

# LIONS PRIDE

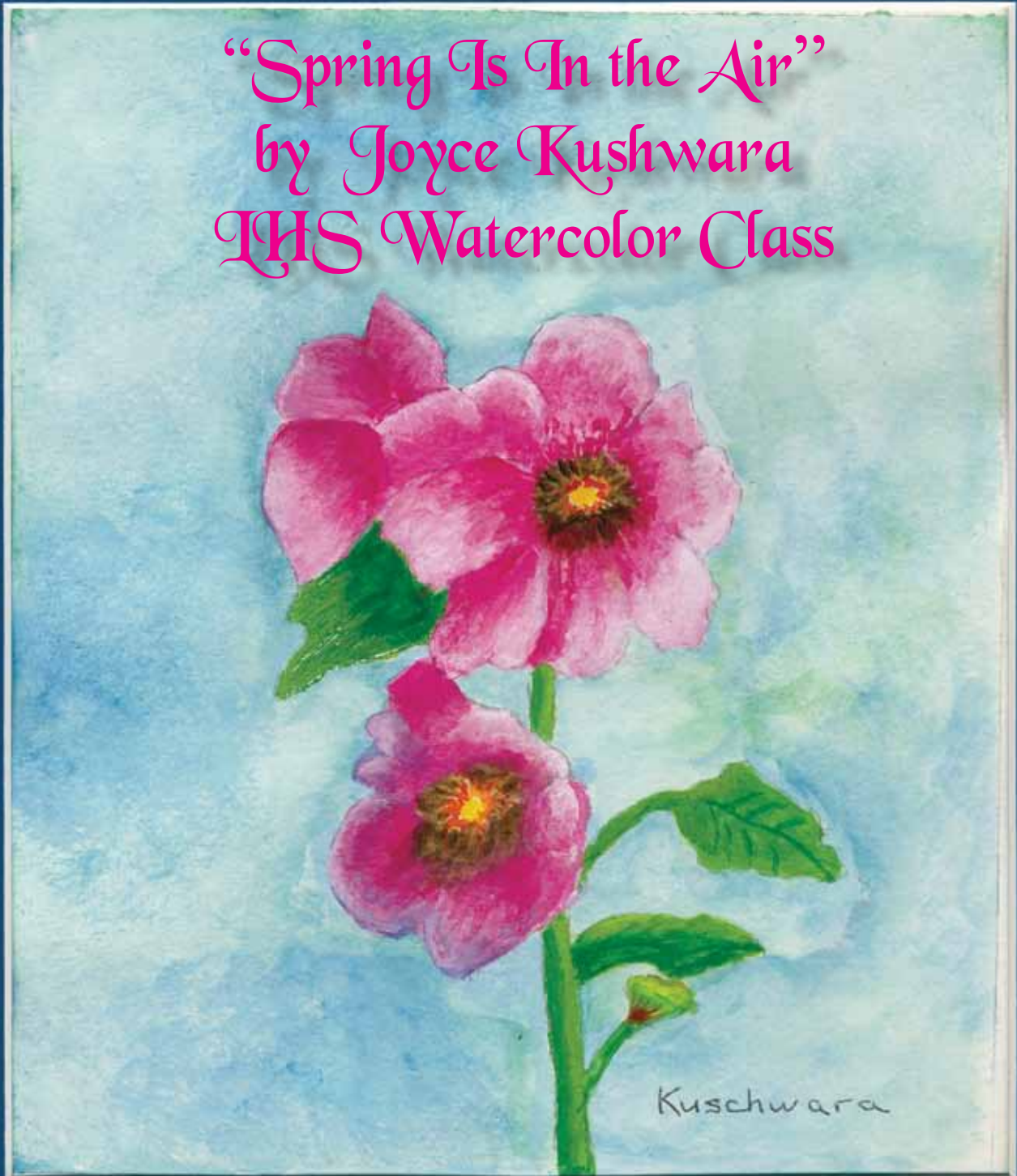
A PUBLICATION OF LIONS HEAD SOUTH ASSOCIATION, BRICK NJ



VOLUME 6 NO. 3

MARCH 2020

*“Spring Is In the Air”*  
by Joyce Kushwara  
LHS Watercolor Class



**The Lions Pride** is published monthly, and is distributed gratis to homes in Lions Head South.

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**EDITORIAL**

*Susan Mills*

Let the winds begin. March is known for its blustery days. The coldness is blowing out and the Springtime warmth and rebirth of nature are moving in. Optimism is in the air. May the lucky shamrocks featured on St. Patrick's Day continue to this sense of joy and merriment! Maybe the time change adds a boost to our morale. Whatever the reasons may be, it's good to leave behind the doldrums of Winter. Open your doors. Look out your windows. Visit your LHS neighbors. Let your life be active again. Remember, a wave and a warm "hello" can bring a smile to both the giver and the receiver.

[www.LionsheadSo.com](http://www.LionsheadSo.com)  
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 NJ Natural Gas ..... 1-800-221-0051  
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## PRESIDENT'S MESSAGE

Bob Pedersen

As I write this message, it is Feb 5th and the weather outside is almost spring-like. We have been lucky so far (keeping my fingers and toes crossed) that the weather has held up and we haven't been hit with any snow. A few degrees colder and all the rain we've been getting would have been snow.

Some of you might have noticed that the roof of the clubhouse has been replaced. I called a special meeting of the Board in January to address the problem of roof leaks in the clubhouse. The Board decided unanimously to replace the roof rather than "patch it up" as a band-aid. There was some opposition to our decision but we had a fair price (after 4 quotes) and decided that was the best course to follow.

There was structural work that needed to be repaired and fixed in both the extension to the clubhouse (storage addition) and the fitness center. The contractors for both

projects stood behind their work and will absorb the cost of repairs. Both repairs should be finished by the time you get this issue of the Pride. I want to apologize to those residents who were inconvenienced by the shutdown of the fitness room during the repairs.

The Hospitality Committee should be pleased the outlets that have constantly given them trouble have all been replaced and should solve the constant "tripping" of the breakers.

