55 Plus: “It’s the time of your life to have the time of your life”
Leisure Village West Resident Directory 2020 is available! Pick up your copy at the Administration Office Monday through Friday from 8 am to 4 pm.

This magazine, One-Call messages, leisurevillagewest.com, as well as, the FIOS Channels 1970 – 1975 are the only official Community Information formats. Posting on any other social media site will not be seen nor addressed by the Board of Trustees in any capacity. If you want to communicate with the Board of Trustees, please send an email to bot@lvwa.net. They will respond to your comments and/or concerns in a timely fashion.

LVW FIOS CHANNELS
Association News-1970
Club News-1971
Newcomers Channel-1973
Board of Trustee Meetings - 1974
KLVW-1975

EDITORIAL STATEMENT
The Board of Trustees or its Editorial Sub-Committee reserves the right to reject, edit, or condense all submissions. They reserve the right to refuse any article or photograph that is considered illegible, libelous, inflammatory or may be offensive to other residents. Any article that promotes a personal or political agenda of any one person or group of association members will be rejected.

Clubs and Activities must submit their articles by email (news@lvwa.net) using Microsoft Word. Articles must be submitted by or before the first of each month for the following month’s publication. Please get someone in your club or group to do this for you if you are unable to fulfill this requirement. The publisher has asked us to refrain from using PDF files. Thank you for your help.

IMPORTANT NOTICE
We have recently switched to a new modern telephone system, where we can forward your calls to the appropriate department. Please note, some of our old numbers, once provided by Hotwire, are no longer active. Please update your list as follows:

The main contact number for Leisure Village West is 732-657-9595

Here are the numbers that will connect directly to a department.
732-657-9595 – Association and Accounting
732-657-8878 – Maintenance
732-657-9109 – Willow Hall
732-657-7789 – Club Encore
732-657-4334 – Gate 70
732-657-1658 – Gate 37
Leisure Village West News
Volume 27, Number 9
September, 2020

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Leisure Village West News is published by the Leisure Village West Association. This publication is for the prime purpose of the enjoyment of the community. The deadline for submissions is BY or BEFORE the FIRST of each month for the following month’s publication.

ASSOCIATION OFFICE: Mon-Fri 8 am-4 pm
732-657-9595

LVW MAINTENANCE: 8 am-4 pm
732-657-8878

Accounting Office: Mon-Fri 8 am-4 pm
732-657-9595

Submit articles to: news@lvwa.net

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For Advertising Information call:
888-637-3200 Fax 877-536-5153
The meeting was called to order at 1:00 PM by President, Louis Maiocco.

PRESENT: President – Louis Maiocco, Vice President – Charles Lupo, Treasurer – Eugene Murphy, Secretary – Fay Weinstein, Assistant Treasurer – Al DAmato, Assistant Secretary – S. Falk-Zitelli and Trustee – Salvatore Tozzi. Also present were Community Manager – Joseph Schultz, Service Manager – Jim Snyder, Accounting Manager – Michelle O’Connor and Recreation Director – Mary Lighthipe.

Thomas Mitchell, Insurance Agent for LVW from Mitchell Insurance Agency was present during this meeting to explain insurance coverage during the Covid 19 pandemic.

Michael Polulak, Attorney from McGovern Legal Services LLC was also present to explain the risk of opening the pools/amenities verse keeping them closed. He also spoke about the enforceability of the waiver currently being used for the amenities that are open and explained that it will be modified to have an end date for when the current state of emergency ends and limit it to Covid 19 risk and exposure only.

NEW BUSINESS: (Items voted on)

1. L. Maiocco stated that as a recap pursuant to the Governors executive order #153 the New Jersey Public Facilities are permitted to open after June 22, 2020. The Board has spent many hours reviewing the CDC guidelines and the risk factors as to whether the pools should open. A vote was called on whether to open the pools for the 2020 pool season. It is after much deliberation and with an abundance of caution, the Board voted not to open the pools this year. The requirements to open the pools released by the New Jersey Department of Health are extensive and present a tremendous liability concern to the Association. This is primarily because the Association’s insurance may not cover any claim related to Covid 19. This is a situation that could adversely affect each and every unit owner and may be one that the Association may never recover from.

2. E. Murphy moved to close the three current activities that are open (tennis, Willow golf course and the farm) based upon the lack of insurance coverage that was explained by the insurance agent. C. Lupo seconded.

E. Murphy – Yes
S. Falk-Zitelli – Yes
S. Tozzi – No
A. DAmato – No
F. Weinstein – No
C. Lupo – Yes
L. Maiocco – No

Motion failed. (The three current amenities will remain open)
F. Weinstein moved to open the remaining outdoor activities that are limited to or less than four players with a Ranger to monitor the guidelines. A.DAmato seconded.

S. Falk-Zitelli – Yes
C. Lupo – No
S. Tozzi – No
E. Murphy – No
A.DAmato – Yes
F. Weinstein – Yes
L. Maiocco – Yes

Motion carried.

J. Schultz mentioned that there is a request from a resident seeking permission to use a personal watercraft at one of the ponds. After discussion from the Board the request was denied due to lack of insurance coverage.

T. Mitchell from Mitchell Insurance Agency left the meeting at 1:54 PM.

ITEMS VOTED ON:

S. Tozzi moved to approve to contract with MK Elections for the 2020 Board of Trustees election for a total cost not to exceed $15,000.00. This expense will be provided by the operating budget. E. Murphy seconded. All in favor. Motion carried.

Michael Polulak from McGovern Legal Services left the meeting at 1:57 PM.

F. Weinstein moved to waive the reading of the minutes. A.DAmato seconded. All in favor. Motion carried.

C. Lupo moved to approve the June 3, 2020 minutes. E. Murphy seconded. All in favor. Motion carried.

A.DAmato moved to approve the Policy Resolution Relating to Privacy. C. Lupo seconded. All in favor. Motion carried.

C. Lupo moved to approve the amendments for Schedule A in the LVW Bylaws. E. Murphy seconded. All in favor. Motion carried.

C. Lupo moved to approve the Resolution Relating to Election Procedures. E. Murphy seconded. All in favor. Motion carried.
E. Murphy moved to approve a written request, reference number 2020-01, seeking permission to rent unit above the 8 percent cap. C. Lupo seconded.

C. Lupo – No  
F. Weinstein – No  
A. DAmato – Yes  
S. Tozzi – No  
S. Falk-Zitelli – No  
E. Murphy – No  
L. Maiocco – No

Motion failed.

E. Murphy moved to approve a written request, reference number 2020-02, seeking permission to rent unit above the 8 percent cap. F. Weinstein seconded. All in favor. Motion carried.

A.DAmato moved to approve the purchase of a 2014 Nissan Van vin #: 3N6CM0KN4EK691377 from Certified Auto Mall Inc. for $9,500.00. This expense was provided by account #3150 – Property Fund/Equipment Replacement. S. Tozzi seconded. All in favor. Motion carried.

F. Weinstein moved to approve the purchase of three pumps and motors from Always Pure & Clear Water Well Drilling for a cost of $5,453.32. This expense will be provided by account #3260 – Capital Replacement Fund/Irrigation-Well Motors. S. Tozzi seconded. All in favor. Motion carried.

COMMITTEE REPORTS:

There were no reports given due to the Committees not meeting. The Finance Committee will be meeting in July via Zoom and the Architectural Committee will be meeting in August via Zoom.

RECREATION REPORT: M. Lighthipe, Recreation Director gave the report.

COMMUNITY MANAGER REPORT:

J. Schultz stated that Management is working on a system to hand out Resident Identification badges for the new residents that have not received one. The 24-hour bathroom access at Club Encore and Willow Hall will now be limited from 7AM to 5PM. Residents are reminded that the Governor has now placed a 14-day self-quarantine on all visitors from out of state.

J. Snyder stated that the HVAC packaged unit that heats and cools the maintenance office has failed. It is almost 20 years old and the parts needed are no
longer available. He went out to bid for a direct replacement, a heat pump unit, or a Mitsubishi split system. The Maintenance building has solar panels, so he feels the electric options will be economical. The Board will vote on this at the next open Board meeting on August 5, 2020. He gave an update on the Solar for the Maintenance Buildings which is now complete. The Maintenance crew has begun removing the Hotwire Pedestals throughout the Village. He thanked the Tennis Club and Sociables for their generous donations to Village. There have been a lot of complaints in regards to loose dogs. Residents are asked to follow the rules such as maintaining control of your pet while on a leash and picking up after your pet. The Grounds crew has begun the yearly five-foot area inspections and some residents may have received a 30-day notice to comply.

J. Schultz stated that fireworks are not permitted in the Village. As reported in a previous meeting, the Association successfully applied for the Paycheck Protection Program (or commonly known as the PPP Program). In its purest form this is a loan and a credit for keeping the employees working and paid, where we can apply for forgiveness after the loan has been successfully administered according to the terms. The Board recognizes and feels the frustration that comes from having to pay for amenities that the residents cannot enjoy. Now after a successful PPP application and favorable operating budget, the Board feels they will be able to issue a credit to every unit owner some portion of the excess operating budget by the end of the fiscal year. This is when the Board anticipates approval for the PPP forgiveness conditions. It is too early to commit on the exact dollar amount but perhaps more will be able to be shared at the next budget meeting on July 22, 2020.

