In this issue you will find the Committee Sign-Up Form for 2021 on page 32. Please take a look at the description of each committee and volunteer for one (or two) that interest you. We have so many talented residents in our community whose expertise could enhance our lives. Please remember that even if you already serve on a committee and wish to remain on it, you still must submit a form!

Since there are a large number of “newbies” living here, I’d like to describe the life cycle of the Four Seasons Times, so they (and you) will be aware of the tremendous amount of work that goes into each of the eight issues of the paper. The paper’s mission is to “inform, educate, and entertain” and we do that by printing committee and club reports, and educating and entertaining via the articles written by our featured columnists, submissions from residents, and magazine/newspaper/internet articles (see item #1, below). We will not publish any article deemed offensive, divisive, and/or political by me and my assistant editors.

**From Start to Finish of Each Issue:**

1. During the year I collect articles of interest from a variety of newspapers, magazines, newsletters, and the internet. I file them in folders corresponding to our features (Did You Know, Of Interest, Pets Plus, etc.).
2. The members of our **Phone Squad** make courtesy calls to remind contributors of article due dates. (The schedule of due dates is also printed in each issue.)
3. All articles that are e-mailed to me, are edited by me or my Assistant Editors (Irv Sachs and Davida Schachter).
4. Hard-copy articles from residents along with the ones I’ve collected (see item #1 above) are edited by me and then sent to our **Typists** who return the edited versions to me electronically.
5. Our **Photographers** send me their pictures via e-mail, and I choose the ones I think will work the best. Photos are also accepted from residents. (Please be sure to note the name and date of the event.)
6. I search the internet for quotes to use as “fillers,” that are pertinent to each month’s issue or are theme-based. (This month’s theme is “kindness.”)
7. The entire issue is then electronically sent to Senior Publishing. It is returned a week later in “proof” form (printed, but not bound).
8. Now our **Proofreaders** “do their thing.” I also proof every page. When the proofread pages are returned to me, I either accept or reject (most often accept) the proofers’ notations. I then apply every change/correction to a clean copy and return it to Senior Publishing. We usually have only a few days turn-around at this stage. We (the staff) don’t see the paper again until it appears in our mailboxes.
9. **FINISHED** (for a while at least)!

I want to take this opportunity to mention that even though we have many eyes reading and proofing every page of every issue (approximately 775 words per page of text—you do the math!), we are human and on occasion a typo, spelling error, or grammatical mistake makes its/their way into the paper. You need not call me to inform me that you found a mistake—just be in awe that our paper is nearly perfect every time!

Karel Schnitzer,
Editor
4sxs-submit@gmail.com
We appreciate the opportunity to earn your business and look forward to exceeding your expectations.
From The Board

Here is a letter from our attorney, Fran McGovern, that we hope will help residents to understand the reasons for keeping our pool closed right now. Residents' safety is always our priority.

Brenda Page.
There is NO September issue.
Deadline for October issue
September 1st

Photos must be identified by name and date of event, along with contact person's name and phone #.

(4sxsubmit@gmail.com)

SENIOR PUBLISHING COMPANY accepts advertisements and advertisements are based upon information provided by the advertiser. SENIOR PUBLISHING COMPANY does not independently investigate the accuracy of advertisement content and does not warrant or represent the accuracy of the content of any advertisement.
OUR OFFICE IS NOW OPEN!!!

A total of **40** homes closed title in **FOUR SEASONS** during the first six months of 2020. As of July 6th, 2020, there were **17** homes on the market and **18** homes under contract. The following is a list of ranges for each model that closed title from January 1st, 2020 to June 30th, 2020, taken from the Monmouth and Ocean Multiple Listing Service.

<table>
<thead>
<tr>
<th>Model</th>
<th>Jan-June 2020 Sold Price Range</th>
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<tbody>
<tr>
<td>Aspen</td>
<td>$250,000</td>
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<tr>
<td>Beech</td>
<td>$140,000</td>
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<tr>
<td>Birch</td>
<td>$250,000</td>
</tr>
<tr>
<td>Cedar</td>
<td>$260,000 - $344,000</td>
</tr>
<tr>
<td>Chestnut</td>
<td>$157,900 - $228,500</td>
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<tr>
<td>Danberry</td>
<td>$315,000 - $375,000</td>
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<tr>
<td>Elm</td>
<td>$230,000 - $315,000</td>
</tr>
<tr>
<td>Hickory</td>
<td>$182,000 - $263,000</td>
</tr>
</tbody>
</table>

If your home is presently listed for sale, this is not intended as a solicitation. Ridge Realty does not represent that this Agency has listed and/or sold all the homes shown above. Information from MOMLS deemed reliable, but not guaranteed.
FROM ACTIVITY DESK

Thursday Shopping Bus Hours:
5:30 am pick up to go to Stop-n-Shop
(Special hours for anyone over 60 yrs. old – 6:00-7:30 am)
8:30 am pick up to go to Shop Rite
There is no longer an 11:30 am bus.

No more than 6 residents will be permitted on the bus at any one time.
If there are more than 6 residents wishing to go, you will need to wait for the driver to make a second run. If need be, there will be two (2) shuttles to and from both shopping plazas.

FROM CONDO BOARD

Here is an updated list of the Condo Board’s officers:
Peter Kells..................President
Linda Abrahams.........Vice President
MaryAnn Giordani....Treasurer/Secretary
Jack Chambers..........Trustee
Hal Fischer..............Trustee

The roofing project within the condo community was completed at the end of the first week in June. The condo board would like to thank all residents for having endured the inconveniences that were present while the work was in progress.
As we continue to work towards what we know as our normal lifestyle, please stay safe!
Linda Abrahams,
VP, Condo Board Association

ROVING REPORTER

The Four Seasons Times welcomes Marie DeMarco to its staff. Marie is our new Roving Reporter. All responses should be sent to her via email at mdemarco32@optonline.net.

The question for our October issue is:
What is the strangest coincidence you have ever experienced?
Please respond to Marie by September 1st.

2020 Times Schedule

<table>
<thead>
<tr>
<th>Paper Issue</th>
<th>Articles Due</th>
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<tbody>
<tr>
<td>NO SEPTEMBER ISSUE</td>
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<tr>
<td>October</td>
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<td>November</td>
<td>October 1</td>
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<td>January 2021</td>
<td>11/30</td>
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</table>

Bloomfield-Cooper Jewish Chapels

Serving the Jewish Community for Over 35 Years
1300 Vermont Ave - Lakewood, NJ 08701
2130 Hwy. 35 - Ocean, NJ 07712
44 Wilson Ave - Manalapan, NJ 07726
800-247-5235
Mark R. Harris Mgr. NJ Lic No. 3284
### 2020 BOARD OF TRUSTEES
#### COMMUNITY

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Position</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>President</td>
<td>Brenda Page</td>
<td>President</td>
<td>Peter Kells</td>
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<tr>
<td>Vice President</td>
<td>Susanne Mars</td>
<td>Vice President</td>
<td>Linda Abrahams</td>
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<tr>
<td>Secretary</td>
<td>John Connors</td>
<td>Secretary</td>
<td>Mary Ann Giordano</td>
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<td>Treasurer</td>
<td>Fred Murphy</td>
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<td>Patricia Kinghorn</td>
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### 2019-20 BOARD OF TRUSTEES
#### CONDOMINIUM

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<tr>
<th>Position</th>
<th>Name</th>
<th>Position</th>
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<td>Vice President</td>
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<td>Secretary</td>
<td>John Connors</td>
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<td>Treasurer</td>
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### COMMITTEE

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<thead>
<tr>
<th>COMMITTEE NAME</th>
<th>2020 CHAIRPERSON</th>
<th>2020 BOARD LIAISON</th>
<th>MANAGEMENT LIAISON</th>
<th>MEETING DATES</th>
<th>MEETING LOCATION</th>
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<tr>
<td>Architectural Control</td>
<td>Richard Fortuna</td>
<td>John Connors</td>
<td>Lisa Ditta</td>
<td>3rd Wed, 9:30 AM</td>
<td>Activity Board Room</td>
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<td>Jack Chambers</td>
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<tr>
<td>Buildings, Grounds, &amp; Pools Committee</td>
<td>Dom Cuozzo</td>
<td>Janet Kinsell</td>
<td>Matthew Heon</td>
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<td>Jeff Crisalli</td>
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<tr>
<td>Cable/Audio/Visual</td>
<td>Barry Sinclair</td>
<td>Patricia Kinghorn</td>
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<td>Finance</td>
<td>Erma Hoover</td>
<td>Fred Murphy</td>
<td>Matthew Heon</td>
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<td>Activity Board Room</td>
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<td>Brenda Page</td>
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<tr>
<td>Golf</td>
<td>Larry Weisenstein</td>
<td>John Connors</td>
<td>Lisa Ditta</td>
<td>3rd Mon., 9:30 AM</td>
<td>Activity Board Room</td>
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<td>Judiciary</td>
<td>Pat Wachtler</td>
<td>N/A</td>
<td>Marc Dennis</td>
<td>2nd Tues., 9:30 AM</td>
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<td>Jeannine Carroll</td>
<td>Susanne Mars</td>
<td>Lisa Ditta</td>
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<td>Linda Abrahams</td>
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<td>Library</td>
<td>Dorothy Schectman</td>
<td>Colleen Moore</td>
<td>Marc Dennis</td>
<td>As Required</td>
<td>Ladies card room</td>
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<td>Marilyn Teeluchsing</td>
<td>Janet Kinsell</td>
<td>Marc Dennis</td>
<td>2nd Wed., 9:30 AM</td>
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<td>Newsletter - Four Seasons Times</td>
<td>Karel Schnitzer</td>
<td>Colleen Moore</td>
<td>Marc Dennis</td>
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<td>Matthew Heon</td>
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<td>Cathy Price</td>
<td>Brenda Page</td>
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<td>Susanne Mars</td>
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<td>Matthew Heon</td>
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<td>Susanne Mars</td>
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<td>Facilities Manager</td>
<td>Jeff Crisalli</td>
<td>Brenda Page</td>
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<tr>
<td></td>
<td></td>
<td>Susanne Mars</td>
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</table>
NEUROPATHY
Nerve Disorder Causes Pain for Millions of Americans

GET RID OF IRRITATING NUMBNESS AND PAIN IN YOUR LEGS AND FEET WITH FDA CLEARED TREATMENT

There are over 100 different kinds of peripheral nerve disorders or neuropathies. Some are the results of a disease like diabetes while others can be triggered by a virus 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.

HOW DO YOU KNOW IF YOU HAVE PERIPHERAL NERVE DAMAGE?
The following symptoms may start gradually and then get worse:
- Numbness
- Pain when you walk
- Sharp electrical-like pain
- Burning or tingling
- Difficulty sleeping from leg or foot discomfort
- Muscle weakness
- Sensitivity to touch

If you suffer from any of these symptoms, call us today! We can help.

NEW FDA CLEARED TREATMENTS PROVIDE HOPE

Many people suffer with pain for years, not realizing that their symptoms may be due to Peripheral Neuropathy. 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.

SpineAid Disc Center 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.

JOIN OTHERS IN RELIEVING THE PAIN

SUSAN M.
PANARELLA, TX

"The pain was so excruciating that I couldn’t sit in any chair, sit in a car, even in my pool or in my shoes. Since coming to SpineAid Disc Center, I am now relieved of the pain and can resume a more normal life."

WHY SPINEAID DISC CENTER?

SpineAid Disc Center offers some of the most advanced non-surgical, FDA cleared procedures for relieving chronic pain. Our customized 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.

CALL TODAY AND START TO FIND RELIEF FROM PAIN

We are confident that you will find healing and relief at SpineAid Disc Center. 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.

LIMITED TO THE FIRST 30 CALLERS!

CALL TODAY!
732-384-1198

www.northeastspineandsports.com

NorthEast SPINE AND SPORTS MEDICINE
Nine offices located in Aberdeen, Barnegat, Jackson, Freehold, Manchester, Point Pleasant, Lincroft, Neptune and Toms River, N.J.
Hi everyone. While reflecting about how things have changed for all of us due to the pandemic, I thought we could all use “a blast from the past.” That being said, I decided to pay tribute to our former Chairman and leader, Bob Schneider. I have put together some excerpts from his ACC articles dating back several years ago. The things he said then still hold true today. I hope everyone understands the importance of the mission of the ACC. These are his words exactly as he wrote them back then.