The grounds around the golf course look so much neater after Jim Mort had all of the overgrown brush and weeds cleaned up. Kudos Jim. Looks great.

In closing, I just want to remind you all once again to get involved. This is your community and it needs your input and help to stay as close to pristine as possible. Stay well. Stay safe. Stay involved.

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**LIONS HEAD SOUTH ASSOCIATION, INC.**

**Income & Expense Statement  
to Date as of 01/31/20**

**Income:**

401.0 Maintenance Fees	\$	101,610.00
401.5 Rental Income	\$	-
402.0 Maintenance Late Fees	\$	100.00
403.0 Rental Security Deposits	\$	0.04
406.0 Interest Operations	\$	381.73
408.0 Miscellaneous	\$	250.00
410.0 Participation Fees	\$	3,300.00
450.0 LHCC Revenues	\$	8,848.20
<b>Total Income:</b>	<b>\$</b>	<b>114,489.97</b>

**LHCC Sales Tax:**

209.0 LHCC Sales Tax	\$	511.45
<b>Total Sales Tax:</b>	<b>\$</b>	<b>511.45</b>

**Expenses:**

500.0 Administration	\$	47,001.22
520.0 Residences	\$	48.55
540.0 Common Facilities	\$	15,336.20
<b>Total Expenses:</b>	<b>\$</b>	<b>62,385.97</b>

**Total Income Over Expenses: \$ 52,104.00**

**Balance at Month End: \$ 52,104.00**

**LIONS HEAD SOUTH**

**New Residents - 2020**

Blicharz, Mary Ann &  
Erario, Kathy.....24 Abbey Rd.  
R/S Guido Estate  
Higgins, Auduray.....213 Lions Head Blvd. S.  
R/S Palma  
DeVito, Anthony & Maria.....146 Lions Head Blvd. S.  
R/S Trainor

**Deletions - 2020**

Guido Estate.....24 Abbey Rd.  
R/S Blicharz; Erario  
Palma, Margaret.....213 Lions Head Blvd. S.  
R/S Higgins  
Trainor, Muriel.....146 Lions Head Blvd. S.  
R/S DeVito



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## EMERGENCY MANAGEMENT

*Marge Grabis*

LHS Emergency Management Committee was formed after Hurricane Sandy. We felt that our residents deserved to know what to do and where to get help during an emergency. The following guideline and evacuation information is important for all of us to know. Even though we would notify and provide information during an actual emergency, we felt it prudent to remind residents of our process. **We also plan to feature a speaker from the Brick C.E.R.T team at our March 9, 2020 Residents' Meeting at 7pm.** Please try to attend. Thank you.

## EMERGENCY MANAGEMENT GUIDELINES 2020

In the event of an emergency, the subsequent guidelines will be followed at Lions Head South.

The Clubhouse will serve as an information center. Its purpose will be to supply residents with available services and resources from local organizations and to share timely information. It will not be used to house or provide physical provisions to residents.

Chairman of the Emergency Management Committee will contact a trustee to get clearance to open the Clubhouse. Security will also be contacted.

Important information will be passed on to residents by a Robo call.

Residents who plan to leave the community for an extended amount of time, will be asked to complete an Evacuation Form available at the Clubhouse during the emergency. These forms will provide us with contact and status information to use throughout the current situation.

Emergency Management Committee members will be called. Organization contacts will be assigned. Available members will meet at the Clubhouse and assist in completing forms, answer questions, gather and provide information from organizations, and help guide residents through the emergency. They will also review and discuss the current situation to determine if additional actions are needed.

Please be aware that residents who require oxygen for life support can preregister with JCP&L. Call 1-800-662-3115. At the prompt say "Critical Care." A "Life Support" form will be sent to you. It must be completed by both you and your physician and returned. Once approved, your priority status will be recognized during power outages or emergencies.

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ad - 5304

**LIONS HEAD SOUTH  
ADMINISTRATIVE OFFICE  
UNITED STATES CENSUS 2020**

Lions Den

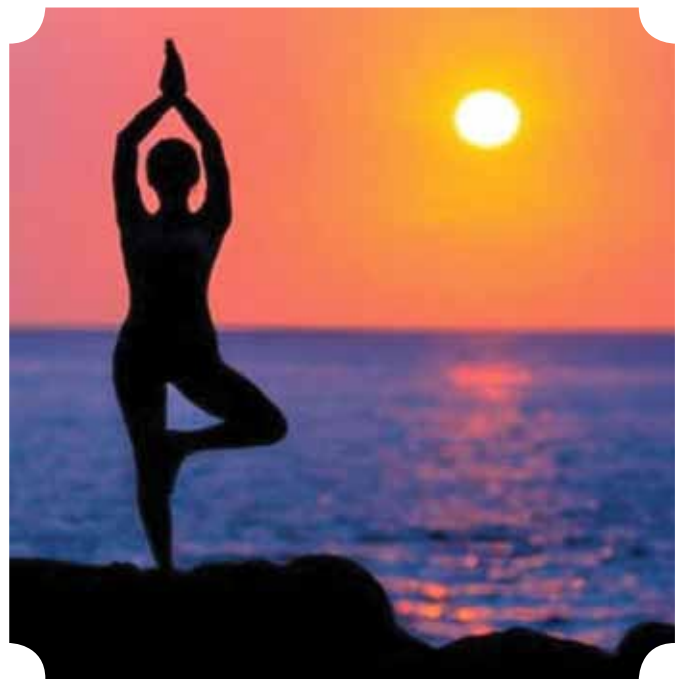
Thursday, March 26, 2020

4:00 P.M. - 7:00 P.M.

The Township of Brick is holding Community Support Centers as part of the 2020 U.S. Census. They are partnering with adult communities throughout town to provide information about the census process. They will be providing laptops for residents who would like to complete the online questionnaire, (the online process should only take 5 minutes), and will also be offering information and guidance for those who prefer to respond by phone or completing the questionnaire. A copy of the questionnaire will be placed on the Community Awareness Bulletin Board for your review.