UNFINISHED BUSINESS:

1. The proposal recommendations for the gate entry system was presented: The proposal is based upon quotes derived over a year of research, leaving the best approach supplied in conjunction with Allied Universal. The scope of the plan is to add visitor entry to the Colonial entrance. The gate would continue to be available for residents and, through the use of a virtual attendant, allowing visitor entry. The Colonial gate location was selected for its long gate approach, giving the greatest queue for vehicles without impacting the Township or State roadways. This would change the Route 37 entry to a resident only entry. The summary of the system would require one wally unit, which allows, one-way video and two-way audio communications with the remote attendant. This method requires the installation of two gates; one SunPower pivot gate would be installed adjacent to the resident entry gate, the visitor’s lane and one wood gate would be installed on the island prior to the U-turn immediately to the west of the gatehouse, outside the Village fencing. Additional cameras may be needed, if not sufficient, in the Wally unit to give the attendant situation awareness of all activity and traffic flow. This will be voted on at the next open Board meeting on August 5, 2020.

J. Schultz stated that the garbage trucks are in the process of being built and will be ready by the end of August. The final lease will be ready to be signed soon.
F. Weinstein stated that the August magazine will feature Memories. Residents can send their pictures and stories to news@lvwa.net. The deadline is next week.

The full proposed budget for next year is posted on www.lvwcreeper.com and copies are also available at the Association office.

There are currently six candidates running for the Board of Trustees. The deadline to turn in a Nomination is July 1, 2020 at 4:00 PM.

A.D'Amato stated that the recycling paper trailer at Club Encore does not accept plastic bags or bulk items.

The next open Board meeting is the budget meeting which will be held on Wednesday, July 22, 2020 at 1:00 PM. The following open Board meeting is scheduled for Wednesday, August 5, 2020 at 7:00 PM.

There being no further business, the Board meeting adjourned at approximately 2:47 PM.

---

**Leisure Village West**

**2020 Open Board Of Trustee Meetings**

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**Did You Miss the Board of Trustees Meeting?**

If you missed the Board of Trustees meeting you can view the rebroadcast of the BOT meeting on channel 1974.

The broadcast airs Fridays after meetings at 10 am and 6 pm, and Saturday at 10 am.

---

**LETTER TO THE EDITOR**

I found the August issue of the Leisure Village West News informative, nostalgic and fun to read. My compliments on a job well done!

*Barbara Mathias*
The meeting was called to order at 2:00 PM by President, Louis Maiocco.

PRESENT: President – Louis Maiocco, Treasurer – Eugene Murphy, Secretary – Fay Weinstein, Assistant Treasurer – Al DAmato, Assistant Secretary – S. Falk-Zitelli and Trustee – Salvatore Tozzi. Also present were Community Manager – Joseph Schultz, Service Manager – Jim Snyder, Accounting Manager – Michelle O’Connor and Recreation Director – Mary Lighthipe.

Absent: Vice President – Charles Lupo

The purpose of this special meeting is for possible reconsideration on the decision by the Board for keeping amenities open made at the July 1, 2020 open Board meeting.

J. Schultz explained the timeline for when the three current outdoor activities opened and how they are handled. He also explained the purpose of the waiver that is required to be signed in order to use those activities.

In light of the last open Board meeting on July 1, 2020, the Board received/reviewed all the various resident communications and in conjunction with the awareness of the lack of insurance coverage, the Board re-discussed the opening and closing of the outdoor amenities. After a lengthy discussion E. Murphy moved to close all amenities. S. Tozzi seconded.

S. Tozzi – Yes
A.DAmato – No
F. Weinstein – Abstain
E. Murphy – Yes
C. Lupo – Absent
L. Maiocco – Yes
S. Falk-Zitelli – Yes

Motion carried.

It was also stated that the clubhouses will remain closed until further notice.

F. Weinstein moved to have management develop a plan with approval from the Board to allow residents harvest crops in the next two weeks at the LVW farm. S. Tozzi seconded.

S. Falk-Zitelli – Yes
S. Tozzi – Yes
A.DAmato – No
F. Weinstein – Yes
E. Murphy – Yes
C. Lupo – Absent
L. Maiocco – Yes

Motion carried.

There being no further business, the Board meeting adjourned at approximately 2:56 PM.
ARE YOU A NEW RESIDENT? HAVE YOU HAD A WELCOME VISIT? NO? WOULD YOU LIKE ONE? IF SO, PLEASE CALL 732-408-8118

Speaking slowly and clearly, leave a message including your name, address, telephone, when you became a resident, and when a welcome visit might be convenient. You will be contacted to arrange a mutually convenient appointment. We have so much important information to share about Leisure Village West.

It’s the time of your life To have the time of your life!

And, check out Fios Channel 1973.

Vincent & Liliane Digilio and Phillip Digilio 104B Buckingham Drive Neptune, NJ
Elizabeth Leite 488A Coventry Court Guttenberg, NJ
Rocio Alsieux 601A Bosworth Court Neptune, NJ
Laura Christensen-Tunis 1150B Thornbury Lane Jackson, NJ
Carol Aubuch 43A Cambridge Circle Lakewood, NJ
Charles Seitz III and Kenneth Naze 1062B Buckingham Drive Howell, NJ
Linda Gomez 800B Westminster Court Ridge, NY
Robert & Patricia Murray 549B Mayfair Road Saddlebrook, NJ
Gerald & Ida Pellegrino 545A Norwich Court Lakewood, NJ
Virginia Samuel and Madonna Samuel 813A Westminster Court Newark, NJ
Michael & Delores Johnston 715B Wooton Court Ewing, NJ
Timothy Erbe 25B Gramercy Lane Central Islip, NY
Bruce & Kerry Howard 773A Liverpool Circle Wharton, NJ

Healthy Eating Plate

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies—and the greater the variety—the better. Potatoes and french fries don’t count.

Eat plenty of fruits of all colors.

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.

Manager’s Corner

By Joe Schultz

Emergency Preparedness

It doesn’t take much to prove most of us are woefully ill-prepared to weather a disaster, especially an extended duration power outage. This is particularly true for those amongst you that rely on oxygen or other life-assist equipment. These are hard lessons we’ve endured from two significant storms over recent years.

The community has made advances, shielding us from having nothing to battle the outages to having three portable generators to keep some basic emergency operations going in addition to one whole recreational building with backup power, in Willow Hall. It’s certainly good to have something in our arsenal to deal with these issues, but perhaps more needs to be done.

I don’t know how feasible or practical it is for those on oxygen to have a battery backup concentrator to help build your backup oxygen supply. I see there are battery backup concentrators on the market for that purpose, and if your medical coverage would extend to that type of purchase, it might be something for you to look into.

Generally speaking, battery backup devices are game-changers in these situations. I know some of you have battery backups on your telephones and garage door openers, two pretty important things to have these days. Someday, in the future, as battery technology improves and costs come down, we may find the essential services of our homes backed up on battery, wouldn’t that be great. For now, if you don’t have a backup for your phones or have difficulty releasing your garage door, it may be time to consider these conveniences.

In writing this article, I find the need to clarify some misconceptions about generator use in the Village. First, whole house generators, semi or permanently installed, are not permissible in the community. Secondly, portable generators and their fuels are also not permitted to be stored in the community, garage, or otherwise. While we have not taken action to shutter their use in times of prolonged outages, no one should misconstrue this as it being permissible to store on-premises, in or around your home.

2020 continues to be a busy hurricane season, so please check your home for emergency preparedness, stock up on batteries, medicine, ready-to-eat food supplies, and more.

That’s it for now, stay safe, and until we can meet again, we’ll see you soon back on Zoom.

THANK YOU

To my family, friends and neighbors of LVW;

The last few months have been the most horrible for me, but with your prayers, card and calls I’m starting to feel a little better. Im truly blessed having you all in my life.

Thank you and bless all of you,

Renee Menasse
Coastal Hematology & Oncology Center

Jessica Taff MD

• Triple Board Certified: Medical Oncology, Hematology, & Internal Medicine
• Trained at Georgetown University School of Medicine & NYU Langone Medical Center
• Former Chief Fellow in Hematology/Oncology at NYU
• Born and raised at the Jersey Shore

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EARWIGS • SPIDERS
ANTS • SILVERFISH
CRICKETS

** BED BUGS NOT INCLUDED**
**WOOD DESTROYING INSECTS NOT INCLUDED **
Volunteers in Service to Our Neighbors

By Kathy Maiocco

WE ARE STILL HERE FOR YOU

VOLUNTEER DRIVERS NEEDED FOR MEDICAL APPOINTMENTS!

How is everyone doing with the “new normal”? We, at VISTON, hope you are all staying safe and well. With that, we would like to extend our gratitude to the many who volunteered as emergency shoppers in answer to our plea for help. We have approximately eight new volunteers to do emergency shopping for our fellow residents. We know there are those of you who would like to help and cannot due to health reasons and we appreciate each and every one of you.

