**Statement of Policy**

The *Villages News Magazine* is published as a service to our community. We solicit articles but reserve the right to accept, edit or reject any manuscripts submitted. All text must be approved by the staff. Only material that is in good taste and non-inflammatory will be considered. We cannot be responsible for acknowledgement or return of articles. Any non-staff contributions must be signed by the author. The articles in this magazine may, or may not represent the views of the entire staff.

**NOTE:** The Villages Trustees, Property Management and the VNM staff are not responsible for the advertisements or any of the products mentioned in this publication.

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Do you have an interesting story? Perhaps a trip you took with photos you'd like to share? How about a special event or award you received that you'd like your friends and neighbors to learn about? If you've seen a good movie recently, why not contribute a review?

This paper is your vehicle for binding this community together. Please, don't be shy! We'd love to hear from you. Submit your articles and photos by the 13th of the month.

Please send your articles via email or as a word attachment to **jbarbone546@gmail.com**

Here is a list of some articles we are looking for:

- Vacation Spots
- Movie Reviews
- Recipes
- Achievements
- Club Events
To all residents:
The Villages Magazine is looking for an individual who would like to write stories for the monthly magazine. The stories can be about any topic you choose. It requires your interests and a little bit of time. If you are interested in helping our committee, please email me at jbarbone546@gmail.com. Thank you.

Joe Barbone, Editor.

THE VILLAGES MAGAZINE
2020 MONTHLY MEETINGS
2nd FRIDAY, AT 10:00AM
MEETING ROOM UPSTAIRS

SUDOKU PUZZLE

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**If you know of a recent death, anniversary or significant event in the life of our residents, please send an email to jbarbone@msn.com. Thank you.**

We extend our sincerest condolences to Maureen Hess on the death of her husband, Thomas. May he rest in peace. They have resided in the Villages for 17 years!

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It’s a brand new year, and we look forward to a better and brighter one! As we look back over the past year, here are some words and phrases from 2020 that we hope we won’t hear too much again.

- **CoVid-19**: This was definitely the main new word, but we are anticipating that a vaccine will erase or diminish the chances of contacting the disease.
- **Zoom**: the technology used by millions to communicate with family and work. Let’s hope that it soon will be replaced with actual face-to-face socialization.
- **Unprecedented times**: a phrase we thought we only read about in history books, not live through.
- **Sorry, we’re out of toilet paper**: Who ever would have thought this would be the most sought after staple. (and still is)
- **Quarantine 15**: usually the +15 weight gain was reserved for college freshmen. With 2020 closing gyms and pigging out more during quarantine, many have added on a few pounds.
- **You’re muted again**: ugh! a phrase that is often heard when trying to FaceTime or zoom with our family and friends.
- **Social distancing**: 6 feet can be so lonely
- **Sports are cancelled**: who would ever have thought there was a time that the only sports you could find on television were from years past?
- **Maskne**: facial acne as a result of wearing a mask!
- **Mask-up**: a phrase usually reserved for umpires and medical personnel...now everyone
- **Essential worker… we are grateful for everyone of them from grocer to doctor. Thank you!!**
- **Elbow bump**: the greeting replacing hi-fives and fist bumps
- **Distance learning/ hybrid learning**: we never could have imagined children not being able to go to school and learning by staring at their teachers from a computer in their home. Parents and teachers hope this is something they never experience again.
- **Stay safe and stay well**: a common phrase used as we sign off on emails and text conversations.
- **Virtual hug**: Sorry, nothing beats a real hug from your grandkids!
- **Contactless delivery/curbside pick-up**: Yes, a convenience, so we don’t have to really talk to anyone...but then again..
- **Phone, keys, wallet, mask**: your checklist before you leave your house
- **New normal**: all of the above is considered the new normal. Let’s hope for a better new normal in 2021!
- **2020 day**: phrase replacing “a bad, awful day” ...hopefully 2021 will mean a “hopeful, happy, fun day.”

Thanks for 101.7 for some of these ideas.
BUS TRANSPORTATION

RTC has been terminated and there will be no shuttle bus in 2021.