**HELP US, HELP YOU. PLEASE MAKE AN EFFORT TO STOP IN ON MARCH 26, 2020 BETWEEN 4:00 P.M. & 7:00 P.M.**

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February 6, 13, 20, 27

March 5, 12, 19, 26

**SNOWBIRDS**

If you expect to be away from the community for the winter months, please be sure to stop in the office to fill out a "going away form." If you do not come to the office, the Lions Pride will be left at your door. Likewise, when you return in the spring, please inform the office so that delivery will resume to your door.

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Illustration of Ashley Herman, a woman with curly hair, wearing a pink shirt and a dark apron, holding a paintbrush. She is standing with one hand on her hip and the other holding a paintbrush. The background is a light blue and white pattern.

ADS-6318

## CLUBHOUSE COMMITTEE

*Rose Saputo*

As the new chairperson, I would like to extend my thanks to our new co-chairperson, Janet Mickelson and to each of you "returnees" -- Barbara Hurley, Ceil Reinhardt (secretary), Sue Wiss, Sallie Wood, Anne Wilson, Carol Powell, Trustee Liaison and Chuck Florio, Trustee Alternate.

I am happy to be working with such an experienced and talented group of women. Last year, with Jan Rizzolo as chairperson, the wonderful renovation of the clubhouse, lobby, library, and hallways became a reality as a result of your time, diligence and dedication.

Our Committee is looking forward to assuring that the Clubhouse will be a beautiful and enjoyable place for all the residents of our LHS Community.

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# St. Patrick's Day Celebration

March 14, 2020  
6:30pm (doors open at 6:00pm)  
Lions Den \$28.00  
Entertainment: DJ Louie



- \* Traditional Corned Beef and Cabbage
- \* Chicken Murphy, Guinness Beef Stew
- \* Horseradish Encrusted Salmon
- \* Parsley Potatoes and Glazed Carrots
- \* Irish Soda and Rye Breads
- \* Baileys Irish Cream Brownies
- \* Coffee, tea, water and ice provided

**Tickets sold on**  
**Monday Mornings**  
**9:30am - 11:00am**  
**February 10, 17, 24**  
**March 2**





## COMMUNITY AWARENESS

Gail Levenelm

News from Mayor Ducey's Senior Community Meeting on 2/4/2020:

1. An announcement will be made on April 30th on which town was selected for a new VA Hospital. If Brick is selected, the hospital will be built on the corner of Jack Martin Blvd, Burrsville Rd and Rt. 88.
2. New Jersey Natural Gas will be replacing a gas main on Mantoloking Rd. The work is scheduled to begin the end of February and last through March. The work will be done 4 days a week, 10 hrs. a day, Monday through Thursday.
3. There is a new park being built across from Brick Beach 3 and the parking lot for Brick Beach 3 is being paved.
4. **Upcoming Entertainment and Activities:**
  - **5/31 Longest Table Event** - A Sunday dinner will be served for anyone who wants to participate. - 4 pm at Haven Homestead. The Chamber of Commerce is donating the food. Volunteers are needed.
  - **Summerfest** - The entertainment (4 bands) for Summerfest 2020 has been announced. Summerfest will start 1/2 hour earlier at 7:30 pm.
5. **Retail Stores - Comings and Goings:**
  - Corrados' Market is continuing renovation of the Pathmark in Laurel Square and aiming for a June 2020 opening.
  - Starbucks is building a store in front of the Stop and Shop Shopping Center on Brick Blvd.
  - Hand & Stone is expanding their retail space.
  - Royal Farms (gas station and convenience store) is waiting on State approvals to move into where Jersey Paddle was.
  - Mike's Crumb Cake Factory is open - on Rt. 88 (across from Laurel Square).
6. **Caregiver Volunteers** - A representative from Caregiver Volunteers spoke at the meeting - they offer various services to seniors who have given up driving a car. Their services can include driving you to medical appts, food shopping or even visiting you in your home. They also offer respite care to caregivers of Alzheimer patients. If you or someone you know can use their services - call them at 732-505-2273 for information.
7. **Senior Outreach Services** - offer several programs to seniors. Check the bulletin board for more details. Currently they are offering a service to help seniors do their taxes - if interested call as soon as possible to make an appointment - 732-920-8686.

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ads-3951a

# LH COUNTRY CLUB

Jim Mort

As we rapidly move through the winter, we are aggressively preparing the course for the 2020 season. Some of the work being done can be readily seen from the surrounding roads. Holes 8 and 9 have been cleaned out by Turf Master. They made an offer we could not refuse, to take these two holes and show us what Turf Master could do to improve the appearance of the overall golf course. They have done a remarkable job and we are very pleased with the results to date. With the anticipation of the cold weather the work on our yearly Tree Trimming and course management program was initiated. We have concentrated our efforts this year on holes 2, 5 and 9. The initial intent is to move the fairways on these holes further to the right of their previous alignment in an attempt to reduce the number of golf balls hit down the surrounding roads, Lions Head Blvd. and Ashford. Depending on the weather it is anticipated that the golf course will be opened early, sometime toward the end of February. In the future every effort will be made to have our golf course open for play the maximum amount of time possible year around, the only restriction being the weather.

During this part of the year we are going through our Re-registration period and we would like to remind all residents of LHS that this is your golf course, check it out, use it if you can. To assist anyone interested in taking up golf and/or just giving it a shot, we have an annual Golf Clinic in May. The Clinic is free to all residents of LHS and we encourage any and all to give it a try. For the Golf Clinic all you need is your personal enthusiasm; we provide clubs, golf balls and instructions. Getting involved in the game of golf does not have to be an expensive experience. We have accumulated several complete sets of golf clubs that we sell at a reasonable rate, golf balls are available 10 for a dollar.

The fun, laughter and friends are free. As if all of that is not sufficient reason to give golf a try, LHCC is one of the best maintained courses in the immediate area. We are very proud of our golf course and would like nothing better than to have more participation from the community. We also encourage all residents of the community to recommend our course to anyone you know that has any interest in golf. Non-residents of LHS/LHN can join as full members of LHCC, the only restriction is age. You must be 55 years old. Any questions, please call me.