**Mailboxes:** In February 2006, Policy Resolution #14 was passed by the Board of Trustees. It pertained to mailboxes and their replacements, if necessary. The guidelines were set forth and still remain in place.

The conditions are: Homeowners must keep the shape, size, color, etc., like the developer’s original installation. Last name or house numbers may be put on the mailbox. Mailboxes may have stenciled flowers, birds, seasonal covers, etc. The resident is permitted placement of protective sleeve over existing pole/post to prevent original post from deterioration. Plantings of any kind are prohibited at the base, around, or on any mailbox in the community.

**A Reminder About Statues:** As stated in the Residents’ Handbook, two statues with a maximum display height of 24 inches (24”) are permitted for single-family homes. Placement is limited to porches, patios, and foundation planting beds. For Condominiums and Villas, one statue with a maximum display height of twenty-four inches (24”) is permitted. In addition, any type of furniture on the common grounds is prohibited.

**BBQ Location:** In April 2000, the Department of Community Affairs issued a directive as to the proper location of any BBQ grill for all condominiums or fee-simple buildings. Basically it states that a BBQ grill may not be stored or used within any space or room of a building, or within five feet of any combustible exterior wall. It should not be within five feet, vertically or horizontally, of any opening of a wall or under any building overhang. Safety is of the utmost while the unit is being operated. The Residents’ Handbook states “Propane tanks MAY NOT be stored in homes or garages.” There have been incidents here at Four Seasons of siding melting due to the heat thrown off by a unit that was too close to the wall. If you do not use a propane tank but have the gas line hard-plumbed to the patio or deck, the flexible line going to the BBQ has been known to be chewed through by squirrels or other critters. Be safe – check yours from time to time.

Thanks, Bob, for your contribution to the betterment and appearance of our community. You are greatly missed!

Rich Fortuna, ACC Chair
NEWS, VIEWS, and PREVIEWS:

CAL COMMITTEE

Well, after a long wait, The Cable-Audio-Visual-Lighting Committee is now pleased to introduce our new mascot “LITTLE CAL.” As you can see, CAL is always dressed and ready to attend to the cable, audio, visual, and lighting needs of our community. And even through this time of isolation, CAL has been at work keeping Channel 77 up and running. With an expanded program schedule, we have been able to offer interesting movies and archival features from past community plays, musicales, and concert performances.

LITTLE CAL, along with all of the committee members, looks forward to the time when we can once again serve the AV needs of clubs and the Board of Trustees. Keep in mind the procedure for requesting support:

1. Begin by completing an AV request form (available at the Activity Desk).
2. Second, be as specific as possible when listing necessary equipment.
3. Third, return the form to Cathy or Sue at the Activity Desk.
4. Fourth, please submit your request with a minimum of two weeks (three would be better) prior to the event. We need time to ascertain available staff and to check the equipment.

Please welcome LITTLE CAL to our Four Seasons community; as you will be seeing much of him in the future.

Dorothy Rohland, Assistant Chair

GOLF COMMITTEE

As I write this article, we are approaching the end of June, but it will appear in the August issue. There is a chance that by that time we will be closer to having normal operations of our golf program. The Coronavirus has been tough on all of us. In the meantime, we are doing our best to keep our golfers on the golf course.

There are a group of people on the Golf Committee who have volunteered their time to be at our course from 5:00 to 7:30 pm. This extends the playing time for our golfers. They are doing this to show their commitment to our members. I want to thank each of the following people for showing us what a true volunteer is: Dan Braccio, Lee Godfrey, Tom Berroyer, Pete Kelleher, Ceil Franzblau, Bob Muehlbauer, Charles Malta, John Nardone, Don Guida, Vicki Bischoff, John Kovacs, Joe Crane, Andy Passariello, and Pat McHugh.

Safety has always been a key concern of the Golf Committee. A few of our safety related projects in past years have been:

1. Steps and railings on specific boxes.
2. A fence at Tee Box Hole #9 preventing anyone falling to the street.
3. Directional tree planting at Hole #8 to help avoiding hitting the house on the right side (it has worked great).
4. Call boxes located on golf course and lower tennis court to help speed up care in case an emergency arises.
5. EMT signs to guide responders to various locations on the golf course.

So, you can see that the safety of our members will always be on top of our list.

Larry Weisenstein, Golf Chairman

“Kindness can become its own motive. We are made kind by being kind.” – Eric Hoffer
LANDSCAPE COMMITTEE

How beautiful the newly-planted areas around the pool, around the pump house wall, and behind the Activity Center all look. Plants and flowers are flourishing, blooming in all their glorious colors. TurfMasters and their landscape designer did a wonderful job. Maintenance of the beds has been top-notch. Each year the blooms will get better and better.

Thanks to the diligent efforts of our landscaper, TurfMasters, and our irrigation contractor, Better Irrigation, and to the cool spring temperatures and persistent rains, our lawns are looking green and healthy. As well, the flowers at the entrance are rapidly growing to their maximum potential. By the time you read this article, the impatiens will be a non-stop mass of explosive color.

Be vigilant with your lawns. Browning dead areas could indicate a lack of adequate sprinkler workings. Submit Work-Orders to have your sprinklers checked at the first signs of area drought. As temperatures climb and rain occurrences fade away, please think of your lawn, gasping and grasping for any source of moisture. The automatic sprinklers can only do so much with the limitations placed on the system by state and federal well regulations. Please give your lawn a drink at least once per week during dry periods. One inch of water will penetrate six inches of ground and will go far to preserve the lawns during hot, humid, sultry summer days.

A happy, content summer to all. Continue to keep safe. These trying times will surely pass.

Jeannine Carroll

We can’t help everyone, but everyone can help someone.” – Ronald Reagan
SOCIAL COMMITTEE EVENTS

Due to COVID-19, all of the following events are subject to the policies and procedures in place at the time of the proposed event.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>August 27</td>
<td>Bingo</td>
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<tr>
<td>September 24</td>
<td>Bingo</td>
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<tr>
<td>September 26</td>
<td>TBD</td>
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<tr>
<td>October 22</td>
<td>Bingo</td>
</tr>
<tr>
<td>October 24</td>
<td>Meet ‘n Greet</td>
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<tr>
<td>October 31</td>
<td>Halloween Dance</td>
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<tr>
<td>November 30</td>
<td>Decorate Clubhouse</td>
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<td>December 13</td>
<td>Residents Holiday Party</td>
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<td>December 31</td>
<td>New Year’s Eve Party</td>
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<tr>
<td>January 1, ’21</td>
<td>New Year’s Brunch</td>
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</table>

Again, be sure to check any of these sources of information— the channel 77 scroll, our website (www.fourseasonsatlakewood.net), Cathy Price’s online report—to learn of any plans for the reopening of our community facilities and events.

JUNE FARKOUH

Exploring the Website:

This past month during the idle time I had because the continued pandemic (By the way, how are all of you making out?), I had a few thoughts which took me to the website.

I paid the Community’s quarterly fee very early this period and wondered how long it would take to credit my account. Sure enough, Under My Profile and Account Info, there was my payment credited within days.

My next website venture was to Recycling found under General Info and Area Resources. We are often confused as to “what is recyclable.” What a find! Here were many guides on good practices which were well worth the look. The Lakewood website has some guidance, but Ocean County’s Recycling website had a vast amount of information. You can find a lot by trolling the website.

To gain access to your unique resident login, a request for one is simply obtained through the “Login” link using the above internet address. Having one will allow you to obtain the latest resident only information on all community activities. If you previously had access and forgot your login name or password, contact the Management Office directly for assistance. If you want to get a quick view of the public portion, just Google the internet address.

Incidentally, if you haven’t done so, contact The Activity Desk to get onto their weekly e-mailings.

JUNE FARKOUH
Due to the Covid-19 virus, we want to reassure our patients that we are now, as always, exceeding the highest standards for disinfection and sterilization of all instruments and treatment rooms, as well as disinfecting hard surfaces in the waiting room and front desk, to keep both patients and staff safe. If you have any flu-like symptoms, please call us and we will reschedule your appointment.
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DIABETES SUPPORT

For those members who don't have a computer or smartphone, let me update you with what I have been doing during our Covid-19 confinement:

I have sent email links to our members on such topics as How to Keep Your Brain Healthy and Active, Smart Food Choices, Kidney Health, and various exercise websites.

I also informed them that our yearly Celebration of Life breakfast will be rescheduled for when it is safe to eat in restaurants.

I plan to have our guest speaker back in October if we are permitted to resume our classes in the theater.

Our $200 donation to Juvenile Diabetes Research Foundation was sent out and cashed in November. Five generous donations from my family and friends were sent to JDRF in memory of my husband, Bob.

Stay safe, healthy, and do our class cardio exercises until we can meet again.

Lillian Tibus

IRISH AMERICAN CLUB

The IRISH AMERICAN CLUB misses you! We know it isn’t easy to stay sheltered in your house, and that you are ready to get out and enjoy the amenities of the community. We hope to host our members at our annual Fish & Chips dinner as soon as it is safe to have social gatherings, but that maybe a while; your safety is of the utmost importance to us.

We had plans for many fun activities like our Kentucky Derby, Bingo, and other game nights, but we live in a community with many residents who are at high risk for COVID-19 pandemic. We never thought that anything would affect the community like this, but it has. The social activities are closed and opening them may take longer than anyone expected.

The Irish Club wants everyone to follow the Governor’s and Health Department’s guidelines. The safety of the community is our priority. Be smart, be safe and we will gather again when it is the right time to socialize.

May God grant you the patience to beat this pandemic.

Thomas Nuzzi

LADIES GOLF SOCIAL CLUB

Happy Summer Golf Season! The Ladies Golf Executive Committee hopes that all our golf members are healthy during these trying times.

The opening of the golf course in May was a joyous event. We thank the Four Seasons Executive Board for all their hard work and consideration for our safety. The golf course looks beautiful -- green and lush. The rhododendrons were gorgeous this year. They were such a welcome sight.

We realize that golfing on our beautiful course is a privilege and participating in a golfing community has certain expectations and responsibilities.

Four fundamentals of golf etiquette:
1. RESPECT your tee time. (Call the Pro Shop for a tee time.) Introduce yourself if playing with a new member. (Be safe—don't shake hands!)
2. KEEP IT CLEAN—Repair ball marks and fill divots at each hole. Take broken tees with you and be mindful of trash and water bottles.
3. SILENCE IS GOLDEN—Put cell phones on silent. Wait for your turn quietly.
4. PRESENT A PLEASING APPEARANCE—that shows respect for yourself, players, and the community.

A bit of golf humor: Did you know that you can make a snowman on the golf course? “Snowman” is a slang term golfers use for a score of 8 on any individual hole! Use 8 strokes and you just made a “Snowman.” (Personally, I’ve made a few of them on hole 3! ~Carol)

We wish you a safe, healthy, and happy summer. We would like to be scheduling some end of the season events, but due to restrictions by the state, we have not been able to finalize anything at this time. Please take care of yourself and your loved ones.

~Hit 'em straight!~

Vicki, Sheryl, Lee, & Carol

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MEN’S CLUB

Because of the uncertainty surrounding the COVID-19 virus at this time, the Men’s Club is cancelling all events planned for 2020. If the situation changes, the club will let you know.

For those who paid for the now-cancelled Night at the Races event, refunds will be provided through the Activity Desk. Please be patient while the Activity Director works on getting your refunds to you.

George Smith
When I think about my time in Germany from July 1985 through July 1988, I realize I was part of history in the making. When I entered active duty as a field journalist, I started with a manual typewriter and a mimeograph machine. Although electric typewriters with different types of changeable font balls were becoming popular, typewriters with memories arrived after I deployed to Okinawa for two years.

By the time I graduated from Officer Candidate School in February 1985 and attended my officer basic course and airborne training, those memory electric typewriters were quickly replaced with the Wang Word Processor and the 5.25 inch floppy disk. The 4th Transportation Command headquarters even had an entire section called Word Processing where all the sections in the headquarters could request documents and publications be typed for approval. Small corrections made it easier and faster to get documents and publications completed since the typists could store everything on floppy disks.

When I transferred to the 574th Personnel Service Company, we fielded the first Tactical Army Combat Service Computer System (TACCS) during Return of Forces to Germany (REFORGER) towards the end of the Cold War (which ended when the Berlin Wall was torn down in November 1989, 16 months after I departed Germany and returned to the United States).