Residents will have to make appointments with Monmouth SCAT bus to go shopping or to the doctors.

Residents needing grocery delivery can order online through Peapod (Stop & Shop) and Shoprite online. They can also call Scat bus at 732-431-6480.

Announcement: “The Villages has begun the Roof Replacement Project which was approved by the Board of Trustees and is being completed by Premier Construction Associates. We are happy to be able to provide all residents with a new roof this year as we continue to serve our community and improve The Villages.”

Ashley Herman Art

CARICATURES

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Peripheral Neuropathy is a nerve disorder known to affect the lives of millions of people throughout the United States. It is a complication found in several different medical conditions including Diabetes, Peripheral Vascular Disease, Cancer and Chemo-Radiation therapies and Metabolic disorders most commonly. While some cases improve when the underlying cause is managed effectively, sometimes the cause may not always be detectable. As this debilitating condition may progress over time, it is crucial to be proactive with proper treatment, avoiding and further negative impact on quality of life.

When functioning normally, the peripheral nerves relay messages from the central nervous system, brain and spinal cord to the rest of the body. However, this key function is disrupted when circulation to peripheral blood vessels becomes impaired, particularly the smaller ones (capillaries), that supply nerve tissues. Without sufficient blood flow making it through capillaries, essential oxygen and carbon dioxide cannot get into the tissues, while the waste products of metabolism cannot get out. The peripheral nervous system eventually becomes distressed and damaged due to starvation and toxicity.

SYMPTOMS: NUMBNESS, TINGLING, PRICKLING, BURNING, SHARP-SHOOTING PAIN, CRAMPING, MUSCLE WEAKNESS, LOSS OF BALANCE AND COORDINATION, DIFFICULTY WALKING

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MicroVas’ powerful, deeply penetrating waveform causes blood to pump and circulate much more efficiently by elevating tissue oxygen levels. This process may also accelerate lymphatic drainage, helping to reduce the effects of swelling by stimulating the body’s own immune response. In contrast to other technologies available, studies have demonstrated MicroVas’ ability to facilitate new capillary formation, laying groundwork for new tissue growth and repair while accelerating the healing process.

In our experience, MicroVas’ therapeutic effects are often substantial and our unique approach of implementation, including manual hands-on therapy and functional conditioning is designed to help you achieve optimal results for long-term relief.

“My neuropathy made me miserable day and night and I just learned to live with it. After five weeks of MicroVas treatments at Rehabilitation, I’m already seeing a difference. They have given me hope and now I feel more motivated to stay active. Thanks so much.” -David M.

“Since starting treatment at Rehabilitation, I’ve noticed less pain, tingling and burning sensations from the neuropathy and the MicroVas has made a big difference. Thank you for your kindness and patience.” -Grace R.

“I had burning in both feet which has reduced significantly with all the MicroVas treatments at Rehabilitation. My balance has improved and I’m able to exercise now with less difficulty.” -Bill F.

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The Villages January 2021

1955

Recently I came across an old article that featured some of the comments made in 1955. I thought you might find them amusing.

• “Have you seen the new cars coming out? It won’t be long before $5000 will only buy a used one.”
• “If they think I’ll pay 50 cents for a haircut, forget it.”
• “The drive-in restaurant is convenient in nice weather, but I seriously doubt it will ever catch on.”
• “There is no sense going to Lincoln or Omaha anymore for a weekend. It costs nearly $15 a night to stay in a hotel.”
• “I never thought I would see the day all our appliances would be electric. They’re even making electric typewriters now.”
• “If they raise the minimum wage to $1, nobody will be able to hire help at the store.”
• “If things keep going the way they are, it’s going to be impossible to buy a week’s groceries for $20.”
• “It’s too bad things are so tough nowadays. I see where a few married women are going to have to work to make ends meet.”
• “Did you see where some baseball player just signed a contract for $75,000 a year just to play ball? It wouldn’t surprise me if someday they’ll be making more than the president.”
• “Did you hear that the post office is thinking about charging a dime just to mail a letter?”
• “If cigarettes keep going up in price, I’m going to quit. A quarter a pack is ridiculous.”
• “When I first started driving, who would have thought gas would someday cost 29 cents a gallon, We’d be better off leaving the car in the garage.”