FYI, The LHCC Driving Net practice area is open all year round, weather permitting. It is your facility, use it.

LHCC's first fund raiser of the year is scheduled for Friday, March 20th and will be Bunco. As always, we appreciate the support of all of the LHS community in making each scheduled event a great night out and fun for everyone. Tickets are on sale each Monday, 9:30-11:00, through March 16th. Cost \$10.00 and refreshments will be provided.

Andy Turelli is off to a good start this year in his endeavors to clean-up, spruce up the golf course. Over the winter he repainted the tee markers as well as the 100 yard markers. Appreciate everything you do Andy.

Also, appreciate the efforts of Ken and Eileen Winne in setting up what is becoming an annual dinner with Shorrock Gardens. Shorrock supports our monthly Scrambles by providing free continental breakfasts and lunches. This year we had approximately 40 of our LHS golfers and non-golfers participate. Great job Ken and Eileen.

Weather permitting, we will get our three wooden bridges refurbished. This project is being led by Jay Wiss and a group of our always present volunteers. Thanks a lot for all the time put in to keep our golf course in great condition.

Our first General Meeting is scheduled for all LHCC members on April 13th at 7:00PM in the Lion's Den. It is important that you attend these General Meetings and participate in the planning for the future of our golf course; do not leave the work for someone else, be a part of our future, be there, contribute your time and effort.

The Hole-In-One Plaque was updated for 2019 with the addition of Brian Halm, twice, one of which was good to win the Hole-in-one prize of \$800.00. Also added were Paul Varga and Tom Nevins. Great job.

The first Board of Directors Meeting was held on February 12th and the minutes are posted to the LHCC BB.

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## BOWLING

Peter Brennan

With the season moving along the scores seem to be getting better.

Following are some of the good scores from the past month of January.

Tina Yodice - 368	Dennis Grasso - 278
Wayne Parker - 241	Deb Tristam - 182
Janet Bazaz - 144	Christine Schmidt - 171
Sandra De Carlo - 158	Phil De Carlo - 203
Sue Wiss - 155	Pat Whyte - 167
Peter Brennan - 203	Marjorie Kennedy - 153
Carl Thul - 211	

All of a sudden from the time of this writing we have only 11 weeks of bowling left.

We have so much social interaction that time flies. Come on down!

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My 30 yrs experience as a realtor and extensive knowledge of the Lions Head villages is the reason for my success in our area, and I will continue to assist my clients in making well informed decisions with their purchase and/or sale. As usual, I will go the "extra mile" to assure a stress-free negotiation. So if you are thinking about buying or selling a home – please give me a call at **732-814-6088**.

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## WOMEN'S CLUB

*Clara Ciuffo, President*

Hi ladies! **March 18** is fast approaching. Bring your own lunch and drink for the 12pm meeting. Dessert and coffee/tea will be available. Be sure to put March 18 on your calendar. Our January meeting will be hard to beat, but we are looking forward to an exciting future for the LHS WOMEN'S CLUB and YOU can make it happen. Committees are being formed, but they need members to bring their talents to work.

Happy St. Patrick's Day. SEE YOU SOON. Any questions - call me. My numbers are in the LHS directory.



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## MEN'S CLUB

Tony Bozzetti

Well, Super Bowl Sunday in the Clubhouse was cancelled due to lack of interest. This may be due to those big screen tv's we now all have or perhaps because the local teams were not playing. Whatever the reason, to all residents that purchased tickets and received a refund, sorry for any inconvenience.

Big Plans for the Year! First up is a Beaverson Boulevard Clean Up scheduled for Tuesday, March 18th. The Men's Club took on this chore in order to keep our community clean and welcoming for us and all who pass by. The weather should be better and we welcome any willing residents to help. Jim Mort heads up this committee and, hopefully, before the next issue of the Pride we will have photos of Jim and his crew hard at work.

Friday, April 3rd is Bingo with a Pasta & Meatball Dinner. Purchase your tickets starting the first Monday of March. This is a popular event and tickets sell out quickly.

The first week of May we are planning a multi-day trip. Destination and details will be revealed soon on our bulletin board and in the Pride. So, keep an eye out for the notice on this trip.

Make it a point to attend the meeting on April 1st to keep yourself well informed of all upcoming activities. The Men's Club has something going on every month for you and the community's enjoyment.

Please read the Pride...check the bulletin board...listen to the ROBO calls, and a call from a Men's Club volunteer so you don't miss out. Guests and new members are always welcome.





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Ocean County Office of Senior Services

ads-6552

# THE RECIPE BOX

Sue Auer

## March is National Nutrition Month!

### NEW YORK TIMES 5 STAR

### EASY VEGETABLE SOUP

22 cal's per 1 cup serving

1 lb. chopped zucchini

1 can of corn

1/2 bag fresh spinach

2 plum tomatoes chopped

1 Tbsp. sliced garlic

1 splash of stock (vegetable)

ADD-ONS - (after soup is finished in microwave) salt, pepper (to taste) sliced basil, 1 tbsp. OO.

PLACE all ingredients into a microwave safe bowl, except add on's.

COVER and microwave until halfway (until veggies are tender & tomatoes have created a broth) stirring & stopping. Approx. 8-10 mins. total cook time!

FINISH/GARNISH - with olive oil, salt & pepper, & basil.

### GRILLED HALIBUT STEAK

20 minutes - serves 4

4 Halibut steaks (oz. pcs.)

3 Tbsp dry white wine

1/4 cup freshly squeezed lemon juice

2 Tbsp. olive oil

1 tbsp fresh chopped rosemary (options: tarragon or thyme) salt & pepper (to taste)

1 Tbsp. butter

IN A NON-STICK FRY PAN, warm OO & melt butter.

ONCE THE PAN IS HOT, add the fish skin down & cook on high heat to get a good sear on the skin.

