



VOL. 12 NO. 5

PUBLISHED BY AND FOR THE RESIDENTS OF SEA BREEZE AT LACEY

May 2024



Photo by: John Saladino



Editor's Note

May flowers are popping up, and we're on our way to beautiful, warm weather. May is National Walking Month, so let's be sure to get out and take advantage of our beautiful community.

Of course, in May we honor our mothers and all the important women in our lives, past and present. Never to be forgotten – we also honor the great men and men who served and died for our country.

Be sure to check out the articles on making Challah and some Mexican dishes (to celebrate Jewish-American Heritage Month and Cinco de Mayo) and the article on taking care of our skin (Melanoma/Skin Cancer Detection and Prevention Month).

By now, most of you know I am stepping down as Editor. I have truly enjoyed working with this committee for more than four years. But it is time for a change. I hope one or two of you will be interested in assuming the position. It is very rewarding, and the committee members are the best! I would be happy to talk to you about what is involved.

Best wishes to you.

Christine Buro



Celebrate Our Milestones

The staff of *The Breeze Way* would love to announce your anniversary or birthday. Please understand that these announcements are limited to the residents of our community. To see your milestone in *The Breeze Way*, please refer to "Deadline for Submission" on page 2. There will be no automatic inclusions.

Email your name, date, and occasion to Patricia Weiss at breezewaypat@gmail.com



DEADLINE FOR BREEZE WAY SUBMISSIONS **MAY 28 FOR THE JULY ISSUE**

SEE CONTACTS BELOW

**Activities, Fitness,
Calendar & Club News**

Email Linda Arlotta at
Linda.Arlotta@gmail.com

Cover Photo

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email Roy Winograd
at Roy.Winograd@gmail.com

Inquiring Minds Want to Know

Email Linda Marino at lindamarino@yahoo.com

Celebrate Our Milestones

Email Patricia Weiss at breezewaypat@gmail.com

All other submissions

Email Christine Buro at breezewayeditor@gmail.com

STATEMENT OF POLICY

The Breeze Way is published for the residents of Sea Breeze at Lacey. Residents are invited to contribute. See inside cover for due dates and contacts.

Material is subject to approval by the Editor who reserves the right to accept, edit, condense or reject any submission. Articles published and ads accepted by the publisher do not represent endorsement by *The Breeze Way* staff nor the Board of Trustees of Sea Breeze at Lacey.



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Upcoming Board Sessions - 2024 (All sessions in the Clubhouse Ballroom)

- **Transition Update meeting:** May 2024 – date and time to be determined.
- **Pre-Annual Meeting of Members “Social”:** Thursday, June 6 – coffee, tea, cookies, donuts; 6:00 pm to 6:55 pm.
- **Annual Meeting of Members: Election of Trustee positions C, D & E:** Thursday, June 6, beginning at 7:00 pm.
- **Open Board of Trustees Meeting:** Thursday, June 6, immediately following the Annual Meeting of members.
- **Board “Drop-In Session”:** Wednesday, July 17, from 6:30 pm to 7:30 pm.
- **Board “Drop-In Session”:** Wednesday, October 16 from 5:30 pm to 6:30 pm.
- **Open Board of Trustees Meeting (2025 Budget):** Monday, November 25, beginning at 7:00 pm.



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Effective May 2024

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CIVIC AFFAIRS

By Charlotte Martyn

- **Board of Education:** Recently, the Lacey Township School District was shocked to learn that instead of losing \$1.2 million in state aid for next year, they are instead losing a devastating \$3.2 million dollars. The impact of this state aid reduction cannot be understated. The students of the Lacey Township School District will most definitely be impacted by this loss. Teacher reductions will drive class sizes into the upper 30s across all grades. Administration reductions will keep Lacey Township's cost per pupil ranking in the bottom 4% of the state. Support Staff reductions will alter services that the students currently receive, such as one-to-one services for special need students. Reductions would be made to many areas of athletics. There would also be reductions to academic support for students who need extra help, elimination of educationally valuable field trips and the elimination of elective class offerings at the middle and high schools.
- Dr. Vanessa Pereira, Superintendent of Lacey District schools and Kim Klaus, Vice President of the Lacey Board of Education, spoke to Sea Breeze residents, explaining the implications of the reduction in state aid. Over 200 residents attended the meeting and signed petitions. Many thanks to all of you and to those who were away or couldn't attend in person and signed on-line. Dr. Pereira and superintendents from other districts who lost funding went to Trenton and presented the petitions from all these districts, asking for the state aid to be restored. Six districts, including Lacey, have sued to try to get the formula for the algorithm on how the state decides on the amount of aid to give each district. So far, this is still a mystery. I will keep you updated on this issue.
- **Wind Turbines:** Atlantic Shores Offshore Wind project is planning a wind energy array containing as many as 157 turbines off Long Beach Island. This project will stretch from Atlantic City to Barnegat Light and at its closest point it will be 8.4 miles offshore. This is expected to power about 700,000 homes. The construction would also include eight offshore substations, a meteorological tower, two buoys for measuring wind and two cable corridors. The cable corridors will connect to the onshore grid at Sea Girt and potentially near Asbury Park or New York City. Originally, when Orsted was building the wind turbines, a connection was going to be made at Oyster Creek. Now Oyster Creek doesn't seem to be in the picture. Critics of the project are still worried about the safety of the whales and other marine animals.
- **Planning Board:** Wayne McMullin attended the March meeting and reported that three minor subdivision applications were mentioned, but they had no effect on us or the community at large.

CIVIC AFFAIRS GROUP

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 Paul Dressler, Co-Chair
 Charlotte Martyn, Secretary
 Matt Golembeski
 Wayne McMullin
 Kevin Muir
 Madelyn Noto
 Diana Puccio

Lacey Township Meetings

MUA	Wednesday, May 1	6:00 pm	34 Kennedy Blvd
Lacey Township	Thursday, May 9	6:00 pm	Municipal Blvd
Planning Board	Monday, May 13	6:30 pm	Municipal Blvd
Board of Ed*	Thursday, May 16	6:00 pm	LTHS Hall
Lacey Township	Thursday, May 23	6:00 pm	Municipal Blvd

*Board of Ed meeting begins at 6:00 pm, then goes into caucus. The regular meeting with reports and presentations starts at 7:00 pm.

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Out & About

By Marti Schmidt

- **Ocean County Historical Society- 26 Hadley Ave., Toms River:** Join the Ocean County Historical Society for a visit to Ellis Island and the Statue of Liberty on Saturday May 4th. Departure will be at 8:00 am sharp. Arrive approximately one-half hour early so departure is on time. The ferry leaves from Jersey City at 10:00 am. Return trip will be at 2:30 pm. The cost per person is \$80 for members, and \$85 for non-members. This fee includes a luxury coach bus with a restroom, the ferry out to the sites and bus driver gratuity. Lunch is on your own. You can either bring lunch or dine at the site's cafeteria. To reserve your spot or for additional information, please call Jeff at 609-339-9134 or email at jeffschenker@myyahoo.com.
- **Island Beach State Park- 2401 Central Ave., Seaside Park:** May Day Spring Festival and Pet Expo on Saturday, May 4 from 10 am-3 pm at the Swimming Area 1 section. This pet expo will feature rescue groups, craft vendor, K9 demonstrations and more. Bring your pet along and browse the extensive lineup of pet products and services.
- **Murray Grove Retreat Center- 431 Rt. 9, Lacey:** Experience healing and transformation on World Labyrinth Day on Saturday, May 4 from 2-4 pm. This activity will include guided meditation, forgiveness ritual, live sound healing and a walk on the labyrinth with hopes of setting a Guinness World Record for largest group of people walking a labyrinth simultaneously! For more information contact Jaime Zazzara at jaimenzazzara@gmail.com or 908-910-2898 for ticket information.
- **Lacey Elks, 900 Beach Blvd, Forked River:** Coffee & Conversation, Tuesday, May 7, 1:00-3:00 pm. LBI Author, Keslie Patch-Bohrod, presents "Shell Shock," a Miranda Craig mystery of industrial espionage, murder and mayhem. For more information, call Kathy Wilk, 609-971-2807. *Submitted by Sally Guerrierie.*
- **Convention Hall- Asbury Park:** Come enjoy the Asbury Park Spring Bazaar on Mother's Day Weekend, May 11 and 12 from 12 pm-5 pm. The weekend will feature shopping from local makers, artists, designers, crafters and many more. There will also be live music, kids face painting and a Mother's Day photo wall.
- **Lacey Branch Library- 10 E. Lacey Rd., Lacey:** Have you been a victim of fraud or scams? Here is a presentation you won't want to miss. The presentation is on Monday, May 13 from 10-11 am by FBI Special Agent Dean DiPietro and FBA SSRA Jessica Weisman. They will discuss what is elder fraud, what are common scams and schemes and how you can protect yourself. Registration for this event is required and will open up on April 29 at 10 am.
- **Surflight Theater- 201 Engleside Ave., Beach Haven:** If you grew up listening to hitmakers like Johnny Cash, Jerry Lee Lewis, Carl Perkins or Elvis Presley then you will want to see Million Dollar Quartet. The musical is based on the auspicious meeting of these four great rockers in 1956 at Sun Records in Memphis, TN. There are shows on Thursday, May 30 at 2 pm or 8 pm and Friday, May 31 at 8 pm. For ticket information go to: www.surflight.org



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Cinco de Mayo is celebrated this month, so try these delicious and easy to prepare recipes to enjoy with friends and family. The Tex-Mex Brisket is a slow cooker recipe that comes together quickly, results in fork-tender meat and can be made the day before and reheated. The Mexican Street Corn Salad is a salad form of the corn snack served in cups on the streets of Mexico. It is easy to prepare, and its bold flavor and colorful veggies are like a fiesta in your mouth.