I wonder if the things we say now will sound just as amusing fifty years from now!!
THE POTATO

Boil them, mash them, roast them, or turn them into fries - - the average American consumes about 140 pounds of potatoes in all forms per year. The potato is particularly popular in Idaho - - with its mountainous climate and verdant soil, the state produces nearly one-third of the country's annual potato crop. The humble potato originated in southern Peru and was introduced to Europe in the 1500s. In 1836, Presbyterian missionary Henry Harmon Spalding introduced them to Idaho's native peoples, the Nez Perce. It was designated the official state vegetable in 2002. There are more than 5,000 varieties of potatoes worldwide today, and it's the world's most widely grown tuber crop. The majority of the potatoes grown in Idaho today are floury Russet potatoes, which are ideal for baking.

JELL-O

Sweetly simple, Jell-O has been serving up smiles since the late 19th century. The idea of a “set” gelatin product had been around for several decades before that, but it took some clever marketing – including recipes in women's magazines, free samples at fairs, and illustrated booklets – for the wiggly treat to really take off.

One early tagline called it “America's most famous dessert”, even though it did not yet live up to that title, and another, featured on Jell-O's packaging, described it as “delicate, delightful, dainty.” As for the famous “J-E-L-L-O” jingle we all know and love today? That came around with the advent of radio ads for the product in the 1930s.

“TV DINNER”

The TV dinner owes its existence to Thanksgiving, an order miscalculation, and a salesman named Gerry Thomas. In 1953, the folks at Swanson overestimated how many Thanksgiving turkeys they would sell, leaving the company with an extra 260 tons of frozen birds sitting in ten refrigerated railroad cars. To get rid of them all, salesman Gerry Thomas came up with the idea of filling aluminum trays with the turkey, along with cornbread dressing, gravy, peas and sweet potatoes. They were sold for 98 cents, and thus, the TV dinner was born.

STATE FARM/BAND-AID JINGLES

If you've ever had State Farm's “Like a Good Neighbor” jingle playing on repeat in your head, you know how impossibly catchy it is. And it's no wonder why – the writer of that jingle (and many others) is none other than singer Barry Manilow.

Before he became the superstar he is now, the “Mandy” performer wrote or sang commercial jingles for major brands including State Farm, Stridex, and Band-Aid. (That “I am stuck on Band-Aid brand, 'cause Band-Aid's stuck on me” tune is his handiwork.) So, if you've ever been “stuck on Band-Aid” yourself, or if you've given “your face something to smile about” with Stridex, you have Barry Manilow to thank.

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4 Dirty
9 Cooking meas.
13 100 square meters
14 Contradiction
16 Chief Hawaiian island
17 Short for the least
18 Tennis great --- Gonzales
19 Tax
20 Applications
22 Tap's partner
23 Hoop dunk
25 Added for free
27 About this size
28 Surrounded by
30 Subject of spectacular bankruptcy case
33 Very similar to
35 Flashy
37 Tokyo Yoko
38 The Pobble had none
39 Engender
41 One of four
42 “You've Got Mail” company
43 “The hour --- hand”: St Matthew's Gospel
44 Dangerous feats
46 G W T W’s --- Butler
48 Green, blotchy frog type
50 Toque wearers

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1 Complete range
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4 National economic indicator
5 State of preparedness
6 Baseball segment
7 Clickers or squeakers
8 Expression of derision
9 Add as a bonus
10 Hi-fi is not supposed to suffer from it
11 Card dispenser
12 Golfing short shot
15 Gray wolf
18-wheelers
21 Sleeping
24 Stir-fryer
26 Pack
27 Election list
29 That show's going to be --- 9 pm
30 Silently indicates assent
31 State emblem on Old Glory
32 Expression of amazement
33 Pristine
34 Chums
35 Holy book of Islam
36 Agenda topic
37 Musical intervals
38 “1984” antagonist
39 Bases
40 Bury
41 Hotelier --- Ritz
42 Poisonous Javanese tree
43 Catamountain
44 Japanese rice wine
45 Cut
46 Intelligence officer

Solution on Page 23
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Expires 1/31/21
PHOTOS BY VITO

Taken at the Bronx Zoo
When shooting indoors everyone’s first thought is to use a flash. While this is often a good move, shooting indoors without a flash can produce some very interesting images.

