January 2020

Happy New Year!

Manalapan Field
Photo By: Mike Marsh
Sea Breeze at Lacey
Homeowners Association
2 Arborridge Drive
Forked River, NJ 08731

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Diane Dressler, Secretary
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SPEED LIMIT IN COMMUNITY IS 25 MPH
Civic Affairs

Another month passes and there is still no outcome on whether or not Oyster Creek/Holtec will have a Community Advisory Board. Their arrogance and condescending attitude are beyond belief. All we want is transparency and financial disclosure. Simple needs to insure, we citizens and taxpayers, are informed and protected. At the October 3 meeting, Holtec’s Decommissioning LLC stated that the parent company of the decommissioning agent, Holtec, would make up any difference in fund expenditures shortfall. To date we have seen no documentation to verify this.

The latest update on the School Board budget is they are initially projecting a 3% increase. However, recently the State has indicated that a new way to fund school districts is in the planning phase. Basically, it will restore funds previously taken and “come-up” with a new tax. Talk about kicking the can down the road!

On November 16, Congressman Kim gave a “Town Hall Meeting” here in the Sea Breeze Clubhouse. His primary agenda items are veterans’ care, senior health care, and successful decommissioning of Oyster Creek. We had approximately 70 residents in attendance. Fellow homeowners were favorably impressed with his comments, and as a result, he may have picked up several new supporters.

Charlotte Martyn

OUT AND ABOUT TOWN

Holiday Light Show on the Lake – January 2
The Village Greene, Smithville; www.historicsmithvillenj.com

Father Alphonse’s New Year – January 5
Algonquin Arts, 60 Abe Voorhees Dr, Manasquan; www.algonquinarts.org

Trivia night with Q! – January 16
Backward Flag Brewing Co., Forked River; www.backwardflagbrewing.com

Neil Simon's Brighton Beach Memoirs – January 25
Algonquin Arts, 60 Abe Voorhees Dr, Manasquan; www.algonquinarts.org

Local Theatres:
Algonquin Arts: 60 Abe Voorhees Dr, Manasquan; www.algonquinarts.org
Axelrod Performing Arts Center: 100 Grant Ave, Deal Park; www.axelrodartscenter.com
Count Basie Theatre: 99 Monmouth St, Red Bank; www.countbasiecentre.org
Grunin Center for the Arts, Ocean County College, Toms River; www.grunincenter.org

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STATEMENT OF POLICY -
The Breeze Way is published for the residents of Sea Breeze at Lacey. Residents are invited to send articles to debbiecaruso2018@aol.com by the 1st of the month for the following month.

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

Patrick and Louise Annetta moved into 88 Ambermist Way in September 2019. They also reside in Rye, NY. Other locations that they have lived previously are East Chester, NY and Stamford, Connecticut, all for ten years each. Patrick has been a General Foreman for the Parks and Building Department for the town of East Chester for fifteen years. He has also been a Foreman for a communications company at West Point for five years. Louise has been a Legal Assistant at Pitney Bowes in Stamford for 21 years. They have two daughters, one son and six grandchildren. Patrick likes to golf and do projects around the house. He follows the NY Giants and the Yankees. Louise likes home decorating, shopping, painting, drawing and listening to audio books.

Grace and Michael Zambelli moved into their home at 214 Ambermist Way in September 2019. Their previous home was in Basking Ridge, NJ. Grace is a NJ Licensed Psychologist and an Art Therapist and has a keen interest in art, psychology and helping others. She has melded a professional career and a personal life that have combined these passions. In addition to working in a private practice, she’s an award-winning fine artist and exhibits regularly in NJ. Her hobbies include reading and cooking. Michael is a semi-retired industrial designer and holds numerous patents for his product and furniture designs. Like Grace, he’s an award-winning fine artist and exhibits throughout NJ. His hobbies include a collection of scale model cars from the 1950s and 1960s, as well as Bakelite clocks, radios and cameras. Their son, who is a pharmacist, lives in Rhode Island.

Michael and Colleen Gagliano moved into 4 Marque Street in July 2019, following 33 happy years in Toms River. Mike worked 31 years maintaining the facility and grounds for AT&T/Lucent Technologies in Holmdel. Currently, he is employed at Georgian Court University in a similar position. Mike always loved working outdoors but admits that in recent years he no longer finds the alfresco work pleasant during the winter months. Colleen has been an accountant for an engineering firm in Eatontown for the past 28 years and still finds pleasure in her occupation. Her plan is to convince her employer to allow her to work from home now that she has relocated. They have two daughters and three grandsons. Mike loves cars especially Classic autos; he has already connected with other Sea Breezers who share that interest. He appreciates golfing but doesn’t play it enough to improve his game. When he retires, he hopes to lower his handicap. Colleen has a passion for attending concerts, alone or with her family, especially the newer country music; she also refers to herself as a computer geek. They both welcome wine tasting, bike riding, exercising, and cruising the Caribbean.

Linda Wejnert moved to 155 Ambermist in September 2019, after living in Maywood, NJ, for many years. She is retired from her job as a full charge bookkeeper working in the packaging industry for a manufacturer in Hackensack. Linda has a married daughter who lives in Toms River with 2 daughters, ages 4 and 5. She also has a married son who lives in Plainfield, IL with his 3 children, one in college, one in high school and a 2-year-old. Linda enjoys playing golf, and is a member of ASGA (American Singles Golf Association). She recently went on a cruise with the group where she played golf at a couple of destinations. She also enjoys photography and has joined the Sea Breeze Photography Club. Linda lives with her darling little two-year-old Biewer Terrier (a German Yorkshire Terrier) Giselle.
Inquiring Photographer

“If you could witness any event past, present or future, what would it be?”

**Arthur Ricciardi:** “The invasion of Normandy. The courage of the American soldiers that invaded Utah Beach and Omaha Beach showed courage beyond my belief.”

**Louise Sampson:** “The Second Continental Congress of May 10, 1775. This meeting was the foundation of our nation’s government and leadership. These men united for the good of our country.”

**Roger Alliegro:** “The tearing down of the Berlin Wall. I remember it as being such a significant and historical event. I watched all the news coverage of it but I would have preferred to be there and witness it live.”