Tex-Mex Braised Brisket

6 servings

4 cloves of garlic, peeled and left whole

2 large onions, sliced

One 3-pound brisket, trimmed of most of the fat

2 tsp ancho chili powder (you can use plain chili powder if that's what you have)

Two 15-ounce cans of red enchilada sauce (Rotel brand is good)

Kosher salt and black pepper

Put the garlic and onions into a 6-quart slow cooker. Place brisket on top of the onions and sprinkle meat with the chili powder, 1 tsp of salt and ½ tsp black pepper. Pour in the enchilada sauce. Cover and cook on low for 8 hours. Remove brisket, shred meat and return to sauce. Serve with soft tortillas, taco shells, sour cream, hot sauce, lime wedges, avocado, chopped tomato, shredded lettuce, raw red onion and shredded Mexican cheese blend.



Grilled Mexican Street Corn Salad

6 servings

Two 12-ounce pkgs. Birds Eye Frozen Fire Roasted Corn, or 6 ears of grilled and shucked fresh corn

4 scallions, trimmed and sliced

¼ cup diced red onion

2 jalapenos, seeded, ribs removed and finely diced

1 red bell pepper, seeded and diced

1/3 cup sour cream

¼ cup mayonnaise

1 tsp chili powder

Zest and juice from 1 lime

1 clove garlic

One 15-ounce can black beans, drained and rinsed

1 cup grated Pecorino-Romano cheese

¼ cup chopped fresh cilantro (use parsley if you prefer)

Kosher salt and black pepper



Bake frozen corn according to directions on the package. Set aside to cool slightly. Add sour cream, mayonnaise, chili powder, lime zest and lime juice into a large bowl. Grate the garlic clove into the bowl and whisk everything together. Add the corn, scallions, jalapenos, red bell pepper, red onion and beans to the bowl and

mix to combine while the corn is still slightly warm. Add the grated cheese and the chopped cilantro, season with salt and pepper and toss. Sprinkle the rest of the cheese on top of the corn and serve warm or refrigerate until ready to serve. Now all you need to do to start the party is mix up the Margaritas and put out the chips, salsa, queso and guacamole.

Inquiring Minds

Want to Know!

What traits did you inherit from your parents?

Susan Rowek: Hard work!

Diane Dressler: I have inherited my love of sewing from my maternal grandmother. She taught me everything I know today. From my mother, her organizational skills; I'm a "lister" since I was young. From my dad, his loudmouth (love and miss all of you).

John Ventrella: My parents, by their example, simply taught me to always put the needs of my spouse and my children above my own.

Susie Jenkins: My Mom and Dad always encouraged kindness, respect, and honesty. Two thoughts (words of wisdom) I heard many, many times growing up were, "Treat others as you would have them treat you," and "if you don't have anything nice to say, do not say anything at all." I hope I have set the same example for our children.

Maria Mattera: My sense of humor, my story telling, my kind and generous heart, my overall personality, fearlessness, and blue eyes all come from my father. My positive attitude, beliefs, faith, perseverance, and inner strength come from my mother. They both taught me their lifelong traditions and that *famiglia* always comes first. I miss them both, but I feel their presence every day.

John Saladino: My father valued the importance of dressing well and speaking respectfully. They were traits that I have tried to carry through my own life.

Joe Branciforte: My mother instilled the following traits in me (is that the same as inheriting)? To treat my elders with respect (not sure that I have any elders anymore!), to be on time, to do my homework (still doing homework to this very day, even this response is homework), to say my prayers, and to get a good Catholic education. I remain blessed by my "inheritance." My father taught me about "love," having read his love letters to my mother before he passed away at the age of 27. Forever grateful to both.

Jane Waterman: Love and believe in God. Love and be kind to each other and to respect and take care of your elders.

Vincent Annarumma: Respect for others, honesty, good work ethic, my religion, love of my country, faith, and a willingness to help others.

Catherine DelPrete: Although my parents possessed numerous admirable traits which I had hoped to inherit, being a conscientious person in all my undertakings is one that stands out and has helped me throughout my life.

Tony Geanoules: My dad taught me to save. My mom was the religious, spiritual disciplinarian. Need I say more.

Vincent Levito: Light skin that never tans from my father. Friendliness and being a good cook from my mother.

Cheryl Arbeit: From my mother I inherited happiness and also something very important to her, cleanliness, of the house and personally. From my father (the great "kibitzer" which means a joker and schmoozer), I inherited my sense of humor, my common sense and my love for friends and family. Every time I tell a joke to my pals, I hear my father laughing!



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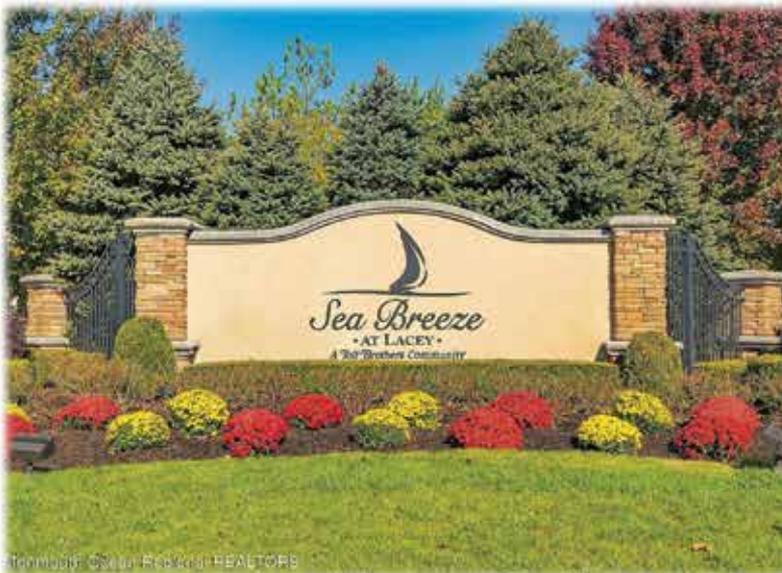


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The Doo Wop Motels of Wildwood

By Laurie Lesniak

The year was 1963. I remember driving with my parents down the two-lane Garden State Parkway in our new blue Dodge Dart. We were heading to wild, wild, Wildwood! It never occurred to anyone to make a reservation. At that time, there were plenty of motels. All you had to do was pick one based on which had the best neon sign and how cool the outside was decorated.

Looking back, I realize that we were stereotypical of the families of the time. Post-WW2 America saw the growth of the motor trip: more cars = more roads = greater mobility. This created the market for small, roadside, family-owned motels. Fancy hotels with lobbies were too expensive for families, and they weren't designed for children. These new motels came to be called Doo Wop motels, borrowing the term from music of that era.



Doo Wop motels in Wildwood had names like the Satellite, the Tahiti, the Lollipop, and the Royal Hawaiian. Most were “L” shaped, with the owner’s family living quarters and business office located in the bottom wing. Most had a pool located in the center of the “L.” The themes and paint colors of the motels were a reflection of the times: space age or Polynesian, bright yellow, sea green and red.

Jay’s Motel, which opened in April 1956, is considered the first Doo Wop motel. The owners, the Morey Brothers, based their motel on Florida architecture, which included pink stucco outer walls, jalousie windows, and an abundance of plastic palm trees and neon. All the rooms were connected by a wraparound balcony, and parking was just a stone’s throw from your room.

By the early 2000’s, many of the Doo Wop motels had fallen into disrepair. At the same time, preservationists were trying to establish a Doo Wop historic district. While many motel owners were eager to preserve their motel, the developers were offering twice what some properties were worth. Between 2003 and 2007, around 100 motels were demolished, making way for condos. Some of the landmarks like the Lollipop motel with its multi-colored doors still remain because they had already been converted to condo. As of today, around 50 refurbished Doo Wop motels remain in Wildwood, most of which are located in Wildwood Crest. You can also visit the Doo Wop Preservation League Museum, which is located on Ocean Avenue in Wildwood Crest.

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Carey Trevisan
76th Birthday



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50th Wedding Anniversary

May 9th
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May 13th
Joanne & Manny Ramirez
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Sports: Yesterday and Today

By Bill Klika



Spring has finally arrived, and the weather has changed for the better. In the sport world, the Final Four, the Masters and the NFL draft have all taken place. Baseball once again has taken over the center stage and the 2024 championship season has been underway for the past month.

In this month's article, I will attempt to preview each of the local baseball teams based on their off-season and spring training efforts since this review will go to press before May 1.

The New York Yankees had a very busy and potentially productive off-season. They traded for Juan Soto, a generational talent who is a year away from his free agency. The Yankees, after having Soto's bat in the lineup, must decide if they can afford to sign him long-term after seeing him in pinstripes for a season. His contract, along with the many other financial commitments they have on the books which they made over the past few years will put them way over baseball's luxury tax. For this season, however, he can be a major contributor. The club must count on several other developments to ensure a successful season. Aaron Judge must be healthy and stay that way for the entire season; Anthony Volpe must avoid the sophomore slump; DJ LeMahieu and Anthony Rizzo must regain their form from past seasons. Their biggest question will be how their pitching staff performs, especially with Gerrit Cole on the shelf for an indefinite period. Several players like Nestor Cortés and Carlos Rodon must perform at prior levels and not like last year's poor performance. Several things have to happen for this season to be considered a success since for the Yankees that means the World Series, not lately seen in the Bronx.

In 2024, the Mets will try to make people forget last year's disastrous outcome. In order for that to happen, we will need to see the following developments: Pete Alonso continuing his power numbers and improving his batting average; Francisco Lindor performing for the full year like he did in the second half; Jeff McNeil and Sterling Marte healthy and returning to 2022 performance levels; continued improvement by youngsters Francisco Alvarez, Brett Baty, and Brandon Nimmo and JD Martinez holding back father time one more year. On the mound, a healthy return early by Kodai Senga and a successful return from a year long absence by Edwin Diaz is critical. It will take a lot to fall right but it could be a good season in Queens.