REDUCE HEAT, sprinkle fish with wine, lemon juice, selected herbs, S&P ... cook for approx. 7 mins. & flip for an additional 3 mins.

REMOVE from pan & serve immediately.

Recipe from a friend in GREENBRIAR WOODS.

Thank you Pat D.

### GINGERBREAD COFFEE

### PROTEIN BITES

1 cup almonds

16 pitted dates

1 1/2 tsp. cocoa powder

1/2 tsp cinnamon

1/4 tsp ginger

1/2 tsp vanilla extract

pinch of cloves, nutmeg, all spice & salt

1 serving (as listed on container) of cafe latte protein powder

IN A FOOD PROCESSOR - pulse almonds (but not fine); ADD all other ingredients & pulse until sticky dough. Roll in small balls. If dough is dry, ADD a tsp of warm water...

\*\*\*the bites are ready to eat\*\*\*

recipe - from a family member!

Thank you Leigh Sabol Brunas

Thank you very much to those who shared ... I look forward to recipes & comments from our community members ... YOU CAN SUBMIT BY EMAIL TO: sauer1948@hotmail.com ... or LEAVE A COPY in the orange folder in the mailroom.

Have a **HAPPY & HEALTHY** month of March & **ALWAYS!**

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**MARCH 2020 CALENDAR EACH WEEK DAY OF THE MONTH AS LISTED**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
				9:00 Bowling
		9:30-11:30 Acrylic Paint Class	10:00 ZUMBA for Seniors	10:00 Ceramics
9:30-11:00 TRAVEL SIGNUPS	9:30-11:30 Watercolor class	1 & 7 cards/mah jongg	1:00 Men's Indoor Shuffleboard	1:00 Women's Indoor Shuffleboard
11:00 Chair/Mat Yoga	1:00 Crochet,Knitting & Needlework		1 & 7 cards/mah jongg	1:00 Crochet, Knitting & Needlework
1:00 mah jongg	1:00 cards/mah jongg		4:30 Free Yoga	
		7:00 Rummy Cube		
	<b>GARBAGE</b>	<b>RECYCLE</b> 3/4 & 18		

**SNOW COMPLAINTS: Call TURFMASTERS AT: 732-349-0444 Leave a MSG on the machine. EMERGENCY SNOW COMPLAINTS PLEASE CALL: Tom Behrens-732-477-2027 OR Bob Mathiasen-732-600-4847**

**ACC RESIDENT'S MEETING- Mar. 9<sup>th</sup> at 7 PM. Refreshments provided.**

**ADMINISTRATION ACTIVITY OFFICE:**

Hours: 8:00 – 1:30 p.m.  
Activities Phone: 732-920-6955  
Administration Office Phone: 732-920-9099

**BRICK SENIOR SHUTTLE:** The Senior Shuttle provides transportation at no cost Monday-Friday 8 am to 3 pm to the Senior Ctr, Nutrition Program, local shopping & local points of interest. Rides are available on a first come, first served basis. Advance 2 week reservation is required. A brief registration is required prior to using the service. To schedule transportation please call: 732-920-8686

2:00 PM MOVIE MATINEE	7:00 PM Evening Book Discussion	9:30 AM Clubhouse	12:00 PM LHS Women's Club	10:00 AM Lions Pride Review	6:00 PM GolfBUNCO
22	23 9:00 AM Bd of Trustees-Std Comm	11:00 AM Emergency Mgmt 11:00 AM Welcoming	25 9:00 AM Men's Club Exec Bd 2:00 PM Book Discussion	26 4:00 PM to 7 PM 2020 Census Help	27
29 2:00 PM MOVIE MATINEE	30 9:30 AM Outdoor Shuffleboard Mtg	31 GARBAGE			28
		GARBAGE			

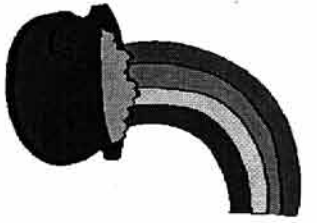
Feb 2020

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Apr 2020

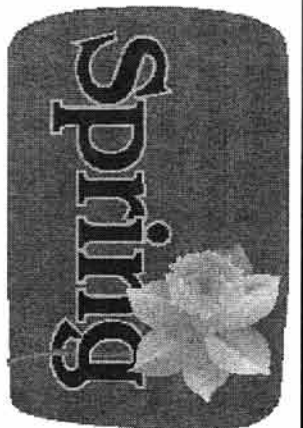
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18	19	20	21	22	23	24
25	26	27	28	29	30	





# March 2020

## Monthly Planner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:45 AM Travel-ACC Tropicana "Rat Pack"	2	3 9:00 AM Architectural 10:00 AM Buildings & Grnds	4 11:00 AM WGA Mtg 11:30 AM Men's Club 1:00 PM Comm Awareness 6:00 PM Social	5	6	7
8 11:05 AM Daylight Savings Time Begins	9 9:00 AM Bd of Trustees 7:00 PM ACC Residents Mtg	10 11:00 AM Library 7:00 PM Recreation	11 10:00 AM Security 11:30 AM Garden Club	12 9:30 AM Regular Travel 10:15 AM Comb Activities 11:30 AM By-Laws	13	14 6:00 PM Social-St. Patrick's Day Dance
15	16	17 GARBAGE	18	19 12:30 PM LHS WC Exec Bd	20	21 

**PHOTOCOPIER: FOR RESIDENT USE IN THE BILLIARD ROOM.** The machine is available anytime to use. Copies are five cents each. Please be sure to have EXACT change.

The office maintains a list of contractors that have been recommended by residents for various types of work. Your comments and recommendations are helpful for future use by other residents. The Association accepts no responsibility for contractors hired.

**SUNSHINE COMMITTEE:** To report a DEATH call Joyce Speziale-732-701-3260 or to report an ILLNESS/HOSPITALIZATION call: Rose Szpara - 732-920-7898. Please do not call the office.