**Violet Papas:** “I did witness the birth of my 10th and last grandchild. It was more thrilling than giving birth myself. I would love to experience it all over again. I watched my son-in-law cut the cord; he offered to let me do it but I was happy just to be there as an observer.”

**Mike Minneci:** “I have always been intrigued with the JFK assassination. Like the rest of the country, I watched all the events on TV. I awaited the Warren Commission’s findings and I have seen the Zapruder film many times along with shows exploring various conspiracy theories. I hope to witness a conclusive outcome that will satisfy me and all other people.”

**Nancy Duggan:** “I hope I am alive to witness the discovery of cures for ALL types of cancer.”

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Fitness Programs

There is a fee for these classes, unless otherwise noted.

A detailed description can be found as a handout in the Clubhouse magazine rack or you may contact the instructor for more information. All classes are held in the exercise room and are open to women and men. Note: Dates and times of fitness classes sometimes change within the month. If this is your first time attending, be sure to contact the responsible individual to confirm the date and time.

<table>
<thead>
<tr>
<th>Class</th>
<th>Day, Time</th>
<th>Contact</th>
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<tbody>
<tr>
<td>LaBlast</td>
<td>Every Tuesday at 6:00 pm.</td>
<td>Cindy Trevisan <a href="mailto:ilovedance@comcast.net">ilovedance@comcast.net</a>. There is no fee for this class.</td>
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<tr>
<td>Lite &amp; Fit</td>
<td>Every Wednesday at 9:30 am.</td>
<td>Jessica Riccio <a href="mailto:jessicakathryn13@hotmail.com">jessicakathryn13@hotmail.com</a>.</td>
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<tr>
<td>Pilates</td>
<td>Every Friday from 9:30 am to 10:00 am.</td>
<td>Adrienne Costa-DiPaolo <a href="mailto:acdyoga@gmail.com">acdyoga@gmail.com</a>.</td>
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<tr>
<td>Slow Flow Yoga</td>
<td>Every Wednesday at 10:30 am.</td>
<td>Adrienne Costa-DiPaolo <a href="mailto:acdyoga@gmail.com">acdyoga@gmail.com</a>.</td>
</tr>
<tr>
<td>Trim &amp; Tone</td>
<td>Every Tuesday and Thursday at 9:00 am.</td>
<td>Adrienne Costa-DiPaolo <a href="mailto:acdyoga@gmail.com">acdyoga@gmail.com</a>.</td>
</tr>
<tr>
<td>Yoga</td>
<td>Every Wednesday at 7:00 pm.</td>
<td>Adrienne Costa-DiPaolo <a href="mailto:acdyoga@gmail.com">acdyoga@gmail.com</a>.</td>
</tr>
<tr>
<td>Zumba</td>
<td>Every Monday at 9:00 am and Friday at 8:30 am.</td>
<td>Karin Forsberg <a href="mailto:KT_Zumba@yahoo.com">KT_Zumba@yahoo.com</a>.</td>
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Catherine Schwartz, ECC, MCC, ACC
Certified Travel Advisor
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## ACTIVITIES

*All groups meet in the Clubhouse unless otherwise noted. Note: Dates and times of activities may sometimes change within the month. If this is your first time attending, be sure to contact the responsible individual to confirm the date and time.*

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<thead>
<tr>
<th>Activity</th>
<th>Details</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td><strong>Art Class</strong></td>
<td>Every Tuesday, from 3:00 pm to 5:00 pm in the craft room. Learn to paint or draw at your own pace, no matter your skill level. All supplies are included for the first month and the first class is free. Bring a smock. There is a fee for this class. Contact Liz Paseler—<a href="mailto:bethandwally@comcast.net">bethandwally@comcast.net</a>.</td>
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<tr>
<td><strong>Bocce Ball</strong></td>
<td>SUSPENDED UNTIL SPRING 2020. Every Monday (weather permitting) at 6:30 pm at the bocce courts. This is a low-impact game, requiring some bending but nothing too strenuous. Generally, play is approximately 1.5 hours. Contact Christine Buro—<a href="mailto:cabbie511@msn.com">cabbie511@msn.com</a>.</td>
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<tr>
<td><strong>Bunco</strong></td>
<td>Played on the first Tuesday of each month. You need to be signed up beforehand, or you can be placed on a cancellation list and called if you are needed to take someone’s place. Contact Debbie Caruso—<a href="mailto:FDCFiredeb@aol.com">FDCFiredeb@aol.com</a>.</td>
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<tr>
<td><strong>Canasta</strong></td>
<td>Every Monday and Thursday at 12:30 pm. Come with a foursome and snacks and enjoy! If you don’t know how to play (we play the Modern American version), or if your skills are rusty and you need a brush up, contact us. Contact Fran Georgiu—<a href="mailto:frangeoules@gmail.com">frangeoules@gmail.com</a>.</td>
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<tr>
<td><strong>Card Making</strong></td>
<td>Look for the community email for the specific date each month. Meets in the craft room from 6:30 – 8:30 pm. Create 3 greeting cards that you will be proud to deliver. Fee: $10 (includes materials except for double-sided Scotch permanent tape). Tape can be purchased at Walmart, Michaels, AC Moore or Target. Registration and payment due 1 week prior to class at the Clubhouse desk. Six (6) people minimum and 12 people maximum are needed. Contact Sherri Barbarotto—<a href="mailto:larc22@comcast.net">larc22@comcast.net</a>.</td>
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<tr>
<td><strong>Cornhole (Men’s)</strong></td>
<td>Every Tuesday at 7:00 pm and every Friday at 10:00 am. New players are always welcome. Contact Ron Spadaccini—<a href="mailto:rbspadaccini1@aol.com">rbspadaccini1@aol.com</a>.</td>
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<tr>
<td><strong>Dealers Choice Poker</strong></td>
<td>Every Tuesday and Wednesday at 7:00 pm. All are welcome. Contact Rich Fela—<a href="mailto:rfelasr@gmail.com">rfelasr@gmail.com</a>.</td>
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<tr>
<td><strong>Mah Jong</strong></td>
<td>Every Monday at 7:00 pm and Wednesday at 12:30 pm. If you know how to play, feel free to join us as we are always looking for new players. If you are interested in learning this fun and challenging game, contact us. Contact Jane Heller—<a href="mailto:jhandep@comcast.net">jhandep@comcast.net</a>.</td>
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<td><strong>Meditation Practice</strong></td>
<td>Every Wednesday at 12:00 pm to 1:00 pm in the exercise room. Contact Phil Raneri—<a href="mailto:pcr92044@gmail.com">pcr92044@gmail.com</a></td>
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<tr>
<td><strong>Meditation</strong></td>
<td>Every Monday at 7:00 pm in the ballroom. The facilitator shares strategies and provides guidance in practicing several forms of chair meditation. Contact Barbara Bastian—<a href="mailto:bastianb@verizon.net">bastianb@verizon.net</a>.</td>
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<tr>
<td><strong>Mexican Train Dominoes</strong></td>
<td>Every Tuesday at 12:30 pm. Come when you feel like it! Contact Susan Szczepanek—<a href="mailto:suesz2323@gmail.com">suesz2323@gmail.com</a>.</td>
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<tr>
<td><strong>The Novel Bunch</strong></td>
<td>Meets the third Thursday each month at 7:00 pm. New members welcome anytime. Contact Marilyn Winograd—<a href="mailto:mwinograd4@gmail.com">mwinograd4@gmail.com</a>.</td>
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<tr>
<td><strong>Photo Group</strong></td>
<td>Meets the fourth Tuesday every month at 7:00 pm. This is a casual get-together for those who want to talk photography, improve their camera handling skills, or pick up some photo tips. Topics include composition techniques, controlling light, lenses and filters, post processing, displaying photos, etc. Local photo trips are planned. Each session will include a short video introducing the group to successful photographers. Contact Roy Winograd—<a href="mailto:roy.winograd@gmail.com">roy.winograd@gmail.com</a>.</td>
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</table>
**Pickleball:** Men: every Wednesday, 9:00 am – 12:00 pm. Ladies: every Friday, 9:00 am – 12:00 pm. Times are sometimes altered depending upon weather and temperature conditions. New players always welcome! Paddles available for new players. Come out to learn, play or observe. For more info and to get on the pickleball email list, contact Joe DiGise—jmdigise@aol.com or call 609-549-0136.