With the ever-changing times with Covid-19, there has been an uptake of in-person doctor visits, lab work, dentist appointments, etc. as opposed to the world of Telemedicine over the last few months. Due to this, we are now in need of drivers once again to assist those needing to visit their doctors, dentists or to get lab work, etc.

VISTON is taking every precaution possible to safeguard those who are able and willing to volunteer. Our Chairperson, Joanne Gentilella, is instructing every resident to sit in the back of the vehicle and requires both the driver and the resident to wear masks.

With the uptake for in-person office visits, we are urgently seeking anyone who is not health compromised and is willing to drive a resident within a 10 mile radius of LVW, to call our office at 732-657-1818 to become a driving volunteer.

PLEASE NOTE: VISTON is comprised solely of volunteers from our community. We do not raise funds in any fashion but we do have expenses for office supplies and printing needs. Donations are always welcome to help defray the costs associated with providing our services to the community.

Thank you for your support. Stay well. Be Safe. Practice Social Distancing!

THANK YOU Amy does double duty - walking for exercise and cleaning up the litter in our Village

Thank you

We are homebound and do not drive. Our heartfelt thanks to VISTON for the volunteers doing our food shopping and taking us to medical appointments. Bless you.

Penny and Murray Peter

THANK YOU Penny and Murray Peter do double duty - walking for exercise and cleaning up the litter in our Village
For over 14 years, we've built our family business on relationships and continue to lead the Landscape Industry in innovation and quality.

No matter what garden style appeals to you, a successful landscape requires the use of basic design principles. Knowing these principles and how to use them well will do not expire, except service call coupon.

THE ELEMENTS OF DESIGN

No matter what garden style appeals to you, a successful landscape requires the use of basic design principles. Knowing these principles and how to use them well will enable you to create the look and feeling you want.

For over 14 years, we've built our family business on relationships and continue to lead the Landscape Industry in innovation and quality.
THANK YOU FOR YOUR MANY YEARS OF SERVICE TO OUR VILLAGE

SAL TOZZI

SARA FALK ZITELLI

CHUCK LUPO

Everybody gets stressed sometimes. Do you have a plan for the next time your mental pedal is to the metal?

TRY THESE TIPS TO GET OUT OF STRESS FAST:

1. Count to 10 before you speak or react.
2. Take a few slow, deep breaths until you feel your body unclench a bit.
3. Go for a walk, even if it’s just to the restroom or back. It can help break the tension and give you a chance to think things through.
4. Try a quick meditation or prayer to get some perspective.
5. If it’s not urgent, sleep on it and respond tomorrow. This works especially well for stressful emails and social media trolls.
6. Walk away from the situation for a while, and handle it later once things have calmed down.
7. Break down big problems into smaller parts. Take one step at a time instead of trying to tackle everything at once.
8. Chill out with music or an inspirational podcast to help you relax on the read.
9. Take a break to pet the dog, hug a loved one or help someone out.
10. Work out or do something active. Exercise is one of the best antidotes for stress.

GET MORE WELLNESS TIPS AT HEARLORG/HEALTHYFORGOOD
In the Pink
By Bruce Zatkow

Flamingos don’t engage in social distancing. In fact, even if they were compelled to, they would always find a way to circle back to their coterie of friends.

A University of Exeter study published in the journal Behavioural Processes illustrates how dependably captive flocks of flamingos select their soulmates. Co-authored by Dr. Paul Rose of the Wildfowl and Wetlands Trust, observations over five years showed how flocks of Caribbean, Chilean, Andean, and Lesser Flamingos at WWT’s reserve in Slimbridge, England invariably divided into companionable cliques.

The groups appeared to assemble according to sheer preference: mated pairs (flamingos mate for life), males with males, females with females, bachelors with bachelorettes—all seemingly based on the indefinable subtleties of flamingo chemistry. For a bird that can live 50 years in captivity (30 years in the wild), these alliances are all-important.

Conversely there were individuals who deliberately avoided others in their flock, along with small numbers of freethinkers who meandered among the cliques, spending many long days searching for that special pink someone.

No matter the arrangement, there were never any loners.

The study hypothesized that flamingos in the wild rely on their entourages for finding food, signaling danger, and simply paying attention to the rest of the flock. As for captive birds, these findings have significant implications, particularly regarding the transfer or removal of friended flamingos from their respective groups.

The takeaway: Why break up the band if you don’t have to!

Now, a glimmer of light in the Stygian darkness …

Where does seaweed look for a job?
In the kelp-wanted section.

If you drop your white shirt in the Red Sea, what will it become?
Wet.

Where do shellfish go to borrow money?
The prawn broker.

What do you call a snowman in July?
A puddle.

How do you start a fire using two pieces of wood?
Make sure one is a matchstick.
You can thank me later.
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We Comply With CDC Guidelines Pertaining To Covid1-9

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Discount exclusive to Leisure West

Mention this ad to receive this discount!

10% OFF
Sewer & Drain Service

Emergency Response
$50.00 OFF
Water Heater Furnish & Installation
Must present coupon at time of service. Not valid with any other sales incentives or commercial accounts.

$25.00 OFF
Standard Furnish & Installation of Faucet
Must present coupon at time of service. Not valid with any other sales incentives or commercial accounts.

10% OFF
Plumbing Repairs
(Cannot be combined with the above offers)
Must present coupon at time of service. Not valid with any other sales incentives or commercial accounts.

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We Don’t Inflate Our Prices to Cover YOUR SAVINGS!
NOTE: Governor Murphy announced everyone in N.J. will get mail-in ballot. YOU DO NOT HAVE to REQUEST ONE.

Hello Friends,
We are concerned Ocean County neighbors who want you to stay safe during COVID. Fortunately voting from home is easy and available. We have compiled important resources for you to use now. These resources have everything you need to make sure your vote, sent from home, is counted in the November 3, 2020 general election.

How to get a mail-in ballot by telephone:

Call the Ocean County Clerk (732) 929-2018.
Request an application form for mail-in voting.
Complete the form and sign your name as it appears in the registry book.
Return the form before the deadline of 7 days before the election.*
You will receive a mail-in ballot with instructions.

How to get a mail-in ballot using the internet:

Access the website of the Ocean County Clerk (www.clerk.co.ocean.nj.us)
Select Vote by Mail
Download and print the mail-in form
Complete the form and sign your name as it appears in the registry book.
Return the form before the deadline of 7 days before the election.*
You will receive a mail-in ballot with instructions

Apply for your mail-in ballot now!

* Any Mail-in voter who misses the deadline may apply in person to the office on any day up to 3:00 P.M. of the day before the Election

Ocean County Clerk
Call: (732) 929-2018
Web: clerk.co.ocean.nj.us

New Jersey Division of Elections
Call: 1-877-NJ-VOTER (1-877-658-6837)
Web: https://nj.gov/state/elections/index.shtml

New Jersey League of Women Voters
Call: 1-800-792-VOTE (8683)
Web: lwvnj.org
SEASONS of eating

Your heart-healthy recipes will taste even better with seasonal produce.

SPRING
- Artichokes
- Asparagus
- Chives
- Fava Beans
- Green Onions
- Leeks
- Lettuce
- Parsnips
- Peas
- Radishes
- Rhubarb
- Swiss Chard

SUMMER
- Berries
- Corn
- Cucumbers
- Eggplant
- Figs
- Grapes
- Green Beans
- Melons
- Peppers
- Stone Fruit
  (Apricots, Cherries, Nectarines, Peaches, Plums)
- Summer Squash
- Tomatoes
- Zucchini

FALL
- Apples
- Brussels Sprouts
- Dates
- Hard Squash
  (Acorn, Butternut, Spaghetti)
- Pears
- Pumpkin
- Sweet Potatoes

WINTER
- Bok Choy
- Broccoli
- Cauliflower
- Celery
- Citrus Fruit
  (Clementines, Grapefruit, Lemons, Limes, Oranges, Tangerines)
- Collard Greens
- Endive
- Leafy Greens
  (Collard, Kale, Mustard, Spinach)
- Root Vegetables
  (Beets, Turnips)

YEAR ROUND: Cabbage, Carrots, Garlic, Onions, Mushrooms

Keep these tips in mind when using and shopping for seasonal produce:

- Freeze fresh produce to add to smoothies, soups and breads.
- Shop your farmers’ market. The farmers can share a wealth of information about the foods and might even give you ideas on how to prepare them.
- Fresh foods are often less expensive during their harvest season. You may even save a bit more by buying in bulk.
- Frozen and canned fruits and vegetables are also healthy choices. Compare food labels and choose products with the lowest amounts of sodium and added sugars.
- Gardening is a great way to get fresh seasonal produce from your own backyard while getting a little exercise too.
Life is Sweet... with these Easy Sugar Swaps!

Cut back on added sugars and calories with these tasty tips and tricks.

Baking and Cooking

Unsweetened applesauce can substitute for some of the sugar in a recipe. You may need less oil, too—adjust the recipe as needed to get the taste and texture you like. Or try using a no-calorie sweetener suitable for cooking and baking.

Desserts and Sweets

Instead of indulging in a traditional sugar-based dessert, enjoy the natural sweetness of fruit. Fresh, frozen and canned (in its own juice or water) are all good choices. Try them baked, grilled, stewed or poached.

