Happy Father's Day

Dad's Garden
by Patricia Mironowicz, Art Workshop
President's Message  
By: Bert Lundberg

First of all, I would like to say our hearts and prayers go out to the families that have been impacted by the covid 19 virus.

We missed out on several important celebrations. Most of all Mother's Day and Memorial Day where we honor our fallen solders. This is always a big celebration here at Cedar Glen Lakes. One thing you might want to do is place an American flag outside your residence that will honor our volunteers through this pandemic.

As I am writing this report, Governor Murphy has extended the statewide sanctions for another 30 days. Hopefully this will end June 6th and we can get back to somewhat normal life.

Your Board has been staying active throughout this crisis. Letters are being sent to residents who are in violation of the rules and regulations. There was a total of 24 such letters sent and several were referred to our attorney, Ron Catelli.

On a lighter side, as I ride through the village I feel a sense of pride when I see people out working in their gardens.

WHAT YOU CAN DO TO KEEP YOU AND YOUR FAMILY SAFE

Avoid close contact (keep a distance of 6 feet) with people.

Avoid unnecessary physical contact – greet others with a smile not a handshake.

Continue to wear your mask when you have to venture out into the public for necessities. This is for your safety and the safety of others.

At this time, I would like to thank all the healthcare workers, first responders, police, fire, EMTs, and the postal workers. Also, all the people who are working in the grocery stores under these adverse conditions.

Everyone who has purchased a home here has been required to sign a document that says they have agreed to abide by our rules and regulations and our by-laws. These documents are tied to every stock certificate. As a result, there should be no surprise to anyone when we ask you to comply to these rules.

Living in an adult community, each homeowner should be responsible for staying in the guidelines and be respectful to one another. They were written so Cedar Glen Lakes would be a beautiful place to live.
I would like to thank everyone here in the village and also our many volunteers who keep the "best kept secret in NJ" in tip top shape. We should all feel honored to be living here.

Cedar Glen Lakes, strong and united. God bless our village and America.

Attention C.G.L. Residents

In this month’s Echoes, on page 4, you will find a form to be filled out by each stockholder of C.G.L. for a HOPA survey. This survey is required by federal and state law and failure to file is an offense. If this survey is not completed, this senior housing community could lose its housing status.

So far, we have received quite a few forms filled out by our stockholders. This form must be filled out by all 1,236 stockholders and returned to the C.G.L. office by July 1, 2020. Failure to do so, you can expect a visit from a board member.

Thank you for your cooperation.

C.G.L. Board of Directors

Automatic Withdraw

For your convenience, Cedar Glen Lakes allows you to pay your monthly fees (HOA fees) by electronic check. These fees will be withdrawn from your bank account between the 3rd and the 5th of the month. All you need to do is fill out the form on page 6, along with a voided check, and mail to Cedar Glen Lakes, 100 Michigan Ave., or drop off at the office; it’s that easy.

Benefits to electronic checking are: timely payments, no late fees, no more writing checks and no postage. If you need help, please do not hesitate to call the office at 732-350-2223.

Just a reminder, we do not accept cash for your HOA fee.
HOPA Survey
(Housing for Older People Act)

The HOPA provides housing for older persons and is intended for occupancy by at least one person 55 years of age or older per unit. It requires that periodically information must be collected and verified with the age of all residents. If a survey is not completed, the senior housing community could lose its housing status.

It is mandatory that this survey be completed and filed with the office.

**HOPA Questionnaire**

Stock Certificate Holder’s

<table>
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<tr>
<th>Name</th>
<th>Address</th>
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<tr>
<th>City</th>
<th>State</th>
<th>Zip Code</th>
<th>Phone #</th>
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Total number of people living in your home (Do not include paid aides or live-in assistants) ______

<table>
<thead>
<tr>
<th>Person #1</th>
<th>Name &amp; Relationship</th>
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<th>Birthdate</th>
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<tr>
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<th>Name &amp; Relationship</th>
<th>Age</th>
<th>Birthdate</th>
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<tr>
<th>Person #3</th>
<th>Name &amp; Relationship</th>
<th>Age</th>
<th>Birthdate</th>
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I/We certify this form to be an accurate statement of the number of persons living in my home with their accurate birthdates. I/We understand that Cedar Glen Lakes, Inc. could lose HOPA exempt status if the above details are not completed or are inaccurate. Under penalty of perjury, I/we declare that the above information is true, correct and complete.