**Pinochle:** Every Thursday at 6:30 pm. We would be more than happy to teach you. Come when you feel like it. Contact Rich Fela – rfelasr@gmail.com.

**Pool (Pocket Billiards):** Every Monday at 7:00 pm. We are looking for new players. Stop by any Monday night – men and women are welcome. Fun time is had by all!

**Softball:** Meets every Thursday at 9:00 am for 2 hours; meet in the clubhouse parking lot and proceed to Gille Park. This is a softball workout, not a game or competition. Men and women are welcome. Anyone interested, contact Phil Roxas: roxy314@comcast.net or Tony Geanoules – tonygeanoules@gmail.com.

**Sports Talk:** Every third Wednesday at 7:00 pm. Come on over and join the talk about your favorite sport. Contact Bill Klika – klikaad@fdu.edu.

**Stitch & Bitch:** Every Wednesday at 10:00 am. Bring your knitting, crocheting, embroidery, counted cross stitch, or any activity that you might want to work on. You can even just drop by and chat. Contact Norahmarie Bischoff – norahma506@aol.com.

**Texas Hold ‘Em:** Every Monday at 12:30 pm – 5:00 pm. We need new players – we have a mix of ladies and men. Contact Craig Wask – H 609-489-4952/C 201-421-1124.

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ONE DAY IN 1941, LEE Ng Shee went for a stroll in Bradley Beach, New Jersey. She was the wife of a prominent merchant in New York City Chinatown named Lee B. Lok, who in 1891 had established Quong Yuen Shing & Company, a general store on Mott Street. The family liked to spend their summers on the Jersey Shore, though it was a challenge to find landlords who would rent to nonwhites. Lee Ng Shee was passing a house on Newark Avenue, stepping carefully on her bound feet, when a woman came out on the porch. “Are you looking for a house?” the woman called out. “Would you like to buy this one?”

Lee knew a deal when she heard one. “Two thousand dollars later, Lee B. Lok and family were ensconced in a summer bungalow of their very own in the village where twenty years before they would have been lucky to be able to rent some rooms over a store,” wrote Bruce Edward Hall in his Chinatown memoir Tea That Burns.

Lee’s lucky break paved the way for more Chinatown families. Others bought along the same street, and soon, Newark Avenue became an equivalent to Mott Street in Manhattan; a mini, parallel Chinatown on the Jersey Shore. Jokingly, they dubbed the area Chinatown-by-the-Sea. Other old-timers call it “the Chinese Riviera”.

Original story: Eveline Chao, Atlas Obscura 2017

Lee Ng Shee, Courtesy of Pat Lee

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Exp. 02/2020
Let It Snow, Let It Snow, Let It Snow

Aging alters how you view events and special occasions. When you are young you often see life through rose colored glasses. Halloween, birthdays, Christmas etc. are the days you eagerly await. As an adult, Halloween becomes annoying, a birthday reminds you of how old you are getting and Christmas develops into exhaustion. For me, the biggest change I have experienced is my attitude toward snow.

As a youngster, I remember happily sitting by the front picture window watching the unique crystals gently fall to the ground. As they first began gliding from the sky a carpet formed on the front lawn, soon after the gray cement of the sidewalk looked like marshmallow fluff and suddenly my dad’s car resembled an igloo. The next thought was wondering if school would be closed. Back in the 50’s and 60’s school seldom locked its doors to accommodate Mother Nature. Moms couldn’t understand how we came home so wet but if they saw the dozens of snow angels in the school yard, they would have no questions. After school we grabbed our sled or toboggan and were off to the golf course; we rode down on the hills until dark. It was a wonderful day.

As an adult, I was constantly checking the weather report when there was a threat of snow. I would set my alarm clock for an hour earlier just in case I had to shovel my car out of the driveway. After shoveling I would go in and get ready for work; by the time I was ready to leave I found the sanitation truck had passed and plowed me back in. As the snow continued, I was re-shoveling myself out again in the wet and cold. This time when I left for school it was as a teacher, not a student. Arriving at school a little late was acceptable because of the dangerous driving conditions. If the enrollment was extremely low, the principal would send us home by 10:00 or 11:00. It would take over an hour to make the seven-mile journey home. I would park in the street because my driveway was plowed in again. Next it was time to shovel the walk and stoop before entering the house for a warm shower. It was terrible day.