We had so many issues to work out while trying to field the TACCS, that we documented everything through our chain of command to the contractor.

After completing my officer advance course, I was reassigned to the U.S. Army Recruiting Battalion, Pittsburgh. We had the Wang Word Processor, but we were beginning to use the PC in its infancy. We trained using command prompts within the data operating system (DOS). We now understand this as computer programming. At the time, however, we were able to manipulate information within the DOS and initiate programs like Harvard Graphics. As assistant Operations Officer, the personal computer became an important tool for number crunching, and especially maintaining monthly, quarterly, and annual statistics.

The Federal Government bought computers from start-up companies like Gateway and other smaller companies that were eventually swallowed up by larger computer companies like Dell, which the Federal Government still uses today.

After fielding the TACCS, I shifted requirements for my soldiers to pack up enlisted promotions personnel files and set up in unit areas so that soldiers did not have to travel to us to review their files. We supported the combat arms and combat support units so soldiers could visit us without appointments to include additional documents for promotion points. My soldiers focused on helping other soldiers and were not constantly interrupted by ringing phones and other company requirements.

It turned out that my Enlisted Promotions Section completed more promotion packets while in the field than when they were in our company area. Although we had to reserve auditoriums and theaters in unit areas and coordinate scheduling with units, the execution of visiting different units over a one or two week period saved everyone time and minimal training disruption.

The few stragglers we took care of after the fact made our job less stressful for commanders, supervisors, and my section. We continued to improve and enhance our procedures once my first line supervisors saw morale improve.

Next issue--making civilians into soldiers

"Kindness is like snow--It beautifies everything it covers." – Kahlil Gibran

"Do things for people not because of who they are or what they do in return, but because of who you are.” – Harold S. Kushner

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**COMING EVENTS FOR AUGUST & SEPTEMBER**

*Note: Please consult each venue to be assured that scheduled performances have not been postponed or cancelled.*

- **Tuckerton Seaport & Baymen’s Museum**, 120 W Main St (Rt 9), Tuckerton, open all year, 10am-5pm, rain or shine, open Air maritime museum along Tuckerton Creek, exhibits, demos & classes, special events, see **Note 13**
- **Robert J Novins Planetarium**, OCC*, Toms River, Summer Schedule available, see **Note 11**
- **Jenkinson’s Aquarium**, open 10am-5pm, feeding schedules for seals-10am, 1pm & 4pm daily; penguins-11am & 3:30pm daily, feedings for other creatures vary, see **Note 7**
- **Ocean County (OC) Historical Society Museum**, Victorian Tours, 26 Hadley Ave, Toms River, beautiful Victorian home, Research Center open Mon-Fri 9:30am-4pm, call 732-341-1880 or www.oceancountyhistory.org for information
- **Prospertown Schoolhouse Museum**, Municipal Complex, 95W Veteran’s Highway (Rt 528), Jackson, open Mon-Fri, 9am to dusk by appt only, call 732-928-1200 X200
- **Barnegat Light & Museum**, Museum 5th & Central Aves, open 8am-10pm daily, Lighthouse open 10am-4:30pm daily, Gardens open all year, call 609-494-8578 for information
- **Laurita Winery**, 35 Archertown Rd, New Egypt, Free Vineyard Tours (weather permitting), call 609-758-8000 or www.lauritawinery.com
- **Ocean County Artists Guild**, Ocean & Chestnut Aves, Island Heights, Gallery hours Tues-Sun 1-4pm, call 732-270-3111 or www.ocartistsguild.org
- **Every Wednesday & Sunday in Aug & Sept**, Lakehurst Historical Society & Museum, 300 Center St, Lakehurst, open 12-3pm, special tours by reservation, call 732-657-8864
- **Every Wednesday to Saturday in Aug & Sept**, Live comedy club shows for adults & children, Uncle Vinnie’s Comedy Club, 520 Arnold Ave, Point Pleasant Beach, all year, call 732-899-3900 or www.unclevinniescomedyclub.com for information
- **Every Wednesday to Sunday in Aug & Sept**, Vintage Automobile Museum in NJ, 1800 Bay Ave, Bldg 13, Point Pleasant, Wed-Fri 10am-4pm, Sat & Sun 12-4pm
- **Every Saturday in Aug & Sept**, Albert Music Hall, 131 Wells Mills Rd, Rt 532, Waretown, doors open 6:30pm, music at 7:30pm, call 609-971-1593 or www.alberthall.org
- **Aug 1 & 2**, Disney’s Moana Jr, Strand Theatre, Lakewood, 8/1-2pm & 7:30pm & 8/2-2pm, see **Note 5**
- **Aug 5 & 6**, The Doo Wop Project, Axelrod Performing Arts Center, Deal, 8pm, see **Note 1**
- **Aug 7**, Brian Fellows with the Howling Weather, Count Basie Theatre (Hackensack Meridian Health Theatre-HMH Theatre) Red Bank, 7:30pm, see **Note 3**
- **Aug 8**, How to Succeed in Business Without Really Trying, postponed from Mar/Apr timeframe, Algonquin Arts Theatre, Manasquan, see **Note 9**
- **Aug 15**, Old School Kung Fu, double feature, UC PSC, Rahway, doors open at 5:30pm, see **Note 2**
- **Aug 15**, Classic Album Live, The Dark Side of the Moon by Pink Floyd, HMH Theatre, Red Bank, see **Note 3**
- **Aug 15 & 16**, Dog Days of Summer Hometown Carnival, Tuckerton Seaport, Tuckerton, 11am-5pm both days, see **Note 13**
- **Aug 16, 19, 20 & 23**, The Lost Princess of Oz, Axelrod Performing Arts Center, Deal, see **Note 1**
- **Aug 21**, Caddyshack, Classic Film Series, UC PAC, Rahway, 8pm, see **Note 2**
• Comedian Colin Jost of SNL, HMH Theatre, Red Bank, see Note 3
• *Yellow Brick Road*, Tribute to Elton John, Strand Theatre, Lakewood, 8pm, see Note 5

**Aug 27**
Hall & Oates in Concert, PNC Arts Center, Holmdel, 7pm, see Note 15

**Aug 28**
Three Dog Night in Concert, HMH Theatre, Red Bank, see Note 3

**Aug 30**
Satchmo & *Friends in New Orleans*, Axelrod Performing Arts Center, Deal, 3pm, see Note 1

**Sept 5**
*Five Seconds of Summer*, No Shame 2020 Concert Tour, PNC Arts Center, Holmdel, 7pm, see Note 15

**Sept 6**
Mike Marino, NJ’s Funniest Lawyer, HMH Theatre, Red Bank, see Note 3

**Sept 10**
Joan Jett & The Blackhearts, HMH Theatre, Red Bank, see Note 3

**Sept 12**
• *The Shining*, Classic Film Series, UC PAC, Rahway, 8pm, see Note 2
• The Weight Band in Concert, HMH Theatre, Red Bank, see Note 3
• *ALIVE! 75*, 45th Anniversary of KISS, Strand Theatre, Lakewood, 8pm, see Note 5
• *Amazing Max*, magic for the family, Grunin Center for the Arts, OCC*, Toms River, 1pm, see Note 11

**Sept 12-27**
*Hello, Dolly*, postponed from May, Algonquin Arts Theatre, Manasquan, see Note 9

**Sept 12 to Oct 11**
*Dreaming Zenile*, based on life of musician & activist Miriam Makeba, McCarter Theatre Complex, Princeton, see Note 6

**Sept 13**
*Paper Sunflowers Centerpiece Class*, Tuckerton Seaport, Tuckerton, 10:30am, see Note 13

**Sept 14**
*Everything is Beautiful Tour* with Jenna Bush Hager, HMH Theatre, Red Bank, 7:30pm, see Note 3

**Sept 16**
*A Bowie Celebration*, Tribute Band, HMH Theatre, Red Bank, see Note 3

**Sept 18**
Brian Kirk & The Jerks, celebration of Springsteen music, HMH Theatre, Red Bank, see Note 3

**Sept 19**
• Bowling for Soup in Concert, UC PAC, Rahway, 8pm, see Note 2
• *Anka Sings Sinatra*, HMH Theatre, Red Bank, 7:30pm, see Note 3
• *Swan Lake*, Russian Ballet Theatre, State Theatre, New Brunswick, 8pm, see Note 4

**Sept 24**
*My Bluegrass Heart* with Bela Fleck, McCarter Theater Complex, Princeton, 7:30pm, see Note 6

**Sept 25-27**
*A Chorus Line*, Broadway Show, HMH Theatre, Red Bank, see Note 3

**Sept 26**
• Tito Puente Jr in Concert, UC PAC, Rahway, 8pm, see Note 2
• Classic Skynyrd Live with Southern Steel, Strand Theatre, Lakewood, 8pm, see Note 5

**Sept 26 & 27**
Ocean County Decoy & Gunning Show, Tuckerton Seaport, Tuckerton, 7am-5pm both days, see Note 13

**Sept 27**
Speakers’ Series, Susan Rice, UN Ambassador during Obama Administration, NJ PAC, Newark, 7:30pm, see Note 14

**Oct 1**
• Indigo Girls in Concert, HMH Theatre, Red Bank, see Note 3
• *Complexities of Contemporary Ballet*, State Theatre, New Brunswick, 8pm, see Note 4

*Ocean County College (OCC)*

**NOTES**

**Note 1:** Axelrod Performing Arts Center, 100 Grant Ave, Deal, 732-531-9106 or www.axelrodartcenter.com

**Note 2:** Union County Performing Arts Center (UC PAC), Mainstage & The Loft, 1601 Irving St, Rahway; Hamilton Stage, 360 Hamilton St, Rahway, 732-499-8226 or www.upac.org

**Note 3:** Count Basie Theatre, also known as Hackensack Meridian Health Theatre (HMH), 99 Monmouth St, Red Bank, 732-842-9000 or www.countbasie theatre.org all performances
at 8pm unless otherwise indicated, for NJSO** performances call 1-800-367-3476.

**Note 4:** State Theatre, 15 Livingston Ave, New Brunswick, 732-246-7469 or www.statetheatrenj.org all performances at 8pm unless otherwise indicated, for NJSO** performances call 1-800-367-3476.

**Note 5:** Historic Strand Theatre, aka Strand Center for the Arts, 400 Clifton Ave, Lakewood, 732-367-7789 or www.strand.org for Garden State Philharmonic call 732-255-0460

**Note 6:** McCarter Theatre, 91 University Place, Princeton, Temporarily Closed. 609-258-2787 or www.mccarter.org

**Note 7:** Jenkinson’s Aquarium, Boardwalk & Parkway, Point Pleasant Beach, 732-899-1659 Jenkinson’s Boardwalk, 732-892-0600 or www.jenkinsons.org

**Note 8:** Georgian Court University, 900 Lakewood Ave, Lakewood, 732-987-2263 or www.georgian.org ; M Christina Geis Art Gallery hours: Mon-Thurs 9am-8pm, Fri 9am-5pm. Advanced tickets/reservations must be made for all events. No events scheduled

**Note 9:** Algonquin Arts Theatre, 173 Main St, Manasquan, 732-528-9211 or www.algonquinarts.org

**Note 10:** Arthur de Laurents Theatre (formerly George Street Playhouse) New Brunswick Performing Arts Center, 11 Livingston Ave, New Brunswick, 732-246-7717 or www.georgestreetplayhouse.org. Performances postponed.

**Note 11:** Ocean County College (OCC), College Dr, Toms River, Box Office: PO Box 2001, Toms River, NJ, 08754 or 732-255-0500 or www.ocean.edu; Robert J Novins Planetarium at OCC: 732-255-0343 orwww.ocean.edu/planet.htm

**Note 12:** Monmouth University, Pollak Theatre, Cedar Ave, West Long Branch (WLB), 732-263-6889 or 732-923-4786 for art galleries orwww.monmouth.edu/arts

**Note 13:** Tuckerton Seaport & Bayman’s Museum, 120 W Main St, Rt 9, Tuckerton, 609-296-8868 or www.tuckertonseaport.org, pre-registration required for classes & seminars

**Note 14:** New Jersey Performing Arts Center (NJ PAC), 1 Center St, Newark, 888-466-5722 or www.njpac.org, for NJSO** call 1-800-255-3476 www.njsymphony.org

**Note 15:** PNC Arts Center, Garden State Parkway Exit 116, Holmdel, 732-203-2500 or www.bankartscentre.com

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Bob’s Corner by Bob Schneider

Editor’s Note: Although Bob Schneider, our “Jack of All Trades,” has passed, the treasure trove of useful advice he gave us over the course of many years lives on. We will continue to occasionally bring you his column in loving tribute to his dedication to our community…

Karel

Sponges – Keep Them Germ Free
Every few days, pop the kitchen or bathroom sponge into the microwave oven. Wet it first, squeeze it, then, zap it for a minute-and-a-half. This will kill all bacteria. Let it cool before removing from microwave.