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<th>Member’s signature</th>
<th>Member’s signature</th>
<th>Date</th>
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Filing of this document is required by Federal and State Law. Failure to file is an offense.
To Residents of Cedar Glen Lakes

Attention Bus Riders: When our bus is up and running, we will only have 10 passengers per trip. There will be 2 trips, AM-only for a while.

The seats that will be used will have a ribbon on the top of seat. Please consider your fellow residents; they all need to shop.

To reserve a seat, please call Sue - 732-716-1517.

Trip Times: 9 AM and 10 AM

If you go at 9 AM, you must return at 10:15 - 10 am returns back to C.G.L. at 11:15 AM - Only Tuesday, 1 trip.

SCHEDULE

Monday: Stop & Shop 9 AM & 10 AM
Tuesday: Stop & Shop and Shop Rite 9 AM - one trip
Thursday: Stop & Shop 9 AM & 10 AM
Friday: Stop & Shop 9 AM & 10 AM

We thank you for your cooperation. Hopefully, our first trip will start on Monday, June 8th. Please reserve your seat starting Monday, June 1st.

Thank you

Arts and Crafts

During these times, hope you are staying busy and staying safe! We have no idea when we will return to doing things we love to do – arts and crafts, quilting, garden club, Common Goal, library, Ladies of the Lakes, security, single groups, bus trips, and many more activities we love to do. Stay STRONG AND SAFE so we can return to an active community at Cedar Glen Lakes. Take care and God Bless!

Phyllis Desio, President of Arts and Crafts

---

Dr. Scott A. Amoss, DPM, CWS
Podiatrist/Surgeon
Certified Wound Specialist

New Patients & Emergencies Welcome
Same Day Appointments Available

Medicare & Most Insurance Accepted
400 Lacey Road, Suite 9B
Manchester/Whiting
732-350-0100

- Diabetic Foot Care
- Heel Pain & Bone Spurs
- Diabetic Shoes & Insoles
- Foot & Ankle Injuries
- Wound Care
- Ingrown & Fungal Nails
- Corns & Calluses
- Bunions & Hammertoes
- Digital X-rays
- Vascular Testing
- Skin Cancer

* Laser Neuropathy Treatment

NEW PATIENT OFFER

Complimentary Foot & Ankle Examination* A $145 Value
Expires 6/30/20

* Ad must be presented before services rendered. Treatment & X-ray, if necessary, are additional. Not applicable with insurance.

---

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RE: AUTOMATIC WITHDRAWAL FOR MONTHLY CARRYING CHARGES FROM ANY FINANCIAL INSTITUTION

I (we) hereby authorize Cedar Glen Lakes, Inc., hereafter called COMPANY, to initiate debit entries to my (our) checking account indicated below at the depository financial institution named below, hereafter called DEPOSITORY and to debit the same to such account. I (we) acknowledge that the origination of ACH (Automatic Clearing-House) transactions to my (our) account must comply with the provision of United States law.

Depository (Your Bank) Name ________________________________

Branch ___________________________ State __________

Routing number _________________ Account number __________________

This authorization is to remain in full force and effect until COMPANY has received written notification from me (or either of us) of its termination in such time and in such manner as to afford COMPANY and DEPOSITORY a reasonable opportunity to act on it.

Name(s) __________________________________________

(please print)

Address __________________________________________

Signature(s) ___________________________ Date __________

________________________________________________ Date __________

PLEASE SUBMIT A VOIRED CHECK FOR THE ABOVE ACCOUNT WITH THIS FORM.
Common Goal

I hope everyone is doing well during these trying times.