**TRAVEL COMMITTEE:** Hours: Monday 9:30 a.m. -11:00 a.m. Travel phone: 732-920-6455 Monday only.

**VAN SCHEDULE:** The van will transport residents to and from their homes throughout the year. You may come to the clubhouse for pickup if you wish. Call 732-920-6955 by 12 NOON on the day BEFORE the scheduled van

to reserve a seat on the van. Reservations will not be accepted after that time as outlined in the current Van Policy. At least three riders are necessary for the van to travel. The van schedule for March is as follows: Ocean Mall- Tues. the 3<sup>rd</sup>, 17<sup>th</sup>, & 31<sup>st</sup> – Monmouth-Thurs. the 5<sup>th</sup> - Brick Plaza – Thurs. the 12<sup>th</sup> & 26<sup>th</sup>. Friday the van will go to Brick Plaza and Shop-Rite Plaza. The Friday van service is a first come, first serve basis with a limit of 10 passengers being accommodated. Ridership in the additional vehicle is at the discretion of the van company.

The van leaves the clubhouse as follows:  
(Pickups begin prior to this time)  
Tues. 9:45 Ocean County Mall  
Thurs. 9:05 Monmouth & Freehold Malls  
Thurs. 9:30 Brick Plaza  
Friday 9:05 Brick Plaza & Shop-Rite Plaza  
Tues. 9:15 Jersey Shore Outlets



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## THE LHS TRAVELER

*Susan Mills*

Wednesday, April 22, AC RESORTS presents the "Mark Preston Show. Mark was a **former member of the Lettermen**. Variety Magazine dubbed Mark Preston "One of the best entertainers in show business today." For \$30 you will get transportation, show and \$10 coin return.

Your LHS Travel Committee is planning a 9-Night Cruise on Royal Caribbean's *Adventure of the Seas* from **June 4th to June 13, 2020**; Sailing to New England & Canada with Ports of Call in Boston, MA; Portland and Bar Harbor, ME; Halifax, Nova Scotia; Saint John (bay of Fundy), New Brunswick. See the flyer for more details.

## Sudoku

	3		8			4		
1			4	2		3	6	
	4		9		6		5	
5		1		9		8		3
	8	4		7		2	9	
9		6		8		5		4
	6		5		8		3	
	5			1	3			2
		3		6			4	

Answers on page 25

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## GARDEN CLUB

*Carmela Ferraro*

There were no meetings in January and February so there is little to report, except that while many of us were relaxing after the holidays, several of our members were out in the cold removing our holiday decorations. Thank you Elaine Long, Mary Cummings, Linda Adamo and Clare Mathiasen.

As I'm writing this, (mid-January), with several 40-50-degree days, we have been lucky enough to see only a few snow flurries, but we all know strange things can happen in February and March.

You can bring the beauty of the outdoors and nature into your home by providing a variety of houseplants. This can be for all seasons and you can truly bring in a breath of fresh air as many plants help clear the air. To be successful here are a few hints you should consider.

- Adequate light is probably the most important factor in growing indoor plants. Know the needs of your plants and place them accordingly.
- Most plants prefer day temperatures between 65 and 75 degrees with night temperatures usually 5-10 degrees lower. Be careful in placing near window drafts, radiators, heating and air conditioning vents.
- Know your plant's needs regarding water. Some plants prefer their soil to dry between watering and others prefer keeping soil just slightly moist. When watering, use room temperature water.
- March is a good time to start fertilizing your indoor plants. Use half strength till growth is robust.  
Some common plants that are good for clearing the air:  
English Ivy - Grows in sun or shade.  
Prayer Plant - Interesting to watch as leaves close at night, easy to care for.  
Boston Fern - Likes cool location with high humidity and indirect light.  
Snake plants - easy to care for, hard to kill, prefers drier soil.  
Some simple herbs to grow indoors:  
Parsley - This herb supplies important vitamins and minerals. For instance, just 1/4 cup of fresh parsley

provides a third of your vitamin C daily requirement. It is also an excellent source of potassium, folic acid and some calcium, manganese and iron. Who would guess this little green leaf could be so healthy? Just a few seeds in some potting soil, good light, and moderate watering can give you an ample supply till you can move it outdoors where it will flourish. Cutting from the outside leaves will keep the center growing.

Chives - Another plant easily grown inside provides many essential minerals, including potassium, calcium, folic acid, vitamin A and C. Wait till they are about 6 inches before cutting. They can be snipped and will continue sprouting. Planted outdoors, they are perennial. And don't overlook the flowers. They are a delicate pink color with a mild flavor which you can add to salads or just use in a bouquet.