Doors
Did you know doors are categorized as being left-handed or right-handed? How do we tell the difference? The trick is to stand with the back of your shoulder against the door where the hinge is mounted to the door jam or frame. Reach for the handle or door knob. If you reach with your right hand, it’s a right-handed door; if you reach with your left hand, it’s a left-handed door.

Fan Rotation
Don’t forget that the ceiling fan rotation for the summer months should be in a counter-clockwise rotation, looking up at the blades. This rotation circulates the cool air around the entire room.

Missing Finials
I have received several calls from residents who have lost the top plastic cover of their mailbox, the finial. There is a company nearby that stocks replacements, MISSING LINK FENCE COMPANY located at 333 Drum Point Road. The style of our item is “Gothic,” and it is a 3½ by 3½ inch base that fits over our post. Their phone number is 732 920-1234.

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“A sound mind in a sound body” is the English translation of a famous quotation by the pre-Socratic Greek philosopher Thales of Miletus (624 – 546 BC), demonstrating the close links between physical exercise, mental equilibrium, and the ability to enjoy life. Now, more than ever, we recognize the importance of maintaining ourselves through challenging times. As such, Four Seasons residents are coping in many creative and unique ways. Whether by binge-watching Netflix, ordering from Amazon, or photographing nature, each of us is discovering ways of keeping our lives (mind, body, spirit) in balance. This puzzle cites many of the ways we have embraced the wisdom of Thales of Miletus.

**KEEPING HEALTHY**

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Did You Know?

**Benefits of Masking**

New research on hamsters suggests that surgical face masks can reduce the transmission of the coronavirus by as much as 75 percent, reports CNBC.com. In the first study of its kind, researchers at the University of Hong Kong placed healthy hamsters in one cage, and hamsters that had been infected with the virus in an adjacent one, with a fan blowing air between the two cages. The researchers then created three scenarios to mimic real-life situations: with mask barriers covering the cage containing the infected rodents; with masks on the cage containing the healthy rodents; and with no masks at all. When no masks were used, 10 out of 15 healthy hamsters—or 67 percent—were infected within a week. With masks on the healthy cage, the infection rate fell to 33 percent—and when they were on the infected cage, it dropped to 17 percent. What’s more, the hamsters that did become infected in the mask scenarios had less of the virus in their bodies than those infected without masks.

“We do not have a safe and effective vaccine,” says lead author Yuen Kwok-yung. “What remains practical is still either social-distancing measures or wearing masks.”

**5 Myths About Brain Health**

1. **Myth**: We use only 10 percent of our brain.
   
   **Fact**: Evolutionarily, it would make no sense for us to carry around surplus brain tissue. And if the 10 percent idea were true, it would make brain damage a whole lot less worrisome. Medical scans show that much of the brain is engaged during even simple tasks, and injury to small sections of the brain that are called eloquent areas can have profound consequences for language, movement, emotion, or sensory perception.

2. **Myth**: Older people are doomed to forget things.
   
   **Fact**: Yes, some cognitive skills do decline as you age, especially if you don’t employ strategies to pay closer attention and help you remember. But though you may have been quicker at picking up a new language or memorizing a list of random words when you were a youngster, you’re more likely to be superior with vocabulary and a good judge of character when you’re an older adult. You’d score higher on tests of social communication and diplomacy, such as how to settle an argument or deal with a conflict. The other good news about aging is that, over time, we tend to improve at controlling our emotions, weathering stress, and finding meaning in our lives.

3. **Myth**: Older people can’t learn new things.
   
   **Fact**: Learning can happen at any age, particularly when you get involved in stimulating activities like meeting new people or trying new hobbies. Yes, mastering some skills, such as a new computer program, may take an older person longer, but that doesn’t mean you can’t achieve it. Even people diagnosed with cognitive decline can continue to learn things.

4. **Myth**: A crossword puzzle a day can keep the brain doctor away.
   
   **Fact**: Crossword puzzles flex parts of your brain related to word-finding ability, though they’re not a cure-all. While they may help you excel at that skill, it’s important to challenge your brain in a variety of ways.

5. **Myth**: You are dominated by your right or left brain.
   
   **Fact**: Many people express and receive language more in the left hemisphere and experience spatial abilities and emotional expression more in the right. But brain scans reveal that both sides often work together in complex processing.

**Road Trip Safety**

By now, we’re all well aware of the basic measures to prevent the spread of viruses: wash your hands frequently and thoroughly, avoid touching your face, and distance yourself from people who are sick. But what if you’re about to embark on a road trip with friends or family after the “all clear” has been given?

Here are some simple tips to help you travel safely:

1. Before you go, get your car washed—inside and out—to disinfect all surfaces. Viruses can live on various surfaces for several days.

2. Give everyone in your vehicle their own bottle of hand sanitizer with at least 70 percent alcohol. Everyone should keep their hand sanitizer easily accessible so that they can sanitize before and after touching different objects. And bring disinfecting wipes to clean
surfaces inside your car and at the places you visit.

3. Put a trash receptacle with a lid in the car. If anyone blows their nose, they will have a place to toss the tissue to shield everyone else from those germs.

4. Bring a thermometer. A fever is the most significant telltale sign of an infection or virus, so you’ll be equipped if someone on your trip starts displaying warning signs. Wipe down the thermometer with an isopropyl wipe before and after each use.

5. Pack a first-aid kit that includes a pain reliever.

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Don’t Eat These Foods Past Their Expiration Dates

Health Check Certified by Julie Ching, MS, RDN, CDE

Would you chance eating from a carton of eggs that was a few days past its due date? How about raw chicken breasts or ground beef? Even though you can get away safely with consuming some processed foods past their expiry date, it doesn’t mean you should take the same liberties with raw meats and fresh fruits and veggies—many of which are prone to bacteria and food poisoning soon after their “best before” package dates.

Let’s take a look at 15 of the riskiest foods to consume past their expiration dates…

**Eggs**

Eggs pack more nutrients per calorie than the vast majority of other foods, and they are an inexpensive and delicious source of protein. It’s no wonder that they’ve become a breakfast staple, but if you’re thinking about cracking open an egg that’s past its expiry date, think again. Expired eggs are one of the most common causes of foodborne illness. Eating them can cause mild symptoms ranging from abdominal discomfort, gas, and diarrhea to full-blown food poisoning.

In the United States, egg packing companies are not required by law to provide an expiry date, but they must stamp the date at which the eggs were packed onto every carton. If you store your eggs in the refrigerator, you can safely eat them for up to four weeks after they were packed. However, leave them any longer and you’ll be increasing your risk of upsetting your stomach or worse.

**Deli Meat**

We hear so many news stories about E. coli and Listeria bacteria in processed deli meats. These bacteria are prevalent in both prepackaged deli meats, and in the sliced variety you get at your grocery store deli counter. As a general rule of thumb, deli meats are best consumed within three days of the date of purchase. Under no circumstances should you eat deli meats that are more than a week old.

Listeria bacteria is particularly dangerous, as the form of food poisoning it causes can be fatal in extreme cases. From a general standpoint, it’s probably best to steer clear of processed deli meats altogether, as they also tend to be extremely high in nitrates. Nitrates have been linked to a long list of health problems, including certain forms of cancer. If you do keep deli meat as part of your diet, choose fresher, natural, nitrate-free alternatives and eat it promptly.

**Mixed Greens**

Mixed greens including baby spinach, arugula, spring mix, packaged salad lettuce and other leafy veggies, don’t keep very well after their due date. While these products are sterilized and safe for consumption if you eat them promptly, they can very quickly become covered in disease-inducing bacteria.

Carefully check the “best-before date” before you open the package, and use safe storage guidelines to help keep your mixed greens fresher for the longest possible period. If you’re going to keep them in the bag they came in, roll it down to seal off the opening, and add a clothespin or elastic band to prevent oxygen from entering. Better yet, keep them in a sealed, airtight container and eat them within 48 hours of opening the package.

**Alfalfa Sprouts**

Alfalfa sprouts are packed with nutrients, and calorie for calorie, gram for gram, they’re one of the healthiest veggies on the planet. However, it’s especially important that you use them quickly once you buy them, because they quickly become bacteria magnets. In fact, alfalfa sprouts attract more germs than leafy greens, especially if you accidentally leave them unrefrigerated. If that happens, it’s best to cut your losses and just toss them out instead of taking chances. You stand to lose a lot more than a couple of dollars if you come down with a case of food poisoning.

Like leafy greens, alfalfa sprouts should be stored in the refrigerator, ideally in an airtight container. As a general rule of thumb, you should try to eat them within two to three days after purchase. these healthy veggies.

**Oysters**

Many people would shy away from slurping down an oyster in the best of times, but if they’ve gone past...
their expiry date, they are especially unappealing. Not only are expired oysters foul-smelling and slimy, but they can also be downright deadly. This is because the bacteria that builds up in rotten oysters (V. vulnificus) causes a severe form of food poisoning.

V. vulnificus bacteria cause a type of food poisoning that affects the bloodstream, sending the body into septic shock. This type of food poisoning can be very difficult to treat, and the prognosis generally isn’t good for patients who come down with it. If you’re an oyster aficionado, be especially careful to make sure your favorite treat is fresh. Steer clear if you’re in any doubt whatsoever, and only buy your oysters from a trustworthy source.

**Shrimp**

Much like oysters, shellfish and shrimp are very prone to bacterial contamination. These bacteria build-ups begin the minute the shrimp is removed from the ocean, and it can affect frozen products just as much as fresh ones. Shrimp rings are extremely popular at parties, especially during the holiday season, but you should be very cautious if you’re eating shrimp that’s been unrefrigerated for an extended period of time. As a general rule of thumb, if it’s not cold anymore, you should avoid eating it.

Shrimp, shellfish, and scallops are all prone to these types of bacterial buildups. You can kill a lot of these bacteria by cooking them, but if you’re going to serve them raw, be sure to follow safe food handling guidelines and take extra care to be certain the seafood hasn’t passed its expiry date.

**Fish**

We’ve already mentioned two different types of shellfish (shrimp and oysters) that shouldn’t be eaten past their expiry date, and fish is no different. Just like shellfish and other foods on this list, fish are prone to bacteria. In fact, raw fish needs to be eaten one or two days after being purchased. If you don’t plan on eating the fish you’ve purchased right away, it must be vacuumed sealed or wrapped in a moisture proof paper or foil and put in the freezer, says Reader’s Digest.

**Ground Beef**

E. coli bacteria are the single most common cause of food poisoning, and do you know where it originates? These microbes come from cattle intestines, and as such, they are present to a greater or lesser degree in practically all raw beef products. If the beef is processed and handled safely, it won’t become a problem. It’s only once you fail to follow safe handling and processing guidelines that you open yourself up to the possibility of trouble.

To prevent getting sick from eating ground beef, always make sure to cook it thoroughly before consuming it. And, of course, you should never eat it past its expiration date. If you buy ground beef on sale, chances are it’s because the expiry date is approaching. Be sure to put it in the freezer right away and thaw appropriately before eating it. Consider cooking it well done for safety reasons. If you’re immune compromised, it is recommended to cook all meats well done, says Julie Ching, registered dietitian.

**Fresh Berries**

Once berries go bad, they attract large quantities of Cyclospora, a type of bacteria that lead to fecal food poisoning. While this type of food poisoning isn’t as dangerous as some other forms, it’s still something you definitely want to avoid, unless you want to spend a few days with chills, shivers, nausea, vomiting, and diarrhea. As a general rule of thumb, aim to eat fresh berries within about three days of purchase.