Dressings and Sauces

Swap store-bought bottled salad dressings, ketchup, tomato sauce and barbecue sauce—which can have a lot of added sugars—for homemade versions so you can control the amount of sugar added to them.

Snack Mix and Granola

Make your own, without all the added sugars. Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (non-sugared/non-frosted)—and skip the candy!

Soda/Soft Drinks

Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, citrus, cucumber or a splash of 100% fruit juice.

Tea and Coffee

Cut back on sugars (including honey and agave syrup) gradually until your taste adjusts to less sweetness. Try adding natural flavors like cinnamon, citrus, mint or nutmeg.

Get recipes and more tips at HEART.ORG/RECIPES

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: HEART.ORG/HEALTHYFORGOOD
Trying To Reach The Senior Market?

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FOODS THAT FIGHT INFLAMMATION

Chronic inflammation has been linked to cancer, heart disease, diabetes, arthritis, depression, and Alzheimer’s. Fight inflammation with a healthy diet.

ANTI-INFLAMMATION FOODS

Tomatoes
Fruits
Strawberries, blueberries, oranges and cherries.
Nuts
Almonds, walnuts, and other nuts.
Olive oil
Leafy greens
Spinach, kale, collards, and more.
Fatty fish
Salmon, mackerel, tuna, and sardines.

INFLAMMATION FOODS

Fried foods
Sodas
Refined carbs
Lard
Processed meats
5 REASONS TO ADD COLOR

Colorful, delicious and nutritious foods help keep our bodies and minds healthier, longer.

1. Lots of the Good
Fruits and vegetables provide many beneficial nutrients. Add fruits and vegetables to meals and snacks for a nutritional power boost.

2. Less of the Bad
Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!

3. Won’t Weigh You Down
Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.

4. Super Flexible Super Foods
All forms of fruits and vegetables — fresh, frozen, canned and dried — can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.

5. A Whole Body Health Boost
A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They’re also essential to your everyday health.

heart.org/HealthyForGood
©American Heart Association 2020 DS156622/20
Monday, September 7, is Labor Day. All Association Offices and Departments will be closed and there will be no bus service. Please note: The Village bus will run on Wednesday, September 9, following the regular Monday schedule.

LVW NEWSPAPER RECYCLING:
RECYCLING WILL BE HELD AT THE ENCORE PARKING LOT ON THE FOLLOWING:

We are collecting magazines and phone books. NO glass, plastic, aluminum, or garbage please! The container will be open at all times for deposit of paper products.

Township Recycling
WEDNESDAYS, September 9 & September 23
BULK PICK-UP WILL BE HELD ON Tuesday, September 29.

Notice: Residents are reminded if the fire alarm sounds in the clubhouse they are to evacuate the building immediately. Don’t assume the alarm to be a test or false alarm.

please note

Association Summer Saturday Hours

The Recreation Office at Willow Hall will be open on Saturday, April 4 from 8 am until 2 pm to accommodate residents and offer most Recreation/Association services.

The summer hours will continue on the second Saturday of each month from 8 am until 2 pm as follows: May 9, June 13, July 11, August 8 and September 12.
As we delight in the last days of summer, nature brings us brilliant blue skies, shorter days and cooler evenings. Trees begin their transformation from deep green colors to hues of amber and gold. Squirrels busily hide acorns and we anticipate the arrival of autumn. The Recreation Department wishes our residents a happy and safe Labor Day as well as a Happy New Year to those residents celebrating Rosh Hashanah.

We invite all residents to join our Labor Day Car Parade on Monday, September 7.

Cars will assemble in the Willow parking lot at 11 am. Come celebrate America’s labor force. The parade route will be available on Channel 1970 for those cheering from home.

Labor Day is dedicated to the contributions and achievements of the American worker. The annual holiday pays tribute to the strength and leadership of the workforce. Now, more than ever, we salute our nurses, doctors, health care workers and first responders who courageously put their lives on the front lines to care for others.

Don’t miss out…everyone is doing it….playing the Kahoot Trivia game on Channel 1970 every Friday at 3 pm. Imagine how many times you have shouted a correct answer at the TV while watching Jeopardy, now you can compete with fellow residents as you test your trivia knowledge. Please refer to the flyer in this issue for complete directions.

Although circumstances will prevent us from hosting Grandkid’s Day this year, we invite residents to email a small video clip of how you enjoyed summer with your grandchildren. Send clips to recreation@lvwservice.com and we will broadcast a montage of all clips on Channel 1970 in September.

Allied Universal Security will provide a mobile shredding unit for our residents on Saturday, September 26 from 9 am to 12 noon in the Encore back parking lot. Staples, paper clips, binders, and hardcover books can be shredded with this equipment. Please note: cardboard, plastic bags, x-rays, metal, liquids and computer disks are not permitted.

Mark your calendars for the Annual Flu Shot Program on Thursday, October 15 and Friday, October 16. For the security of our residents, we will conduct a DRIVE THROUGH clinic operation this year at the Willow Hall parking lot.
Thursday, October 15 and
Friday, October 16
9 am to 2 pm Willow Hall Parking Lot

will administer Flu Vaccines at our convenient, hassle-free **DRIVE THROUGH** clinic operation on October 15 and October 16 at Willow Hall. Medicare Part B as well as Medicare Advantage plans are accepted. Accepted private insurance plans include: Aetna Major Medical, Aetna Coventry Health Care, Cigna, United Health Care, Horizon Blue Cross & Blue Shield of NJ and Amerihealth Major Medical.

**FIGHT INFLUENZA**
Recreation Presents

A live interactive trivia game......

Channel 1970 – Fridays at 3 pm

What you will need:
Access to a T.V. with channel 1970
A smart phone, tablet, computer or laptop with internet

How to play along!
Go to Kahoot.it on your internet device, tune into channel 1970 at 3 pm and compete LIVE while watching TV!
Village Car Parade

All residents are welcome to join our Village car parade. Celebrate the great professions that define our nation. Cars will assemble at the Willow Hall parking lot at 11am on Monday, September 7. No political advertising please.
Virtual Grandkids Day

Although circumstances will prevent us from hosting Grandkid’s Day this year, we invite residents to email a small video clip of how you enjoyed summer with your grandchildren. Whether it was fishing, camping, cooking, crafting and everything in between please share it with us.

Email to recreation@lvwservice.com  We will broadcast a montage of all clips on Channel 1970 in early September. Watch the creeper for dates and times.
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<td><strong>Labor Day - No Bus Service</strong>&lt;br&gt;All Association Offices Closed&lt;br&gt;11 am Car Parade&lt;br&gt;2 pm Current Events (Zoom)</td>
<td><strong>Township Recycling</strong>&lt;br&gt;Village Bus will run Monday Schedule&lt;br&gt;9 am to 12 pm Newspaper Recycling</td>
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<td>9 am to 12 pm Shredding Event (Encore Lot)</td>
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Shredding Event

Allied Universal Security will provide a mobile shredding unit for our residents on Saturday, September 26 from 9am to 12 noon in the Encore back parking lot. Come by, meet your gate attendants and destroy unneeded sensitive documents in a safe and secure manner.

Staples, paper clips, binders, and hardcover books can be shredded with this equipment. Cardboard, plastic bags, x-rays, metal, liquids and computer disks are NOT permitted.

You will be able to pull up in your vehicle and someone will be available to take the documents out of your car and put them in the shredder. Please bring your resident badge.
Karen’s (My Dear Friend)
Cottage Cheese Biscuits

Submitted by Mary Louise Doner, Liverpool Circle

INGREDIENTS
- ½ Tbsp. Baking Powder
- One Cup of All-Purpose Flour
- ¼ Tsp. of salt (course)
- 2 ½ Tbsp. Unsalted Butter (frozen then grated)
- One 8 oz. container Low-fat Cottage Cheese

DIRECTIONS
- Preheat oven to 450 degrees
- In a large bowl, mix together all of the dry ingredients (first three listed)
- Add your grated butter to the dry ingredients and mix until you see the consistency of small peas
- Add the container of cottage cheese and fold until well blended
- Using a large soup spoon or ice cream scoop, drop mixture onto a non-stick sheet pan and bake in the 450-degree preheated oven for 12-15 minutes
My Daughter, Sally, grew up with severe food allergies (mostly dairy). She was hospitalized 17 times as she was growing up which accounts for my white hair. She was all too well known by the ER staff of nearby Mountainside Hospital in Montclair.

Sally’s doctors told her that the only diet with which she could be completely safe was a vegan one. After sampling some vegan recipes, however, Sally reported that that vegan food tasted like awful.

Remembering that Sally and her late mother had spent countless hours together in the kitchen, I suggested that she experiment with different vegan possibilities. She enjoyed that.

Years later, Sally enrolled in the Natural Gourmet Culinary School in Manhattan. It was a school started by Walter Mathaw’s daughter and instructed entirely high-end vegetarian and vegan food.

The rest was history. She interned at the Sanford Inn in Mendocino, CA, and wound up as their Executive Chef. The two recipes below are ones we’ve especially enjoyed!

Presently, Sally lives in Verona, NJ with her husband, Kevin, and her two children Jude and Maeve. The company that she founded, SO Tasty Vegan (SO=Sally Owens) has specialized in gourmet cakes and entrees.