Unfortunately, we have to reschedule the June 17th “90 Plus Luncheon”. We will try to set a date in September. This, of course, depends on the status of the coronavirus restrictions.

I think it’s best, at this point, to cancel the June 28th “Coffee with Friends & Neighbors”.

I am holding out hope for the other events on our schedule, and will provide their status in my monthly articles.

As always, please do not hesitate to call me with any questions or suggestions.

I love it when a plan comes together!

Vinnie G.
WWG1, WGA
Cell: 201-214-5072

Creative Writers
Mildred Keogh

Heroes

Our future is uncertain
Hidden behind the curtain
Our homes a fortress against the danger
We distance from friend and stranger
Feeling scared and unprepared
But in the meantime
Heroes on the front line
stay the course
With their bravery and humanity
Not focused on what used to be
Dealing with a new reality
Our caretakers and life savers
Essential workers and risk takers
Should feel the magnitude of our gratitude
Day by day, step by step
They pave the way

WIDE PLANK WOOD FLOORING
$3.59 S.F.

CORETEC VINYL WOOD LOOK
$2.89 S.F.

CARPET LIFETIME STAIN WARRANTY
$.97 S.F.

FREE UPGRADE UNDERLAYMENT

10% OFF UP to $1,0000
May not be combined with other offers
Must be presented at time of purchase

Creative Writers
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CEDAR GLEN LAKES WATER COMPANY
WATER CONSERVATION

The Department of Environmental Protection, Division of Water Resources controls the use of water in the State of New Jersey.

In order to adhere to their regulation of water conservation, Cedar Glen Lakes must control the use of water during the peak summer months.

Therefore, there will be NO watering of lawns, gardens, flowerbeds, or washing of cars except during the regulated period.

1. For the months of June, July, August and September, watering will be limited to a five hour period between the hours of 7:00 A.M. to 12:00 NOON OR 5:00 P.M. to 8:00 P.M. Starting on June 1, 2020.

2. The Odd-Even system will apply. That is: those houses with odd numbers will water on the odd calendar date; those houses with even numbers will water on the even calendar date. WHERE THERE ARE THIRTY-ONE (31) DAYS IN THE MONTH, NO WATERING WILL BE PERMITTED ON THE 31ST BY ANYONE.

For those individuals who violate this regulation, the matter will be referred to our Corporate Attorney for legal action.

We must try to conserve on water. Please cooperate and water only during your regulated period.

BOARD OF DIRECTORS
Lakeside Garden Club

We hope you enjoyed receiving your mini flower pot with seeds! Right now, we are unsure if we will be able to hold a June meeting, but will keep you updated.

Event updates:
May 18: Flea Market Cancelled
August 8: Tentative Tea Party – This year's theme is Victorian Rose. Please begin to gather your basket and auction items.
October 24: Craft Show/Flea Market – we are thinking of combining these; please let us know your thoughts about this.
December 5: Annual Christmas Party

The West Hall renovation of the bathroom project, sponsored by the Lakeside Garden Club, has been completed.

June hints:
Marigolds, Cosmos, Zinnias, and Sunflowers are some of the best flowers to plant in June.
Honeybees must visit about 2 million flowers to make 1 pound of honey.
Pinch back any annuals or other plants that might be getting a bit leggy.
This is an excellent month to pick out a few new perennials and plant them in the garden.
Remove dead foliage from your spring flowering bulbs, but only after it has died back naturally.
To keep strawberries fresh, place them in a bowl filled with 1 cup white vinegar and 8 cups water. Gently stir the berries, then let them sit a few minutes. Rinse the berries in cold water and pat dry. Refrigerate in a paper towel-lined container until ready to eat.
We wish you and yours continued health until we can gather together again.
Happy Gardening!