Using the natural light will enhance many images. Someone in the glow of a candle is a good example. Using a flash in this case will overpower the golden glow of the candle. This is also true of shooting an event on stage. A flash will eliminate the stage lights and create harsh shadows.

Many of these shots will have a slow shutter speed, so you may need some additional camera support. If you don’t have a tripod, try leaning against something, placing your elbows on a firm support, and using the self timer.

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

Keep shooting and improving your images, but most importantly, have fun with your camera.
**MUSICAL NOTES**

*Judi Guy*

**What a Wonderful World**

What a Wonderful World is a song performed by American trumpeter and singer Louis Armstrong. The lyrics of the song talk about the beautiful things of the world such as the blue skies, the beautiful colors of the rainbow, the warmth and friendliness people show each other, and the lovely cries of babies.

I know our world in 2020 has not been blue skies and rainbows. I prefer to look on the bright side and the many silver linings found during our time of quarantine, like spending more quality time with immediate family, learning a new language or how to play an instrument, taking cooking lessons online, zooming with family and friends and even writing books. I’ve been taking painting lessons and, at this point, should probably own stock in Michael’s craft store.

“What a Wonderful World” was written in 1968 during the time of the Vietnam War. Performed in the genre of jazz, it was written and composed to try and bring hope to the millions of victims suffering the effects of the war like the loss of the many beloved fathers, sons and husbands. With the loss of more than 270,000 people to COVID-19 (at the time of this writing), I feel the song is certainly relevant for our world right now.

Because he had a “gig” at the Tropicana Hotel, Armstrong recorded the song in Las Vegas. The session was scheduled to follow his midnight show and by 2 am the musicians were ready and tape was rolling. It’s been said that nearby freight train whistles interrupted the session twice, forcing the recording to start over. Armstrong shook his head and laughed off the distractions, keeping his composure. Here are just a few of the lyrics from this uplifting song.

I see skies of blue

...and clouds of white

The bright blessed day
The dark sacred night
And I think to myself
What a wonderful world

The colors of the rainbow
So pretty in the sky
Are also on the faces
Of people going by

I see friends shaking hands
Saying, “How do you do?”
They’re really saying
“I love you.”
Yes, I think to myself,
What a wonderful world!
It’s difficult to see blue skies and rainbows right now, and of course, we can’t shake hands, but I’m praying that the vaccines will be here soon and our world will be wonderful once again!
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January 2021 The Villages 15

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MARTIN LUTHER KING JR.

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Trying To Reach The Senior Market?
We know them as billiards and pool, but there are variations of what are called cue sports. In fact, there are three major divisions of cue sports. There is Carom billiards, which are games played on tables without pockets. The tables are usually 10 feet long, and include straight rail, balkline, one-cushion carom, three cushion billiards, artistic billiards and four-ball. Then there is Pool, which are played on six-pocket tables of 7, 8, or 9 foot length. These include eight-ball (the world’s most widely played cue sport), nine-ball (the dominant professional game), ten-ball, straight pool (the formerly dominant pro game), one-pocket and bank pool. Finally, there are Snooker, English Billiards and Russian Pyramid, played on a billiards table with six pockets called a snooker table (which has dimensions just under 12 feet by 6 feet). These games are classified separately from pool based on a separate historical development, as well as a separate culture and terminology that characterize their play. There are also variations of the game that are played with discs rather than with balls. (Not sure how that works).