### Watermelon Gazpacho

- 4 cups seedless Watermelon
- 1 English cucumber, peeled
- 1/2 cup Cilantro
- 1 small Shallot
- Zest from 1 orange
- Juice from that orange
- Zest from 1 lime
- Juice from that lime
- Zest from 1 lemon
- Juice from that lemon
- 1/2 Jalapeno pepper
- 1 Red pepper

Blend all ingredients until liquified. Chill at least one hour

Yield 6 cups

### Saucy Salad Dressing

- 2 Tablespoons Dijon mustard
- 4 Tablespoons Maple syrup
- 2 Tablespoons Coconut Amino
- ½ cup Olive oil
- 2 Tablespoons Apple Cider Vinegar
- 1 Teaspoon salt
- 1 pinch Garlic powder
- 1 tablespoon minced Shallot
- ½ teaspoon Hot chili pepper flakes (optional)

Mix all ingredients together, (perhaps shaking in a cruet)

Cool, chill for at least ½ hour before pouring over crisp salad
Sides

Zucchini Patties

Submitted by Judith Carelli Stout

1 12 inch or 2 small zucchini
1-1/2 cup flour
1-1 1/2 cup grated parmesan cheese
1 bunch finely chopped fresh parsley
Salt and pepper to taste
1 tbs. garlic powder
2 eggs
Water to hold the batter together, start with 3/4 cup

Quarter zucchini, then grate fine.
Set it aside.
Mix batter, adding zucchini last.

Prepare skillet with very light oil, not olive oil, to medium heat.
Drop by tablespoon into skillet (you may choose a smaller or larger size)
Do not turn until the first side is light brown in color.
Remove from heat and drain on a cooling rack covered with paper towels.
These can be eaten warm or cold with applesauce or sour cream.
The patties can be stored in the frig or frozen.
Enjoy!
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 result 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.

HEALTHY NERVE CELL
Properly processes sensory information to the brain.

DAMAGED NERVE CELL
Sends incorrect signals to the brain, from phantom pain to tingling and numbness.

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

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.

LIMTED TO THE FIRST 30 CALLERS!

CALL TODAY!
732-384-1198
www.northeastspineandsports.com

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Main Course

Quick Italian Chicken
Submitted by Penny and Murray Peters

1 chicken cut up
8oz bottle of Italian Salad Dressing
1 medium onion – peeled and sliced
4 medium potatoes, sliced into bit size pieces

Preheat oven 350°. Spray casserole with nonstick spray. Place chicken in dish and over with Italian Dressing. Top with onions and potatoes. Bake 1 hour or until done. Add any vegetables if desired. (I use Wishbone Home Dressing).

Maryanns Stuffed Pepper Soup
Submitted by Maryann Koeppel

2 pounds ground beef
6 cups water
1 can (28 ounces) tomato sauce
1 can (28 ounces) diced tomatoes, undrained
2 large chopped green peppers
1 finely chopped onion
2 cloves finely chopped garlic
¼ cup packed brown sugar
¼ cup chopped carrots
2 teaspoons salt, more if desired
2 teaspoons beef bouillon granules
1 teaspoon pepper (optional)
2 cups cooked long grain rice

In Dutch oven over medium heat, cook and stir beef until no longer pink, drain. Stir in rest of ingredients, bring to boil. Reduce heat, simmer, uncovered, until peppers are tender, about 30 minutes. Add cooked rice, simmer uncovered, put crockpot on low.

Veal or Chicken Marsala
Submitted by Sara Falk Zitelli

This was George’s way to cook Veal Marsala
• Slices of Veal scallopini or chicken scallops cut into strips
• Sprinkle veal or chicken with salt, pepper, garlic powder and 1 tsp oregano.
• Brown veal or chicken quickly in hot oil and lemon juice. Remove from pan.
• Saute onions and mushrooms until golden brown. Put veal or chicken back in with onions and mushrooms.
• Add 1 tsp parsley
• Add 1 cup of wine (dry Marsala) until meat is cooked and soft.
• (If not enough liquid add a little water).
• Serve over rice.
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• Backsplash
• Garage Makeover
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• Painting
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|$49.99 OFF ANY LARGE TILE PROJECT
|$99.99 OFF FLOOR INSTALL

|$285 CLEAN OUT

|$149.99 OFF BATH REMODELING
|$49.99 FOR UP TO 4 HOURS OF HANDYMAN
|$49.99 GRAB BAR INSTALL

20% REFERRAL DISCOUNTS
$149.99 OFF BATH REMODELING
VETERAN DISCOUNT

VETERAN DISCOUNT

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$49.99 GRAB BAR INSTALL
$285 CLEAN OUT

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$49.99 FOR UP TO 4 HOURS OF HANDYMAN

$75 OFF GROUT REPAIR
$49.99 OFF ANY LARGE TILE PROJECT
$49.99 FOR UP TO 4 HOURS OF HANDYMAN

ADS-6211
ads-5389

20% REFERRAL DISCOUNTS
CHICKEN CONTINENTAL

3-4 lb frying chicken cut-up
1/3 cup ‘seasoned’ flour (add just a little salt and pepper)
1/4 cup shortening
1 can condensed cream of chicken soup
2 1/2 tbs grated onion
1 tsp salt
dash of pepper
1 tsp minced parsley
1/2 tsp celery flakes
1/8 tsp thyme
1 1/3 cups water
1 1/3 cups MINUTE RICE


Reserve 1/3 cup soup mixture; pour rest of soup over Minute Rice in a shallow casserole. stir to moisten rice.   Top with chicken and remaining soup mixture. Bake at 375 degrees 25-30 minutes.

This is so good.  I would double the recipe for company and have none left. (I had to double for my family never enough.)

GRANDMA’S CLAIM CHOWDER

(HOMEMADE YEARLY FOR WYCKOFF, NJ VOLUNTEER FIREMAN’S PICNICS)

(5 Times the recipe for large gathering as above)

Submitted by Kathy Maiocco

Ingredients:

¼   lb  Bacon -  finely diced
1 (10.5 oz) can Tomato Soup
2 qts boiling water
½ tsp Pepper
1 Tbs Salt
1 tsp Tyme
2 cups Carrots – finely diced
1 cup Chopped Clams w/juice
2 cups Celery – finely diced
1 ½ Tbs Flour
2 cups Onion – finely diced
2 Tbs Water
4 cups Potatoes – finely diced

Preparation:

Fry Bacon until golden (not brown)
Add 2 qts boiling Water.  Simmer 5 minutes
Add Vegetables (EXCEPT Potatoes)  and salt
Simmer 20 minutes add Potatoes, Tomato Soup, Pepper, Thyme
Cook 20 minutes
Add Clams – Thicken with flour & the 2 Tbs water
Cook 10 minutes.

MOM’S PORK CHOPS

Submitted by August and Linda Rose Napoli

6 pork chops (with bone- in is better)
3 tbsp. of olive oil
1 medium onion sliced into rings
1 clove of minced garlic
1 green or red pepper sliced into strips
2 cups of sliced mushrooms (optional – I personally don’t like mushrooms)
15 oz. of tomato sauce
1 tsp. of sugar
1 tsp. of basil (can use Italian seasonings)
In a large skillet brown chops in the oil, add garlic, tomato sauce, sugar and basil.  Cover and let simmer 30-35 minutes under medium heat. Add mushrooms and peppers and simmer uncovered 15-20 minutes.
Reminder:
Willow Hall Parking

Thirty minute parking spaces at Willow Hall are reserved for residents conducting limited transactions within the clubhouse. We ask that all residents comply with this regulation.

Kitchen Refacing or New Kitchen?

You know us as the best Kitchen Cabinet Refacers in the area...
Now, Classic Kitchens also carries new kitchens designed for your community!

Come visit our showroom today!
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• Quality Work with that Personal Touch!

Countertops Our Specialty!

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BY AMICA WORKS INC.

3315 Route 37 East, Toms River
732-831-1999

WE HANDLE IT ALL!

Serving Leisure Village West
Pasta with Cherry Tomatoes, Basil and Shrimp
Submitted by Chuck Lupo

INGREDIENTS
1-2 teaspoons salt
1 teaspoon pepper
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon paprika
1 Pound shrimp, 31-40 count shelled and deveined
6 – 8 tablespoons Extra Virgin Olive Oil
1 onion, finely chopped
6 garlic cloves, thinly sliced
2 pounds cherry tomatoes, cut in half, or Campari tomatoes, cut in quarters
¼ teaspoon sugar (optional)
4 -6 tablespoons fresh chopped basil, divided
1 pound pasta—penne rigate or ziti or spaghetti or linguini
Salt and pepper to taste

SERVES 2 TO 4
Bring a pot of water to a boil for the pasta.
Mix the salt, pepper, onion powder, garlic powder and paprika together.
Sprinkle the spice mixture over both sides of the shrimp and set aside.
In a large sauté pan, cook the oil over high heat until it starts to sizzle, about 1 to 2 minutes.
Add the shrimp and cook for 1- 2 minutes each side.
Using a slotted spoon, lift the shrimp out of the pan and place on a tray lined with paper towels to absorb the excess oil.
Reduce the heat to medium and add the onion and garlic to the pan, stirring well. Cook for 2 to 3 minutes until the onion starts to soften.
Add the tomatoes; add the optional sugar if they are not sweet enough. Cook, stirring, for 3 minutes.
Add half of the basil and increase the heat to high. Stir well and bring to a boil. Cook for 1 minute, continuing to stir well, then cover the pan and reduce the heat to simmer, cooking for 10 more minutes.