In the city of brotherly love, the Phillies are in an excellent position to return to the post-season. The biggest question for the Phillies, is time as the window for success with this present lineup is only about two years. It is a very veteran laden team that needs to succeed now before time and free agency take their toll. They made some interesting off-season signings to improve and stabilize the club. Healthy and typical seasons for Bryce Harper, Trey Turner and several other position players along with pitchers Aaron Nola and Zack Wheeler performing at optimum level should allow them to compete with the Braves and the Dodgers and chase that elusive series victory.

Enjoy the baseball season and get out and enjoy the weather as well. Remember Sport Talk on the third Wednesday of the month at 7 pm in the clubhouse. Have a great spring.

The answer to last month's trivia question: Name the five colleges with a president and a Super Bowl winning quarterback. Delaware: Joe Biden and Joe Flacco; Michigan: Gerald Ford and Tom Brady; Navy: Jimmy Carter and Roger Staubach; Stanford: Herbert Hoover, Jim Plunkett and John Elway; Miami of Ohio: Benjamin Harrison and Ben Roethlisberger.

This month's trivia question: What were the most points scored in a single Division I men's basketball game? Name the player and the school.

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Baps Hindu Temple- A Visual Feast

By Patricia Weiss



If you have ever wanted to experience the exotic beauty of Indian architecture but the trip was far too long, you are in luck. Now you need look no further than Robbinsville, NJ. The Sea Breeze Photography Club recently took a trip to the temple, and we were all amazed by the beautiful architecture and photo ops available to us. At the entrance, we were greeted by a huge golden statue of holy man Nilkanth, a yogi and ascetic.

As an homage to water's importance to Hinduism, behind the statue is a stepped pond called the Brahma Kund. It is filled with water from nearly 300 water sources. These sources include water from all of India's 108 holy rivers as well as water from rivers from all 50 states.

Behind the pond is the Akshardham Welcome Center. The interior of the Welcome Center is decorated with Hindu symbols and art. There is an optional short video that visitors can view. Visitors can also join a tour guide here for an optional free tour.

As visitors exit the center and look to the right, they will be greeted by the sight of the spectacular Akshardham Mahamandir. It is the largest Hindu temple in the US and the second largest in the world. The mandir is made of intricately hand carved Italian Carrara marble, Indian pink stone, sandstone from Rajasthan and limestone from Bulgaria and Türkiye. The marble was shipped from Europe to India, where it was hand carved by skilled artisans. Then the pieces were numbered and shipped to Robbinsville and assembled in numerical order. It took 12 years to build it and 4.7 million hours of labor. Many of those hours were provided by 12,500 volunteers. It has a multitude of statues depicting traditional Hindu symbols and culture. Elegant spires hand carved in white limestone contrast with the blue sky as they rise above the top of the temple.

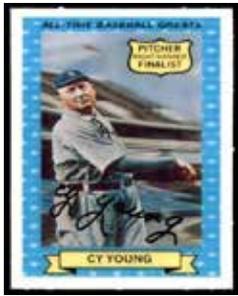
Visitors are welcome to enter the Mahamandir, but they must remove their shoes and store them on the provided racks. Tour guides available at the Welcome Center will give visitors detailed information about all the sights to see inside the temple. Inside, visitors will be treated to even more hand carved sacred statues, soaring ceilings, pillars with intricate hand carved décor and colorful shrines that honor various sacred Hindu divinities.

Encircling the Mahamandir on the outside is a beautiful colonnade made of sandstone featuring elaborate Hindu architecture. It provides a half mile protected passageway for devotees and visitors to travel around the Mahamandir. The Mahamandir is about an hour northwest of Forked River. It is certainly worth a visit. I guarantee that you will be amazed.

SAVE THE DATE

Date	Event	Hosted by
Friday, May 3rd	Cinco de Mayo	Social Committee
Thursday, May 23rd	Lacey Food Bank Golf Outing	Mike Barbuto & Steve Callan
Friday, May 31st	Wine Society Event	Wine Society
Wednesday, Jun 5th	The Notebook on Broadway	Social Committee
Saturday, June 15th	Night at the Races	Social Committee
Saturday, June 22nd	River Lady Dinner Cruise	Italian Heritage Club
Tuesday, June 25th	Cousins Maine Lobster Truck	Social Committee

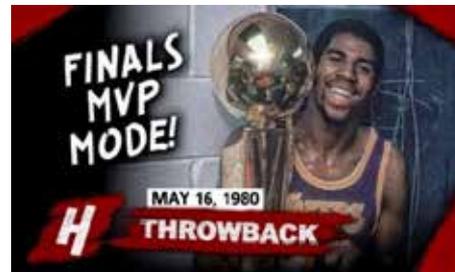
Historical Sports Events in May



May 5, 1904: *Cy Young* pitches the first perfect game in modern MLB history.

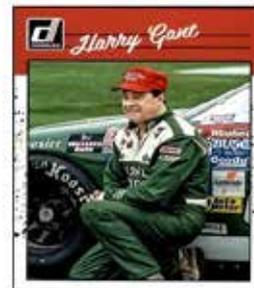


May 1, 1955: *Babe Didrikson Zaharias* wins her 10th and final LPGA tournament of her career.



May 16, 1980: Los Angeles Lakers point guard *Earvin "Magic" Johnson* steps in for injured center Kareem Abdul-Jabbar and scores 42 points, leading the Lakers to a four games-to-two series win over the Philadelphia 76ers for their first championship since 1972.

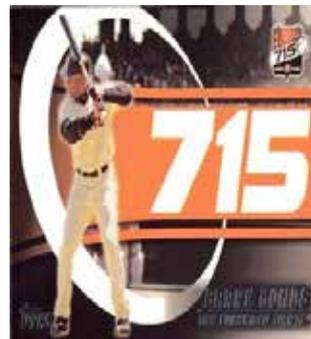
May 4, 1966: *Willie Mays* breaks Mel Ott's National League home run record of 511 as he belts # 512 in Candlestick Park



May 6, 1991: *Harry Gant* is oldest (age 52) NASCAR winner—again!



May 10, 1970: 40 seconds into overtime of Game 4 of the Stanley Cup final, Boston Bruins star *Bobby Orr* slips the winning goal past St. Louis Blues goaltender Glenn Hall. After scoring, Orr leaps into the air and Boston Record-American photographer Ray Lussier captures the most famous sports photographs of all time.



May 28, 2006: *Barry Bonds* hits 715th home run to pass Babe Ruth on MLB list.

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The Novel Bunch

(Meets at 7:00 pm)

Upcoming Books & Dates

5/15/24

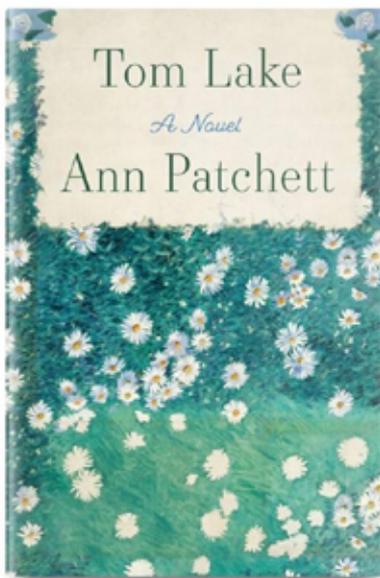
Tom Lake

by Ann Patchett

6/19/24

Loyalty

by Lisa Scottoline



May Book of the Month

Tom Lake

by Ann Patchett

Tom Lake is a meditation on youthful love, married love, and the lives parents have led before their children were born. The story explores what it means to be happy even when the world is falling apart.

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- Zion Nat'l Park
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- Las Vegas

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Space is very limited – Contact me for more information

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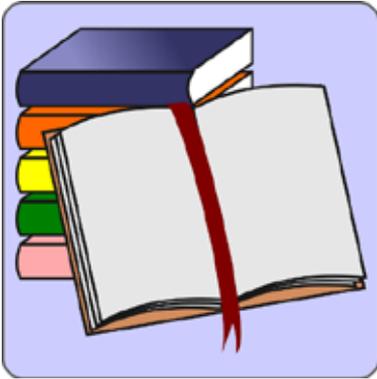
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A Book for All Seasons

By Patricia Camarda



Our Sea Breeze community offers many varied activities. The Novel Bunch gets together on the third Wednesday of each month to discuss the book that we have read for that month. Attendance varies each month due to vacation schedules, personal commitments or personal preference of the book being discussed.

Led by Marilyn Winograd, the discussions are always lively, engaging and interesting. What is especially gratifying for the participants is the variety of topics that are discussed: national and international conflicts, love, motherhood, friendship, segregation, and alienation among social classes. The books highlight the similarities and differences among cultures. Often, by comparing a particular theme (e.g. women in the medical field, inequalities among social classes, etc.), we find that the individual response transcends time and place. The last book *Lady Tan and the Circle of Women*,

written by Lisa See, explores the restrictions placed on women by the 15th century Chinese society. Lady Tan lived in this period, and she became interested in medicine to help women of all social classes despite all the social taboos.

The horrors of war have been expressed in several of the books read. In these circumstances, we have witnessed how the human spirit has risen to deliver aid, moral support to the sick and dying, helped bring slaves to freedom, or fight oppressive authoritarian governments.

We have delved into topics about national events, such as the building of the Brooklyn Bridge, or the Chicago World's Fair; how so many of our ancestors came to this country by going through Ellis Island and the many obstacles they had to overcome before stepping foot on American soil.

The theme of aging was also explored in at least two books: *The Unlikely Pilgrimage of Harold Fry* and *A Man Called Ove*. As people retire from their careers, they often find themselves isolated. By becoming involved in younger people's lives, they rediscover fulfillment and happiness and the desire to keep on living.