Susan Golden, Recording Secretary
Health

Corona Virus 19, the new Global Pandemic virus has changed our lives as we know it. I asked Sue Koller, based on her 52 years of nursing to write this.

Sue made some suggestions about our health, a few things to do to help us stay healthy.

Sue said, any time an illness is "around", the best of us should try to maintain a strong immune system. We are born with immunity passed on by our mothers, but then establish our own during life. The more we are exposed to people/nature experiences, the more we build our own immune system. For example, playing in dirt is wonderful! The human body always tries to fix itself. Thus, the more we depend on living in a diminished sanitized environment, the more the body loses its own ability to ward off any infections – whether they be bacterial, viral or fungal.

As we age, it’s important to maintain that natural immunity, following healthy habits, like eating well, getting enough sleep, exercise, even if it’s just walking. We can help by taking vitamin supplements, as needed. Vitamin C is known as a healing/repairing vitamin; because it is a water soluble vitamin, it should be taken with a meal. Water soluble means that what isn’t absorbed will be eliminated from the body. Taking vitamin C with food allows more of the vitamin to be absorbed.

Wash your hands after you’ve been out; wear a mask when required.

If you do feel ill, have a fever or a cough, call your doctor and follow their instructions. If shortness of breath develops, go directly to ER.

Somehow, difficult times can bring out the best in some people, look for it in others and yourself.

Geri Soto
Paper Gang

The Paper Gang of CGL collects your newspapers, catalogs and magazines. The monies collected from the paper items goes to the purchase of needed maintenance items and village special projects.

We ask that you bundle your newspapers, catalogs and magazines separately, and bring them to the Paper Trailer located in the rear of the clubhouse parking lot.

Please adhere to the posted sign outside of the trailer for allowable and non-allowable items that we collect. WE DO ACCEPT SHREDDED PAPER. Remember, the money we earn from the paper items will help to keep our maintenance fees down.

If you have any questions, please do not hesitate to call Vinnie G 201-214-5072.

Readers in the Glen

Are you missing our discussions? Hopefully, everyone is healthy and functioning well at home. The safest way to travel lately is through reading a good book!

As soon as it is deemed safe, we will be meeting again. The Ocean County Library will let us know when they are ready to release our books.

Please stay safe and well!

Karen Bence, President 732-716-4178
Betty Culp, Secretary 732-408-5514

Stay HOME. Stay SAFE.
Let the Doctor Visit You.

Visiting Physician Services is still making House Calls to older adult and homebound patients following all safety guidelines during this difficult time. Telehealth visits also available.

We’re Here for You.
732-571-1000

Karen Bence, President 732-716-4178
Betty Culp, Secretary 732-408-5514

Security Patrol

Senior citizens continue to be the fastest growing segment of our population, and that makes us a prime target for con artists and thieves.

Crime prevention is everyone's responsibility. One of the best ways to take an active part in crime prevention is to be more alert and aware of what's going on around you. You can take a few simple measures like locking both your house and car doors, watching out for your neighbors and keeping your personal information secure. Never let a stranger in your home.

Now, let's lighten things up. There was a senior citizen driving down the highway when his wife calls him on his cell phone; with a worried voice she says, "Herman, be careful! I just heard on the radio that there is a madman driving the wrong way on Route 72!" Herman says, "I know, but there isn't just one, there are hundreds!"

The Security Patrol meets the second Monday of each month. Refreshments start at 6 PM, followed by our business meeting at 7 PM in West Hall. All residents are invited to attend.

My final thought for the month: "You know you've reached middle age when you're cautioned to slow down by your doctor, instead of the police."

Happy Father's Day
Patricia Mironowicz
Jerry Aiello, President

Singles Club

Hi everyone! Hope you’re all doing well. Last month we might have gone to a Mexican restaurant and this month had lunch and sailed on a River Lady cruise. So, I had a margarita and watched Titanic. Not the same!! We have some fun events planned for the summer and, hopefully, will get to do them. But even better, it would be great to just get together and see everyone. I’m running out of things to talk to myself about. Take care and hope to see you all soon.