As a retiree living at Sea Breeze, I once again enjoy sitting and watching the snow. It’s a wonderful day; I have come full circle.

Linda C. Marino
January is the time of year that we look back on the past year, hopefully with fondness and pleasant memories. We also look forward usually with high expectations for a better year than those past. January is named for the Roman god Janus, protector of gates and doorways. Janus is depicted with two faces, one looking into the past, the other into the future. The concept of the month of January (the beginning of one year and the ending of another) is based on aspects of Janus. He was also considered the guardian of peace. As the new year begins, I hope the guardian of peace spreads harmony throughout the world. Birthstone: garnet - Birth Flower: cottage pink galanthus - Zodiac: Capricorn and Aquarius

Linda C. Marino
Another year has passed and you’ll be reading this article in 2020. I hope you had a wonderful holiday season and are eagerly awaiting the new year. The football season at both levels (pro and college) has reached the playoffs stage and we are awaiting this year’s champions. In a prior column, I asked you to make your picks for the season. How did you do? If you were successful, a career awaits you in Atlantic City.

I will now venture into a discussion about the coaching carousel on the college level. For this particular article, I will use the current situation at Rutgers, the State University of New Jersey. As I wrote this piece, Rutgers is positioned to announce the hiring of Greg Schiano as its new head football coach. How did we get here and what can be done to revive what some people feel is one of the worst major college football programs in America.

The ball was set in motion when the former coach, Chris Ash was let go two months ago. This move required the University to develop a plan and the resources to pay off the existing contracts of Ash and his staff (approximately $8 to $10 million). The popular choice for the new coach focused on one individual, Greg Schiano. He had had a very successful tenure at Rutgers before leaving for the NFL Tampa Bay Bucs.

Once he became the focal point of the search, the question was: could he and Rutgers agree on what was needed to produce a successful Big 10 football program at Rutgers. After a failed initial attempt at an agreement, followed by a public outcry of support for Schiano, he and the University have come to an apparent deal. The crux of the deal and the problems that faced the University were the salary for the coach and his staff and the construction of new strictly football only facilities comparable to those in the other Big Ten schools (this I feel held up the original deal because they had to be up and functioning in an immediate time frame).

Now the question remains, can Coach Schiano and Rutgers produce a successful Big 10 football program. In order for them to be successful two things are essential: recruiting and recruiting since the talent level at Rutgers is lacking. Coach and his new staff must be able to recruit talented athletes especially those in New Jersey. They must also be able to make significant additions via the now important transfer portal. Next installment will look at how they have progressed. Have a great New Year.

The answer to last month’s trivia question: Mark Harmon. His father, Tom Harmon, won the Heisman Trophy playing for Michigan University. This month’s trivia question: which was the last major college football program to go through an entire season undefeated, untied and unscored upon?

Bill Klika
Winter Safety Tips

Baby, It’s Cold Outside! Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, during the winter.

**Hypothermia** occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging.

Warning Signs: cold skin that is pale or ashy; feeling very tired, confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate. Call 911 if you think you or someone else has hypothermia. 

Note: Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops.

Precautions to Take:

- Stay indoors (or don’t stay outside for very long).
- Keep indoor temperature at 65 degrees or warmer.
- Stay dry because wet clothing chills your body more quickly.
- Dress smart – protect your lungs from cold air. Layer up!
- Essential winter wear: hats, gloves (or preferably mittens), winter coat, boots, and a scarf to cover your mouth and nose.

**Frostbite** occurs when your body experiences damage to the skin that can go all the way down to the bone. Not surprisingly, extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from your heart. Common places include your nose, ears, cheeks, chin, fingers, and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at a higher risk. Cover up! All parts of your body should be covered when you go out in the cold. If your skin turns red or dark or starts hurting, go inside right away.

Know the warning signs: skin that’s white or ashy or grayish-yellow; skin that feels hard or waxy; numbness. If you think you or someone else has frostbite, call for medical help immediately.

**Falls:** It is easy to slip and fall in the winter, especially in icy and snowy conditions.

Precautions to Take:

- Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.
- Clear away snow and salt your walkways at home, or hire someone to do it.
- Wear boots with non-skid soles – this will prevent you from slipping.
- If you use a cane, replace the rubber tip before it is worn smooth.
- Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

**Fires and Carbon Monoxide Poisoning:** During the winter months, it is common to use the fireplace or other heating sources, such as natural gas, kerosene, and other fuels. Unless fireplaces, wood and gas stoves and gas appliances are properly vented, cleaned, and used, they can leak dangerous amounts of carbon monoxide—a deadly gas that you cannot see or smell. These and other appliances, such as space heaters, can also be fire hazards.

Warning Signs: Headache, weakness, nausea or vomiting, dizziness, confusion, blurred vision, loss of consciousness. If you think you may have carbon monoxide poisoning, get into fresh air and get medical care immediately.

Precautions to Take:

- Call an inspector to have your chimneys and flues inspected – preferred annually.
- Place smoke detectors and battery-operated carbon monoxide detectors in strategic places.
- Make sure space heaters are at least 3 feet away from anything that might catch fire, such as curtains, bedding, and furniture.
- Never try to heat your home using a gas stove, charcoal grill, or other stoves not made for home heating.

**Accidents While Driving:** Adults 65 and older are involved in more car crashes per mile driven than those in nearly all other age groups. Winter is an especially important time to be vigilant when driving because road conditions and weather may not be optimal.

