the potential impact of warehousing on this site," said Monroe Mayor Gerald W. Tamburro. "We consistently hear concerns from residents about the traffic generated on our streets from warehouses in neighboring Cranbury. We lose quality of life, while paying for the expense of road maintenance, to benefit companies that pay taxes to a neighboring community. It is unfair, it is not right, and we will do everything we can to educate Cranbury about the impacts of these large warehouses on the entire region."

Mark Remsa, a consulting planner for Monroe who developed the study, said the property abuts the Stratford housing development in Monroe. A warehouse and associated trucks and employee traffic would negatively affect the quality of life for adjacent residents from Cranbury and Monroe. It is his recommendation that the farmland be used for low-density residential construction, with an agricultural mix, ensuring any potential development enhances the surrounding residential neighborhoods in Monroe and the historical hamlet of Cranbury Station in Cranbury.

Remsa notes that approxi-

mately 75 percent of the study area comprises wetlands, which is likely why the land remains essentially undeveloped. There are also no sewer lines near the area, which would require any developer to incur considerable expense to construct a labyrinth of infrastructure.

Traffic remains a top concern. There is a rural road network within the parcel that would have to be greatly expanded to handle substantially increased traffic volume, including more tractor trailers. It would be difficult to expand the road system because of wetlands. In addition, it would be a challenge to upgrade the nearby Hightstown-Cranbury Station Road because of existing development built to the road's edge.

Remsa said that residents on Ely Drive/Halsey Reed Road in Monroe could take the brunt of any major development, as this road connecting Halsey Reed Road to Station Road could become a significant thoroughfare. Monroe would fight any connections to Ely/Halsey Reed Road and Old Halsey Reed Road.

The planner urges Cranbury officials to focus on maintaining the rural or residential character of that neighborhood, while maximizing the use of remaining farmland for viable business opportunities.

Rossmoor Resident Telephone Directory

CHANGES & DELETIONS ONLY

Please mail or bring this form to the
Rossmoor Community Association, Inc.,
Village Center, 128 Sussex Way, Monroe Twp., NJ 08831
with any changes or deletions to your name, address or telephone listing.

Information as it now appears:

NAME: _____

ADDRESS: _____

PHONE: _____

Changes for the 2019-20 edition:

NAME: _____

ADDRESS: _____

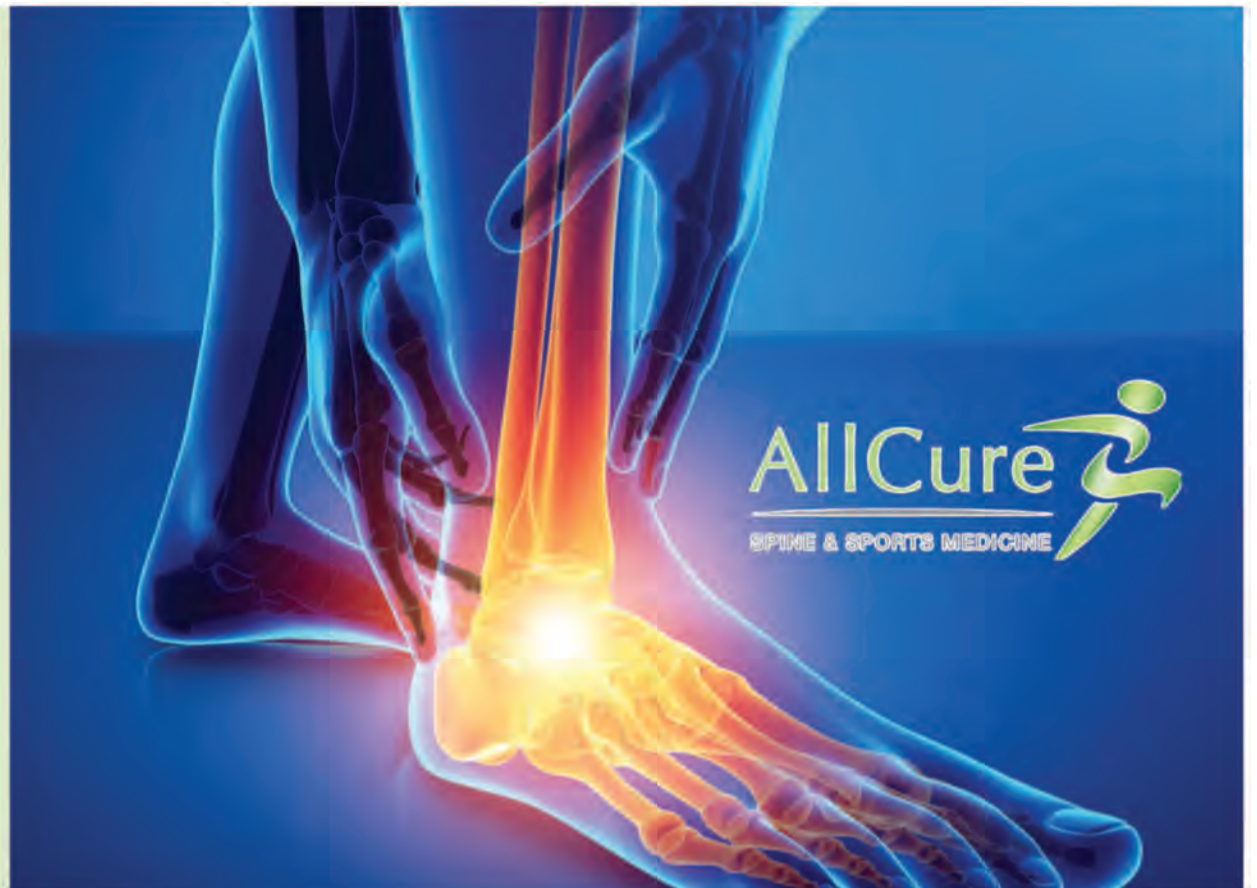
1 PHONE OR 1 CELL: _____

****All Changes must be received by July 12, 2019****

If your name, address and/or telephone/cell number is in the 2018 edition correctly, it is not necessary for you to complete this form.

DO YOU SUFFER FROM ANY OF THE FOLLOWING CONDITIONS?

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

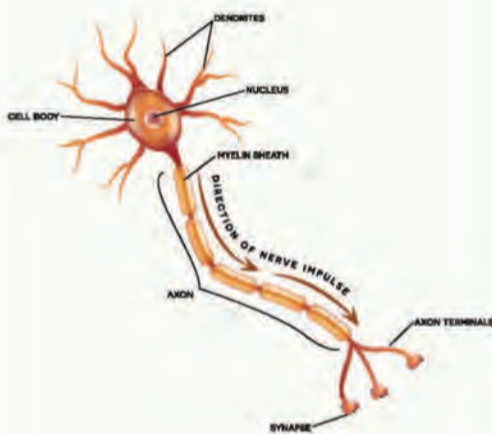


Ask us about our new FDA cleared laser to treat your symptoms!

WHAT DOES PERIPHERAL NEUROPATHY LOOK LIKE?

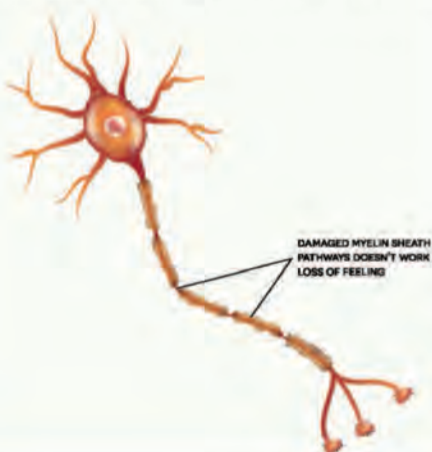
Healthy Nerve Cell

Properly processes sensory information to the brain:



Damaged Nerve Cell

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



GET IN ON THE RELIEF!

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

- Vicki M.

PERIPHERAL NEUROPATHY

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

HOW DO YOU KNOW IF YOU HAVE PERIPHERAL NERVE DAMAGE?

Peripheral neuropathy is the consequence of damage to your peripheral nerves. There are over 100 different kinds of peripheral nerve disorders or neuropathies – some are the result of a disease like diabetes, while others can be triggered by a viral infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage. Many people suffer with pain for years, not realizing that their symptoms may be due to Peripheral Neuropathy. Symptoms start gradually, then get worse, including numbness, burning or tingling sensations and sharp, electrical-like pain. Treatment options have been limited to a small assortment of pain medications, which can lead to further issues. Ignoring the problem or masking the symptoms has never been a viable solution. If you suffer from any of the aforementioned symptoms, we can help.

NEW FDA-CLEARED TREATMENTS PROVIDE HOPE

AllCure Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be felt on the first few visits. This treatment restores, stabilizes, and rebuilds the nerves in your extremities. Treatment has also been effective in addressing painful symptoms of arthritis, MS, and other forms of chronic pain. Patients generally feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

WHY ALLCURE SPINE & SPORTS MEDICINE?

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

TREATMENT IS COVERED BY MOST MAJOR INSURANCES, INCLUDING MEDICARE

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



CALL TODAY!

732-521-9222

Free 15-minute laser consult

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

Limited to the first 30 callers!
Call today to secure your appointment!

Offer expires 6-30-19

AllCure
SPINE & SPORTS MEDICINE

Monroe Office 350 Forsgate Drive,
Monroe Township, NJ 08831