Your secretary,
Barbara Huffman

S.O.S.

Happy Father's Day

It's been some time since we have been able to connect with our clients and volunteers. We wish everyone good health and look forward to opening our office once again.

June brings us Father's Day, Flag Day and many graduations (no public ceremonies).

Wishing happiness to all of you, and extending Happy Birthdays to our June celebrants.

Since this article had to be in by the early part of May and we had no idea when things would change, I can only inform you to watch Channel 22 each week for any updates.

Keep Well,
Virginia Stasinski

Father’s Day

I just want to let you know
You mean the world to me
Only a heart as dear as yours
Would give so unselfishly
The many things you have done
All the times that you were there
Help me know deep down inside
How much you really care
Even though I might not say
I appreciate all you do
Richly blessed is how I feel
Having a father just like you

Happy Father's Day
Flag Day

Each year on June 14, we celebrate the birthday of the stars and stripes, which came into being on June 14, 1777. At that time, the second continental congress authorized a new flag to symbolize the new nation, the United States of America.

The stars and stripes first flew in a Flag Day celebration in Hartford, Connecticut in 1861, during the first summer of the Civil War. The first national observance of Flag Day occurred June 14, 1877, the centennial of the original flag resolution.

By the mid 1890's the observance of Flag Day on June 14 was a popular event. Mayors and governors began to issue proclamations in their jurisdictions to celebrate this event.

In the years to follow, public sentiment for a national Flag Day observance greatly intensified. Numerous patriotic societies and veterans groups became indentified with the Flag Day movement. Since their main objective was to stimulate patriotism among the young, schools were the first to become involved in flag activities.

In 1916, President Woodrow Wilson issued a proclamation calling for a nationwide observance of Flag Day on June 14. It was not until 1949 that congress made this day a permanent observance by resolving "that the 14th day of June of each year is hereby designated as Flag Day". The measure was signed into law by President Harry Truman.

Although Flag Day is not celebrated as a federal holiday, Americans everywhere continue to honor the history and heritage it represents.
Cedar Glen Lakes

Presents:

OCEAN CITY, MD.

September 21-25, 2020  5 Days & 4 Nights

** PACKAGE INCLUDES **

*ROUND TRIP MOTOR COACH TRANSPORTATION
*4 NIGHTS DELUXE ACCOMMODATIONS AT THE FENWICK INN
*4 GREAT FULL BREAKFASTS AT YOUR HOTEL
*FERRY RIDE ON THE WAY DOWN FROM CAPE MAY, NJ TO LEWES, DE

*4 DELICIOUS DINNERS INCLUDING
The Angler Restaurant with a sightseeing boat ride to follow
Red Roost with live entertainment
Nick’s House of Ribs
The Shark on the Harbor

*GUIDED TOUR OF ASSATEAGUE ISLAND

*ADMISSION TO THE WARD FOWL MUSEUM
*VISIT TO THE COUNTRY STORE
*VISIT TO THE SALISBURY ZOO

*VISIT TO THE FAMOUS TANGER OUTLETS REHOBOTH BEACH

*VISIT TO OCEAN DOWNS CASINO WITH BEST AVAILABLE BONUS

*ALL TAX AND MEAL GRATUITY

*ROUND TRIP BAGGAGE HANDLING

THIS GREAT TRIP FOR...... $595.00 PP/DBL

SINGLE COST............ $695.00 PER PERSON

FINAL PAYMENT IS DUE BY AUGUST 6, 2020

FOR MORE INFORMATION & RESERVATIONS PLEASE CALL:
PAT FLEISCHMAN AT 732-606-5597

**TRIP ASSURANCE PROTECTION IS AVAILABLE FOR $49.00 / PP**
No person shall own, possess or harbor any pet that frequently or for continued duration makes sounds that create a noise disturbance across a residential real property line. For the purpose of this article, a noise disturbance from a barking dog shall be defined as that created by a dog barking continually for 10 minutes or intermittently for 30 minutes unless provoked.