While the sauce is simmering, add the pasta to the boiling water and cook according to the directions on the package.

While the pasta is cooking, add the shrimp to the sauce. Stir well, cover again, and continue to cook on simmer for 3 to 4 minutes. Drain the pasta and return it to the pot.
Pour the sauce over the pasta and cook it over medium heat, stirring, for 2 to 3 minutes.
Add the remaining basil, toss well, and serve.
Season with salt and pepper to taste.

Chef’s Tips:
I take the tails off before I season the shrimp, but you can leave them on.
If the sauce is reducing too much and becoming dry, add ¼ cup of the pasta water.

SPINACH QUICHE
Submitted by Gail Lupo

Olive oil to cover the bottom of 12 inch frying pan
1 small onion
2 packages of frozen chopped spinach
1 lb. of grated cheese, put aside in a small bowl (I use muenster cheese)
2 eggs
Salt and pepper to taste

Dice onion and fry in oil until translucent. Add 2 frozen (you can allow them to thaw on the counter for a bit before adding) packages of spinach, salt and pepper to taste. Cover and cook according to package directions. When cooked, drain off most of the water. Put onion and spinach mixture into a large bowl and add the grated cheese that already has had 2 beaten eggs put into it.
Mix all your ingredients in the larger bowl as the hot spinach starts to melt the cheese. Pour into a quiche pan and put onto a baking sheet to guard against spillage in oven.
Bake at 350 degrees for 1 ½ hours until browned on top. Cover with plastic wrap when reheating leftovers.
SAUCE ala Chuck Lupo

I make this sauce so that I have leftovers that I freeze. I usually can get enough to have 3-4 dinners that serve 4 people. It is simple to make. You can cut it in half easily.

INGREDIENTS:
3 large cans tomato puree & 1 large can crushed tomatoes OR
2 large cans tomato puree & 2 large cans crushed or whole tomatoes (I like the 3 puree 1 crushed best)
2 small cans tomato paste
REMEMBER: you can reduce the above by ½ - (1 can each, puree, tomatoes, paste)
1 onion – medium size (Sliced and chopped)
Water, 2 paste cans full
Basil, either fresh or dry; (Tablespoon dry, 6-7 large leaves fresh)
Heaping tablespoon parsley, more if you are using fresh parsley
Salt, Pepper to taste but a teaspoon each max.
Tablespoon grated Romano cheese (can be Locatelli or Pecorino)
Olive Oil or vegetable oil (Olive Oil is the best).

TO PREPARE:
In a large pot, sauté the onions until translucent. This is the time to sauté/brown any Italian sweet or hot sausage if you have it.
Now add the tomato puree or puree and crushed/whole tomatoes.

Make sure you get all the puree out of the cans; you can use 1 puree can of water. Now add the tomato paste; add the remaining water now. Stir well.

IMPORTANT: you can always add more water but you can’t remove so if you want a thicker sauce add less water. Also, the longer you cook the sauce the thicker it will get.

Now add the dry/fresh basil, parsley, salt, pepper and cheese. Stir and bring to a simmer, lid on but tilted.

This is the time I also add my meatballs into the sauce. Check out that recipe.

Stir it well and simmer for 2 hours if meat has been added to sauce or 45 minutes to an hour if no meat in the sauce.

Stir the sauce every 15 minutes making sure that it does not burn or stick to the bottom of the pot. You may need to add salt or pepper so taste it to see if it does.

Serve over your favorite pasta or spaghetti, top with grated Romano cheese (can be Locatelli or Pecorino.

Mangiare!
### Instant Pot Vegan Mushroom Stroganoff

**Submitted by Nick Raspa**

*Servings 4 people Calories 285kcal*

**Ingredients**
- 1/2 cup - almond milk  
- 2 tbsp - All purpose flour  
- 1 tbsp - Vegan Worcestershire sauce  
- 1/2 tbsp Fresh Lemon Juice  
- 1 cup - chopped Onion  
- 1 tsp grated garlic  
- 9 oz. - Baby Bella Mushrooms  
- 9 oz. Penne pasta  
- 3 cups - Veggie Broth  
- 1 tbsp - Nutritional Yeast  
- 1/4 tsp - Black Pepper  
- 1 tsp - Italian seasoning  
- 1/4 tsp - Salt or to taste  
- Fresh Chopped Parsley to garnish

**Instructions**
- Take a small mixing bowl. Add almond milk, all-purpose flour and Worcestershire sauce. Mix very well. Keep it aside.  
- Turn on IP on normal saute mode.  
- Heat oil, add onion and garlic. Saute for a minute.  
- Now add sliced mushrooms and saute for a minute.  
- Add Pasta, vegetable stock, salt, Pepper powder, Italian seasoning, and Nutritional Yeast.  
- Stir well. Close the instant pot with locking lid.  
- Turn off IP.  
- Set instant pot to pressure cook on high for 4 minutes.  
- When IP beeps and when you see LO:00 on display screen, turn off the IP and Quick release the pressure.  
- Open Instant pot, Add prepared all-purpose flour and almond mixture, lemon juice and stir well.  
- Turn on the IP on saute mode and cook for 2 minutes. If you want more sauce, add a little bit of stock. Turn off the Instant Pot.  
- Instant Pot Vegan Mushroom Stroganoff is ready. Garnish it with parsley. Serve it with Crusty bread and Blackberry Lemonade.

**Notes**
- I have used baby Bella mushrooms, you may use any.  
- Used penne pasta, but you may use your choice of pasta.  
- You can use coconut milk instead of almond milk.  
- You can use corn starch instead of All purpose flour.  
- If you want to make this nut-free, use any dairy (if not making vegan) or non-dairy milk (Except almond milk).

### London Broil marinade

**Submitted by Adele Shuldman**

*Here is a recipe for grilling London Broil, which my family loved.*

First of all, purchase the best cut on meat that you can. I bought TOP-ROUND steak! (cheaper cuts of meat are good for potting)

Here is the marinade: for 3 - 3 1/2 lbs of meat:  
- 1/4 cup salad or peanut oil  
- 1/4 cup lemon juice  
- 1/8 tsp salt  
- 1 tsp crushed oregano  
- 1/2 tsp pepper  
- 1 clove garlic (crushed)

Mix all together and pour over meat. Turn meat a few times to be sure marinade covers. Marinate in refrigerator at least ten hours. I would marinate it overnight.  

Use a Hot grill or oven on Broil .. spoon marinade over meat as it grills.  
About 10 - 20 minutes on each side.; Only turn once.  
... ummm delicious
MEATBALLS ala Chuck Lupo

1-1 ½ pound of meat should make 12-16 meatballs depending on the size you roll them.
If you need to make more, just add more garlic and a little more parsley & cheese to the mixture and you will most likely use 2 + cups of breadcrumbs.
If you have 2 pounds of meat, you should add another beaten egg. (Two total)

INGREDIENTS:
1-1 1/2 LB ground sirloin (can use veal, pork, beef)
4-8 cloves garlic, chopped fine (depends on size, could use a whole head)
More is better for me because you can never have too much garlic!!!
Heaping tablespoon parsley, more if you are using fresh parsley
Tablespoon grated Romano cheese (can be Locatelli or Pecorino)
Teaspoon salt, teaspoon pepper (add to your tastes)
1 egg, beaten (over 1 ½ LB add another egg; the egg is what holds the meatballs together)
1-2 cups of plain breadcrumbs (this is a feel thing so don’t add too much) If too dry add a little water.

TO PREPARE:
Here is the fun part; you have to use your hands to prepare the meatballs.
In a large bowl, combine the meat, garlic, parsley, salt, pepper & cheese.
Mix it good.
Now pour the beaten egg over the meat and mix again.
Now ½ of the bread crumbs at first; (don’t add all at once because it may become too dry, but don’t worry if it is too dry because you can add some water).
Add more of the breadcrumbs as needed
Mix until all combined. (remember, not too dry, the mixture should hold together)
Now you make the meatballs. A little trick to make them the same size is to use an ice cream scoop for each portion and then roll them in your hands. Make sure that they are smooth, without big cracks. If they have cracks, they could fall apart during cooking.
I cook my meatballs right in the sauce but you can bake, broil or fry them and then either add to your sauce or just top with your sauce. If you cook meat in your sauce, the sauce should cook at least 2 hours to ensure that the meat is cooked.
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Aged Eggnog
Submitted by Fay Weinstein

From Alton Brown this Eggnog should be made now and allowed to age! Will be ready at Christmas!

