

LIONS PRIDE

A PUBLICATION OF LIONS HEAD SOUTH ASSOCIATION, BRICK NJ



VOLUME 6 NO. 9

SEPTEMBER 2020



“An Apple A Day”
by Bonnie Luton
LHS Acrylics Class

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

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EDITORIAL

Susan Mills

Hello Lions Head South residents. What a summer we have had. Since we live in an “adult” community, we are supposed to be older and wiser. I don’t know about you, but lately I may have been feeling older, but the wisdom factor has been a challenge. Finding ways to stay positive and connected to others in our community has taken a little creativity. However, I feel it is important that each of us tries to do something to keep our wonderful LHS family connected. Negativity is toxic. There is always goodness out there. We just have to search a little harder to find it during difficult times. Look around. The flowers are vibrant. The birds are singing. Trees and bushes thrive with their many beautiful shades of green. At night, that mystical moon still shines. Neighbors continue to wave a friendly “hello” accompanied with a warm smile. Come on, find a way to acknowledge someone, anyone, and let them know you care. We are good people. We can do this. Lions Head South is our home. Let’s continue to make it “home sweet home.”

www.LionsheadSo.com
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 NJ Natural Gas 1-800-221-0051
 JCP&L 1-800-662-3115

PRESIDENT'S MESSAGE

Bob Pedersen

As I sit here writing this message, I wonder when things will get better for all of us. This pandemic that we are going through seems like it will never end. But it will and there has to be light at the end of the tunnel. I know it has been hard and harder on some due to everything being shut down, but the Board feels the health of all outweighs the risk of opening things for the few. When the restrictions are lifted in the state, I assure you that the Board will act accordingly.

This month the office is taking applications for the Board of Trustees and everyone of you is entitled to run. Just stop by the clubhouse to pick up a package and follow the procedures. There are three spots available this year.

At the last Board meeting, we approved multiple cameras to be installed around the clubhouse due to complaints from residents of perceived nefarious activity in the parking lots and around the building. It is our hope that this will curtail some of the activity mainly in the parking lots.

In closing, please read the by-laws, rules, and regulations to familiarize yourselves with the way things work in our community. They have been set up for your protection as well as for maintaining your community as a desirable place to live.

So once again I implore you to be safe, practice social distancing, and be patient as this too shall pass.



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**Income & Expense Statement
to Date as of 07/31/20**

Income:

401.0 Maintenance Fees	\$	593,442.09
401.5 Rental Income	\$	-
402.0 Maintenance Late Fees	\$	680.00
403.0 Rental Security Deposits	\$	(2,550.04)
406.0 Interest Operations	\$	2,267.13
408.0 Miscellaneous	\$	620.00
410.0 Participation Fees	\$	27,500.00
450.0 LHCC Revenues	\$	49,515.85
Total Income:	\$	671,475.03

LHCC Sales Tax:

209.0 LHCC Sales Tax	\$	(50.90)
Total Sales Tax:	\$	(50.90)

Expenses:

500.0 Administration	\$	243,412.53
520.0 Residences	\$	172,830.24
540.0 Common Facilities	\$	135,424.56
Total Expenses:	\$	551,667.33

Total Income Over Expenses: \$ 119,807.70

Balance at Month End: \$ 119,807.70

**LIONS HEAD SOUTH
New Residents - 2020**

Steensen, Diane.....23 Carter Way
R/S Shannon
Huber, Dorota.....47 Yorkwood Dr.
R/S Lin
Culnen, Daniel
Sirni, Maira.....46 Meadowbrook Rd.
R/S Bork Estate
Dangelo, Vincenzo & Maria.....97 Yorkwood Dr.
R/S Simone Estate
Lorrenca, Carol.....116 Meadowbrook Rd.
R/S Palma

Deletions - 2020

Shannon, Brian & Patricia23 Carter Way
R/S Steensen
Lin, Xuejin.....47 Yorkwood Dr.
R/S Huber
Bork Estate.....46 Meadowbrook Rd.
R/S Culnen; Sirni
Simone Estate.....97 Yorkwood Dr.
R/S Dangelo
Palma, Anne.....116 Meadowbrook Rd.
R/S Lorenca

Deceased Resident - 2020

Greenbaum, Arthur.....76 Lions Head Blvd.
07/06/2020
DeMaio, Anthony.....118 Lauren Ln.
07/30/2020