Fortunately, it’s easy to spot a berry that’s gone bad. Fresh berries are brightly colored, with taut skins and plump bodies. Spoiled berries lose their shape, quickly breaking down into a slimy, watery, discolored mush. You may also notice buildups of mold on the skins of the berries before they start to break down. This is particularly common with strawberries. Extend their storage lives by laying them flat on a sheet of paper towel, then covering them and storing them in the fridge.

**Soft Cheese**

With hard cheeses like cheddar, it’s often safe to cut off the outer edges if they’re showing signs of mold growth and eat the fresh cheese underneath. However, this practice doesn’t extend to soft cheeses, like brie. If you’re finding mold on the edges of your soft cheese, don’t eat it. You may end up with a case of listeria food poisoning. Instead, toss it in the garbage can and head down to the grocery store to buy a fresh supply.

Dairy products in general pose a heightened risk of food poisoning, since practically all dairy products contain significant amounts of bacteria. Some, like yogurt, are even the product of controlled spoilage, in which bacteria are encouraged to grow. Cheese is similar, which is why you have to be very careful about eating it. Always store it wrapped up, in the refrigerator,
Dairy products in general pose a heightened risk of food poisoning, since practically all dairy products contain significant amounts of bacteria. Some, like yogurt, are even the product of controlled spoilage, in which bacteria are encouraged to grow. Cheese is similar, which is why you have to be very careful about eating it. Always store it wrapped up in the refrigerator, and never eat it past the “best before” date.

**Chicken**

Poultry products, including chicken, pose one of the highest risks of causing food poisoning if they’re not handled and cooked properly. You probably already know that undercooked chicken can be dangerous to eat, but it’s also important to be extra careful about how you handle fresh or frozen chicken. Cross-contamination can be a problem with meat, so never store raw chicken and beef side by side in your refrigerator.

When handling frozen chicken, be sure it is 100 percent thawed out before you start to cook it. Otherwise, the frozen center may not reach a safe internal temperature, leaving it undercooked with large amounts of bacteria inside. This can cause food poisoning, even if the rest of the piece of chicken is properly cooked. Be especially cautious about thawing if you’re going to cook a whole bird, and always double-check the listed expiry date before committing to your dinner plans.

**Jarred Condiments**

Jarred condiments are commonly before they’re used up because they tend to last a long time! You might have bought an odd one here or there for a specific recipe and then never used it again. If that’s the case, be sure the check the label before using it again, just to be sure. “Once you’ve opened the lid, that safety seal is broken, and you should be using that condiment in a timely fashion,” says Crandall to Reader’s Digest. “In addition, as we make sandwiches for example, we dip our knife into the spread container and wipe it onto the sandwich and then sometimes dip it back into the container. By doing this you’re putting some of that bacteria back into the container.” Look for any water floating on top, a strange smell, or any kind of discoloration. Those are all common indicators that it is time to toss it.

**Rye Bread**

Most of us have experienced that sad disappointment when we reach for a piece of bread and realize it’s gone moldy. Certain breads don’t have a very long shelf life. While rye bread tends to last a lot longer than others, once it’s gone past that expiry date, throw it away! The Food Network explains, “it can begin to grow a common grain fungi called ergot, which contains the chemicals ergotamine and lysergic acid. Both chemicals can have trippy effects.” The source goes on to state that it’s believed these chemicals can cause ergot poisoning which results in bizarre hallucinations.

**Specialty Juices**

Specialty juices like cold-pressed juice are all the rage in the health community because they contain a lot of nutrients. These fancy drinks are delicious and refreshing, especially after a nice workout, but they do require some attention to detail. If you’re someone who buys them in bulk, be wary. These juices do not have a long shelf life and cannot be enjoyed past their due date. According to Prevention, they only last about two days, maximum five days, after they’ve been bottled. Jessica Levinson, RD, nutritionist at Nutritious Licious, says this is because they’re unpasteurized, which means they are more prone to being contaminated by bacteria or yeast.

If you’re looking for something that lasts a little longer, Prevention suggests trying high pressure processed (HPP) juices. These juices should still be consumed by their expiry date, but they last much longer. (Somewhere from 30 to 45 days.)
My ____________________________ Summer Day

On _________________________ or was it _________________________? I decided to go to the day of the week day of the week
___________________________________ because my favorite _______________________ was place name popular summer destination
closed. That wasn’t going to stop me from having a/an ______________________ day. So, I got my adjective

_________________ and my ________________ and headed out the door. Oops, I almost forgot noun noun
my___________________________ face mask and my _____________________________! adjective preferred cleaning product

I ___________________________ to the _______________________________. I set myself up past tense locomotion word place name
___________________________ feet away from the next group. The ______________________ number between 1 and 1 million adjective
people next to me were not wearing masks, so I said, ___________________________________ famous movie line

On my way home, I noticed that the local ___________________________ had reopened, so I favorite place
grabbed some ____________________, and as I carried it/them into my ___________________. favorite food item type of dwelling
I waved to the _____________________ who lives on my block. When I got inside, I washed my hands essential worker
while singing ________________. By then it was time for my ______________________ an favorite song video chat platform
type of social gathering with my ______________________________. I made group of people
a/an _____________________ pitcher of _______________________________ and settled in to adjective favorite drink
________________________. It was a/an ____________________ day.

verb adjective
If you are a recent resident (moved here within the last 1-1 ½ years) of our beautiful community, we’d love to get to know you. Here are some questions for you to answer for your “profile.” (Answer any or all.) Feel free to add any information that you’d like to share with us. Once you’re done, send me your answers (along with a photo of you and your spouse/significant other, if you’d like) at 4sxsubmit@gmail.com.

NAME:__________________________________

ADDRESS:_____________________________

1. What brought you to Four Seasons?
2. Where did you live before you moved here? How long did you live there?
3. If you are fully retired, what did you do in your "former life"? If you are still working, what do you do?
4. Would you like to tell us a bit about your family?
5. What activities here in the community are you anxious to “sink your teeth” into? (Are you already involved in some? If so, which ones?)
6. What do you think your new neighbors would find most interesting about you?
7. In the time you’ve been living here, what have you found that you like the most about your new home and community?
8. Do you have any special talent(s) you’d like to share with your new community?
9. Do you need or would you like any special help in settling into your new home or getting to know the area? (How can we make you feel more comfortable?)
Gel-Based Cell Therapy - Part Two

An innovative delivery technology that vastly improves the viability of tissue regenerating cells and enhances strength and coordination in animals with spinal-cord injury (SCI) is being researched.

In a study published in Science Advances, Stanford University School of Medicine neurosurgical researcher Giles Plant, PhD, and materials engineer Sarah Heilshorn, PhD, and their colleagues report that a customized gel—developed in Heilshorn’s lab as a shock absorber for regenerative cells during and after their perilous journey through the tip of a syringe to the targeted tissue—kept those cells safe.

The cells used in the Stanford Medicine study were Schwann cells. Naturally found wrapped around peripheral nerve cells’ lengthy projections, Schwann cells speed signal transmission along those tracts—just as related cells called oligodendrocytes do in the central nervous system. Schwann cells also provide the nerve cells that they envelope with nutrients and growth factors.

Greater Strength

For this study, Heilshorn customized her gel by doping it with an adhesive molecule similar to one that, in nature, helps anchor Schwann cells to peripheral nerve tissue. The result was that each Schwann cell was suspended in a surrounding cushion of gelatinous material.

In addition to arriving at the injury site in far greater numbers, the Schwann cells delivered via the gel vehicle, rather than via saline, tended to be more adventurous, migrating farther up and down the spinal cord from the injection site than was the case for similar cells delivered in saline.

Rats with SCI that got gel-encased instead of saline-bathed Schwann cells had substantially greater forelimb-grip strength and superior ability to traverse a horizontal ladder with irregularly spaced rungs.

“In my 20-plus years of doing this, I’ve never seen results like this before,” Plant says, adding that the technology has the potential for broad use in regenerative therapy.
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Our community follows strict guidelines and protocols to keep our community sparkling clean by using enhanced and frequent cleaning measures.

Call Morgan today at 732-333-3605 and find out how our residents and staff are happy, safe, and ready for new friends.

Introducing Technology with LifeLoop

By utilizing technology, we connect our residents with their families and the staff who care for them. Our residents love viewing photos and videos shared by family members – and how they can, in turn, share with their friends and staff at the community.

All new residents will receive a complimentary AMAZON ECHO TABLET * to stay connected with family and friends!

*limited time only and while supplies last.
Calendar Year: __2021__      Date Submitted: ___________________
Name: ______________________  Address: ____________________________
Telephone: _________________       Email: __________________________

I am interested in signing up for the following:

(  ) Architectural Control*  (  ) Judiciary*  
(  ) Buildings, Grounds, & Pools* (  ) Landscape*  
(  ) Cable, Audio & Lighting (  ) Library
(  ) Finance*  (  ) Social
(  ) Four Seasons Times  (  ) Web Site
(  ) Golf*

*Designated as a major committee and membership is restricted to only one of the eight.

____________________________________________________________________________
____________________________________________________________________________

Please describe any experience you may have which might be helpful in the committee selection process. Appointments begin in January for a one-year term.

____________________________________________________________________________
____________________________________________________________________________

Signature: ________________________________________________

NOTE!! No one is automatically re-appointed. Members who wish to continue serving on their present Committee(s) must fill out the Committee Sign-Up Sheet** and submit by September 15, 2020.
ARCHITECTURAL CONTROL COMMITTEE (ACC) – Assists the Board in controlling the exterior of the buildings and grounds to provide visual harmony throughout the community.

BUILDINGS, GROUNDS, & POOL COMMITTEE - Advises the Board on matters pertaining to the maintenance, repair or improvements of the common buildings and the common areas of the community. Oversees the daily operation of the indoor and outdoor pool facilities.

CABLE TV/AUDIO/VIDEO/LIGHTING COMMITTEE (CAL) – Develops programming for our “in-house” cable channel and works with audio/video/lighting equipment.

FINANCE COMMITTEE - Assists the Board in the budget preparation and does a financial review of the Association’s funds and spending.

GOLF COMMITTEE – Gives recommendations to the Board in matters pertaining to the overall operation and maintenance of the golf course.

JUDICIARY COMMITTEE – Mediates/arbitrates disputes and infraction of procedures under the governing documents.

LANDSCAPE COMMITTEE – Oversees landscaping, ponds, and sprinkler system throughout the community.

LIBRARY COMMITTEE – Organizes the Clubhouse Library which provides access to written materials, audio and visual items.

NEWSLETTER COMMITTEE - - Provides information to residents about their Association, community, and events, plus other features of interest.

SOCIAL – Formulates regulations and procedures for all social activities to benefit the entire community.

WEBSITE – Develops and maintains a website for the community as a means of providing the residents access to pertinent information via the internet.
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(bleach does not kill mold spores & stains will reappear quicker)

Must sign up by August 31, 2020.
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Four Seasons Lakewood Residents Only
WHY ALEXANDER HAMILTON NEVER BECAME PRESIDENT

Alexander Hamilton was in his early 30s during the debate and passage of the U.S. Constitution and the first presidential election. While Hamilton certainly craved political advancement and fame, he was also the protégé of George Washington, serving as one of his closest aides during the Revolutionary War.

It was seemingly a foregone conclusion that Washington would be America’s first president (he was elected unanimously in 1788), and Hamilton happily joined his cabinet, serving until 1795. He retired to return to a more lucrative career in the public sector, which would have kept him on the sidelines and prevented a 1796 run. By 1800, he found himself ensnared in scandal and had fallen out with many members of his own party, leaving him to play a behind-the-scenes role in the election. And by the election of 1804, he was dead—killed in a duel with Aaron Burr.

Hamilton had a lot of enemies

Most of Hamilton’s contemporaries would have (perhaps begrudgingly) admitted he was brilliant. As America’s first treasury secretary, he created the financial system of the new nation. He was a prolific writer and political essayist, including the famed Federalist Papers, written in defense of the Constitution. He was one of early America’s most talented lawyers, winning a number of landmark cases. He even helped create the forerunner to the U.S. Customs Department.

His accomplishments and talents led to admiration and close friendships with a number of prominent figures. He could be charming, engaging, and witty. But Hamilton had as many enemies as he did friends. He was also cocky, self-assured, arrogant, and dismissive. He picked fights with several of his fellow founders, which turned increasingly ugly during the rise of partisan politics in the early years of the republic.

Chief among his critics were Thomas Jefferson and James Madison, with whom he differed on political matters, and John Adams, a fellow member of Hamilton’s own Federalist Party. Hamilton weathered bigoted attacks on his immigrant background and those who looked down upon his private life, including Adams.