What is interesting about cue sports is that they evolved from outdoor stick and ball games, including among others croquet, golf and bocce. The word billiard may have its origin in the French word billart or billete, meaning stick, in reference to the mace, which is similar to the golf putter and which is the forerunner of the modern cue. The word may also have evolved from the French word bille, meaning ball. The word cue comes from the French word queu, which means tail. This refers to the early practice of using the butt of the mace, instead of its club foot, to strike the ball when it lay against a rail cushion.

As far back as the 1340’s, there was a recognizable form of billiards played outdoors and it reminded people of croquet. King Louis XI of France (1461-1483) had the first known indoor billiard table. Louis XIV refined and popularized the game as it spread through the French nobility. As a result, outdoor billiards seemed to have died out and moved inside in the 17th century. Only croquet, golf and bowling games remained outdoors. Billiards had grown in such popularity that by 1727, it was being played in almost every Paris café. In England it had grown in popularity among the English gentry.

The cue that we know today was developed in about 1800. It was preferred to the mace, which was used to push the ball. The cue, and the fact that cushions were stuffed with material to allow the ball to ricochet off the cushions, created a new dimension to the game. As a result the game became more popular, and the orders for tables increased. As the game developed there were various adaptations. These all enhanced the growth and development of the sport. All of this led to what we know as billiards. Unfortunately, there was a time when the games declined, including in the United States. There were games played without pockets, but these were developed later and led to pocket billiards, including pool games such as eight-ball, nine-ball, straight pool and others.

In the United States, pool and billiards became more popular between 1878 and 1956. Players in annual championships began to receive their own
cigarette cars as a result. This was a way for the troops to take their minds off of the war as they played the game. The game died out again after World War II, until 1961, when the movie “The Hustler” came out and sparkled a new interest in the game. Today the game is popular with all ages and all skill levels. There are pool or billiard halls that are open in many towns and cities across the nation.

Billiard balls, vary from game to game in size, design and quantity. Russian pyramid has the size of the ball at 2 11/16 inches, and there are sixteen balls, but fifteen are white and numbered and the cue ball is red. Carom billiard balls are sets of two cue balls that are larger than pool balls, having a diameter of 2 7/16 inches. American-style pool balls are 2 ¼ inches and comes in two sets, with seven solids and seven stripes, an 8 ball and one cue ball. They are racked differently, using a triangular device to set the balls. Snooker balls are smaller than American-style pool balls with a diameter of 2 1/15 inches, and come in sets of 22 balls (15 red, 6 colors and a cue ball).

There are a variety of table sizes as well. Full size English and snooker tables are typically 12 feet long, while those in pool halls have 9 foot tables for the serious players, and pubs use 7 foot table. The pool table that many homeowners use is 8 feet long. Tables are covered with billiard cloth, usually woven wool or wool/nylon blend. Cloth has been used to cover billiard tables since the 15th century. A rack is the frame that sets up the balls at the beginning of a match. It is rectangular, made of wood, plastic or aluminum, and always removed before the break of the balls. The stick used in billiard games is the cue which is used to play the game, from the break at the beginning to the shooting of each of the balls. Most modern cues are made of materials such as woven graphite, similar to golf clubs. A bridge is sometimes used in a game to extend a player’s reach, especially when the cue ball is too far away for normal hitting. It is a stick with a grooved metal or plastic head on which the cue slides. Some players use chalk on the tip of the cue stick, which is a soft material. This helps to hit the cue ball directly and avoid a miscue.

There are a variety of billiard games played on different tables and with a variety of rules. But the main object of all of them is to win the game. For those of you who enjoy playing billiards in the billiard room in the clubhouse, you may want to think of the origins of the game you enjoy playing. Good luck to all!
FIGHTING FATIGUE
Lilian L Finlay RN

If you have felt like you are dragging lately, you may be wondering what is going on. Fatigue is a common symptom that can be caused by a whole host of factors, from medical conditions and stress, to poor sleep.

The good news is that you can make changes that will help bring your energy back, but you need to get to the root of the problem in order to treat it.

**Stress.** Due to an effect of the COVID-19 pandemic, some people have reported feeling increasingly fatigued these days. And chronic stress can lead to fatigue. This can cause levels of a hormone called Cortisol to rise, which can trigger problems sleeping, as well as feelings of anxiety and depression.