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BYLAWS COMMITTEE

Clara Ciuffo-Clarke

It is not an easy task to always be in conformity with our By-Laws here in Lions Head South, but the sole purpose of them, as well as the Rules and Regulations therein, is to keep our community well maintained and one of the leading over 55 communities in Ocean County. That is why we purchased homes here. Please scan them occasionally to see if you are not unwittingly “offending” your neighbors by not knowing your rules and regulations. This committee is not an enforcement one, but an informational one. Our predecessors here in LHS wanted to make sure the standards were always maintained. I have received comments about some of the usual violations – not picking up after your dog, etc., but also front tree branches hanging lower than 7 feet over the sidewalks; laundry being hung outside; cars in driveways blocking sidewalks; trash cans being put out before the times indicated; unwanted items being left at the curb days before the trucks come, etc.

The office, not committee members, should be notified of these and other violations. However, if you have any suggestions for improvements or updating of the By-Laws, PLEASE, let us know and they will be addressed accordingly. Have a safe and happy autumn season.

CLUBHOUSE COMMITTEE

Rose Saputo

Here we are already in the month of September, yet still waiting for a vaccine to be formulated against the Covid-19 virus. While this is being written, hopefully, the chemists have gotten much further in this mega discovery, especially before the school year and other activities “kick off”.

The importance of this immunization will most certainly lead us down a more “normal” road to recovery. But what exactly is recovery? We all need to understand that our “normal” will never be what it formerly was. We must have an open mind and remain patient; this is how we will truly learn to survive this. After all, “Rome was not built in a day”, was it?

Faith, hope and love have been quality requirements needed to cope with the “tornado of whirlwinds” that we have been dealt, and we continue to persevere. From all of us on the Clubhouse Committee: Please be vigilant; be safe and stay well until we meet again in our lovely Clubhouse when it finally re-opens. Hopefully, we will be able to celebrate the holidays in the very near future within those walls. Enjoy Labor Day!!

May God bless.....



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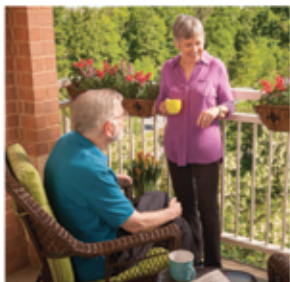


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The LHS Men's Club Announces a Community-Wide

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50/50

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Drawing to be held at the December Resident's Meeting

***Pot is 50% of Total Sales**

†Prize amounts will vary based on sales.



LHS Nominating Committee

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This year the terms of three (3) of the seven (7) Trustees expire. In order to maintain and improve the lifestyle we all enjoy here at LHS, it is imperative that volunteers step up to run for these 3 positions in the 2020 election. These positions are for 2-year terms (2021-2022).

INTERESTED? Simply pick up a candidate packet from the LHS Office, obtain 20 signatures from other homeowners and submit the packet to the office *NO LATER THAN NOON TUESDAY, SEPTEMBER 22, 2020.*

LHS Nominating Committee: Carol Contini, Chair

LHCC

Jim Mort

One of the biggest problems the LHCC has experienced in the past years is a rapidly declining membership. It is gratifying to see the recent increase in membership this year. While it is not the high levels of years gone by, it does at least show positive improvement as we are up to 96 members at this time. With several changes made in recent years to our membership requirements, we will aggressively pursue non-resident members in the hopes of increasing overall membership to approximately 150. We would appreciate any assistance we can get from our residents in identifying any potential golfers, whether resident or non-resident, that we can contact and provide them with information on our Golf Course.

The LHCC Annual Golf Tournament, sponsored by Turf Masters, is scheduled for Saturday, September 26th. As previously indicated in last month's Pride, the tournament will be limited to a golf only tournament so that we can reduce potential crowding and or contact and to adhere to the requirement for social distancing. Face masks will be worn around the Clubhouse and any other area where people tend to congregate. We have reduced the number of participants to a maximum of 72, which is two flights of 36 each. Registration started on August 1st and is currently ongoing for residents and non-residents on a first come first served basis. It is recommended that you sign up ASAP. Registration deadline is September 19th. Any questions please call Jim Mort 732-779-9657 or Jack Cummings 732-998-0988.