Precautions to Take:

- “Winterize” your car before the bad weather hits! This means having the antifreeze, tires, and windshield wipers checked and changed if necessary.
- Remember your cell phone when you drive in bad weather, and always let someone know where you are going and when you should be expected back.
- Avoid driving on icy roads, and be especially careful driving on overpasses or bridges. Consider alternate routes, even if it means driving a longer distance, if the more direct route is less safe. Often bigger roads are cleared of snow better than smaller roads.
- Stock your car with basic emergency supplies such as:
  - First aid kit
  - Blankets
  - Extra warm clothes
  - Booster cables

– Continued on page 15
— “Winter Safety Tips” con’t from page 14

- Windshield scraper
- Shovel
- Rock salt or a bag of sand or cat litter (in case your wheels get stuck)
- Water and dried food or canned food (with can opener!)
- Flashlight
- Map (if traveling in new areas)

Source: healthinaging.org

Happy Chinese New Year

Hang the red lanterns, get the firecrackers ready and start cooking the delicious Asian foods because January 25th is the beginning of the Chinese New Year celebration. Also known as Lunar New Year or the “Spring Festival” in modern Mainland China, it is China’s most important traditional festival. The new year also welcomes in the start of the new zodiac animal which rotates every 12 years; this year is the year of the Rat. The firecrackers are a symbol of kicking out evil or bad luck. San Francisco, home to the largest Chinatown in the USA, NYC, LA, Boston and Chicago are among the major US cities that celebrate this holiday. The main activities include putting up decorations, eating the Reunion Dinner on New Year’s Eve, fireworks and giving red envelopes and gifts.

Family is the basis of the Chinese society, which is seen through the significance placed on the New Year’s Eve dinner, the Reunion Dinner. All family members must come back; if they can’t, the rest of the family will leave their spot empty and place a spare set of utensils for them. Food is one of the things that the Chinese take the most pride in and much thought is put into the menu for the most important holiday of the year. Spring rolls, dumplings, noodles, rice cakes, steamed fish and chicken, a variety of vegetables and hot pie are all part of the feast. The fish and sweet rice cakes are a must because their name rhymes with the words of wealth and good fortune.

Like people in Time Square on December 31st, the Chinese have a custom of staying up late on New Year’s Eve to welcome in the new year. Every street, building and house celebrating is decorated with red, the main color of the festival. Red lanterns adorn the homes and streets. It has long been the tradition to set off firecrackers along with other fireworks at the first minute of the New Year. Like Christmas and Hanukah, people exchange gifts. Red envelopes containing money is a favorite gift from parents to their children.

Happy New Year to our Chinese friends, and this year I plan to celebrate the day with them.

Linda C. Marino
International Skeptics Day
(Or is it?)

Little did I know that January 13th was a day created for people like me; it’s International Skeptics Day. Take note of the name; it’s not Local or National, but INTERNATIONAL! Are there that many skeptics in the world? I thought I was in the minority but after doing a little research I found the opposite to be true. Are the statistics correct? In today’s world a skeptic is often equated to a conspiracy theorist. Unfortunately, that’s not factual. If anyone watches TV or listens to talk radio, you know that there are more conspiracy theories out there, and I mean out there, than you can count. Some go back to a time before I existed: Jesus married Mary Magdalene and they had children, FDR knew that the Japanese were going to bomb Pearl Harbor, UFO’s in Roswell, Lee Harvey Oswald did not act alone, Paul McCartney is dead, NASA faked the moon landing. Need I continue?

The true meaning of skepticism is having a questioning attitude or doubt toward an accepted belief. A skeptic welcomes the ability of applying reason and critical thinking to determine validity. It’s the process of finding a supported conclusion, not the justification of a preconceived conclusion. It should have a positive influence on the world. People have always told me I was a skeptic, but now I’m not that sure. I thought I was but now I have my doubts. Am I a cynic, a disbeliever, a doubter or questioner? If the handwriting is on the wall, would I call it a forgery? Some skeptics celebrate skepticism on October 13th not in January because they are skeptical of the true date of the holiday. I just want an excuse to celebrate. Or do I?

Linda C. Marino

Heritage Corner

I was born in Beijing, China in the early 1950’s. My given name is Xiaohong, meaning “little red”. My Mother was an artist and book designer in a major publishing house. She named my brother, sister and I after her favorite colors. She passed away two years ago and left us many of her beautiful paintings. When I look at her artwork throughout my house, I feel she is still with me every day. My Dad was a professor of history; he published several books which were reprinted numerous times. I usually visit him every fall. It was important to my parents that their children received a good education. I went to college and majored in English Literature but I wanted to continue my education. I was accepted by the Hotel Management School of Cornell University so I came to New York in 1986. The professor of my English class suggested that all of his foreign students take an English name, so I chose Cathy. In 1989 I received my Master’s Degree from Cornell and went to work for a few big hotels in New York City until I retired in 2014. I met my husband Tom and we were married in 1995. In 1999, I proudly became an American Citizen. I still enjoy cooking many of the traditional foods from China; I even celebrate several of the Chinese holidays because I will always treasure my heritage.

Cathy Ullo

Please send your short heritage story to lindacmarino@yahoo.com

The Most Quiz

1. Which NFL head coach has the most wins?
   A) Bill Belichick   B) Vince Lombardi   C) Don Shula

2. Which team has won the most Super Bowls?
   A) Dallas Cowboys   B) New England Patriots   C) Pittsburgh Steelers

3. Which baseball major league manager has the most wins?
   A) Tony LaRussa   B) Connie Mack   C) John McGraw

4. Which major league baseball player won the most MVP awards?
   A) Barry Bonds   B) Jimmie Fox   C) Mickey Mantle

5. Which major league baseball player won the most Cy Young Awards?
   A) Steve Carlton   B) Roger Clemens   C) Randy Johnson

Ans. on page 27
January is Braille Literacy Month, in honor of the birthday of Louis Braille, who was born on January 4th, 1809. Louis Braille invented the braille code because he wanted to be literate, in spite of his blindness. Literacy is defined as the ability to read and write. This is true whether you are sighted and read regular print, partially sighted and read large print, or blind and read braille. We have all heard the term “reading is fundamental”. Reading and writing are fundamental skills that contribute to a successful and independent adult life.

Think about all the ways you use print during the day: making a shopping list, taking a phone message, reading a recipe, enjoying a book. Braille allows people who are blind or visually impaired to read, write, and independently complete these activities of daily living.

Print and braille are both systems of symbols used to provide access to information. We all know what print looks like, we are reading it right now. Braille is just a different set of symbols used for the same purpose. The braille characters make up the letters of the alphabet, punctuation marks, and numbers. Everything that can be written in print can also be written in braille. There is a special code for music and a special code for math. Even blind computer programmers have a braille code - computer braille.