**Your diet.** If you are not eating a well-balanced diet, it may result in vitamin deficiencies that can sap your energy. Two of the most common are Vitamin D and Vitamin B12 deficiencies, also, dehydration.

**Poor sleep.** Perhaps the most obvious reason you might be feeling tired is that you are not getting adequate sleep. Staying up late at night, too much TV, can definitely affect people's energy level.

**Medical conditions.** Fatigue may be the predominant symptom in people with depression. Certain medications taken for numerous disorders can also cause feeling tired or drowsy.

**Overcoming fatigue**
Make lifestyle changes.
Better sleep habits.
Dietary improvements.
Outdoor physical activity. Take a walk.
Check your medications.
Promote calm in your daily activities.

**See your doctor.** If it’s time to see your primary care doctor to get checked out, inform him/her about your diet, physical activity, sleep habits, stress level and mood. If your fatigue is being caused by an underlying medical condition, treating it can often help you get your energy back.

Have a Happy Healthy New Year

UsELesS InFoRMAtioN
By Barbara Di Nonno

Tears caused by sadness, happiness and onions look different under the microscope.

There's a volcano in Indonesia that spews blue lava.

Human life expectancy has increased more in the last 50 years than in the previous 200,000 years of human existence.

In order to be light enough to fly, birds have only one ovary.

The German festival, Oktoberfest, was first held in Munich to celebrate the wedding of Bavarian Crown Prince Ludwig and Princess Therese of Saxe-Hildburgausen.

The first color photograph was that of a tartan ribbon and was taken by Thomas Sutton in 1861.

On October 13, 1792 the cornerstone of the White House was laid during a ceremony in the District of Columbia.

There are currently 23 nations that maintain no army, including Andorra, Costa Rica and Liechtenstein.

The top speed at the world's first real automobile race in 1895 was just 15 mph.

The first transcontinental telegraph message was sent from California to President Abraham Lincoln.

Kite flying is a professional sport in Thailand.

On September 28, 1920 eight Chicago White Sox players were indicted for fixing the 1919 World Series in the “Black Box Scandal.”

Canada has the longest coastline of any country in the world.

The man who first gave names to hurricanes was an Australian weather forecaster named C. Wragge in the early 1900s.
As our meeting date was a complete washout, we had to settle for an online meeting which turned out to be a group phone call instead. Either way it was good to talk to people and be able to discuss our book.

The book we had chosen for November was *All the Devils Are Here* by Louise Penny, a mystery, suspense work of fiction. This novel is actually part of a continuing series about the cases of Armand Gamache of the Sûreté du Québec. Two of our members had read several of these works, so were familiar with the man, his family, and other characters associated with his work. The rest of us were at a disadvantage in this respect, but the story was very intriguing in and of itself. It took me a while to figure out the relationship of all the characters, and what exactly they were referencing in some instances. Sally said she sometimes felt adrift because it didn’t always flow.

The story begins when Gamache’s billionaire godfather gets run over in the middle of the street and is now on life-support. Garmanch and family are sure it was no accident. This leads to a very involved investigation of not only who was behind this attempted murder and the actual murder of someone in Stephen’s apartment. Armond Garmanch is determined to find out not only who did it, but why they did it.

The book was full of intrigue, and kept your interest to keep reading on. It involved the lengths corporations go to to protect their interests and money, no matter the costs to people’s lives and well-being. It was a question of who do you trust and who you do not. One of the things we loved was that the setting was modern-day Paris. You really got a feel for the city in all its splendor, with its beautiful architecture, luxury hotels, and savory foods. We also appreciated the family dynamics. Although Armond’s son is emotionally distant from his father, Armond pours his heart out telling his son, Daniel, how much he loves him. It teaches us to be honest with our feelings. If Daniel had explained to his father why he was angry, they wouldn’t have lost so much time together.

Another thing we all agreed on was that toward the end, it became a little “James Bondish”, or as Muriel said, it had “too much magic”, but it was nonetheless a convoluted, nail-biting, down to the minute climax!