But Hamilton wasn’t against backhanded dealings himself. When Adams ran for president in 1796, Hamilton wrote a harshly critical pamphlet attacking him. In the 1800 election, he temporarily cast aside his dislike of Jefferson to engineer the defeat of fellow New Yorker and Federalist Burr (who he deeply distrusted), fueling a hatred in Burr that would lead to their deadly duel just four years later.

He was involved in one of America’s first sex scandals

In 1791, while serving as treasury secretary, the married Hamilton became involved with Maria Reynolds, a young woman who had approached him for financial assistance to escape what she claimed was an abusive marriage. Soon after, Reynolds’ husband, James, confronted Hamilton and demanded the equivalent of $25,000 in today’s money to keep quiet about the affair. It was an extortion scheme, and it worked. Hamilton continued to pay the couple money, while he continued his relationship with Maria for another year (with James’ encouragement).

When James was arrested on an unrelated crime, he implicated Hamilton, claiming he was pursuing illegal land speculation to raise hush-money to hide the affair. When investigators confronted Hamilton, he admitted to the affair, but denied any charges of financial impropriety, showing them letters from both Maria and James, which seems to have ended the incident.

But when Hamilton published an essay in 1796, hinting at the sexual relationship between Jefferson and his slave, Sally Hemings, Jefferson struck back. He had been given copies of the Reynolds’ letters by James Monroe, one of the investigators. Several months later, James Callander, a controversial journalist, published an article revealing the affair and claiming that Hamilton had used government funds to hide it. Historians still debate how directly involved Jefferson was, although he was certainly glad to see his enemy’s fall.

More concerned about the implication of financial misdeeds than amorous ones (and seemingly unconcerned about the effect the revelations would have on his wife and family), Hamilton decided to go on the offensive. He published his own pamphlet, admitting to the affair (in great detail) while denying all other charges. Hamilton may have hoped the Reynolds Pamphlet would save his political hide, but, instead, his career was in tatters.

Regardless, Hamilton was eligible to be president

A popular misconception is that because he was born in the British West Indies, Hamilton could not legally have become president. That’s not the case. The Constitution states that to become president, a person must be either a natural-born citizen or a citizen of the United States at the time of the Constitution’s adoption, which Hamilton certainly was. In fact, the first seven U.S. presidents were born British citizens. Martin Van Buren, born in 1782, was the first to be born an American citizen.

by Barbara Maranzani, NY-based writer and editor,
HOW ABRAHAM LINCOLN USED THE TELEGRAPH TO WIN THE CIVIL WAR

Nearly 150 years before the advent of texts, tweets and e-mail, President Abraham Lincoln became the first “wired president” by embracing the original electronic messaging technology—the telegraph. The 16th president may be remembered for his soaring oratory that stirred the Union, but the nearly 1,000 bite-sized telegrams that he wrote during his presidency helped win the Civil War by projecting presidential power in unprecedented fashion.

The federal government had been slow to adopt the telegraph after Samuel Morse’s first successful test message in 1844. Prior to the Civil War, federal employees who had to send a telegram from the nation’s capital needed to wait in line with the rest of the public at the city’s central telegraph office. After the war’s outbreak, the newly-created U.S. Military Telegraph Corps undertook the dangerous work of laying more than 15,000 miles of telegraph wire across battlefields that transmitted news nearly instantaneously from the front lines to a telegraph office that had been established inside the old library of the War Department building adjacent to the White House in March 1862.

Lincoln Slept on a Cot in the Telegraph Office During Pivotal Battles

Lincoln, who had a keen interest in technology and remains the only American president with a patent, spent more of his presidency in the War Department’s telegraph office than anywhere else outside of the White House, writes Tom Wheeler in "Mr. Lincoln’s T-Mails: How Abraham Lincoln Used the Telegraph to Win the Civil War." As a president who craved knowledge, he trod a well-worn path across the executive mansion’s lawn to the War Department to monitor the latest intelligence arriving in dots and dashes.

David Homer Bates, one of the four original members of the U.S. Military Telegraph Corps, recounted in "Lincoln in the Telegraph Room" that several times a day, Lincoln sat down at a telegraph office desk near a window overlooking Pennsylvania Avenue and read through the fresh stack of incoming telegrams, which he called “lightning messages.” As telegram keys chattered, he peered over the shoulders of the operators who scribbled down the incoming messages converted from Morse Code. He visited the office nearly every night before turning in and slept there on a cot during pivotal battles.

According to Wheeler, Lincoln sent barely more than one telegram a month in the first year of his presidency, but that changed as he grew increasingly frustrated with the war’s plodding progress. He wielded the nascent technology to take greater control of the war effort after sending a flurry of telegrams on May 24, 1862, that directed his generals to move at once against the forces of Confederate General Thomas “Stonewall” Jackson.

For Lincoln, the Telegraph Office Was Both Command Center—and Sanctuary

The telegraph allowed the president to act as a true commander-in-chief by issuing commands to his generals and directing the movement of forces in nearly real time. For the first time, a national leader could have virtual battlefront conversations with his military officers. The paucity of interstate telegraph lines in the South precluded Confederate President Jefferson Davis from doing the same.

Lincoln wasn’t shy about stepping in and asserting his thoughts on telegrams that weren’t even addressed to him. “The telegraph was both his Big Ear, to eavesdrop on what was going on in the field, and his Long Arm for projecting his leadership now informed by the newly garnered information,” Wheeler writes. When General Ulysses S. Grant rejected General Henry Hal-leck’s suggestion to remove troops from the siege of Petersburg in 1864, the president lent this support after reading their communications: “Hold on with a bulldog grip, and chew and choke as much as possible.”

To Lincoln, the telegraph office was not just a 19th-century command center, but a sanctuary from the throngs who descended upon the White House every day in search of jobs and favors. “I come here to escape my persecutors,” Lincoln quipped to telegraph operator Albert B. Chandler. Telling homespun tales and cracking jokes, the president befriended the office’s telegraph operators. “He would there relax from the strain and care ever present at the White House, and while waiting for fresh dispatches, or while they were being deciphered, would make running comments, or tell his inimitable stories,” Bates wrote. When news of Grant’s capture of Vicksburg, Mississippi, arrived by wire in 1863, Lincoln flouted regulations and bought beer for the operators, drinking a sudsy toast with the general’s telegram in his hand.

On April 8, 1865, Lincoln himself telegraphed the office from City Point, Virginia, with news of Grant’s capture of Richmond. A week later, the telegraph office broke the devastating news of Lincoln’s assassination to the nation as it tapped out the message that Secretary of War Edwin Stanton wrote from the president’s deathbed across the street from Ford’s Theatre: “Abraham Lincoln died this morning at 22 minutes after Seven.”

by Christopher Klein, History.com
Baseball Stories by Charlie Phillip

Due to the pandemic, I was sitting home and contemplating the return of sports and in particular, the return of major league baseball. I then started to reminisce about the era in which I discovered this sport as a young boy.

As a child, I was taken to my first ballgame at Yankee Stadium by my dad who was a rabid Yankee fan, so naturally I became one also. It was during the war years in the 1940's where we could find grandstand seats for $1.20 each and enjoy 15¢ hot dogs, and sodas for a dime. If money were tight, we could sit in the bleachers for fifty cents.

During the game, my dad would patiently explain to me what each batter was attempting to do and show me how to keep score. My attention never lagged, and it was so exciting to come home after the game and tell my mom all about what happened and how the Yankees (hopefully) won the game. And that was the beginning of my love of baseball and the memories of the 1940's. Here are some of those memories:

Stan Musial of the Cardinals started his career in the minors as an outstanding pitcher who hurt his shoulder during a game and lost the speed and control he needed. His coach suggested he try to become a decent hitter as an outfielder. He became one of the greatest ever in the National League, winning the batting title seven times in a career that began in 1941.

The St. Louis Browns played in the American League for more than 50 years and only won one pennant (in 1944) during that time. I remember going to one game at the Stadium (1945) and seeing an outfielder by the name of Pete Gray who only had one arm. He would catch a fly ball, flip it in the air, stick the glove under his stump, catch the ball and whip it into the infield. That was amazing enough, but the fact that he could hit one-handed at all was even more amazing.

I remember managers in their dugouts wearing street clothes. One of the greatest was Connie Mack of the Athletics, in his three-piece suit, waving fielders into position using his score card. Also, Burt Shotten, while managing the Brooklyn Dodgers, wore street clothes except for a Dodger's cap and jacket.

I remember double headers, and between game competitions of Yankee catchers showing off their throwing arms. I sometimes saw two players competing against each other over who was fastest in getting to first base. I remember my favorite Yankee of 1944, Snuffy Stirnweiss at second. I miss seeing the names of Nick Etten, Johnny Lindell, Bud Metheny (who was the last Yankee to wear the number 3 on his uniform), Frankie Crosetti, Spud Chandler, Joe Page, and Hank Borowy.

Songwriter Paul Simon once lyrically asked in one of his compositions, “Where have you gone Joe DiMaggio?” I, with great nostalgia, ask, “Oh, where have you gone, those wonderful baseball days of yesterday?”

Summer Has Come Early This Year by Joseph L. Liggio

When the warmth of springtime Seems to slowly fade away It’s like dawn’s early sunshine That introduces each new day

When the summer flowers Are growing so fresh and new They’re bathed by passing showers Then bask in a bright sky of blue

So, it seems that summer Has come early this year To embrace us all together And all the ones we hold so dear

We hear birds in the trees Whose songs just fill the air Serenading every breeze For summer is early this year

Yes, summer is early this year For all those who are in love Summer, summertime is here Yes, summer has come early this year!

A Killer by Lorrie Stack

I never thought that there could be A killer of humanity But it appeared out of the blue Erasing people we once knew.

It’s boundaries had no limit, It spread across the nation A mysterious killer, we lacked all information

Scientists are working to try to find a cure, To halt this unknown virus they’ve not seen before. What can we do to help them, that will prevent the spread That destroys so many and leaves them all for dead?

Follow all instructions and listen to the rules, Keep your distance in a crowd and maintain ample space, Wash your hands often and wear a mask upon your face.

Consider other people you’ve never met before, Working all together will help to find a cure.
Hello to each of my Four Seasons friends.
Ah, warm weather finally greets us. One of the big changes for me is my menu….It’s time to set aside the winter comfort foods such as hearty soups and stews and “lighten up.”

I would like to share a recipe that has few ingredients, is light, and has many fewer calories than traditional pizza. Another plus—the oven doesn’t have to be used, so no heating up the house! Depending on extras you might like to add, it is appropriate for breakfast, lunch, or supper. This recipe is for one person but can be doubled by using a larger pan. I call it **MATZAH BREI** (pronounced Bry) **PIZZA** I hope you give it a try.

**Ingredients:**
- 1 sheet matzah (don’t use egg matzah—it’s too soft)
- 2 eggs, room temperature
- butter, coconut oil, or spray to grease (10" to 11") frying pan that has a lid

**Toppings:**
- Small jar of pizza or pasta sauce
- Shredded Mozzarella cheese, enough to cover top of matzah brei
- Optional: small can sliced mushrooms (drained,) or any topping of your choice

**Method:**
- Soften the matzah by running it under warm water for a minute or so. If you like the matzah softer, wet it a little longer (don’t make it so soft that it falls apart!)
- Beat the eggs in a medium bowl. Break the matzah up into small (1-1 ½ inch) pieces in the bowl with the eggs. Stir well.
- Heat the frying pan that has been coated with butter, coconut oil or spray over medium heat.
- Add egg and matzah mixture and gently move it around until eggs are set.
- Top the set mixture with sauce, mushrooms (if desired) and mozzarella cheese and cover pan with lid. Check often, and when cheese is fully melted, slide it onto a plate--and enjoy!

**Note:** The matzoh brei pizza can't be sliced and picked up as you can a regular pizza, so have that knife and fork ready!

**Helpful Hints:**
- I don't know about you, but I LOVE sautéed or caramelized onions, but they take so long to cook. AHA! There is a trick I want to share. Adding a pinch of baking soda while sautéing the onions speeds up the browning and cooking time by almost one half.
- I also LOVE chutney, but it can be expensive. So now, I make my own. You will need 4 thinly sliced scallions, 1/4 cup dried currants, 1 tsp grated ginger (or 1/4 tsp powdered ginger), 1 Tbsp sherry wine vinegar, and 4 diced peaches. Mix well. Cover and chill for at least an hour. It is yummy with chicken, fish, and pork. Truth be told, I sneak teaspoons of it JUST BECAUSE!