Each year, in January, we think about and recognize the contributions of Louis Braille. The mission of this month is to raise awareness of the importance of Braille to the blind and visually impaired community. As audio technology progresses, the use of braille dwindles, but its significance remains as a tool for independence. This is a time to learn about and appreciate braille and everything it’s done to help the visually impaired all over the world.

RESOURCES FOR PEOPLE WITH VISION LOSS:

- American Foundation for the Blind Vision Aware: A free, comprehensive resource for basic information about adjusting to vision loss, including tips for adapting your home and daily living. www.afb.org/blindness-and-low-vision/visionaware
- "Getting Started" Kit for People New to Vision Loss www.visionaware.org/info/emotional-support/handling-the-news/getting-started-kit-for-people-new-to-vision-loss/123
- National Federation of the Blind: www.seniors.nfb.org/
- New Jersey Commission for the Blind and Visually Impaired: The Commission for the Blind and Visually Impaired (CBVI) offers independent living training designed to help people of any age who are blind or visually impaired gain the skills of daily living needed to lead a full and productive life. CENTRAL REGION: Counties Served: Hunterdon, Middlesex, Monmouth, Ocean, Somerset, and Union. Freehold Service Center (FSC): (732)308-4001; 100 Daniels Way, Freehold, NJ 07728 www.state.nj.us/humanservices/cbvi/services/independent/index.html

Marilyn Winograd
Teacher of the Blind and Visually Impaired
This past November, for the second year in a row, the ladies of our Stitch and Bitch Group visited the two local branches of the New Jersey Ronald McDonald Houses in Long Branch and New Brunswick. The ladies dropped off a total of 32 new, handmade quilts and baby blankets to the RMcD Houses. These blankets and quilts will be used in the Welcome Packages that are handed out to all new residents of the Houses. We also donated some new children/adults books, small bath sample packages, and our Sea Breeze Pop-Tab collection of 12 pounds of tabs.

We would like to take this opportunity to thank all the residents of Sea Breeze for their continued support of our Ronald McDonald Projects.

Submitted by Diane Dressler
Ana Maria and Bob Soto, assisted by the Social Committee and generous neighbors, held another successful annual Thanksgiving Brunch. All donations go to support the Lacey Food Bank. Ana Maria looks forward to delivering the check yearly because the women at the food pantry are so grateful. Another Sea Breeze couple, Ruth and Luis Velez, organize our spring food collection for the grocery storeroom. For the second consecutive year the Lakeside Diner at 429 Lacey Road donated sausage, bacon and pancakes. Please try to patronize the local businesses that support our charitable efforts.

Linda C. Marino
Meeting Room Art
Random Acts of Art presents *Artful Words* exhibit. This exhibit will showcase artworks by various artists using only print, text, and visual images.

12 pm, All Thursdays - Mah Jong Mavens & Masters
Have you always wanted to learn how to play Mah Jong? You can learn by watching seasoned players. Do you already know? Either way, join us.

1/4, 9:30 am, Saturday - Knitting & Crocheting
Come join in. Bring your yarn and needles or hooks, and make some new friends while you knit. All skill levels welcome.

1/7, 2 pm, Tuesday - How to Use hoopla®
Learn how to access ebooks, audio books, movies, and more through our digital service hoopla®. Patrons are welcome to bring in their own digital devices. REG

1/8, 1/15, 1/22, 1/29, 1 pm, Wednesdays - English Conversation Group
Practice English in an informal setting.

1/8, 2 pm, Wednesday - Journaling in 2020
Looking to try journaling? Come check out different journal types to find the one that fits your style. REG

1/10, 1:00 pm, Friday - Lunchtime Film: *March of the Penguins*
(G) 85 min. Drop in.

1/11, 10:30 am, Saturday - The Shore Memory Cafe
Early-Stage Memory Cafes provide opportunities for persons diagnosed with early stage memory loss, and their care partner(s), to engage with peers in a relaxed, unstructured environment. Presented by the Alzheimer’s Association.

1/13, 6 pm, Monday - Random Acts of Art Meeting and Reception
During this meeting, Random Acts of Art will host a reception to celebrate their *Artful Words* exhibit at the Lacey Branch. Attendees will be able to meet the artists to discuss the exhibit and learn how they can join this group. Drop in.

1/14, 5:30 pm, Tuesday - Meet the Mayor
Stop in and meet the mayor in an informal setting. No appointment necessary.

1/15, 2 pm, Wednesday - Tablet Talk
Have an iPad or Kindle tablet at home? Unsure how to use it? Join us to learn the basics of how to use these digital devices. Patrons are welcome to bring in their own tablet devices. REG

1/17, 11 am, Friday - Book Cafe
Chat about the latest book you read. Check out what others enjoy reading. REG

1/20, 1 pm, Monday - *Ordinary Grace* by William Kent Krueger
Copies of the book are available at the Lacey Circulation Desk.

1/20, 3 pm, Monday - Care for all: Day of Service
In honor of Martin Luther King Jr., the Lacey Branch will host a Day of Service for volunteers to create scarves and first night care packages for those in need. Make a difference in your community and spark the dream of hope. REG

1/21, 2 pm, Friday - How to Use Over Drive®
Learn how to browse and borrow e-books and audio books through our digital service Over Drive®. Patrons are welcome to bring their own devices. REG

1/22, 6 pm, Wednesday - Evening Film: *Spider-Man: Into the Spider-Verse*
(PG) 117 min. Drop in.

1/24, 11 am, Friday - Matinee Movie: *Under the Tuscan Sun*
Relax and enjoy this film while snacking on an Italian treat. (PG-13) 115 min. Drop in

FR – 1/28, 4 pm, Tuesday - Friends of the Lacey Library Meeting
New members are always welcome.
FYI

Tax Preparation for Free. February 3rd Through April 15, 2020

**AARP Foundation** Tax-Aide is the largest free, volunteer-run tax assistance and preparation program in the United States.

Tax-Aide offers in-person tax preparation help to anyone, free of charge. The program is especially focused on taxpayers who are 50 or older and are of low to middle income.

In 2019, Tax-Aide volunteers helped over 2.5 million taxpayers claim $1.4 billion in income tax refunds.

Tax-Aide volunteers are trained and IRS-certified each year to ensure they know about and understand the latest changes to the U.S. Tax Code. There is no fee, no sales pitch and AARP membership is not required.