§ 101-16. Running at large prohibited; leash required.
• No person, owning, keeping or harboring any dog shall suffer or permit it to run at large upon the public streets or in any public park or in any public building or in any other public place within the Township.
• No person owning, keeping or harboring any dog shall suffer or permit it to be upon the public streets or in any of the public places of the Township unless such dog is accompanied by a person over the age of nine years and is securely confined and controlled by an adequate leash not more than six feet long.

Any person owning, keeping or harboring any dog which is charged with the violation of any provision of this article shall, for each offense, upon conviction thereof, by the Judge of the Municipal Court, be liable to a fine not to exceed $2,000, imprisonment for a term not to exceed 90 days or community service for up to 90 days, or any combination thereof, in the discretion of the court.

§ 101-36. Feeding of Feral Cats: Prohibited conduct.
No person shall feed any feral cat within the Township of Manchester.

Any person(s) who is found to be in violation of the provisions of this article shall be subject to a fine not to exceed $2,000, imprisonment for a term not to exceed 90 days or community service for up to 90 days, or any combination thereof, for each and every violation. If the violation is of continuing nature, each and every day during which it continues constitutes a separate and distinct offense.

Reporting Animal Cruelty
If you have information regarding animal cruelty or abuse, you should contact any of the following agencies:
• The Manchester Township Police, if the animal cruelty or abuse happened inside Manchester Township.
• The Manchester Township Animal Control Officer, who is trained and authorized as an Animal Cruelty Investigator and therefore can investigate animal cruelty or abuse situations. The Manchester Township Animal Control Officer should be contacted if the cruelty or abuse occurred in Manchester Township.
• The New Jersey Society for the Prevention of Cruelty to Animals has a hotline to report animal cruelty. The can be reached at 1-800-582-5979.
MANCHESTER TOWNSHIP
RECYCLING SCHEDULE FOR 2020
(GLASS BOTTLES, CANS, PLASTIC BOTTLES)

<table>
<thead>
<tr>
<th>JANUARY</th>
<th>9 &amp; 23</th>
<th>JULY</th>
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<td>6 &amp; 20</td>
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<td>MARCH</td>
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<td>MAY</td>
<td>14 &amp; 18</td>
<td>NOVEMBER</td>
<td>12 &amp; 28 (Sat.)</td>
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<tr>
<td>JUNE</td>
<td>11 &amp; 25</td>
<td>DECEMBER</td>
<td>10 &amp; 24</td>
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PLEASE HAVE RECYCLABLES CURBSIDE ON THE NIGHT BEFORE YOUR SCHEDULED DAY IN THE PROPER CONTAINER (PLASTIC CONTAINERS PREFERRED)

DO NOT PLACE RECYCLABLES IN PAPER BAGS, PLASTIC BAGS OR CARDBOARD BOXES. PLEASE!!!!!

CRUSHED (NOT TIED) CARDBOARD BOXES, 2' X 2' SQUARE, MAY BE PLACED AT CURBSIDE WITH YOUR RECYCLABLES.

MIXED PAPER, JUNK MAIL, MAGAZINES, USED WRITING PAPER, WHITE ENVELOPES & COMPUTER PAPER MUST BE PLACED IN A REUSABLE CONTAINER.

RECYCLING SERVICES PROVIDED BY: CENTRAL JERSEY - 1-609-771-8005

MANCHESTER TOWNSHIP BULK TRASH PICK-UP

THURSDAY, JANUARY 30 & TUESDAY, SEPTEMBER 1

LEAF & BRUSH PICK-UP

TUESDAY, APRIL 14 & THURSDAY, NOVEMBER 12

LEAVES MUST BE PUT INTO UNTIED PLASTIC BAGS

* * * * * * * * * * * * * * * * * * * * * * * * * * * * * * *
IF YOU HAVE ANY QUESTIONS, CALL MANCHESTER TOWNSHIP DEPT. OF PUBLIC WORKS AT 732-657-8121, EXT. 3300