Results from the July 14th Scramble:

First Place	Second Place	Third Place
Jack Cummings	Brian Halm	Bob Jani
Joe Bivona	Irene Raftery	Lee Scatturo
Chuck Florio	Andy Turelli	Ed Raith
Don Beck		Dick Mayer
Closest to the Pin, Men, Hole #1		Ed Gregersen
Closest to the Line, Women, Hole #5		Lee Scatturo
Closest to the Line, Men, Hole #5		Joe Bill

The results of the August 11th Scramble will be in the October Pride. The next Scramble is scheduled for September 8th.

Fun Day, scheduled for September 5th, has been cancelled due to the virus.

Minutes for the Board of Directors meeting on August 11th have been posted to the LHCC outside BB. Next Board of Directors meeting is scheduled for September 8th.

The General Membership meeting scheduled for August 17th was cancelled. If the next General meeting, scheduled for October 19th, which is also our last for the year, is cancelled, the Board of Directors will put out a Newsletter covering any/all important changes for operations in 2021. These approved changes are covered in the Board of Directors meeting dated June 9th and it is still posted to the LHCC outside BB.

Andy Turilli fell at home and broke his hip and will be out of action for some time. Andy, our best wishes and thoughts are with you. Listen to your doctors and take the time to heal. We appreciate so much the time and effort you have put into making our course a better-looking place.

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NOMINATING

Carol Contini

The Nominating Committee is looking for people to run for the Board of Trustees. If you are interested, pick up a candidate's packet at the office. They must be returned by Sept. 22, 2020. It might be helpful if you attend a Board meeting to see how issues are handled and how you can make a difference.

Information on all those running will be in future Pride issues. Our voting will be done by mail this year.

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MEN'S CLUB

Brian Halm, Treasurer

We are saddened at this writing (August 1) to learn of the passing of Jerry Cosimo after a long period of illness. In addition to being a long-time officer and e-board member of the Men's Club, Jerry was also a past member of the Lions Head South Association Board of Trustees. He always demonstrated an intelligent, calm and "voice of reason" attitude. His contributions to the community were many. Jerry and his wife, Janet, moved away to an assisted living community a few years ago. Condolence messages may be sent to: The Family of Jerry Cosimo, 113 Telegraph Road, Perkasio, PA 18944. In lieu of flowers, his daughter Lisa suggests contributions to The National Kidney Foundation at 1500 Chestnut Street, Suite 30, Philadelphia, PA 19102; or online at www.kidney.org.

Once again, we are selling tickets for the MEGA 50/50 fundraiser every Monday from 9:30 to 11:00am on the front porch of the clubhouse (see flyer elsewhere in this issue for details). As of August 1, over 300 tickets have been sold. The more we sell, the bigger the pot will grow towards that possible \$2,000 first prize!

Also, in this issue, see the flyer about membership and voting for 2021 officers. There will be no membership fee in 2021 for members in good standing in 2020, with a reduced fee of \$15 for new members.

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LHS Men's Club

ATTENTION MEMBERS!

The following information is for both current and prospective new members of the Men's Club:

MEMBERSHIP INFORMATION:

The Lions Head South Men's Club is a social gathering of like-minded individuals with common goals. We normally organize many events such as trips, dinners, shows, dances, etc. The Club dues for the year are typically \$30; which covers luncheons at the monthly membership meetings as well as the Annual Holiday Gala Dinner Dance in December each year at an outside venue.

Unfortunately, due to the COVID virus, most of our meetings and all the events to date had to be cancelled this year and it is not known when we can resume a new/normal schedule. With that in mind, **there will be no membership fee in 2021 for existing members; and new members will only pay \$15.**

Anyone interested in joining and/or for more information please contact our Membership Chairman, Rich Szymanski at 732 920-2175.

ELECTION FOR 2021 OFFICERS:

The Officers of the Men's Club are President, Vice-President, Secretary and Treasurer. The Treasurer is appointed by the President; all other positions are elected. Currently they are:

Tony Bozzetti, President; Don Antonelli, Vice-President; and Tom Tormey, Secretary; with Brian Halm holding the appointed position of Treasurer.

Anyone interested in filling one of the elected positions should contact one of the above officers no later than October 15, 2020.

THE RECIPE BOX

Sue Auer

BARBECUE....a cooking method; a food style of techniques; smoking, roasting & grilling ... used in many countries by regional variations.