**Locations in Southern Ocean County**

**MONDAY & THURSDAY**
9AM to 2PM---walk in
St. Mary of the Pines Parish Center
100 Bishops Lane, Manahawkin

**TUESDAY, 1PM to 5PM ---walk in**
Village Lutheran Church
701 Western Blvd. Lanoka Harbor

**WEDNESDAY, 9AM to 1PM ---walk in**
St. Theresa's Faith Formation Center
450 Radio Road, Little Egg Harbor

**WEDNESDAY, 10AM to 4PM**
Appointments only---call 609-290-6936
Heritage Point Club House
1 South Point Blvd., Barnegat

**What to Bring Along**

- Social Security Card and photo ID/driver’s license
- Copies of 2018 Federal and State tax returns
- Forms W2, SSA, 1099, 1099R, 1099G
- Property Tax Bill, PTR Blue book.
- Self-employment income information
- Brokerage statements, sale of stocks, bonds
- Healthcare 1095A, B or C, exemption letters
- Mortgage interest, medical, dental, donations
- 1098T/education expenses.
- Bank check for direct deposit of refund or debit for balance due.
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Dishin’ the Dirt

Care of your Houseplants in the Winter:
As we all try to stay warm and healthy during the next few months, so do our green friends. Even indoor plants can sometimes have a tough time surviving the cold. There is a lot you can do to help your houseplants make it through the winter and those cold months ahead.
Here’s what to keep in mind:
- Cut down on water. Most plants are in hibernation mode during these months and don’t need much water. Water lightly and deeply. Use water from the tap and have it stand at room temperature, usually overnight. Don’t water directly from the faucet. Let the water drain out of the pot.
- If your plants look healthy, don’t fertilize!! If you think they need a boost, dilute your fertilizer by 50%.
- Don’t repot until Spring. They already have a tougher time in winter. Unless it’s a must, wait!!
- Clean your leaves. Dusty leaves are bad news, as they encourage disease and prevent houseplants to absorb sunlight. Brush leaves with a Swiffer or damp sponge monthly.
- Your plants need as much light as possible. If you can, keep them near a window, but you don’t want drafts or breezes to chill them. Make sure the area is nice and warm. Don’t use a windowsill, it’s too cold by the glass.
- Put your plants close together. A humidifier can add a little moisture to the air or put pebbles on a base with water and let your plants sit on the pebbles. That humidity will help your plants survive during the season.
- Consider purchasing a LED Grow light to provide extra energy for extremely dark areas of your home.

May you have good luck with your plants and flowers over the winter months. See you in the Spring!!

Barbara Engel
Memories of Ringing in the New Year

People imagine that the rest of the world parallels their own traditions when ringing in the new year. Millions of people world-wide do watch the ball fall in Times Square as champagne corks pop. My sisters and I rang in each new year with Guy Lombardo and his Royal Canadians. Guy was the main man to be with at midnight from 1929-1976. He first broadcasted on radio and eventually TV from the Roosevelt Hotel and later the Waldorf-Astoria. Guy’s brother Carmen was one of three composers who wrote Boo-Hoo, which Guy’s band introduced in 1937. We loved it when his brother put down his sax and picked up microphone each year to sing it.

Under no circumstances would we leave the TV for fear of missing the annual rendition of a song Guy made almost as popular as Auld Lang Syne. The lyrics for Auld Lang Syne were from a poem written by Robert Burns back in the 1700’s. There are several translations for the Scottish song’s title, “old long since”, “long, long ago”, “days gone by”, “old times”, etc. To three young girls sitting in their Staten Island home it simply translated to Happy New Year.

My parents allowed each of us to choose one type of junk food as our singing trio celebrated. Mom and Dad often attended a neighborhood party but returned home at 11:45 to be with us at the stroke of twelve. At midnight we went outside on our stoop and each banged a pot with a spoon.

I have vivid memories of December 31, 1959. I was eight years old and was so excited to ring in a new decade. Oh, to be young again. Dick Clark began his show in 1973 but took over as the number one man in 1977 when Guy passed away. For my sisters and I, Guy took a little of New Year’s Eve with him when he passed on. Dick Clark may have become the number one man but to us he never became the number one Guy.

Linda C. Marino
It Wasn’t a Trivial Night

Over 100 neighbors celebrated Trivia Night on November 10, 2019, even though January 4th is National Trivia Day; as is often the case, Sea Breezers were ahead of the game. The evening was filled with laughter, fun, prizes and pizza. The Social Committee, with leadership from Connie Bimonte and Charlotte Martyn, may have started a new tradition in our community. DJ Don Cook supplied an array of categories with interesting questions filling in the time needed for scoring with pleasant background music. As the teams cheered, a welcoming competitive spirit filled the room. One question the participants are asking is, “When will we do it again?” The answer is, “Not soon enough.”

Linda C. Marino
Global New Year

Different cultures have distinctive traditions especially when it comes to holidays. Food, drink, gift giving and noise making tag along for the ride of welcoming in the dawn of the new year. In the southern USA black-eyed peas and pork foretell good fortune while the Dutch eat fritters or any ring-shaped treat which symbolizes coming full circle. The Irish enjoy pastries; in India and Pakistan, rice promises prosperity and the Swiss have dollops of whipped cream to signify richness in the coming year. Champagne is consumed by many countries to wish each other good fortune; the Scottish drink a “hot pint” of wassail—a drink made from cider, while in Holland, toasts are made with hot, spiced wine. New Year’s Day was once a time of gift giving; nuts and coins marked the start of the new year in Rome. Persians swapped eggs and Egyptians traded earthenware flasks. In Scotland, coal, shortbread and silverware traditionally were exchanged for good luck. In the early American colonies, the sound of pistol shots rang through the air, in more modern times sirens and party horns bellow to bid the old year farewell. In China firecrackers routed the forces of darkness. Today, Italians let their church bells peal and the Swiss beat drums as December departs.

Whether you are uttering arrivederci, au revoir, zai jian or adios to end the twelve-month cycle or articulating witamy, bem vinda, bine ati venit or udvozoljuk to greet the future year, just remember it is chapter 1, verse 1, line 1… begin writing.