What is interesting about our discussions are the many parallels and conclusions that we draw from the written word to our own personal lives; so many personal anecdotes are shared by the group. In our monthly meetings, we feel renewed and recharged. Gathering with friends and neighbors for our discussions keeps our mind and soul satisfied and fulfilled. Perhaps some of you would consider joining us in the future for one of our discussions.



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Challah Making Event

By Lisa Lonschein



Over the course of four Fridays, from February to early April, 15 Sea Breezers from the Jewish Community Group had a chance to participate in a hands-on Challah Making workshop. Challah is a bread that is traditionally eaten on the Sabbath and for some Jewish holidays (but not the recently completed Passover.)

Each person mixed ingredients, kneaded the dough, and formed it into the traditional braided loaf. The lesson was led by Lisa Lonschein, coordinator of the Jewish Community Group, and it was held at her home. During the time that the bread was rising there was time for socializing as well. At the end of the day each participant brought home a Challah to bake in their own oven. Here is the recipe used – and Lisa is happy to answer any questions if someone is trying it themselves.

Sea Breeze Challah

Ingredients: Makes two challah

- 1 Tbsp dry yeast
- 1 Tbsp sugar
- 1 2/3 cups warm water
- 1/3 cup canola oil, plus two extra tablespoons
- 1/2 cup sugar
- 4 1/2 cups bread flour
- 2 tsp salt
- 1 egg



1. Place yeast in a medium sized bowl with warm water and 1 Tbsp of sugar. Let the yeast dissolve/bubble up for approximately ten minutes.
2. Put flour, sugar, and salt in a large bowl and mix.
3. Make a well in the middle of the flour and add the oil and proofed yeast.
4. Knead the dough for approximately 10 minutes until it feels smooth and not sticky. (You may need to add extra flour.)
5. Pour two tablespoons of oil on the dough and cover with plastic wrap or damp dish towel.
6. Allow dough to rise for 1 1/2 -2 hours (in a warm place if possible) or until it doubles in size.
7. Gently punch down the dough.
8. Knead the dough again, and then put it on a lightly floured surface.
9. Divide the dough into two even sections. Then, divide each section into three parts and braid the dough.
10. Place in a pan lined with parchment paper. (Leave space between the loaves for expansion while baking.)
11. Beat egg and brush over top of challah.
12. Optional – add toppings, such as sesame seeds, if you want.
13. Let challah rise again for 30 minutes to one hour.
14. Pre-heat oven to 350°. Bake challah for about 30 minutes. It will turn golden brown and feel hollow on the bottom.
15. Remove from pan and let cool on wire rack.

Cover Up!

By Barbara Banach



May is Skin Cancer Awareness Month. Skin cancer is America's most common cancer. Fortunately, it is the most preventable cancer because it is visible.

I have been treated for my skin cancer by a dermatologist for decades. It is something everyone should pay attention to, especially if you take part in summer outdoor activities. As a young girl and into my adulthood, I loved my summers on the beaches of Manasquan. Most skin cancers are developed in childhood.

There are three major types of skin cancer, Basal Cell Carcinoma, Squamous Cell Carcinoma and Melanoma. They are all distinct entities and don't transform from one type to another. The skin is made up of three layers, the top layer is the epidermis. This is where most skin cancers occur.

Basal Cell Carcinoma: These cells produce new skin as old ones die. Mine appeared as a small red pimple, which is common. Do not ignore this because they can spread slowly and rarely metastasize, but if left untreated, it can continue to grow deeper beneath the skin and destroy surrounding tissue and can possibly need to be surgically removed. It can even become fatal. People between 50 and 80 are the most affected. That's us folks!

Squamous Cell Carcinoma: These appear rough, scaly, thickened, and wart-like. They commonly are located on the face, neck, ears, and lips because these parts are frequently exposed to the sun. Another warning sign is when the skin bleeds when scraped or scratched.

Melanoma: This appears when pigment-producing cells cause discoloration to the skin and become cancerous, usually in the form of a mole. This is how my two melanomas appeared. The first sign of this is a change in the shape, color, size, or feel of an existing mole. Usually, the melanoma has an uneven border and patchy coloring. This requires a medical diagnosis, lab test, or imaging, followed by surgery.

Prevention: Apply sunscreen with a SPF of at least 50, every 3 hours. Avoid strong, direct sun between 12 and 3 in the afternoon. Wear sun protected clothing along with a brimmed hat as you enjoy your outdoor activities during the summer.

I hope this helps as a guide if you have questions. See you at the pool!



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Betty Boop- “Boop Oop a Doop” Isn’t the Whole Story

By Patricia Weiss

Remember Betty Boop? She was that high-heeled, curvaceous, animated cutie with the short, curly coif that graced televisions in our youth. Did you know that her first appearance on the silver tube was as a humanized French poodle with floppy ears in a cartoon called *Dizzy Dishes*? Later, she morphed into a flapper era character who was inspired by actress and singer Helen Kane. In fact, Kane sued Betty Boop’s creator Max and David Fleischer, Fleischer Studios, for copying her “boop oop a doop” style. However, a judge felt that there was little evidence of that and dismissed the case. In an interesting twist though Kane herself had adopted her catchphrase, “Boop oop a doop,” from Baby Esther an African American scat singer. And did you know that Max Fleischer Studios produced the first animated version of *Snow White* and its star was none other than Betty Boop? This was four years before Disney released its version of *Snow White*.

Betty continued to change as pop culture and views of morality changed. She changed from a jazz age flapper in the 30s to a homemaker in the 40s with longer skirts, and a more modest dress. Between 1930 and 1934, cartoons were written for adults, not children. During this period, Betty Boop and other animated female characters were placed into story lines in which lecherous male characters pursued them in suggestive situations. The stories included many innuendos, and Betty was depicted as being openly flirtatious. A particularly controversial cartoon was called *Red Hot Mamma* in which Betty visits hell. *Red Hot Mamma* was banned by the British Board of Film Classification. As a result, the industry was looked at more closely, and censorship laws were enacted in many states. Subsequently, the industry created the Motion Picture Production Code or Hays Code which was a guideline for the depiction of sex, crime, dancing and foul language in cartoon and movie productions.

Along with a change in her dress, the stories also evolved from exciting adventures to more domestic ones. Her early sidekick, Koko the Clown, was replaced by a bearded Grampy. Grampy was the endearing, grandfatherly inventor who would invariably create a solution to any problem Betty was having. When he knew he finally had a solution, a light bulb would appear above his head signaling his Eureka moment.

Today she has been honored with her own star on Hollywood’s Walk of Fame. Betty Boop collectibles can still be found on eBay, and a new musical will open in the spring of 2025 on Broadway called *Boop! The Musical*. Betty is sure to entertain the audience with her “boop oop a doop” catchphrase!



A few puns to enjoy....

1. The fattest knight at King Arthur’s round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whiskey maker, but he loved her still.
4. No matter how much you push the envelope, it’ll still be stationery.
5. A dog gave birth to puppies near the road and was cited for littering.
6. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
7. Two silkworms had a race. They ended up in a tie.
8. Time flies like an arrow. Fruit flies like a banana.
9. Atheism is a non-prophet organization.
10. Two hats were hanging on a hat rack in the hallway. One hat said to the other: ‘You stay here; I’ll go on a head.’

Mom

If roses grew in heaven, Lord
Please pick a bunch for me.

Place them in my mother's arms and tell her
they're from me.

Tell her that I love and miss her and when she
turns to smile,

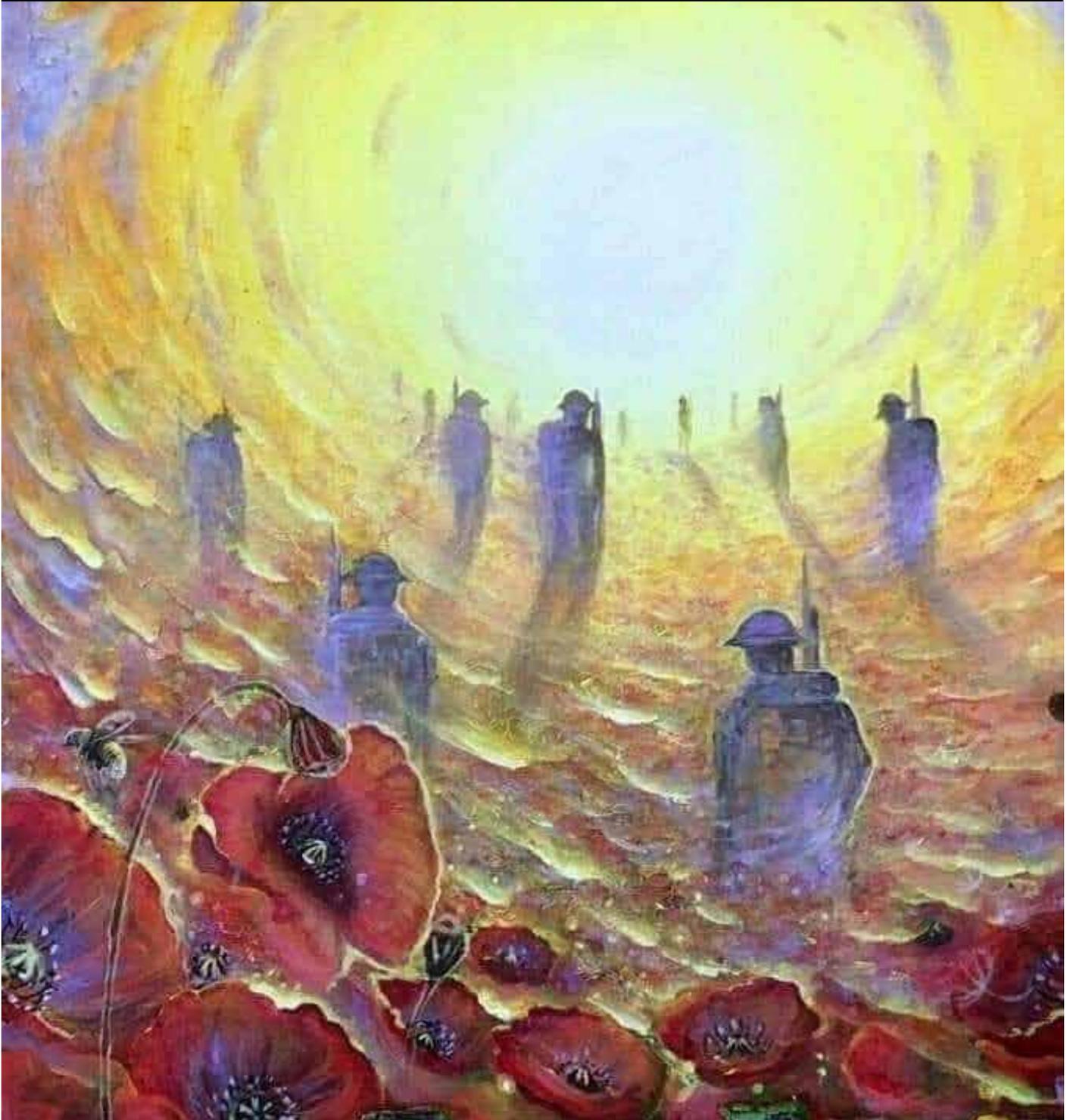
Place a kiss on her cheek and hold her for a
while.