BBQ > USA informally BARBIE > AUSTRALIA BRARI > SOUTH AFRICA

By the 19th CENTURY USA adapted a process over heat using wood, charcoal or propane gas. There are various regions throughout the USA which select the heat process & flavor of recipes...

KANSAS has a tomato, spicy & tangy style.

ALABAMA, GEORGIA & TENNESSEE is a tomato base finish.

MARYLAND offers a horseradish saucy type taste.

NORTH CAROLINA's BBQ is offered with a light vinegar touch.

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EASY PORK CHOP GRILL

1/2 cup olive oil
1/4 cup dry red wine
1 tbs red wine vinegar
1 tbs brown sugar
1 tsp salt
1/2 tsp pepper
3-4 sprigs rosemary
*** 6 thin - med pork chops

1. Combine all ingredients & mix well.
2. Place 4-6 pork chops in a ziplock bag & pour marinade into bag. Lay flat to cover chops & marinate for 30 minutes.

3. Heat grill to med. heat, place chops on grill 4 mins. on each side. (Depending on size of chops, time may vary).

4. Grill both sides until temp. reaches 160.deg.F.

NOTE: THIS RECIPE CAN ALSO BE USED WITH VEAL CHOPS OR LAMB CHOPS.

As we continue our journey through COVID-19... we are fortunate to share our time with the beautiful FUR babies in our lives....

For cutting the costs of expensive "DOG TREATS" & knowing exactly what is in the treat, here is a **FUN, EASY & HEALTHY** recipe added....

"HOMEMADE PUMPKIN/PEANUT BUTTER TREATS"

2/3 cup pumpkin puree
1/4 cup peanut butter
2 large eggs
2 1/2 - 3 cups whole wheat flour

1. Preheat oven to 350 deg., line baking sheet w/ parchment paper or silicone baking mat. - set aside

2. In a bowl (using electric mixer) beat pumpkin, peanut butter & eggs on med./high until well combined. Gradually add 2 1/2 cups flour on low. Beat until all incorporated.

ADD 1/4 cup of flour (at a time) until dough is not sticky.

3. Work on a floured surface. Knead the dough until it comes together. Roll into 1/4-inch-thick, cut using shapes that are sized for your dog. Place on baking sheet & bake until edges are brown. 20-25 mins. Let cool & store in refrigerator.

Wishing everyone a healthy & happy Sept. 2020.



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GARDEN CLUB

Carmela Ferraro

If you can put aside all the COVID issues (not easy), it has been a typical summer season of heat and humidity in New Jersey. As I'm writing this, we are having several days of 90 degrees. Hopefully by now, the weather has leveled off as we approach Fall. Hard to believe that summer will soon be a memory. As with all our other community groups, we've had no meetings so there is little to report.

Just a few hints for the season. Performing a few simple tasks now can shape your garden for winter and provide a great start toward next season's blooms.

- Prune shrubs removing only dead, diseased or broken branches. Wait to prune spring blooming plants like azaleas until after they have flowered.
- Plant tulip or daffodil bulbs when soil temperature falls below 60 degrees.
- Protect annual beds by applying a two to four-inch layer of mulch.

If you haven't already used Rutgers Cooperative Extension of Ocean County, you should take advantage of the services they provide. Some include:

- Gardening questions answered Monday to Friday 9 AM to 12 noon
- Tick identification available January to December. Bring tick to the office in a sealed container.
- Plant/pest identification and diagnosis. Bring sample to office.
- Soil analysis for pH is available for a small fee. Bring sample to office.
- Speakers are available to speak on a variety of horticultural subjects.
- Lectures and demonstrations are held for the public on various gardening topics.
- Annual Master Gardener Plant Sale is held the first Saturday in May.

- Training for new Master Gardeners
- They also provide a calendar with monthly tips for gardening care.

They are located at 1623 Whitesville Road, Toms River, NJ 08755 and can be reached at 732-349-1246 or <http://ocean.njaes.rutgers.edu>

Stay safe and healthy and hopefully we will be back to "normal" soon.

WEBSITE COMMITTEE

Peter Brennan

The Lions Head South website still continues to be the primary source of activity happenings at LHS. We strive to stay on top of changes, but can only do so much. When chairpersons alert the website with new events, we will post that information as soon as possible. Keep the website active with current info for our LHS residents' benefit.

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J.I.L.