Linda C. Marino

The Novel Bunch

1/16/20 Till Death Do Us Part by Amanda Quick
2/20/20 Daughter of Moloka’i by Alan Brennert
3/19/20 Beneath a Scarlet Sky by Mark T. Sullivan
4/23/20 The Silent Patient by Alex Michaelides

LACEY HAPPENINGS

Lacey Board of Education Monday, January 6 (Reorganization Meeting) 6:00 pm LTHS Lecture Hall
Lacey MUA Wednesday, January 8 6:30 pm 34 R Kennedy Blvd
Lacey Township Thursday, January 9 7:00 pm Municipal Blvd
Planning Board Monday, January 13 7:00 pm Municipal Blvd
Lacey Board of Education Tuesday, January 21 (Regular Meeting) 6:00 pm LTHS Lecture Hall
Lacey Township Thursday, January 23 7:00 pm Municipal Blvd
Cake Baking Tips

Last month I shared some of my cooking baking tips, and this month I will share some cake baking tips that have helped me save time, make better cakes and avoid a lot of the mishaps that can occur. I hope you will find some of them useful.

Greasing those fluted tube cake pans is always a time consuming task. The solution is to mix equal parts oil, softened shortening and flour. Thoroughly mix together and brush on any baking pan or dish. This mixture does not solidify and will keep for four to five months in a covered container in the refrigerator.

You don’t need to buy a large box of self-rising flour for one recipe. Simply sift together one cup of all-purpose flour, one and a half teaspoons of baking powder and a half a teaspoon of salt, and you have a cup of self-rising flour.

Instead of buying a whole quart of buttermilk for a small amount that is needed for a recipe, buy a can of powdered buttermilk in the baking aisle of the supermarket and simply follow the directions on the can.

Always use the size pan called for in the recipe, and check for doneness at the minimum bake time listed in the recipe. Use a wooden skewer or toothpick to do this. Crumbs don’t cling to the slippery surface of a metal one.

Don’t substitute ingredients, and always use them at room temperature. Always stir flour to aerate, spoon to overflowing in a measuring cup and then level off with a knife. Level off the measuring spoons for dry ingredients like baking powder. When pouring liquids, hold cup to eye level for accurate results.

Position rack so the cake is in the center of the oven, and if baking two layers, position them on the same rack so they are at least an inch from the sides of the oven and not touching each other. Cool cake on a rack for the amount of time indicated in the recipe, then loosen sides with a small plastic knife, place a cooling rack on top of the cake and invert.

Completely cooled cake layers can be wrapped in plastic wrap and then aluminum foil and frozen till ready to frost. Thaw fully wrapped layers at room temperature.

Rita Barone

Quiz Answers:

1) C   2) C   3) B   4) A   5) B
Chuckles

January 2020

If I had done you wrong, I am sorry. May you still give me a chance this New Year to do it over and over again.

Happy New Year!

"Many people look forward to the new year for a new start on old habits"
The Cook's Corner

Bourbon Candied Sweet Potatoes

These easy candied sweet potatoes make the perfect side to go alongside your holiday dinner. But they're also too good to only have once a year. They pair perfectly with roast chicken, pot roast, or prime rib, too! Trust us, with a brown sugar, apple cider and bourbon glaze, these are the best candied sweet potatoes you'll EVER make. Everyone should know how to make them.

Prep Time: 0 hours 10 mins        Total Time: 1 hour 30 mins

Ingredients

6 tbsp butter, plus
3 lb sweet potatoes, peeled, cut to ½" rounds
2/3 cup packed dark brown sugar
¼ cup apple cider
3 tbsp bourbon
¼ tsp ground cinnamon
Kosher salt
Freshly ground black pepper

Directions

1. Preheat oven to 400°. Brush a medium baking dish with butter.
2. In a small saucepan, melt the butter over medium. Whisk in the brown sugar, apple cider, bourbon and cinnamon. Bring to a boil, then reduce to medium and simmer until thickened slightly, about 2 minutes.
3. Layer potatoes in prepared baking dish, seasoning with salt and pepper, and pour warm syrup over top. Cover dish with foil and bake 30 minutes.
4. Remove foil, stir, and continue to bake until sweet potatoes are tender and coated in sauce, about 40 minutes more.

WW SmartPoints Value = 14 ea        Yield 8 servings

To download any of the recipes that have been published in the Breeze Way, go to: http://www.BreezeWayLtr.com.
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- Rheumatoid Arthritis
- Migraine
- Sleep Deprivation

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<td>4 Fewer Inpatient Expenses</td>
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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 viral infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage.

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 electric-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. The 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

WHY SPINEAID DISC CENTER?
SpineAid Disc Center offers some of the most advanced non-surgical, FDA cleared procedures for relieving chronic pain. Our customized approach utilizes the latest medical technology. We offer programs and procedures that will improve your health with the utmost safety and precision. We will provide you with an accurate diagnosis and recommend a program that best fits your needs.

CALL TODAY AND START TO FIND RELIEF FROM PAIN
We are confident that you will find healing and relief at SpineAid Disc Center. You will have a one-on-one consultation with one of our trained staff who will evaluate your condition and determine if you would be a candidate for this treatment. Due to the demand, we have opened an additional 30 appointments this week. Time slots fill quickly so CALL TODAY to secure your appointment.

LIMITED TO THE FIRST 30 CALLERS!
Call today to schedule your appointment.

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<td>Diplomat, American Board of</td>
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<td><strong>609-894-2084 OR 732-312-7201</strong></td>
<td>Podiatric Surgery Certified in Foot Surgery</td>
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<td>(609) 978-2950</td>
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<td>102 E. Bay Avenue • Suite H • Manahawkin, NJ</td>
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<td><strong>NJMPL #9638</strong></td>
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<td><strong>Bonded</strong></td>
<td><strong>RoJo Electric</strong></td>
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<tr>
<td>“For Everything Electrical”</td>
<td>429 Lacey Road, (Colonial Plaza)</td>
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<td><strong>609-891-6905</strong></td>
<td>Forked River, NJ 08731</td>
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<td><strong>All Calls Answered</strong></td>
<td><strong>T. 609-232-8106 F. 609-488-2012</strong></td>
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<td><strong>No Job Too Small</strong></td>
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