Because remembering her is easy,
I do it every day.

But there is an ache within my heart that
never goes away.

Happy Mother's
Day

We're all aware that Memorial Day is a day of remembrance, but Congress has also established an exact minute of remembrance. The National Moment of Remembrance Act, which was adopted in December of 2000, encourages every citizen to pause each Memorial Day at 3:00 p.m. local time to remember the brave men and women who died serving this country. In addition to any federal observances, Major League Baseball games usually come to a stop during the Moment of Remembrance, and for the past several years, Amtrak engineers have taken up the practice of sounding their horns in unison at precisely 3:00 pm.



Video Streaming Choices

By Bob Lesniak

In last month's *Breeze Way*, I discussed new internet options that have become available to us as a result of competition. Competition is good because it brings reduced pricing, more choices and features, but it can also add confusion. This month I will discuss streaming video and the choices it offers.

Streaming video is a service that is offered on a high-speed internet connection. It does not require cable like the service from the "primary provider." If you have a Smart TV, you only need WiFi to take advantage of streaming video. If you have an older TV, you need an adapter like Fire TV or Roku.

Most of you are probably already streaming video on whatever internet carrier you are using today: Netflix, Paramount+, Amazon Prime, and MAX, for example. Free services like Pluto and Tubi offer you movies, sitcoms, and national and world news, and that may be all you want or need. But if you discontinued service from your "primary provider," you would lose access to your local stations like ABC, CBS and Fox. If that is a problem for you, then you may want to consider a streaming service that would replace your "primary provider." These streaming services provide local stations like CBS, NBC, FOX, ABC, PBS, PIX, and WOR from NYC and Philadelphia. Below are some examples of streaming video services with local stations, and the list is growing:

1. **Hulu + Live TV** - offers local channels in several markets. You can access ABC, CBS, FOX, and NBC, among others. At additional cost, you can add Disney + and ESPN. **Price** Hulu + live - \$76.99 – No Ads \$89.99/mo.
2. **Fubo** - provides a range of local channels, with offerings varying from 65 to 260+ channels. It is a good choice for sports enthusiasts. **Price** 1st month \$69.99 then \$89.99/mo.
3. **DIRECTV STREAM** - (formerly AT&T TV) includes local channels like ABC, NBC, FOX, PBS, Telemundo, and CBS. The number of channels depends on the package you choose. **Price** - \$60 to \$140/mo. based on package.
4. **Sling TV** - offers local channels in select markets. It provides fewer local channels (typically ABC, NBC, and FOX). **Price** - \$40 to \$60/mo. based on package.
5. **YOUTUBE TV** - This is the streaming service I selected because it provides an extensive lineup of local channels, including ABC, CBS, FOX, NBC, My 9 (WOR), CW (PIX), and more. Additionally, YouTube TV includes PBS and PBS Kids. Another feature I liked was the ability to move around stations on your TV station lineup to make it look like the "primary provider's" lineup on cable. Other streaming services may offer this same feature. **Price** - \$72.99/mo.

Many streaming services offer trials to see if the service is right for you. Also, some internet providers offer these streaming services at discounted prices, so you should check with your provider. My internet provider offers Netflix and basic Hulu with ads at no cost, plus they offer a \$10 credit towards YouTubeTV. It's also important that you check the channel lineup to see if the streaming service is offering the channels you regularly watch.

Next month we will discuss landlines (POTS) and recap the three services (internet, streaming, and landlines).

Disco Buffs

Match the artist(s) who made the song famous.

- | | |
|--|-----------------------------|
| 1. You're My First, My Last, My Everything | 8. That's the Way I Like It |
| 2. Heaven Must Be Missing An Angel | 9. You Should Be Dancing |
| 3. I Will Survive | 10. Ladies Night |
| 4. The Hustle | 11. Le Freak |
| 5. I Love The Night Life | 12. Disco Inferno |
| 6. I'm Every Woman | 13. Last Dance |
| 7. Love Train | 14. Dancing Queen |

Answers on pg. 36



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The Horses of Assateague and Chincoteague

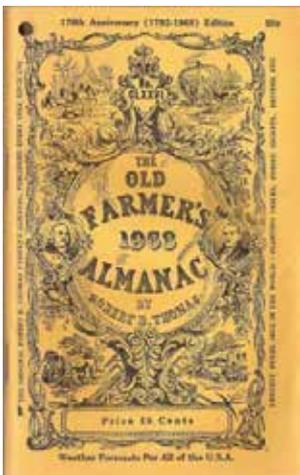
By Patricia Camarda

If you are planning a vacation in July, and if you love to admire wild horses in their natural habitat, then you might consider a visit to Assateague and Chincoteague Islands off the Maryland-Virginia coastline.

Since 1835, each year, at the end of July, there is a “pony penning” (roundup). As many as 50,000 visitors gather on the last Wednesday in July to watch mounted riders bring the Virginia herd from Assateague and swim them across the channel to Chincoteague Island. The swim takes five to ten minutes. Before the swim, the herd is evaluated and mares in the late stages of pregnancy and those with very young foals are removed from the herd. Larger foals are auctioned the next day, and all the other horses are returned to Assateague on Friday. As of 2015, the highest price for a pony was \$25,000 and the lowest was \$500. Some ponies are purchased under “buy back” conditions, where the bidder donates the money to the local fire department but allows the pony to be released back onto Assateague Island. Because of COVID-19, in 2020 and 2021 the pony auction was held online, and the pony swim was cancelled for the first time since WW II. The 2020 auction raised \$388,000 from the sale of 68 ponies. In 2021, 75 ponies, including 10 buybacks, were auctioned for \$416,950.

There are several theories as to the origin of these horses. One legend says that Chincoteague ponies descend from Spanish horses shipwrecked off the Virginia coast on their way to Peru. Another story holds that they descend from horses left on the island by pirates. Other evidence points to their ancestors being horses brought to the island in the 17th century by mainland farmers.

Today the horses are administered by two jurisdictions: the National Park Service governs Assateague, and the Chincoteague Volunteer Fire Department takes care of the horses on their island. The horses have a diet that consists mainly of grass that grows in the marshes. Because of this meager diet, the horses are only 48 inches tall, hence the nickname “ponies.” The wild horses separate themselves into small bands, many consisting of a stallion, several mares and their foals. To upgrade the stock, other breeds have been crossbred with them: Welsh, Shetland, Arabian, Mustang and others. Horses with pinto coloring have been introduced to give the herd its common distinctive patterns. Either in July, or anytime throughout the year, your trip to these islands where the horses run freely will surely be a rewarding experience.



May Weather Proverbs, Folklore and Sayings

Hoar frost on May 1st indicates a good harvest.

A swarm of bees in May is worth a load of hay.

In the middle of May comes the tail of winter.



National EMS Week May 19-23

By Ray Benedetti, Captain of Emergency Services



With EMS week approaching, my first thought turns to the dedicated professionals we have serving our community. Many of our team members are college students and citizens. I am often astounded by their grace, skills, and maturity beyond their years. My second thought is the honor we have serving our community at what may be the worst moment of their lives. Our motto is: Service – Commitment – Integrity.

Lacey Township EMS provides pre-hospital emergency medical services to the residents and visitors of Lacey Township. As our fifty-five and older community continues to grow, so do calls for service. We respond to the greatest number of emergency calls in Lacey, second only to the police department. We rely on billing

health insurance to cover the cost of salaries, and your donations to pay for medical supplies, vehicle maintenance and the cost of running our headquarters. The township provides ambulances and other large ticket items. This model allows us to provide the highest level of care without an impact on the municipal budget. It's truly a win/win for all. If you haven't, please consider making a monetary donation today. You may visit our website at: www.LTEMS23.com.

We wish everyone in the Sea Breeze community an enjoyable and healthy summer!





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May is Mental Health Month

By Kathy Ventura



Mental Health America is proud to have founded Mental Health Month in 1949. Each May, this organization offers vital resources, education, and advocacy for the mental health and well-being of everyone.

This year's theme addresses mental health issues in a changing world. A toolkit with activities to improve your mental well-being was released March 25 at www.mhanational.org. This coping toolbox can provide assistance with

managing stress, handling difficult emotions, and dealing with challenging situations.