All in all, we liked the book, and we thought sometime in the future, perhaps we would select a new one in the series if the author wrote one. You might enjoy reading some of the past 15 book in the series, but if not, this number 16 is still a good choice on its own.

Because it is usually a very busy month, we do not choose a book for December, but we will Zoom just to touch base before the holidays. For January, we chose a book from one of our favorite authors, Frederick Backman. The book is called *Anxious People*. We will try to meet in person or on line on January 25th at 10:00. Even though everything is still up in the air and because of COVID the clubhouse is closed, we still would enjoy hearing from you. If you have liked any of our choices, please let us know, or if you have any suggestions for future reads for us, we would appreciate that, too. Just email your thoughts to our editor (jbarbone546@gmail.com), and he will forward it to me.

Our members wish to extend their sincere wishes for a very HAPPY and HEALTHY NEW YEAR! May 2021 be a time where we can once again be together in peaceful harmony.

*Books - an armchair journey form which no literary traveler will return unchanged.*

*Anonymous*
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20 The Villages January 2021
IN THE KITCHEN WITH MARYLOU

FOODS for a HAPPY NEW YEAR
According to the traditions of many cultures, the following foods, eaten at the beginning of 2021, will bring good luck and fortune for the entire year. Here’s the list:
• Black-eyed peas will bring prosperity
• Buttered bread will keep hunger away
• Grapes or raisins eaten as the clock chimes midnight will bring good luck each month of the year. (You must eat 12 and finish before the clock stops chiming.)
• Dark greens, like kale and spinach, will bring good luck (they are green, like money)
• Pork will help overcome any challenges that the New Year brings
• Long noodles, especially if eaten without being broken, will bring a long life and good luck
• Lentils will bring wealth (they are shaped like coins)
• Round foods, like cookies and cakes signify the end of the old year and the promise of a new one
• Cornbread will bring prosperity (its color is gold)
• Whole fish (with head and tail intact) will bring a good year, from start to finish
• Rice and pomegranates will bring fertility

A Dinner for a Happy 2021
Roast Pork Loin with “Good Fortune” Sides
Ingredients:
2lb. pork loin roast (boneless)
3Tb. minced garlic (or 3 cloves, minced)
1Tb. dried rosemary
¼ cup olive oil
½ cup white wine
Salt and pepper to taste
Directions:
1. Preheat oven to 350 degrees
2. Make a paste of the garlic, rosemary and olive oil and rub the roast. Use the entire mixture, getting it into any crevices the roast may have.
3. Roast the pork loin for about 1 hour. The temperature on the meat thermometer should read 145 degrees. Remove roast to a serving platter.
4. Add the white wine to the pan juices and deglaze the pan as you cook them. Pour this liquid over the roast before serving.

Serve with rice or buttered spaghetti noodles (sprinkled with grated Parmigiano-Reggiano cheese), and spinach.

Raisin Cake: Make sure you eat a slice with at least 12 raisins right before midnight on New Year’s Eve to ensure good luck all twelve months of 2021.
Adapted from Southernladycooks.com. Makes 1 loaf.
Ingredients:
1/3 cup butter
1 cup brown sugar
2 cups raisins
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon ground nutmeg
1/4 teaspoon salt
1 cup water
1 teaspoon vanilla extract
2 eggs
2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
Directions:
1. Preheat the oven to 350 degrees. Spray a loaf pan with cooking spray.
2. Whisk together the flour, baking soda and baking powder in a large bowl.
3. Bring butter, sugar, raisins, spices, salt and water to a medium boil for 3 minutes on top of the stove. Remove from stove and let cool. Stir in vanilla extract.
4. Add the cooled ingredients to the flour mixture. Mix well.
5. Stir in eggs and fold in nuts.
6. Place batter into loaf pan and bake 50 to 55 minutes until center tests done.
7. Sprinkle cooled cake with powdered sugar.

From my kitchen to yours…Happy New Year!
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*Clubhouse is closed. The office can be reached Monday-Friday, 9am-5pm, by calling 732-431-1646. The community will be notified when the clubhouse reopens.*