Let's take care of each other. Be well both physically, emotionally, and spiritually. And, as Annie says, "THE SUN WILL COME OUT TOMORROW."
New Words

_The Washington Post's Style Invitational_ asked readers to take any word from the dictionary, alter it by adding, subtracting, or changing one letter, and supply a new definition.

The winners are:

*Bozone* (n.): The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future.

*Cashtration* (n.): The act of buying a house, which renders the subject financially impotent for an indefinite period.

*Sarchasm* (n): The gulf between the author of sarcastic wit and the person who doesn't get it.

*Inoculatte* (v): To take coffee intravenously when you are running late.

*Osteoporosis* (n): A degenerate disease. (This one got extra credit.)

*Glibido* (v): All talk and no action.

*Arachnoleptic fit* (n.): The frantic dance performed just after you've accidentally walked through a spider web.

*Caterpallor* (n.): The color you turn after finding half a grub in the fruit you're eating.

Submitted by Betty Christian

Do you have any “new words” you’d like to submit for inclusion in our October issue? If so, please send them to me at 4sxsubmit@gmail.com. Karel

Sign Translations from Around the World

- A Tokyo hotel's rules and regulations: GUESTS ARE REQUESTED NOT TO SMOKE, OR DO OTHER DISGUSTING BEHAVIORS IN BED.
- On the menu of a Swiss Restaurant: OUR WINES LEAVE YOU NOTHING TO HOPE FOR.
- In a Tokyo Bar: SPECIAL COCKTAILS FOR THE LADIES WITH NUTS.
- Hotel, Japan: YOU ARE INVITED TO TAKE ADVANTAGE OF THE CHAMBERMAID.
- In the lobby of a Moscow Hotel, across from a Russian Orthodox Monastery: YOU ARE WELCOME TO VISIT THE CEMETERY, WHERE FAMOUS RUSSIAN AND SOVIET COMPOSERS, ARTISTS AND WRITERS ARE BURIED DAILY, EXCEPT THURSDAY.
- Hotel, Zurich: BECAUSE OF THE IMPROPRIETY OF ENTERTAINING GUESTS OF THE OPPOSITE SEX IN THE BEDROOM, IT IS SUGGESTED THAT THE LOBBY BE USED FOR THIS PURPOSE.
- Advertisement for donkey rides, Thailand: WOULD YOU LIKE TO RIDE ON YOUR OWN ASS?
- A Laundry in Rome: LADIES, LEAVE YOUR CLOTHES HERE AND THEN SPEND THE AFTERNOON HAVING A GOOD TIME
- And finally - the all-time classic:
- Seen in an Abu Dhabi Souk shop window: IF THE FRONT IS CLOSED PLEASE ENTER THROUGH MY BACKSIDE...

Submitted by Harold Schachter
In 1940, war was raging in Europe as Germany invaded Denmark, Norway, Netherlands, Luxembourg, Belgium, and France. Italy, under the leadership of Benito Mussolini, decides to join Adolph Hitler and, later in the year, Japan will become the third member of the Axis group.

Winston Churchill becomes the Prime Minister of England and declares “We shall fight on the beaches...We shall never give up”, even as Germany begins nightly bombing of London (The Blitz) which continues for 57 consecutive days. And more than 800 vessels sail to the beaches at Dunkirk and, during the next eight days, manage to rescue 338,226 allied soldiers.

Here at home, Franklin D. Roosevelt is elected president for a third term and institutes a lend-lease program to assist beleaguered nations. And, if your average income of $33.17 per week would be enough to purchase a new home for $3,920.00 or a new car for $790, you would certainly afford to purchase gas which was now up to 11¢ a gallon.

Frank Sinatra becomes the lead male singer for the Tommy Dorsey Orchestra; the first McDonalds opens in California; Abbott and Costello make their first film; and Hattie McDaniel wins Best Supporting Actress for the previous year’s “Gone With the Wind,” the first black actor to win an Oscar. (By the way, this was the first time that nominees were not revealed to the press before showtime. In 1939, the press leaked the names of those who would win prior to the event. Hollywood would not let that happen again.)

In spite of what was going on in Europe, Hollywood continued to produce some outstanding films. Among them were: “Grapes of Wrath,” a Steinbeck novel and now a smash hit starring Henry Fonda as a Dust Bowl survivor; “The Philadelphia Story” with Cary Grant, James Stewart (Oscar winner for Best Actor), and Katherine Hepburn whose affections are torn between a reporter and her ex-husband on the eve of her wedding to another man.(Whew!); “Our Town” adapted from the stage play starred Martha Scott and William Holden; “Kitty Foyle” which was Ginger Rogers' first serious role, and the winner of the Best Actress Oscar.

Charlie Chaplin speaks for the first time in a mockumentary of Adolph Hitler in “The Great Dictator,” while my childhood crush, Betty Grable, was in “Down Argentine Way” and Bob Hope, Bing Crosby and Dorothy Lamour made their first of seven “Road To...” movies. (This one was “Road to Singapore”.) Other box office hits were: “Abe Lincoln in Illinois”; “Boom Town”; “Waterloo Bridge”; “Northwest Passage”; ”Foreign Correspondent”; and “The Letter”.

On Oscar night, FDR delivered a six-minute radio broadcast to the audience followed up by 18-year-old Judy Garland singing”God Bless America.” And then the nominations for Best Picture were made and the Oscar was presented to director Alfred Hitchcock's first Hollywood film, “Rebecca”, which starred Laurence Olivier and Joan Fontaine. It was a moody film about a young wife trying to cope with the spectral presence of her husband's first wife whom he may have murdered. It was nominated in 11 categories, winning two of them.

That's it for 1940. I'm hoping you are enjoying this series, and if theaters ever open again after this pandemic, I'm hoping to see you at the movies.

“Remember there’s no such thing as a small act of kindness. Every act creates a ripple with no logical end.” – Scott Adams

Kindness is the language which the deaf can hear and the blind can see. Mark Twain

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Neighborhood News

The Atlantic City Ballet Announces 38th Season at Caesars Circus Maximus
Atlantic City, NJ.

"The show must go on" has new meaning as Atlantic City Ballet announces its performances for Season 38. After having the entire spring season cancelled due to Covid-19, the Atlantic City Ballet is forging ahead with plans for a full season in Atlantic City. The season will kick off on September 26th, with the much-anticipated Papa & Sinatra: Their Way with Dave Damiani and The No Vacancy Orchestra.

“The show must go on in order for us to survive, but we need to do it safely.” stated Phyllis Papa, Founding Artistic Director. “Caesars has put safety protocols in place so our audiences can adhere to the state health guidelines while enjoying a performance. We are optimistic we can offer performances while still keeping everyone safe.” Audience members who purchase tickets will be able to choose a row and section and then be seated according to social distancing guidelines once at the theater.

The ballet’s lineup will be a combination of yearly favorites, the three cancelled performances from last spring and the return of Ms. Papa’s original full-length Carmen, which hasn’t been seen on stage in four years.

Founded in 1982, by International Ballerina, Phyllis Papa, the Atlantic City Ballet is comprised of professional dancers from around the world and has earned national acclaim for their technical expertise and exuberant stage presence. Although their home base is in Historic Boardwalk Hall in Atlantic City, the Ballet has performed in theaters all along the east and west coasts. Their repertoire of original works includes such classics as A Midsummer Night's Dream, Sleeping Beauty, and Swan Lake, but Ms. Papa is most known for her innovative works such as Dracula, Romeo & Juliet, and her full-length Carmen.

Since its inception, the Atlantic City Ballet has served as one of the cultural treasures of New Jersey and continues a tradition of dance excellence for future generations of ballet audiences.

TICKETS ON SALE NOW
Circus Maximus Theater-Caesars Hotel & Casino-Atlantic City, NJ

Saturday September 26 -7pm, Papa & Sinatra: Their Way with Dave Damiani & The No Vacancy Orchestra
Saturday October 24 -7pm, Dracula
Saturday November 21 -7pm, It’s a Shore Holiday
Sunday December. 20 -4pm, Nutcracker
Saturday March 20 -7pm. Carmen
Saturday April 10 -7pm, Romeo and Juliet
Saturday May 1 -7pm, A Midsummer Night’s Dream

Guests will be seated according to social distancing guidelines in the section and row in which they are ticketed.

Tickets Adult-$45; Child-$20
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must show proof of residency

Tickets for All Performances can be purchased by going to www.acballet.org

“Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.”-- Barbara De Angelis
**Month**
Admit You're Happy Month
National Golf Month
National Eye Exam Month

**Week**
• Week 1 National Simplify your Life Week
• Week 2 National Smile Week
• Week 3 Friendship Week
• Week 4 Be Kind to Humankind Week

**Day**

**August 1**
DOGust 1st: Universal Birthday for Shelter Dogs
National Girlfriends Day

**August 2**
Friendship Day - First Sunday in August
National Ice Cream Sandwich Day
Sisters Day - First Sunday in August

**August 3**
National Watermelon Day

**August 4**
National Chocolate Chip Cookie Day
U.S. Coast Guard Day

**August 5**
National Underwear Day

**August 6**
Wiggle Your Toes Day

**August 7**
International Beer Day - First Friday in August
Purple Heart Day

**August 8**
Sneak Some Zucchini onto Your Neighbor's Porch Day (I'll take some!)

**August 9**
Book Lover's Day

**August 10**
Lazy Day
National S'mores Day

**August 11**
Presidential Joke Day
Son and Daughter Day

**August 12**
Middle Child's Day

**August 13**
Left Hander's Day

**August 14**
14/15 National V-J Day

**August 15**
National Honey Bee Awareness Day - Third Saturday
Relaxation Day - (now this one's for me!)

**August 16**
National Tell a Joke Day

**August 17**
National Thrift Shop Day

**August 18**
Bad Poetry Day

**August 19**
National Potato Day

**August 20**
World Mosquito Day

**August 21**
National Spumoni Day
Senior Citizen's Day

**August 22**
Be an Angel Day

**August 23**
Go Topless Day

**August 24**
national Waffle Day

**August 25**
Kiss and Make Up Day

**August 26**
National Dog Day
Women's Equality Day

**August 27**
Global Forgiveness Day
Just Because Day

**August 28**
Bow Tie Day
Weed Out Hate Day

**August 29**
More Herbs, Less Salt Day

**August 30**
Frankenstein Day
Toasted Marshmallow Day

**August 31**
National Eat Outside Day
**The AAA World Photo Contest Is Here**

If a picture is worth a thousand words, an exceptional picture must also be worth a thousand dollars. That’s why AAA is continuing its ever-popular theme “A Picture Is Worth a Thousand Dollars” in the 2020 AAA World Photo Contest. You can submit your best shots in this year’s five categories: Backyard Fun, Family and Friends, Nature, Nostalgia, and Road Trips.

One grand-prize winner will receive a $1,000 gift card, and four runners-up will each get a $100 gift card. You could be among them.

Look for the contest’s official rules at AAA.com/rules.

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**Toyota Recall**

Toyota is recalling about 2.9 million vehicles with airbags that might not deploy in a crash. The models involved are 2011 through 2019 Corolla sedans, 2011 through 2013 Matrix hatchbacks, 2012 through 2018 Avalon sedans, and 2013 through 2018 Avalon hybrid sedans.

**What to do:** Toyota dealers will inspect the system and install a component to prevent a malfunction in the event of a crash. The campaign number from the National Highway Traffic Safety Administration for this recall is 20V024. Owners can call Toyota’s customer service at 888-270-9371.

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**“What wisdom can you find that is greater than kindness?” – Jean-Jacques Rousseau**

**My religion is very simple. My religion is kindness. – Dalai Lama**

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Covid-Sniffing Dogs

There may soon be a new tool for detecting coronavirus, one with a finely-tuned nose and a wagging tail.

Scientists at the University of Pennsylvania have launched a new trial to see if dogs-- whose olfactory prowess is already used to detect drugs, explosives, and diseases such as malaria and cancer--can help sniff out the virus at airports, businesses, and hospitals. The subjects, eight Labrador retrievers, will have their noses exposed to saliva and urine taken from Covid-19 patients. They will then be tested to see if they can discriminate between samples with the virus and samples without it. If the dogs can do that, the researchers will then see if they can identify the virus by sniffing infected people--including those who aren’t showing any symptoms. A similar government-funded trial is underway in the U.K., using cocker spaniels and Labradors.