The list below suggests just a few of the resources available that can provide an immediate response:

- **988 Suicide and Crisis Lifeline** – Call or text 988 or chat at 988lifeline.org. The 988 Suicide and Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.
- **Caregiver Help Desk** – Contact Caregiver Action Network's Care Support Team by dialing 855-227-3640. Staffed by caring experts, the Help Desk helps you to find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8 am to 7 pm EST.
- **National Domestic Violence Hotline** – For any victims and survivors who need support, call 1-800-799-7233.
- **What is a Warmline?** – A Warmline is a phone number you call to have a conversation with someone who can provide support during hard times. Warmlines are free and confidential and staffed by trained peers who have been through their own mental health struggles and know what it is like to need help. Warmlines are different than crisis lines. Staff provide support and help you to feel heard in the moment. Resources may be provided to you to address ongoing care. Hours may be limited depending on the time and location of your call. Go to www.warmline.org to find a contact.

Kelly Donahue, PhD, writes online regarding mind-body solutions for health and happiness. She shares these suggestions for self-care: read a book for pleasure; exercise; say NO to activities or people who drain you; meditate; eat good food; schedule time to do nothing; spend time with people who make you happy; try Sean Croxton's *Quote of the Day* podcast and Marie Forleo's *MarieTV*.

Positive messaging is key! Take time for YOU!



Queen of the Soaps

By Linda C. Marino



On May 21, 1999 after being nominated 19 times and not winning, Susan Lucci finally accepted her Daytime Emmy Award to a well-deserved four-minute standing ovation. She did not have a speech prepared because she naturally assumed she wouldn't win. Through her tears she thanked all her appropriate colleagues and family members ending with, "I'm going to go back to that studio Monday and I'm going to play Erica Kane for all she's worth." Her role as Erica Kane on *All My Children* (AMC) was considered the best character written for a woman.

She unfairly became the punchline of many jokes after continually witnessing the statuette being presented year after year to others. One famous behind the scenes comment was, "She may be the queen of daytime, but the queen has no crown." Her sense of humor and professionalism was displayed in the fall of 1990 when she appeared as a guest host on an episode of *Saturday Night Live*. During her opening monologue the show's cast and crew members carried Emmy statuettes past her. She also filmed a commercial for a sugar substitute called the Sweet One, in which she lampooned her own hunger for an Emmy.

I was a regular viewer of AMC from its initial presentation in 1970 but lost interest about 10 years down the road. Whether you liked or disliked AMC or Lucci, it was worth viewing just to see Erica's wardrobe. The queen portrayed Erica for over 40 years. Long live the Queen!



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National Osteoporosis Awareness and Prevention Month

By Ilene Mulhern

Over 10 million Americans have osteoporosis, a condition that causes bones to become weak and more susceptible to fracture. Up to 50% of women and 25% of men over 50 will break a bone due to osteoporosis.

Those at increased risk include:

- Whites or Asians over 50
- Smoke or drink 2 or more drinks most days
- Under 125 pounds
- Have had bariatric surgery
- Have a parent who suffered a hip fracture as a senior
- Have kidney failure, irritable bowel disease, rheumatoid arthritis, liver disease, or an eating disorder
- Take high risk medications, including oral corticoids, thyroid replacement, immunosuppressants, warfarin, or insulin

Prevention/Treatment:

- Calcium (1200 mg for women over 50 and men over 70)
 - Dairy
 - Figs and oranges
 - Green leafy vegetables (but not spinach)
 - Nuts
 - Fish where you eat the bones, like sardines and canned salmon
 - Supplements
- Vitamin D (800-1000 IU for adults over 50)
 - Sunlight
 - Fatty fish
 - Milk
 - Supplements
- Exercise
 - Weight-bearing exercise like walking and running that use the force of your muscles and gravity to put pressure on the bones
 - Weight and strength training
- Safety: remove tripping hazards from the home

The condition is not painful, so you may not even know you have it unless you lose height or break a bone. If you are at high risk, your doctor may order a DEXA scan, which measures bone density at the hip and spine. There are many drugs on the market to treat osteoporosis. Whether or not to take them is a decision you and your doctor may need to make by looking at the benefits versus the risks.

OSTEOPOROSIS
AWARENESS & PREVENTION MONTH

Frightening Facts

1 IN 2 WOMEN OVER 50 WILL FRACTURE A BONE BECAUSE OF OSTEOPOROSIS.	IN WOMEN OVER 45, OSTEOPOROSIS ACCOUNTS FOR MORE DAYS SPENT IN THE HOSPITAL THAN DIABETES, HEART ATTACK & BREAST CANCER.	OVER 40 MILLION PEOPLE IN THE UNITED STATES EITHER ALREADY HAVE OSTEOPOROSIS OR ARE AT HIGH RISK FOR DEVELOPING OSTEOPOROSIS DUE TO LOW BONE MASS.
1 IN 4 MEN OVER 50 WILL FRACTURE A BONE BECAUSE OF OSTEOPOROSIS.	DUE TO THE PREVIOUS LACK OF FOCUS ON BONE HEALTH, THE NUMBER OF HIP FRACTURES IN THE UNITED STATES COULD BE TRIPLED BY 2020	25% OF THOSE WHO FRACTURE A HIP DIE WITHIN SIX MONTHS OF THE INJURY.



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RWJ Barnabas Community Medical Center Visits Sea Breeze

By Joe Branciforte

Over the last two years, your Board has developed an ongoing relationship with RWJ Barnabas Community Medical Center in Toms River. That relationship has blossomed into quarterly visits to Sea Breeze with medical experts covering a wide range of medical conditions and challenges—hips, knees, cardiology, neurology, vascular issues, and so on.



Sea Breeze community learning about urological issues and treatments.

On Wednesday, March 13, Kristine Field, Director of Community Outreach, Zoranda Castaneda, Regional Director BHMG and Joseph Cavanaugh, AVP, Surgical Services, visited with a thankful Sea Breeze community. The featured presenter for the evening was Dr. Neel Patel, FACS Board Certified and fellowship trained Urologist spoke on his specialty and covered the many issues that some of us may face in our lifetimes, such as kidney stones, overactive bladder, urinary incontinence, etc.

After this seventh quarterly visit, Joe Branciforte asked the audience if these quarterly visits were helpful and if they should be continued. The enthusiastic response was “YES!” And so, it shall be. Please look for announcements for the next three visits—one every three months or so—and the specialties that will be covered. We are grateful to Kristine for bringing the medical center to us, when we are not “in crisis.” It is comforting to many of us to become aware of RWJ Barnabas Community Medical Center’s continued commitment to improving its outreach to the Ocean County community it serves—with ever-better, first-class facilities and a rapidly-growing commitment to attract and retain highly skilled experts on its medical care team.

Joe Branciforte (far left) welcomes and thanks the RWJ Barnabas team (from left to right): Kristine Field, Dr. Neel Patel, Zoranda Castaneda and Joseph Cavanaugh.

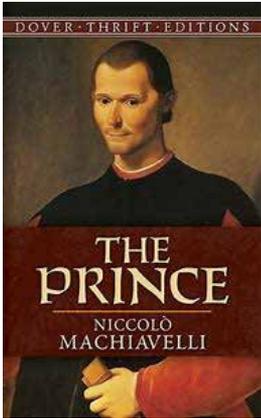


This composite image shows the progression of a partial solar eclipse over the Washington Monument, on Monday in Washington. Bill Ingalls / NASA

Source: <https://www.nbcnews.com/news/us-news/total-solar-eclipse-photos-2024-rcna146832>

The End Justifies the Means

By Patricia Camarda



When we think of Italy, we envision a country that spans from the Alps all the way down the peninsula and includes the islands of Sicily and Sardinia. And yet, for over 13 centuries (from the fall of the Roman empire circa 450 AD to the unification of Italy in 1870), Italy was divided into many city-states with many of them being ruled by foreign powers such as Spain, France, and Austria.

During the Renaissance, the city of Florence was ruled by the powerful Medici family. It is during this period that a great statesman appears on the scene: Niccolò Machiavelli (May 3, 1469 – June 21, 1527). Being a great student of history, he desires to unite all of Italy into one state ruled by a single person. His ideas are illustrated in the book: *Il Principe = The Prince*. After elucidating various ways to acquire and retain power, he selects Lorenzo de' Medici as the best hope to become the prince. To succeed, Lorenzo has to create a national army. The Italian people are good fighters: only their leaders failed. Lorenzo's army needs both good cavalry and infantry to defeat the Spanish and the Swiss. Should a prince ever succeed in uniting Italy, he would receive unending glory and be embraced with love in all the provinces. In order to obtain and to keep its power, the prince will use some unorthodox methods, even some cruel ones, hence: *The End Justifies the Means*.

However, the politics of the time were superior in scope to Machiavelli's dream and Italy had to wait another three centuries to be called a nation. As for Machiavelli the ambassador, the advisor, the chancellor, fate turned on him. Accused of treason by a faction of the Florentine government, he was imprisoned and tortured. He denied his involvement with the conspiracy against the Medici and was freed three weeks later. The man who had dealt with popes, kings and rulers retired to his farm estate where he devoted himself to studying and writing his political treatises.

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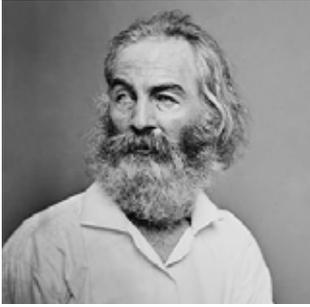
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Walt Whitman, America's Poet

By Kathy Ventura



Born on Long Island on May 31, 1819, and only formally educated until the age of eleven, Walt Whitman was once called “America’s Poet” by Ezra Pound. After the publication of Whitman’s masterpiece collection, *Leaves of Grass*, Ralph Waldo Emerson stated, “I find it the most extraordinary piece of wit and wisdom America has yet contributed.”

The New York Public Library holds some of Whitman’s original works and correspondence, and many are available for viewing digitally. Primarily known today as a poet, Whitman wrote across many genres, including poetry, fiction, and nonfiction.

Whitman’s *Leaves of Grass* was first published in 1855 by Whitman himself. Over the course of his life, however, Whitman would continue to revise the collection repeatedly, and several editions were published. The final version contained over four hundred poems encompassing themes of freedom, individuality, sensuality, the Divine, and nature.