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HOME SCHOOLING FROM XFINITY CONNECT APP

Day 1 of home schooling

0800 Opened school website to get assignments.

0900 Found where assignments were hidden on the website.

0915 Called school to have the website explained.

0930 Called school again.

0945 Had wife call school

1030 Started printing first assignment

1031 Ran out of printer ink

1035 Sent wife to buy more ink while I watched YouTube to learn how to do common core.

1039 Had first cocktail

1100 Googling who the idiot was that came up with common core.

1102 2nd cocktail.

1115 Called school to see if the virus was still an issue and if so, could I sign a waiver for my kids.

1116 School asked me not to call back.

1120 Realized my wife wasn't home yet. Called her to find out if she was having a difficult time finding the right ink. Pretty sure I heard someone in the background yell her name followed with "Venti vanilla latte!" Right before she hung up on me.

1130 started 1st assignment

1145 Lunch break

1230 Restarted first assignment.

1235 Read 3 chapters to help answer 2 questions.

1240 Figured I'm either being played or they have been falsifying their report card.

1245 Practicing disguising my voice so I can call the school again

1300 Didn't work

1315 Scraping "My kid is a TERRIFIC student" sticker off of all vehicles.

1400 Beginning to think wife isn't coming home

1415 Decided to have an early release.

1430 Walking to town in Hope of catching virus and being quarantined.

1600 Arrested for egging school and drinking in public

1615 Released and given a ride home to maximize punishment

1800 Wife gets home. Couldn't find ink. Pretty sure her hair and nails are done.

2200 Working on an excuse to get out of school tomorrow.

Sudoku

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

Answers on page 26

SEPTEMBER 2020 CALENDAR EACH WEEK DAY OF THE MONTH AS LISTED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-11:00 TRAVEL SIGNUPS	9:30-11:30 Watercolor class	9:30-11:30 Acrylic Paint Class 1 & 7 cards/mah jongg	10:00 ZUMBA for Seniors	10:00 Ceramics
11:00 Chair/Mat Yoga	1:00 Crochet,Knit- ting & 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		
	GARBAGE	RECYCLE 9/10 & 23		

**LAWN COMPLAINTS: Call TURFMASTERS
AT: 732-349-0444 Leave a MSG on the machine.**

**SPRINKLER COMPLAINTS: Fill form out
located in C/H and place in complaint box.
Problems will be investigated within 24-48 hours.
Federal Irrigation: 732-349-9905. After hour
emergencies ONLY: Tom Behrens: 609-276-4666**

**ACC RESIDENT'S MEETING- September
14th 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**

	<p>9:00 AM Bd of Trustees Residents Mtg</p>	<p>9:30 AM Clubhouse 11:00 AM Welcoming 11:00 AM Emergency Mgmt</p>	<p>11:00 AM Nominating 12:00 PM LHS Woman's Club</p>	<p>10:00 AM Lions Pride Review</p>		
<p>20</p>	<p>21 7:00 PM Evening Book Discussion</p>	<p>22 GARBAGE</p>	<p>23 9:00 AM Finance & Ins 2:00 PM Book Discussion</p>		<p>24</p>	<p>25</p>
	<p>27</p>	<p>28 9:00 AM Bd of Trustees Std Comm</p>	<p>29 GARBAGE</p>	<p>30 9:00 AM Men's Club Exec Bd</p>	<p>26 8:30 AM Brightview Golf Tournament</p>	

Aug 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
30	31					

Oct 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	30	31

September 2020

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
	LABOR DAY OFFICE CLOSED	11:00 AM Library 7:00 PM Recreation 7:00 PM LHCC Mtg	10:00 AM Security 10:30 AM Garden Club	9:30 AM Regular Travel 10:15 AM Combined Activities		
6	7	8	9	10	11	12
		GARBAGE	6:00 PM Social			
		1	2	3	4	5
		9:00 AM Architectural 10:00 AM Buildings & Grnds	11:00 AM WGA Meeting 11:30 AM Men's Club 1:00 PM Community Awareness	11:00 AM Website		
			GARBAGE	RECYCLE		

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 - 11:00 a.m. Travel phone: 732-920-6455 Monday only.