PERMITS FOR MANCHESTER LANDFILL MAY BE OBTAINED AT TOWN HALL OR THE PUBLIC WORKS GARAGE ON ROUTE 70

!!!!!!! SAVE YOUR NEWSPAPERS & CATALOGS!!!!!!!
THE PAPER GANG OF CEDAR GLEN LAKES WORKS VERY HARD TO SAVE YOU MONEY BY PURCHASING NECESSARY ITEMS SUCH AS TRUCKS, COPY MACHINE EQUIPMENT, SMALL TOOLS, ETC. THEY ASK YOU TO BUNDLE YOUR NEWSPAPERS & CATALOGS (SEPARATELY) & BRING THEM TO THE PAPER TRAILER PARKED IN THE REAR OF THE CLUBHOUSE PARKING LOT. REMEMBER, WHAT COMES IN THE NEWSPAPER CAN BE RECYCLED WITH THE PAPER.
Termite Inspection $65+tax
Quarterly Pest Control

One Time Service $65+tax
Yearly Quarterly Service $220+tax
(4 Times Inside 3 Times Outside)

Termite Contracts $85+tax per year with no current termite problems

Neighbor Discount
Get 5 neighbors for a one time spray only $45 each (Inside and outside) - MUST BE APPLIED SAME DAY

Senior Discount
ANY Termite Job $600+tax

ALL INSECTS COVERED
GROUND BEETLES
CENTIPEDES • MILLIPEDES
EARWIGS • SPIDERS
ANTS • SILVERFISH
CRICKETS
** BED BUGS NOT INCLUDED**
**WOOD DESTROYING INSECTS NOT INCLUDED **

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Get 5 neighbors for a one time spray only $45 each (Inside and outside) - MUST BE APPLIED SAME DAY

Senior Discount
ANY Termite Job $600+tax

ALL INSECTS COVERED
GROUND BEETLES
CENTIPEDES • MILLIPEDES
EARWIGS • SPIDERS
ANTS • SILVERFISH
CRICKETS
** BED BUGS NOT INCLUDED**
**WOOD DESTROYING INSECTS NOT INCLUDED **

Termite Inspection $65+tax
Quarterly Pest Control

One Time Service $65+tax
Yearly Quarterly Service $220+tax
(4 Times Inside 3 Times Outside)

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DRIVE AT ....

KEEP OUR NEIGHBORS ALIVE
Adding reflections to your images will give them more depth and make them more dynamic. They can also add a calmness to your photos. If the reflection is going to be your subject it should take up a large portion of the image.

The wind is generally calmer at dawn and dusk, so these are good times to look for reflections. Night lights reflected on the water or on a shiny surface are also good subjects.

As always you can email to bill@kirmsphotography.com with any photographic questions. Visit www.kirmsphotography.com if you’d like to see more of my images.

Keep shooting and improving your images, but most importantly, have fun with your camera.
Calling All Photographers
Both Good And Not So Good!

Ocean County Camera Club is a fun organization for photographers of all levels. If you love photography then OCCC is for you.

• Come as a guest and meet the members.
• All photography enthusiasts are welcome.
• Weekly presentations.
• Monthly competitions with judges.
• Starting our 44th year.
• Weekly meetings.
• More info and schedule on our web site.

Meeting Location
1404 Old Freehold Rd, Toms River, NJ
Girl Scouts of the Jersey Shore Building
Monday Nights at 7:30

Check Calendar on Website for Meeting Dates
http://oceancountycameraclub.photoclubservices.com
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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 problem begins, 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
- Muscular 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

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

SUSAN M.
AMARILLO, TX

"The pain was so excruciating that I couldn't sit in any chair, ride in a car, swim in my pool or put on 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.

LIMITED TO THE FIRST 30 CALLERS!

CALL TODAY TO SCHEDULE YOUR APPOINTMENT.