Whitman’s importance in American culture is reflected in schools, roads, rest stops, and bridges being named after him. Whitman was inducted into the New Jersey Hall of Fame in 2009, and in 2013, he was inducted into the Legacy Walk, an outdoor public display that celebrates LBGQT history and people. A crater on Mercury is also named for him.

Walt Whitman died at the age of 72 leaving a distinctive legacy. Noted Whitman scholar M. Jimmie Killingsworth writes that “the ‘merge,’ as Whitman conceived it, is the tendency of the individual self to overcome moral, psychological, and political boundaries. Thematically and poetically, the notion dominates the three major poems of 1855: ‘I Sing the Body Electric,’ ‘The Sleepers,’ and ‘Song of Myself,’ all of which were merged in the first edition under the single title *Leaves of Grass* but were demarcated by clear breaks in the text and the repetition of the title.”

To enjoy a poem-a-day featuring new work by today’s poets, sign up for free at www.poets.org.

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Native American Art

By Patricia Camarda

When visiting a museum, we usually find room after room of paintings on canvas hanging from the walls. For the native Americans, the art was not relegated to a canvas; they used many natural elements to express their talents. They worked in materials natural to their respective homelands to produce art that reflected their environment. The people living in heavily forested regions inevitably became gifted sculptors in wood; those for whom clay was a major resource became skilled potters; and those living in the grasslands became fine basket weavers.



They explored any natural medium available to them: jade, turquoise, shell, metals, stone, milkweed fiber, birch bark, porcupine quills, deer hair, sea lion whiskers – all were used by the artist to lend color or texture to the finished product. The designs were primarily geometric or linear motifs.

Art objects were basically intended to perform a service – for example, to act as a container or to provide a means of worship. The best artwork was applied to those objects to please a deity, soothe the angry gods, placate or frighten the evil spirit, and honor the newly born or recently deceased. Thus, the native Americans sought to control the environment and the human or supernatural beings that surrounded or threatened them.



Beneath the surface of their art, there was magic at work and the artist could change a mundane article to one that released its supernatural powers, calling upon unseen forces to aid its owner. A warrior's rawhide shield might be embellished with a symbolic drawing as well as with sacred eagle feathers and a crane's head in order to bestow the soldier with such qualities as invulnerability and supernatural swiftness and strength.

If the Southwest Indians produced kachina dolls, the Indians of the Northwest coast, living among cedar and spruce forests, used the tree trunks to make totem poles. The totem poles were memorial documents, recording the social position, wealth, and relative importance of the

person who had paid for the pole.

Since many art objects (baskets, textiles such as blankets, kilts, and belts, animal hides, wooden masks, pottery) were made of natural products, much of the native American art has not endured throughout the centuries. However, we can still appreciate whatever has been transmitted down to the present day and recognize the talent of the artists who developed their own styles before the Western world discovered their land.

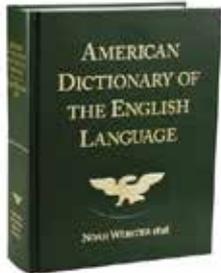
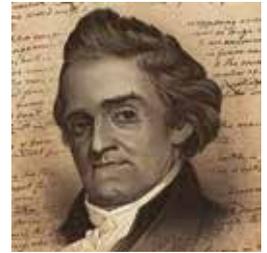
Answers to Disco Buffs Quiz from pg. 24

1. Barry White
2. Tavares
3. Gloria Gaynor
4. Van McCoy
5. Alicia Bridges
6. Whitney Houston
7. The O'Jays
8. KC & The Sunshine Band
9. Bee Gees
10. Kool & The Gang
11. Chic
12. The Trammps
13. Donna Summer
14. ABBA

Noah Webster and His Dictionary

By Patrica Weiss

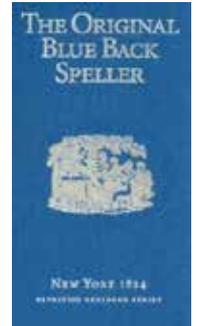
Happy Birthday to the Webster Dictionary, which was first published on April 14, 1828. Noah Webster, a Yale graduate and American lexicographer, labored twenty-six years to produce an *American Dictionary of the English Language*. He was 70 years old when it was finally published. To accurately evaluate the origin and history of words, or etymology, he learned an incredible twenty-eight languages. His dictionary included 10,000 “Americanisms.” According to Richard Nordquist, “an Americanism is a word or phrase (or, less commonly, a feature of grammar, spelling, or pronunciation) that (supposedly) originated in the United States or is used primarily by Americans.” Some examples of Americanisms would be the words “hornswoggled” and “highfalutin.”



Have you ever wondered why British people spell color and humor with a “u,” as in “colour” or “humour?” There are many other variations between British English and American English. Well, blame it on Webster. The British spelling of words was influenced by the Latin and French languages. He believed that written language should be based on the spoken language and not on archaic rules. He wanted American spelling to be more phonetic. He also switched the ending of “er” words from “re” to “er”, as in “centre” to “center.” In addition, he added uniquely American words, e.g. skunk, to his dictionary. His dictionary had 70,000 words in it and 12 thousand of those words had never been included in a dictionary in either Britain or the American colonies. Webster’s dictionary helped to standardize American

English spelling.

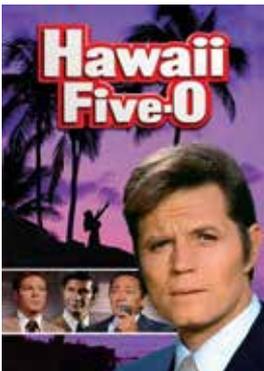
In addition to his dictionary, he also developed an American textbook for his students to use. His *Blue Back Speller* sold over 100 million copies and provided a steady income for Webster. It is still in print today. Use of the speller gave birth to spelling contests that we now call spelling bees.



In the end, Webster’s dictionary was not well received because of the unconventional spellings and Americanisms. It proved to be an unprofitable endeavor and was eventually purchased by George and Charles Merriam. Webster is buried in a cemetery next to Yale’s campus.

Famous TV Theme Songs

By Linda C. Marino



Songs arouse memories. They encompass a range of emotions: enjoyable, unpleasant, gloomy, and stimulating. You remember who you were with, or where you were, what you were doing when you first or last heard it, and why you like or dislike the melody. Tunes cover the five “Ws” of journalism.

TV shows have given us unforgettable compositions. On May 8, 1976, the theme song from “Welcome Back, Kotter” was the #1 song in America. When I read this fact, it started me thinking and humming theme songs that were famous during my lifetime. Over 50 TV themes have made the Billboard charts. As I name a few, see if you can recall them.

Peter Gunn, Bonanza, The Beverly Hillbillies, Secret Agent Man, Batman, Mission Impossible, Hawaii Five-O, All In The Family, Happy Days, Laverne and Shirley, Love Boat, The Greatest American Hero, Cheers, Friends, The Sopranos.

The list consisted of over 30 more, but I only named the ones that I remembered. When I go to bed tonight, I have a feeling my head will be singing, “Believe it or not I’m walking on air...” or “I’ll be there for you...” or “Come and listen to my story about a man named Jed...” Admit it, you will be doing it too.

The Moors in Spain

By Patricia Camarda

The Strait of Gibraltar not only separates the Mediterranean Sea from the Atlantic Ocean, but it also separates Morocco from Spain. It is not surprising then that the Moors, people from North Africa, crossed this narrow strait and took residence in the Iberian Peninsula (Spain). They arrived in 711 and remained until 1492.



While the Moors stayed in Spain, they contributed greatly to the Spanish culture. They influenced the architecture by introducing geometric designs in their buildings and horseshoe arches. The Spanish language incorporated many Arabic words. As for the Spanish cuisine, the Moors introduced many spices, brought unique dishes and created methods for food preservation that completely changed how Spaniards ate. They established 17 universities all over Southern Spain, especially in Cordoba, Toledo, and Seville, and many libraries. At this time, the rest of Europe had only two universities. In

music, they introduced the lute, the guitar and the lyre. They replaced the Roman numerical system and introduced the Arabic numerals which we use today.

However, the Moors believed in the Islam religion. Since the rest of Europe was mainly Catholic, the kings and popes could not allow these infidels to be on their lands. Charlemagne, Holy Roman Emperor, had fought the Moors in the 8th and 9th century and the Spanish hero El Cid fought them in the 12th century. Only the marriage of Queen Isabella I of Castille and King Ferdinand II of Aragon made it possible to expel the Moors from Spain when they conquered the Nasrid Kingdom of Granada.