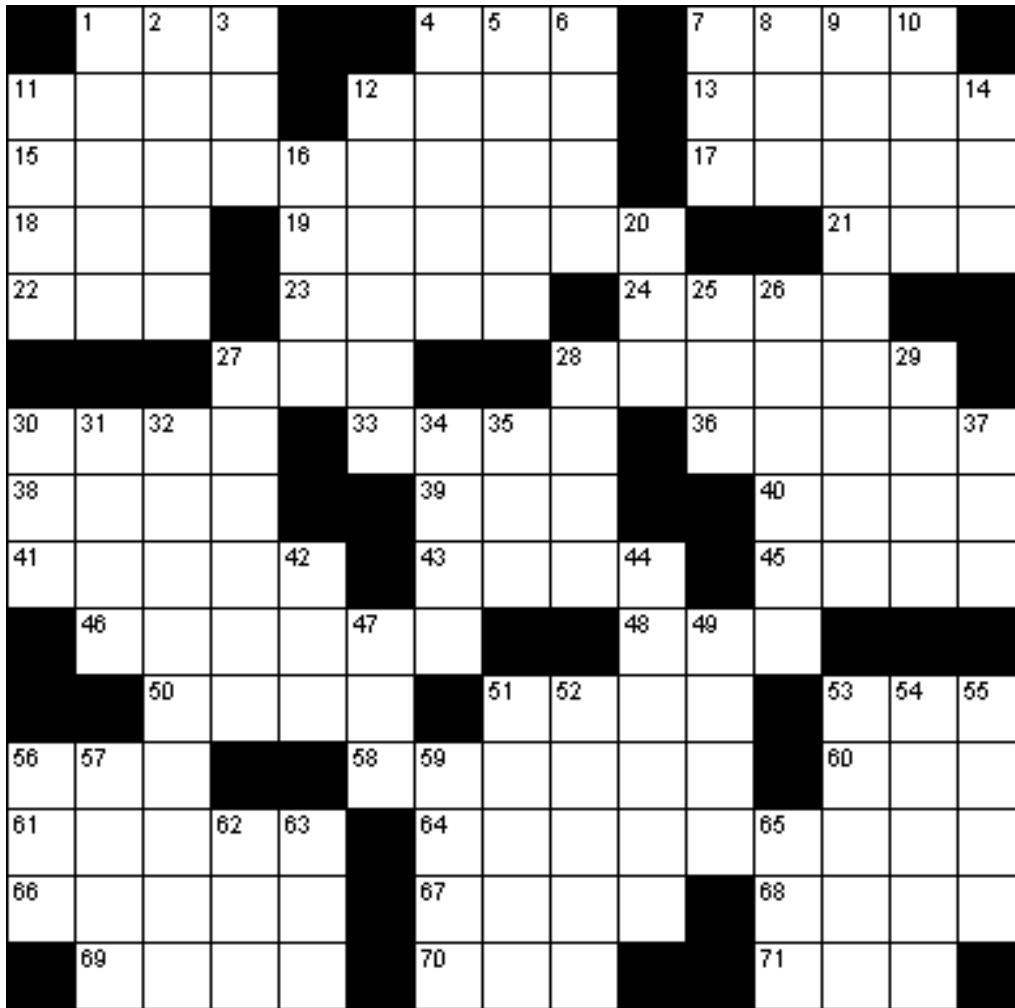
Also keep in mind that houseplants need to be cleaned occasionally. If leaves are coated by dust or other residue, it can reduce the amount of light necessary for the plant to get oxygen. Use 1/2 cup milk with 3/4 cup water to spray underneath and on top of leaves. Rub gently with a cloth and wipe off with a clean dry cloth. You can also use this on outdoor plants that appear dingy or dull.

As soon as the temperatures cooperate, it is time to begin your spring garden clean-up. Remove any accumulating debris and turn over the soil. It is also a good time to have the pH tested. You can do this by purchasing a kit for this purpose or you can contact the Rutgers Agricultural Center on Whitesville Road, Toms River (732-349-1245). They will give you instructions for having them test the soil for you for a small fee. With this info you can sit back and wait for nice warm temperatures to begin planting your garden.

As we begin our new year, if you have any suggestions or comments, we would like to hear from you. Better still, won't you consider joining us as we begin the new season with our first meeting on Wednesday, March 11, at 10:30 AM in the Lion's Den.



# Crossword Puzzle



70. Allow  
71. Uneven

## Down

1. Blended food
2. Type of window
3. Grade in judo or karate
4. Student
5. By surprise
6. In good health
7. Spoil
8. Mature
9. Acceptable to the taste
10. Petty quarrel
11. Part of a church
12. Noisy insect
14. Optic
16. Make reference to
20. Stray
25. Fuss
26. Examine closely
27. Distant
28. Portent
29. Row
30. Choose, \_\_\_ for
31. Prod
32. Pertinence
34. Trial
35. Be indebted to
37. Strike lightly
42. Mesh
44. Objective
47. Sprocket
49. Cry
51. Small boat
52. Not trimmed
53. Uncanny
54. Obviate
55. Let for money
56. Large vase
57. Scorch
59. Small stream
62. Epoch
63. Married
65. Deuce

## Across

1. Seed case
4. Animal foot
7. Charts
11. Halo
12. Six-sided figure
13. Wide open
15. Head teacher
17. Pass along
18. Perceive
19. Frozen spear
21. Consumed
22. Long fish
23. Lecture
24. Engrossed
27. Scarlet
28. Severe experience
30. Fiend
33. Particle
36. Ambit
38. Ode
39. Female sheep
40. Arm bone
41. Claw
43. Transmitted
45. Leak slowly
46. Find
48. Wonder
50. Vote against
51. Remedy
53. Armed conflict
56. Country, initially
58. Farm
60. The night before
61. Regenerate
64. Origin
66. Mother-of-pearl
67. Oaf
68. Legal document
69. Scan

Answers on page 30



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## Sudoku Answers

6	3	7	8	5	1	4	2	9
1	9	5	4	2	7	3	6	8
2	4	8	9	3	6	1	5	7
5	2	1	6	9	4	8	7	3
3	8	4	1	7	5	2	9	6
9	7	6	3	8	2	5	1	4
7	6	2	5	4	8	9	3	1
4	5	9	7	1	3	6	8	2
8	1	3	2	6	9	7	4	5



# BUNCO



## It's FUN!

*Presented by the Lions Head Country Club*

**Friday, March 20, 2020**

**6:30 PM - Lion's Den**

*(Doors open at 6:00 PM)*

**\$10.00 Per Person**

**Refreshments-Coffee-Tea**

**Will Be Served**

**CASH  
PRIZES**

Tickets go on sale  
Mondays 9:30 - 11:00  
February 17, 24  
and March 2, 9 & 16

**CASH  
PRIZES**



**Lions Head South  
Men's Club**

**Presents**

# **Pasta Dinner & Bingo Nite**



**FRIDAY**

**APRIL 3, 2020**

**Doors Open 5 PM  
\$15.00 Per Person**

**Dinner includes Salad, Baked Ziti, Sausage,  
& Meatballs - Dessert, Water, Coffee, Tea  
B.Y.O.B.**

**Cash Prizes  
\$200 Super Jackpot!!  
Event is Open  
To Outside Guests**

**B I N G O**

12	18	32	48	62
8	21	40	55	70
4	27	38	46	75
1	15	42	51	66
3	29	30	50	72

**Tickets Go On SALE  
9:30-11:00 AM Mondays  
March 9, 16, 23 & 30**



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**General Surgery** • Gallbladder disease • Abdominal wall hernias • Hiatal hernia • Reflux  
• Stomach tumors • Intestinal tumors • Port placement for chemotherapy