BRICK SENIOR SHUTTLE: Provides no cost transportation Mon-Fri, 8 am-3 pm. Rides are first come, first served basis. Advance 2 week reservation required. A brief registration is required prior to using service. To schedule transportation call: 732-920-8686

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 September is as follows: Ocean Mall- Tues. the 1st, 15th & 29th 18th – Monmouth-Thurs. the 3rd - Brick Plaza – Thurs. the 10th & 24th . Friday the van will go to 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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- Mattresses Flipped (and beds made)
- Garbage / Recycle Bins - House to Curb / Curb to House
- House Cleaning (Move In / Move Out)
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I AM MARIA CICCONE

Maria Ciccone

I am Maria Ciccone of 9 Lauren Lane in LHS. I recently helped my mom begin receiving "surviving spouse" veterans' monetary monthly benefits. I would like to share this information with the community as it's a benefit many are entitled to but are unaware of the program.

On page 21 there is a document that explains the requirements to apply for benefits. It also gives the phone number and website of the company that assists one in applying and receiving benefits. "The company is paid when a person receives benefits and only requires one to complete a few forms. They do all the work contacting the VA. You don't have to go to their office. Everything can be done by phone, fax, and the U.S. mail."

In my mother's case, she is now receiving \$1,200.00 a month from the VA for the rest of her life.

If anyone would like to speak to me, I can be available as well. I cannot guarantee benefits, but am simply sharing the name of a company that may be able to assist. I can share my Mom's name as a referral if requested.

Thank You, Maria 732-996-3613



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Helps to pay for long term care

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Single Veteran - \$1,911.00 (\$22,932 Yearly)

Surviving Spouse - \$1,228.00 (\$14,736 Yearly)



Qualifications

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Requirement	Details
Service	90 Days of Service one day during a war Combat not required
Need for Aid	Receiving Day Care Services is an automatic qualification for the need for care requirement.
Financial Limits	If you fit the Service requirements and the need for aid, proper planning can help you get benefits, even if you have reasonable income and assets.

World War I: April 6, 1917, through November 11, 1918

World War II: December 7, 1941, through December 31, 1946

Korean War: June 27, 1950, through January 31, 1955

Vietnam War: August 5, 1964 (February 28, 1961, for veterans who served "in country" before August 5, 1964), through May 7, 1975

Persian Gulf War: August 2, 1990, through a date to be set by Presidential Proclamation or Law



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• 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