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Activities and Fitness Schedule

		DATE & TIME	WHO TO CONTACT	
ACTIVITIES	Art Class*	Tuesday @ 1:00 pm	Liz Paseler	lizpaseler@gmail.com
	Bocce		Bocce balls & sign out sheet by desk in Clubhouse.	
	Bunco	1st Tuesday @ 6:30 pm	Chris Rosinski	christine.t.rosinski@gmail.com
	Canasta	Monday & Thursday @ 12:30 pm	Fran Geanoules	frangeanoules@gmail.com
	Civic Affairs Group	Ad Hoc	Ron Martyn	kaybir@aol.com
	Car Enthusiasts Club	3rd Tuesday @ 7:00 pm	Eda Annunziata	pastelrainbow1@aol.com
	Cornhole-Men	Tuesday @ 7:00 pm Thursday @ 2:00 pm; Friday @ 10:00 am	Mike Pennell	mjpenn55@yahoo.com
	Cornhole-Women	Thursday @ 4:00 pm	Burt Spiegel	Njspiegel@hotmail.com
	Dealers Choice Poker	Tuesday & Wednesday @ 7:00 pm	Informal gathering	No Contact
	Dominoes	Tuesday @ 12:30 pm	Susan Szczepanek	suesz2323@gmail.com
	Fantasy Football Group	3rd Thursday @ 6:00 pm	Michael Barbuto	michael.barbuto0304@gmail.com
	Italian Heritage Club	2nd Thursday @ 7:00 pm	Louis Mattera	lmattera@hotmail.com
	Left, Right, Center	2nd Wednesday @ 7:00 pm	Lorraine Sparta Dolly Palmieri	609.622.8311 718.354.5741
	Mahjong	Monday @ 7:00 pm Wednesday @ 12:30 pm	Jane Heller	jhandep@comcast.net
	Meditation	Monday @ 7:00 pm	Barbara Bastian	bastianb@verizon.net
	Novel Bunch	3rd Wednesday @ 7:00 pm	Marilyn Winograd	mwinograd4@gmail.com
	Photo Group	Look for email for next meeting.	Roy Winograd	roy.winograd@gmail.com
	Pickleball	Men-Wednesday @ 10:00 am Women-Tuesdays & Friday @ 9:00 am	Joe DiGise Debby Hay Louise Schneider	jmdigise@aol.com debby_hay@hotmail.com louise.f.schneider@gmail.com
	Pinochle	Thursday @ 6:30 pm	Rich Fela	rfelasr@gmail.com
	Pocket Billards	Monday @ 7:00 pm	Henry Szczepenek	szczepenekh@yahoo.com
	Rummikub	Friday @ 12:30 pm		No Contact
	Sea Breeze Cares	Last Tuesday @ 11:00 am	Judy Hovey	judyshovey@gmail.com
	Singles Group	3rd Friday @ 5:00 pm	Sue Bernard	rags1288@comcast.net
	Softball	Thursday @ 9:00 am Look for email with information.	Phil Roxas Tony Geanoules	roxy314@comcast.net tonygeanoules@gmail.com
	Sport Talk	3rd Wednesday @ 7:00 pm	Bill Klika	klikaad@fdu.edu
	Stitch & Bitch	Wednesday @ 10:00 am	Norahmarie Bischoff	norahma506@aol.com
Texas Hold'em	Monday @ 1:00 pm Thursday @ 6:00 pm	Craig Wask	H-609.489.4952; C-201.421.1124	
Wine Society	Look for email with meeting information	Holly Mulderrig	hollypm63@gmail.com	
FITNESS	Lite & Fit*	Wednesday @ 9:00 am	Jessica Riccio	Jessicakathryn13@hotmail.com
	LaBlast	Tuesday & Thursday @ 10:30 am	Cindy Trevisan	ilovedance@comcast.net
	Trim & Tone *	Tuesday & Thursday @ 9:00 am	Adrienne Costa-DiPaolo	acdyoga@gmail.com
	Pilates *	Monday @ 10:15 am	Adrienne Costa-DiPaolo	acdyoga@gmail.com
	Yoga*	Wednesday @ 10:15 am	Adrienne Costa-DiPaolo	acdyoga@gmail.com

As of May 2024

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Please email any changes to linda.arlotta@gmail.com

Popeye, A Pop Culture Phenomenon

By Patricia Weiss



As a child, I enjoyed watching Saturday morning cartoons. The most familiar was the endearing series *Popeye the Sailor Man*. The story lines had the familiar theme of the incorruptible monocular underdog hero who triumphs over evil. Popeye is a depression era creation that has been around since 1929. January 2019 marked the 90th anniversary of this lovable comic strip character.

He was originally featured in a newspaper comic strip written by E.C. Segar called *Thimble Theater*. It was created in 1919 but at the time did not feature Popeye. The original characters in *Thimble Theater* were Olive Oyl, her brother Castor Oyl, and her boyfriend Ham Gravy. The first modern pop culture superhero, Popeye, was written into a *Thimble*

Theater storyline because Olive Oyl and Ham Gravy needed a sailor to sail their boat. However, Popeye was originally introduced into an animated cartoon in a Betty Boop cartoon called *Popeye the Sailor*. By the time Segar passed away in 1938, Popeye had become hugely popular. In addition to the animated cartoons, there was a Popeye radio show as well.

Cartoonist Doc Winner drew the cartoons for two years after Segar's death. Cartoonist Bela Zaboly then followed him. Writer Tom Sims was the scriptwriter until 1954 and was followed by Ralph Stein. Stein replaced Olive Oyl with several blondes known as Madame LaGonga, Muriel Madison, Admiral Zaza, Elva, Platinum, and Lulu. He also transformed Olive Oyl into a pretty woman who was just a friend to Popeye.

Bluto, also known as Brutus, became a popular character on the television series first, and because of this popularity, he was added to the newspaper cartoon strip by Stein. Subsequently, Bud Sagendorf took control of the comic strip in 1958, and he reestablished Olive Oyl as Popeye's girlfriend. Swee'Pea was introduced in 1933 as a founding baby sent to Popeye in the mail.

Originally, Popeye's strength came from rubbing the head of a whiffle hen named Bernice. Later, in 1929, the source of his strength changed to spinach. As a result, the consumption of spinach increased 33% in the United States. Spinach farmers in Texas even built a statue to honor Segar for influencing American dietary choices. Eventually, the comic strip was syndicated by 500 newspapers and became the second most popular comic strip. Also, 600 Popeye novelty products were licensed for sale. In all, nearly 600 Popeye cartoons were made and can still be viewed today.

Popeye sang, "I'm strong to the finich, 'cause I eats me spinach, I'm Popeye the sailor man!" Well, he must still be eating his spinach because he ain't finich. His popularity continues today.

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May

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>9:00 Lite & Fit 10:00 Pickleball-M 10:00 Stitch & Bitch 10:15 Yoga 12:30 Mahjong</p>	<p>2</p> <p>9:00 Softball 9:00 Trim & Tone 10:30 LaBlast 12:30 Canasta 2:00 Cornhole-M 4:00 Cornhole-W 6:30 Pinochle</p>	<p>3</p> <p>9:00 Pickleball-W 10:00 Cornhole-M 12:30 Rummikub</p>  <p>@ the Clubhouse</p>	<p>4</p>
<p>5</p>  <p>Greek Orthodox Easter</p>	<p>6</p> <p>10:15 Pilates 12:30 Canasta 12:30 Mahjong 7:00 Billiards 7:00 Mahjong 7:00 Meditation</p>	<p>7</p> <p>9:00 Pickleball-W 9:00 Trim & Tone 10:30 LaBlast 12:30 Dominoes 1:00 Art 7:00 Cornhole-M</p> <p>6:30 Bunco</p>	<p>8</p> <p>9:00 Lite & Fit 10:00 Pickleball-M 10:00 Stitch & Bitch 10:15 Yoga 12:30 Mahjong</p> <p>7:00 Left, Right, Center</p>	<p>9</p> <p>9:00 Softball 9:00 Trim & Tone 10:30 LaBlast 12:30 Canasta 2:00 Cornhole-M 4:00 Cornhole-W 6:30 Pinochle 7:00 Italian Heritage Club</p>	<p>10</p> <p>9:00 Pickleball-W 10:00 Cornhole-M 12:30 Rummikub</p>	<p>11</p>
<p>12</p> 	<p>13</p> <p>10:15 Pilates 12:30 Canasta 12:30 Mahjong 7:00 Billiards 7:00 Mahjong 7:00 Meditation</p>	<p>14</p> <p>9:00 Pickleball-W 9:00 Trim & Tone 10:30 LaBlast 12:30 Dominoes 1:00 Art 7:00 Cornhole-M</p>	<p>15</p> <p>9:00 Lite & Fit 10:00 Pickleball-M 10:00 Stitch & Bitch 10:15 Yoga 12:30 Mahjong</p> <p>7:00 Novel Bunch 7:00 Sport Talk</p>	<p>16</p> <p>9:00 Softball 9:00 Trim & Tone 10:30 LaBlast 12:30 Canasta 2:00 Cornhole-M 4:00 Cornhole-W 6:30 Pinochle</p> <p>6:00 Fantasy Football Group</p>	<p>17</p> <p>9:00 Pickleball-W 10:00 Cornhole-M 12:30 Rummikub</p> <p>5:00 Singles Group</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>10:15 Pilates 12:30 Canasta 12:30 Mahjong 7:00 Billiards 7:00 Mahjong 7:00 Meditation</p>	<p>21</p> <p>9:00 Pickleball-W 9:00 Trim & Tone 10:30 LaBlast 12:30 Dominoes 1:00 Art 7:00 Cornhole-M</p> <p>7:00 Car Club</p>	<p>22</p> <p>9:00 Lite & Fit 10:00 Pickleball-M 10:00 Stitch & Bitch 10:15 Yoga 12:30 Mahjong</p>	<p>23</p> <p>9:00 Softball 9:00 Trim & Tone 10:30 LaBlast 12:30 Canasta 2:00 Cornhole-M 4:00 Cornhole-W 6:30 Pinochle</p> <p>Lacey Food Bank Golf Outing</p>	<p>24</p> <p>9:00 Pickleball-W 10:00 Cornhole-M 12:30 Rummikub</p>	<p>25</p>
<p>26</p> 	<p>27</p>  <p>Memorial Day</p>	<p>28</p> <p>9:00 Pickleball-W 9:00 Trim & Tone 10:30 LaBlast 12:30 Dominoes 1:00 Art 7:00 Cornhole-M</p> <p>11:00 Sea Breeze Cares</p>	<p>29</p> <p>9:00 Lite & Fit 10:00 Pickleball-M 10:00 Stitch & Bitch 10:15 Yoga 12:30 Mahjong</p>	<p>30</p> <p>9:00 Softball 9:00 Trim & Tone 10:30 LaBlast 12:30 Canasta 2:00 Cornhole-M 4:00 Cornhole-W 6:30 Pinochle</p>	<p>31</p> <p>9:00 Pickleball-W 10:00 Cornhole-M 12:30 Rummikub</p> <p>Wine Society Event</p>	