**Colon and Rectal Surgery** • Colon and rectal cancer • Benign anorectal disease (hemorrhoids, anal fistula, anal fissure) • Diverticulitis • Inflammatory bowel disease • Rectal prolapse

**Breast surgery** • Needle breast biopsy • Lymph node biopsy • Lumpectomy • Mastectomy  
• Cyst removal • Breast infection

**Skin/Soft Tissue Surgery** • Removal of benign tumors • Lipomas • Cysts • Hydradenitis  
• Melanoma • Basal cell carcinoma • Squamous cell carcinoma

**Weight Loss Surgery** • Sleeve gastrectomy • Adjustable gastric banding • Revision surgery

Our reputation for quality outcomes and results is unsurpassed and we strive to remain among the top professionals in our field. Our team will make you feel comfortable and confident with the courtesy, respect and compassion necessary to accomplish your goals.

# ATTENTION

COMING SOON  
2020 BOCCE LEAGUE SIGN UP  
WILL BEGIN IN THE CLUBHOUSE  
MONDAYS BETWEEN 9:30 & 11:00 AM



APRIL 6th  
APRIL 13th  
APRIL 20th



League Meeting April 25th at 11:00 am in the Lions Den  
Cost \$15.00 per person

Any questions? Call Bill Hamaydi at 908-868-4451

## KIRMS PHOTOGRAPHY Night Images

Shooting night images can be a lot of fun. Make certain you use caution always have a flashlight or other light source with you, since it will be dark. Holiday lights, the moon, traffic, and bare tree silhouettes all make nice subjects.

Make certain you underexpose the image. Your camera or phone is programmed to make images look like daylight, which will ruin your night images. You may have long exposures, so have a tripod or other camera support handy.

That's it for this month. As always you can send an email to [bill@kirmsphotography.com](mailto:bill@kirmsphotography.com). Visit [www.kirmsphotography.com](http://www.kirmsphotography.com) if you'd like to see more of my Bosque del Apache images.

Keep shooting to improve your images, but most importantly, have fun with your camera.



# Crossword Answers

P	O	D		P	A	W		M	A	P	S				
A	U	R	A		C	U	B	E		A	G	A	P	E	
P	R	I	N	C	I	P	A	L		R	E	L	A	Y	
S	E	E		I	C	I	C	L	E			A	T	E	
E	E	L		T	A	L	K		R	A	P	T			
			R	E	D			O	R	D	E	A	L		
O	G	R	E		A	T	O	M		O	R	B	I	T	
P	O	E	M		E	W	E			U	L	N	A		
T	A	L	O	N		S	E	N	T		S	E	E	P	
			D	E	T	E	C	T		A	W	E			
			V	E	T	O		C	U	R	E		W	A	R
U	S	A			G	R	A	N	G	E		E	V	E	
R	E	N	E	W		I	N	C	E	P	T	I	O	N	
N	A	C	R	E		L	O	U	T		W	R	I	T	
			R	E	A	D		L	E	T		O	D	D	

# First Day of Spring March 19



**MICHELE'S**  
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**DIAMONDS**  
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## PRIORITY FOR DRIVEWAY SNOW REMOVAL

For those who qualify, please submit your request to assure that you will be placed on the priority list. To qualify, a resident must require regular life-sustaining medical treatment, such as chemotherapy, radiation, or dialysis in or outside the home.

A "heart condition" does not qualify. Your request must be accompanied by a physician's script/note which specifies that life-sustaining treatment for any of the conditions outlined above is necessary. Hand written notes are unacceptable. All information will be kept by the Administrator and will be confidential. Your need to go to work does not qualify for priority snow removal. We

suggest you make advance arrangements with a private contractor for snow removal.

The township will cooperate by plowing our roads so that our contractor can begin work. Of course, the town will continue to respond to any serious problems during storms.

**ALWAYS CALL 911 FOR ANY MEDICAL EMERGENCY.**

Please be sure to keep on hand extra supplies of medications and food, so that there is no need to leave the house during or immediately after a snowstorm. The weather predictions generally provide ample warning time for making preparations.



# "Just Call Grout Master" BATHROOM REPAIRS

SHOWER WALL TILE REPAIRS, TILE GROUTING, SAFETY BARS,  
BATHROOM TILE, VANITIES, SHOWER BASINS REPLACED,  
FLOORS REPLACED, SHOWER DOORS REPLACED, TOILETS

TUB TO SHOWER CONVERSIONS, HANDICAP SHOWERS

# "Just Call Frank" HOME REPAIRS

Storm Doors, Interior Doors & Trim, Garbage Disposals, Faucets, Door Locks, Shelving,  
Garage Doors, Garage Door Openers Garage Shelving, Closet Doors Repaired,  
Windows Repaired & Replaced, Deck Repairs, Cabinets Repaired Under Sink Cabinet Floors,

NJ LIC # VHO7632800 **848-238-7049** Lic. plumber on staff

Just Call Frank Is Now D B A Grout Master

# NEUROPATHY

## Nerve Disorder Causes Pain for Millions of Americans

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

There are over 100 different kinds of peripheral nerve disorders or neuropathies. Some are the results of a disease like diabetes while others can be triggered by a virus infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage.



### HOW DO YOU KNOW IF YOU HAVE PERIPHERAL NERVE DAMAGE?

The following symptoms may start gradually and then get worse:

- Numbness
- Pain when you walk
- Sharp electrical-like pain
- Burning or tingling
- Difficulty sleeping from leg or foot discomfort
- Muscle weakness
- Sensitivity to touch

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

#### 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.

- Treatment is Safe, Easy and requires NO surgery
- Call today if you experience any degree of pain or discomfort in your legs and feet
- Start living your life pain free!

#### 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.

#### 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



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

LIMITED TO THE FIRST 30 CALLERS!



Call today to schedule your appointment.

**CALL TODAY!**  
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