12 large eggs
1 lb sugar
2 cups half-n-half
2 cups whole milk
2 cups heavy cream
1 cup Jamaican Rum
1 cup Cognac
1 cup Bourbon
1 teaspoon freshly grated nutmeg
¼ teaspoon kosher salt

1. Separate the eggs and store the whites for another purpose. (Can be frozen)
2. Beat the yolks with the sugar and nutmeg in a large mixing bowl until the mixture lightens in color and falls off the whisk in a solid “ribbon”.
3. Combine dairy, booze and salt in another bowl. Slowly beat the dairy mixture into the egg mixture.
4. Move to a large glass jar (or several smaller ones) and store in the refrigerator for a minimum of 2 weeks. A month is better and two better still. You can even age it a year, but it won’t last that long!
5. Serve in mugs or cups topped with a little extra nutmeg grated on top.

GREAT AUNT IDA’S DELICIOUS APPLE CAKE
Submitted by Kathy Maiocco

Instructions
1 ¾ cups sugar
3 eggs
Combine & heat well
Add: 7 oz (Wesson oil)
1 tsp Vanilla
1 tsp cinnamon
1 tsp salt
1 tsp baking soda
2 cups flour
3 cups chopped apples
1 cup chopped walnuts
PREPARATION:
Spread in 9x13 greased baking pan
Bake @ 350 degrees for approximately 50 minutes
Cake should be nice & moist

PREPARATION
Pour in unbaked pie shell. Bake @ 350 degrees for approximately 12 minutes (until it sets)
Top with fruit or other topping. (eg Toasted coconut, mandarin oranges etc) …Chill and serve and enjoy!

GREAT AUNT IDA’S CREAM CHEESE CAKE PIE
Submitted by Kathy Maiocco

Ingredients:
1 pkg (8 oz) Cream Cheese
Beat until Smooth
1 can sweetened condensed milk
1/3 cup lemon juice
Combine & beat altogether
Preparation:
Pour in unbaked pie shell. Bake @ 350 degrees for approximately 12 minutes (until it sets)
Top with fruit or other topping. (eg Toasted coconut, mandarin oranges etc) …Chill and serve and enjoy!
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Mr. Davies has recently been appointed by Governor Christie to serve as a member of the “New Jersey Task Force on Abuse of Persons who are Elderly or Disabled.”
Desserts

Connie’s (My Mom) Real Easy Jell-O Whip

Submitted by Mary Louise Doner, Liverpool Circle

INGREDIENTS
- Two Small Boxes of Lime Jell-O (can use no sugar or regular)
- One Carton (1 lb. size) of small curd cottage cheese (brand your choice)
- One 16 oz DEFROSTED Container of Frozen Non-Diary Whipped Topping such as Cool Whip-
- One 8 oz can of crushed pineapple – DRAINED

DIRECTIONS
- In a large bowl, stir two packets of the dry jello and cottage cheese mixing them well
- Add defrosted whipped topping to the cottage cheese and jello mix and mix well
- Fold in the DRAINED crushed pineapple
- Refrigerate for several hours or overnight

Alternative
You can change up Jell-O flavors and canned fruit combinations. For example, try orange Jell-O with mandarin orange sections.

RICOTTA COOKIES

Submitted by August and Linda Rose Napoli

1 cup softened butter (preferably unsalted)
15 oz container of ricotta cheese
3 tsp. of vanilla
1 tsp. of salt
2 cups of sugar
1 tsp. of baking soda
4 cups of flour
- Mix all together and drop on lightly greased cookie sheet. Bake at 350 for 10 minutes or until golden brown. Yields about 8 dozen cookies.

Pineapple Cake

By Elaine Keen Procci

Cake
1 box of yellow cake mix
3 Eggs
1 11oz can of Mandarin Oranges with Juice
1 Stick of Butter
Bake in 2, 8 in Greased pans at 350 for 20 minutes

Topping
1 8 oz. Cool Whip large
1 Small vanilla instant Pudding
1 20 oz can Crushed pineapple WITHOUT Juice
Mix together and after cake is cooled, spread in the middle on top and sides of cake - then refrigerate, Enjoy
Mellow Jello
Submitted by Peggy Hathaway

**Ingredients:**
2 boxes of 3 oz or 1 box of 6 oz Jello  
2 cups of water  
1 cup orange juice  
1 cup vanilla yogurt  
Empty gelatin into a medium sized bowl.  
Add 2 cups of boiling water.  
Stir water into the gelatin until dissolved.  
Add 1 cup of orange juice, stir it into the mixture.  
Put mixture in the freezer. Check starting in 30 minutes to see if the mixture is congealing around the edges of the bowl. It’s ready for the next step at that point.  
Meanwhile, measure out 1 cup of yogurt. Gather 8 small glass bowls--ramekins or whatever works for you—maybe a gelatin mold container. I add small pieces of fruit and walnuts into the bowls. That is optional.  
When gelatin begins to adhere to the bowl edges, take it from the freezer and stir in the yogurt. The yogurt may form globules. Take a fork and press the globs against the side of the bowl.  
To make it easier to pour this concoction into the ramekins, I use a 2 cup measuring cup with a handle and spout. Pour half of the mixture into the measuring cup. Then pour that portion into the ramekins and then do the same with the remaining gelatin. Store in the refrigerator. It should be ready to eat in a half hour.  

We use this as a snack, add it to a salad, or have it as a dessert.  
It’s especially good with a dollop of whipped cream.  
This is the basic recipe for jello with several nutritious changes. Orange juice and yogurt make a more robust concoction.  
It is not the wiggley-jiggley gelatin of yore.  
Enjoy.

Simple Berry and Vanilla Cream Trifle
Submitted by James and Annette Larsen

- Prep 30 min  
- Total 30 min  
- Servings 12

**Ingredients:**
1 purchased butter loaf cake (11.5 oz), sliced  
1 box (6-serving size) vanilla instant pudding and pie filling mix  
1 teaspoon vanilla  
2 cups whole milk  
1/2 cup sour cream  
1 container (8 oz) Cool Whip frozen whipped topping, thawed  
1 lb fresh strawberries, stems removed, sliced  
1 pint (2 cups) fresh blueberries  
A more robust concoction.

**Steps**
- 1 In medium bowl, beat pudding mix, vanilla, milk and sour cream with electric mixer on medium speed until soft pudding forms. Cover; refrigerate.  
- 2 In trifle bowl or large clear bowl, arrange 1 layer of sliced cake to cover entire bottom of bowl. Top with a layer of pudding, then a layer of whipped topping, and then a layer of strawberries. Repeat all layers except use blueberries. Continue with layers until bowl is full.  
- 3 Cover with plastic wrap; refrigerate until ready to serve.
Desserts

Cherry Cheese Pie (no bake)
Submitted by Sara Falk Zitelli

This was George’s recipe!
1 Graham Cracker Crust shell
1 8oz cream cheese softened
1/3 cup sugar
2 teaspoons vanilla extract
1 8oz container of Cool-Whip thawed
1 cup sour cream

Beat cheese until smooth, gradually beat in sugar. Blend in sour cream and vanilla. Fold in Cool-Whip, blending well. Spoon into crust. Top with 1 medium size can of Comstock Cherries. Chill until set or at least 4 hours.

Rice Pudding
by George Zitelli
Submitted by Sara Falk Zitelli

2 quarts whole milk
2 eggs
6 oz. rice
1 ½ cup sugar
Pinch of salt
1 tsp vanilla extract

In a large pot bring 1 ½ quarts of milk and rice to boil. Cook on a low flame for about ½ hour or until rice is soft. In a bowl beat eggs, ½ quart of milk, sugar, and vanilla. Pour mixture into rice mixture. Bring to a boil and remove from heat. Put in long pan and cool. Place in refrigerator. Garnish with cinnamon and raisins if desired.

I often like to slow down the shutter speed to get some nice soft effects on the water. This is how you make a moving stream seem like a silky blanket. It is also nice when you have ripples or waves that you’d like to blur.

To blur the water you’ll need a long exposure. How Long? That depends on the speed of the water, but generally a second or two will do the trick. Several seconds will give you a soft ethereal look.

The long exposure negates hand holding the camera, so you’ll need a tripod. I prefer to shoot these shots on aperture priority, but shutter priority or manual will yield the same results.

Set the aperture to the highest number (F16, F22, etc.) and use the lowest ISO your camera offers (ISO-100). If the shutter is still too short, a neutral density filter will do the trick. This filter is simply a dark piece of glass that blocks some of the light, so the shutter speed will be longer. Make certain you use a cable release or the self timer to eliminate camera shake when you trip the shutter.

That’s it for this month. As always you can send an email with photographic questions to bill@kirmsphotography.com. If you’d like to see more of my images, simply visit my web site www.kirmsphotography.com. Keep shooting and improving your images, but always have fun with your camera.