“Dogs have many more (nasal) receptors, and that allows them to process these odors really incredibly fast,” Cynthia Otto, project leader at the University of Pennsylvania trial, tells RollingStone.com. “Their entire noses are just built for this kind of work.”

Loudest Bird

A team of U.S. and Brazilian scientists report that they have recorded the loudest bird calls ever documented. The source: dove-size male white bellbirds that sing during mating rituals in the northern Amazon. The birds’ calls reach volumes as high as 125 decibels, louder than a jackhammer. Reporting in Current Biology, the researchers note that they observed females closely approaching these males, which then swivel dramatically and blast the sounds directly at them. Why do the female birds stay and not fly away? Scientists can’t figure that one out!

In previous work, co-author Mario Cohn-Haft of Brazil’s Instituto Nacional de Pesquisas da Amazonia found that bellbirds have unusually thick ribs and abdominal muscles, most likely tied to their loud calls.
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Our reputation for quality outcomes and results is unsurpassed and we strive to remain among the top professionals in our field. Our team will make you feel comfortable and confident with the courtesy, respect and compassion necessary to accomplish your goals.
So, talk about odd choices in a time of restricted socialization! I welcomed a complete stranger into our home and granted her full access to whatever she can utilize. Alexa is now part of our domain, and has somewhat bashfully limited her expertise to providing music on request. Music that has been long absent from our home due to poor accessibility to radio stations in this area, is now willingly supplied by this welcome guest with the aid of Pandora and shuffled stations. I enjoy and sing along with selections from the 40’s, 50’s and 60’s that stimulate so many fond memories of past life and soften the present curse of sheltering in place. Hey, if you gotta stay put, why not do it enjoyably!

Alexa has earned my appreciative affection and I will test her abilities further when I become more familiar with her talents. So far so good. She seems to favor the talents of Harry Belafonte (as do I)—every second or third selection she sends my way is something of his, some of which I never heard before. That is not to say that Sinatra, Bennet, Damone, Shore, Day, Clark, and a host of many more stars of yesterday are left on the wayside. They all fill our home with their well-regarded talents.

THANK YOU SO MUCH ALEXA…OUR HOUSE IS NOW YOUR HOUSE!
Boosters

What is a booster? A booster is a financial supporter of the newsletter. **Five dollars** gets your name (and that of your spouse or significant other) listed in three consecutive issues of the newsletter. For **10 dollars**, your listing will be included in all eight issues of the paper. **Please include the listing as you wish it to be printed.** Please make out your check (no cash!) to "Four Seasons Community Association" (not “FSCA”). This money goes into the Association Fund, which is used to benefit the Four Seasons Community.

January 2020-December 2020
Dan & Jeannie DeBiase
Bob & Dee Bludgus
Rosalie Caputo
Marge & Joe Coco
Carlo Diaz & Barbara Corvino Diaz
Claire Brooke Dyuran
Arlene Feldman
*In Memory of* Maggi Forman
Howard & Lois Geschwind
Marty & Irene Goldstein
Don & Phyllis Guida
Lee Gunning
John & Virginia Kehoe
Peter & Patricia Kelleher
Robert & Frances Kraus
Edward & Sandra Leibfreid
Joe & Betty Liggio
Deitrich & Haide Marcuse
Susanne Mars
Pat & Ginny McHugh
Gerry Midwinter
Anne Mihovich
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Flo Schneider
Gerald Schneiderman
Betty Ann Seifert
Don & Dorothy Shechtman
Lynn Silverman
Frank & Doris Spadaccini
Kathleen Spence
Lillian Tibus
Larry & Elaine Tunkel
Frank & Margie Valvo
Phyllis Zielezinski

Personals

To our Dear Friends at Four Seasons,
During our days of grieving and tears for my Ralphie, I asked GOD over and over, “Why? Why not me? Is my husband okay?” I begged for a sign, but to no avail! I was not going to get any answers.

What I didn’t see in the coming weeks of sorrow, was that Jen and I were completely surrounded by angels comforting and supporting us. Those angels were ALL OF YOU! Family; Friends here at Four Seasons; The Doctors; Staff Members; People near and far connecting with prayer cards; Leaving Food and phone messages. All OF YOU holding us in a Blanket of Love. NO words can thank you enough, but our Hearts will always be filled with Blessings and Love for each one of you.

*May God grant you Peace and Good Health—RoseAnn and Jennifer Carbone*

Hello, fellow shut-ins. I thought I would send a request to the gardeners who find they have a bumper crop of veggies—especially zucchini. You can always drop them off at my house on Spring Valley Drive. In the meantime, y'all stay healthy, stay smart, stay safe.~Lee Gunning

This is very hard to write. Harold spent just over a month in the hospital for something that was supposed to be a simple medical procedure. He was expected to make a full recovery, and was headed in that direction. Unfortunately, he was suddenly beset with a series of new problems which weakened him terribly. Sadly, on Wednesday night, July 15th, his body gave up the fight, and we lost him. It was a shock to everyone including his doctors. We buried Harold on Friday, July 17th. Harold had quite a following within the community, especially the bridge group and the theater club. Many people wanted to pay their respects but couldn't because of the Coronavirus. He will be missed by all his family and friends. Feel free to call me if you'd like to talk. -Davida Schachter
Prickly pink roses, sweet sour grapefruit, juicy watermelon (with seeds, please), plump raspberries just off the vine, sugary whipped cupcake icing, and strawberry chia smoothies. These are just a few of the favorite things that come to mind when I think pink.

Pink is undeniably my favorite color; it has a strong emotional influence on me—a joyful vibe. Those who know me know that I will pick a pale pink shade over every other color choice for most anything: pink watch, pink shoes, pink umbrella, pink clutches, sweaters, skirts, and blouses. If I could have a pink car, I might consider it. But truth be told, I have to have some consideration for those who choose to live with me and bear this obsession. Obviously, a pink house, or all rooms painted pink may just be taking it too far. There are times when I must sacrifice for the good of all and get the inspiration I need from nature: elegant peonies, clematis, tulip, and hibiscus flowers; stately cherry blossom and magnolia trees.

It is said that pink is the color of universal love, representing friendship, affection, harmony, and inner peace. I couldn’t agree more. If red is the color of passionate love, then pink in all its delicateness must be its sweet side; a combination of red’s aggressive boldness softened by white’s pearly hue. In fact, in psychology, pink is the sign of Hope, suggesting you can even empower yourself with pink!

There are some in my family who have this same passion for the color green. I’ll be the first to admit that without the contrast of other colors pink cannot stand out and shine in all its beauty. But there’s no denying that pink is the superior color; the Queen of all things magnificent; splendid, glorious, and grand (And because pink would never be condescending, it does this in the most gentle of ways).

Since studies have confirmed that exposure to large amounts of pink can have a calming effect, I wonder why anyone would even consider refuting the power of pink. Who could ever turn away from the texture of cotton candy dissolving in your mouth, seeing the blush cheeks of an adorable baby, the taste and pop(!) of fun-chewing bubble gum, hearing the oinks of mud happy pigs or the nasal honking of exotic flamingos? When I sniff, I even smell pink all around me: like a fruity Jolly Rancher or tall glass of pink lemonade.

Of course, the shade of pink isn’t for everyone; for some, pink is too feminine (Essie Ballet Slippers), too pale (Benjamin Moore Pink Bliss), or too bold (Valspar Very Berry). But this just proves that pink is “sugar and spice and everything nice” in between. Pink is Versatile! Creative! Euphoric! Vivacious! Pink is Awe-inspiring!

Wouldn’t you agree that pink is a bubbly, animated, cheerful color? For most of us, most days, that’s exactly what we need: Happiness! Peace! Joy! Just sit back and imagine all things pink and I think you may realize that pink is your favorite color too…

Now, how do I convince Eddie to get that pink mini coupe?

Carpe Diem!

“Sometimes it takes only one act of kindness and caring to change a person’s life.” – Jackie Chan
FOUR GRAMMAR RULES YOU CAN IGNORE

Dig out your old grammar workbooks. Got them? OK, now throw them away! Grammar is constantly evolving, meaning rules that were once drilled into your head by school teachers are now more like guidelines to be ignored. Here are four grammar rules that you no longer need to stress about.

4. **Don’t End Sentences with Prepositions**

“You don’t know with whom you’re messing!” is probably not the phrase you’d hear during an all-out brawl in the middle of a shady dive bar. Chopping and restructuring prepositional phrases was one of those no-no’s always touted by your 7th-grade English teacher, but the need for such a rule is questionable at best. It’s wordy, it doesn’t do anything to further clarify the sentence, and it makes the speaker sound awkwardly pretentious.

Seventeenth-century linguists argued that because a preposition can’t be stranded in Latin, the same should be true for English. But Latin departs from English in myriad ways, the least of which being stranded prepositions. While you should probably still use the old standby for academic papers or journalistic writing, this is definitely a rule to toss out of your mainstream vocabulary.

The one exception to this rule is unnecessary tag-ons of prepositions. This means adding prepositions on the end of a sentence when you don’t need to. For example, “Where is this bus going to?” can easily be “Where is the bus going?” When you can use fewer words, you usually make a more concise point.

3. **Don’t Split Infinitives**

“To go boldly where no one has gone before,” just doesn’t have the same ring as Captain Kirk’s original, “To boldly go where no one has gone before.” While it is true that the adverb boldly is modifying “to go” in either case, placing it before the verb hints to the listener a special way to characterize the verb before they ever hear it.

The rule of not splitting infinitives is yet another hangover from Latin. Latin infinitives are a single word indicating to some linguists that English infinitives should be treated as a single unit. But again, English is not Latin. From Benjamin Franklin to William Wordsworth, from Samuel Johnson to George Bernard Shaw, split infinitives have been utilized and advocated by some of English’s best writers, so why not you?

2. **Never Begin a Sentence with a Conjunction.**

“But since writing is communication, clarity can only be a virtue. And although there is no substitute for merit in writing, clarity comes closest to being one,” says William Strunk Jr. & E. B. White in *The Elements of Style*.

Beginning a sentence with a conjunction, such as *but* or *and*, has long been a grave grammar sin. But beginning a sentence with a conjunction helps to keep these thoughts separated and will save you from a confusing cacophony of commas, not to mention allow your reader to breathe between thoughts. Conjunctions, sometimes recognized as the mnemonic FANBOYS (*for, and, nor, but, or, yet, so*), but more accurately by *Merriam Webster’s mnemonic*, WWWFLASHYBONNBAN (*whether, well, why, for, likewise, and, so, however, yet, but, or, nor, now, because, also, nevertheless*), have been used to start sentences for over a millennium.

The Christian Bible uses conjunction-started sentences constantly: *In the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. And God said, ‘Let there be light,’ and there was light.*

*Merriam Webster* says, “Everybody agrees that it’s all right to begin a sentence with *and*, and nearly everybody admits to having been taught at some past time that the practice was wrong.” There has been
speculation that conjunction-started sentences were discouraged so that children wouldn’t string together long clauses and sentences, but initial-conjunction sentences do well to stop the flow of run-on sentences, not further it. As further evidence, the AP Stylebook, and the Chicago Manual of Style both permit the use of conjunctions to start sentences.

1. **Never Start a Sentence with Hopefully**
   “It is hoped that the taxi arrives soon.” “Hopefully, the taxi will arrive soon.”

   Hopefully has been unfairly singled out by grammarians as the adverb you should never use to start a sentence. Taxis cannot do things in a hopeful manner, and you the speaker are the hopeful one. But like many grammar rules, English can bend for the sake of conversation. And besides, rarely do grammarians take issue with adverbs like clearly, unbelievably or fortunately modifying the remaining sentence. As stated in The Oxford Dictionary *It’s certainly true that you can’t paraphrase hopefully as ‘it is hopeful that.’ But this is no reason to ban its use as a sentence adverb: there are no grammatical rules that say the meaning of a word mustn’t be allowed to develop in this sort of way. [This use] of hopefully is now much more common than the traditional one and there’s no need to avoid it in most everyday contexts.*

“To err on the side of kindness is seldom an error.”
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