This image was shot with two neutral density filters at ISO 100, F16, and a 10 second shutter speed.
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- **Wednesday:** By-Monthly
- **Thursday:** 1st/3rd
- **Friday:** 2nd
- **Saturday:** 4th

**Event Information:**
- **Instructor:** Willow L. Labita
- **Email:** lindalabita@gmail.com
- **Location:** Leisure Village West

**Yoga Classes:**
- **Pay:** C. Wilson
- **Time:** 10 am Wed 11:15 am Sat

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**Contact Information:**
- **President:** M. Cooper
- **Executive:** E. Carew, B. Owens, R. Owens, R. Cooper
- **Secretary:** J. Stubbs
- **Treasurer:** S. Olsson
- **Activity Coordinator:** R. Jenik

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<td>Bowling - Rebels Bowling League</td>
<td>(732) 657-6122</td>
<td>Thursdays</td>
<td>7 pm Willow</td>
<td>M. Earlman</td>
</tr>
<tr>
<td>Bridge (Monday)</td>
<td>(732) 657-1842</td>
<td>Mondays</td>
<td>12 pm Leisure Fair</td>
<td>J. McGinnis</td>
</tr>
<tr>
<td>Bridge Club - Duplicate</td>
<td>(201) 280-4542</td>
<td>Tuesday/Thursday</td>
<td>6 pm Club Encore</td>
<td>S. Klotz</td>
</tr>
<tr>
<td>Card &amp; Social Club</td>
<td></td>
<td>Daily</td>
<td>12 pm Willow</td>
<td>A. Niebergall</td>
</tr>
<tr>
<td>Caregivers Support Group</td>
<td></td>
<td></td>
<td>R. Owens</td>
<td>R. Owens</td>
</tr>
<tr>
<td>Caritas Guild</td>
<td>(732) 657-2540</td>
<td>3rd Tuesday</td>
<td>2pm Club Encore</td>
<td>P. Kinane</td>
</tr>
<tr>
<td>Chess Group</td>
<td>(732) 606-2808</td>
<td>Saturdays</td>
<td>12:30pm Club Encore</td>
<td>T. Verderese</td>
</tr>
<tr>
<td>Computer Club</td>
<td>(732) 276-2435</td>
<td>Thursdays</td>
<td>10 am Club Encore</td>
<td>D. Wilcox</td>
</tr>
<tr>
<td>Cooking Club</td>
<td></td>
<td>2nd Tuesday</td>
<td>1 pm Willow</td>
<td>D. Grabowski</td>
</tr>
<tr>
<td>Current Events A &amp; B</td>
<td>(732) 657-2550</td>
<td>1st/3rd Monday</td>
<td>2 pm Willow</td>
<td>A. Shulman</td>
</tr>
<tr>
<td>Dance Club</td>
<td>(908) 910-4515</td>
<td>2nd Saturday</td>
<td>7 pm Willow</td>
<td>B. Genovese</td>
</tr>
<tr>
<td>Dominos</td>
<td>(912) 655-8251</td>
<td>Wednesday</td>
<td>7 pm Club Encore</td>
<td>A. Reimer</td>
</tr>
<tr>
<td>Fishing</td>
<td>(760) -715-0966</td>
<td>1st Thursday</td>
<td>2 pm Willow</td>
<td>J. Decker</td>
</tr>
<tr>
<td>Simply Yoga</td>
<td></td>
<td>1st, 2nd, 3rd, &amp; 5th Tuesday</td>
<td>6:30pm Willow</td>
<td>J. Kay</td>
</tr>
<tr>
<td>Garden Club</td>
<td>(908) 278-1706</td>
<td>4th Tuesday</td>
<td>1:30 pm Willow</td>
<td>Y. Huacuja</td>
</tr>
<tr>
<td>Genealogy Group</td>
<td>(732) 323-8840</td>
<td>1st Tuesday</td>
<td>9:30 am Club Encore</td>
<td>C. Brandt</td>
</tr>
<tr>
<td>Golf Social Club</td>
<td>(732) 740-9085</td>
<td>2nd Wed (April/Oct)</td>
<td>7 pm Willow</td>
<td>G. Joslin</td>
</tr>
<tr>
<td>Helping Hands</td>
<td>(732) 657-2842</td>
<td>1st Monday</td>
<td>10 am Leisure Fair</td>
<td>P. Hathaway</td>
</tr>
<tr>
<td>Irish American Social Club</td>
<td>(862) 812-0636</td>
<td>2nd Tuesday</td>
<td>7 pm Club Encore</td>
<td>L. Robinson</td>
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<tr>
<td>Italian American Social Club</td>
<td>(732) 657-4115</td>
<td>3rd Monday</td>
<td>7 pm Club Encore</td>
<td>J. Polonoli</td>
</tr>
<tr>
<td>Jewish American Social Club</td>
<td>(732) 657-4115</td>
<td>4th Thursday</td>
<td>7 pm Club Encore</td>
<td>P. DeRienelli</td>
</tr>
<tr>
<td>Knight's of Columbus</td>
<td>(732) 657-4115</td>
<td>1st, 2nd &amp; 3rd Tuesday</td>
<td>6:30pm Willow</td>
<td>E. Carew</td>
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<tr>
<td>Leisure Village West News</td>
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Conquer Cravings with These Healthy Substitutions

Source: https://www.heart.org/en/healthy-living/healthy-eating/losing-weight/conquer-cravings-with-these-healthy-substitutions

Food Textures

We have all experienced food cravings – and often those cravings have to do with texture – like something creamy or crunchy. Food textures play a big role in whether we like or dislike certain foods. For example, while you may not like mushy canned peas, you may be surprised that you like fresh or barely cooked peas. Luckily, eating healthy includes foods of all sorts of textures and flavors. Here are some suggestions on satisfying your cravings with nutritious snacks of a variety of textures:

**Creamy**

Instead of this: While ice cream may come to mind first, there are a variety of other smooth snacks that can be just as satisfying. Try munching on this:

- Fresh avocado spread on whole grain bread OR ½ avocado eaten plain with a spoon
- Warm 1 tablespoon creamy peanut butter in the microwave for 10 seconds and drizzle over ½ cup low-fat, no added sugar frozen yogurt.
- Puree some berries and swirl into a cup of low-fat yogurt with no sugar added.

**Crunchy**

Instead of this: Pretzels and chips have a crunchy texture that you may crave, but they can come with a lot of extra sodium that you don't need. Try munching on this:

- ¾ cup whole grain cereal, no added sugar
- Crunchy unsalted nuts
- Whole grain crisp breads
- Plain popcorn; to add some flavor, experiment with various spices like cinnamon or your favorite spice or herb

**Liquid**

Instead of this: Sweet tea or soda may sound refreshing, but it can take a while to work off all those empty calories. A medium-sized fancy mocha coffee drink with whipped cream can be 400 calories- and that's before adding sugar or honey. Try sipping on this:

- Plain iced tea made with a squeeze of lemon. You can sweeten with berries or a non-caloric sweetener
- Add fruit slices to a glass and fill with club soda
- Instead of the fancy mocha drink, choose a small latte made with nonfat milk and topped with cinnamon which is about a quarter of the calories.

**Squishy**

Instead of this: Jelly-like candies or even kids’ “fruit” snacks might sound like squishy fun in your mouth, but other options pack more nutrition. Try munching on this:

- Fresh grapes are sweet and juicy; freeze them for a few minutes for a fun texture
- Make tapioca pudding with squishy tapioca pearls; follow the directions on the box, only use half the amount of sugar or a non-caloric sweetener and fat-free or low-fat (1%) milk
- Cherry tomatoes and room-temperature string cheese are squishy, stringy fun

**Crispy**

Instead of this: Some folks may not like apples because they can be soft and mealy or grainy; the same can be true of over-cooked potatoes. Try munching on this:

- Choose crisp apple varieties like: Braeburn, Honey Crisp, Fuji and Gala; avoid Cortland, Red Delicious or Rome which can be softer
- Choose red potatoes or white potatoes and don't overcook; avoid Russet potatoes which are high in starch making them perfect for mashed potatoes – but also making them seem ‘mealy or grainy’
Mindfulness

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R N D I U X R I D B R I G S N T E
F D K Y F J T U P D W C C S J S P
S S S B G C T A P S Z W Y A U E T
R S S O E I D U E U L A V P D F I
E E D L T J J L R I O L O M G I N
I N F T R K F D S U S O P O M L G
R E A L H C C T O X E N M C E K V
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A A H R B R Z E A H S U M U T B L
B W E A K R Z S L G E W E H A T T
K A F Q F V J E O U S E V O L Q U
F O C U S E D R P S L M L W S U B
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Classified advertisements appear in the *Leisure Village West News* monthly magazine only. This magazine reaches 2,692 homes each month. Classified ads are accepted under the categories of **Services, Real Estate Rentals & Sales, Merchandise for Sale** and **Merchandise Wanted**. Cost is $15 for up to 15 words (published one time) or $40 for 15 words (published three months) (and 75 cents for each additional word.) **Deadline** for Classified Ads is the **first of each month** for the following month’s publication. All submissions must be in writing (no phone calls). Your telephone number counts as one word. Payment by check to LVWA is payable at the LVW Recreation Office at Willow Hall, 9 a.m. to 4 p.m. weekdays. No refunds. No photos. **Or Mail to:** LVW Recreation Office,
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<tr>
<td><strong>N.J. Electric, Plumbing &amp; HVAC</strong></td>
<td>101 Lacey Road, Whiting, N.J.</td>
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<tr>
<td><strong>N.J. HICR # 13VH08267000</strong></td>
<td><strong>N.J. Plumbing Lic.# 10165</strong></td>
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<tr>
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<td><strong>Peter Wagemann</strong></td>
<td><strong>N.J. Electrical Lic.# 13749</strong></td>
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