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Crossword Puzzle

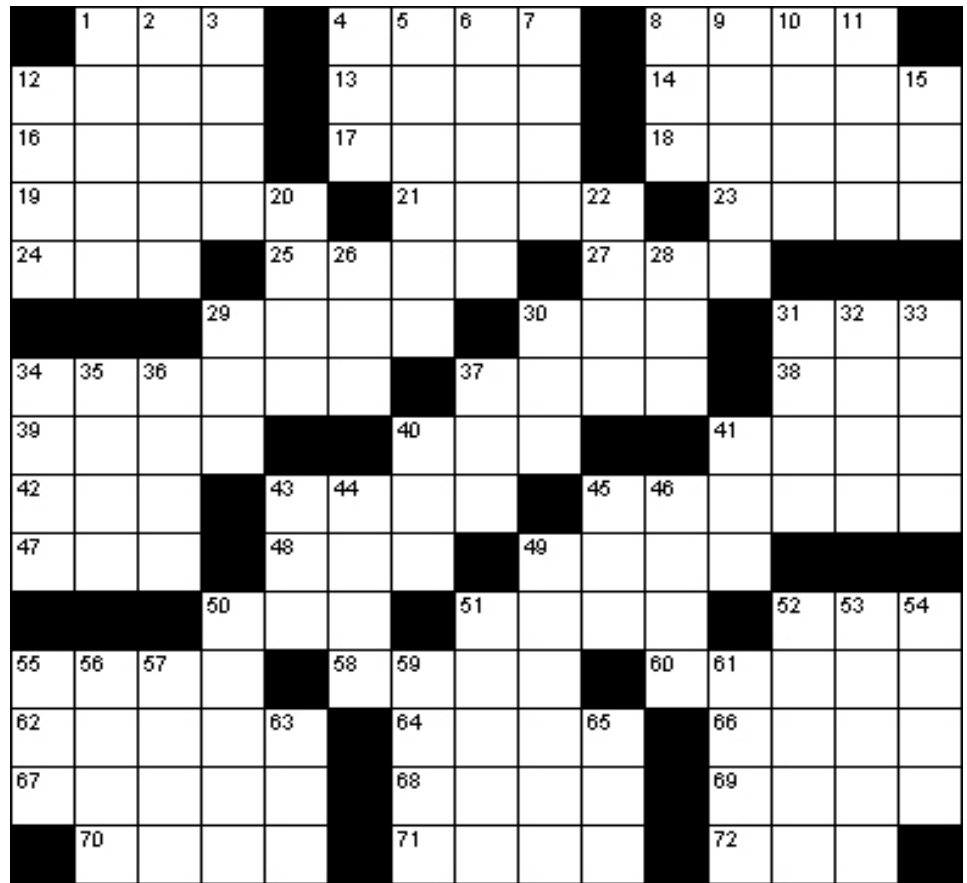
ANSWERS ON PAGE 26

Across

1. Snakelike fish
4. Assist in crime
8. Particle
12. Imitate
13. Fruit
14. Pulsate
16. Bad time for Julius
17. Border
18. Wipe out
19. Laconic
21. Sediment
23. Additional to or different from
24. Attempt
25. Slightly open
27. Cut down
29. Form of transport
30. Vitality
31. Fuss
34. Study of plants
37. Bill of fare
38. Napkin
39. Quartz used in cameos
40. Used to control a horse
41. As well
42. High mountain
43. Fraud
45. Each
47. Cereal grass seeds
48. Paddle
49. Aromatic herb
50. Fitting
51. Champion
52. Droop
55. Tablet
58. Aspersion
60. Languish
62. Residence
64. In the middle
66. Halo
67. Defamation
68. Shade of blue
69. Pack tightly
70. Medieval land worker
71. Hinge joint
72. Conifer

Down

1. Type of duck



2. Mineral used as an abrasive
3. Not as great
4. Simian
5. Pandemonium
6. Avid
7. Woody plant
8. Consumed
9. Tossed
10. Unwritten exam
11. Flowerless plant
12. Glove
15. Insect
20. Yield
22. Tibia
26. Crested bird
28. Flightless bird
29. Charge
30. Animal doctor, in short
31. Fit
32. Saucer
33. Woodwind instrument
34. Male hog
35. Merely

36. Variety
37. Coalesce
40. Saloon
41. Be unwell
43. Jump
44. Annual grass seeds
45. Melody
46. Gambit
49. Infer
50. Tree with conelike fruit
51. Person
52. Fry quickly in fat
53. Pointer
54. Chew
55. Buddy
56. Wading bird
57. Part of the ear
59. Long and thin
61. Facile
63. Mischievous fairy
65. Staining substance

23 WAYS TO CLEAN YOUR HOME (AND YOURSELF) USING LEMONS

When life hands you lemons, clean.

What other fruit deodorizes, bleaches, cuts grease and smells great, too? No wonder so many people are incorporating these citrus gems into their everyday DIY cleaning routines. Take a look at some of the ways lemons are scoring big points in today's households.

1. Freshen the vacuum. If running your vacuum cleaner leaves your house smelling stinky, add a few drops of lemon oil next time you change bags or clean the dust cup. You'll notice the difference right away.

2. Remove perspiration stains. You just bought that white T-shirt and already the armpits are looking yellow. Try scrubbing the area with equal parts of lemon juice and water and, if the garment's white, place it in bright sunlight to dry. For light-colored garments, scrub with lemon juice and water and then wash as usual.

3. Clean the microwave. This is an easy way to clean the entire inside of the microwave. In a microwave-safe bowl, mix 1-2 tablespoons of lemon juice in 1 ½ cups of water. Microwave on high for five to 10 minutes. The steam will loosen grease and dried-on bits of food. Wipe with a cloth.

4. Refresh wooden utensils and bowls. You've cleaned your wooden rolling pin but it still smells like the onion biscuits you made for dinner. No problem. Rub it with a piece of lemon and don't rinse. The lemon will remove the odor as it dries. (Note: Lemon juice is not antibacterial so make sure the rolling pin or wooden bowl has been cleaned before rubbing it with lemon.)

5. Keep fruit salad fresh. You love homemade fruit salad but those brown apple pieces make you think twice. Keep your fruit salad looking just-made fresh by squeezing the juice of one lemon into 2 quarts of fruit salad. No lemons on hand? Sprinkle with an individual-use packet of powdered lemonade mix instead. Add extra water until it's the perfect balance of sweet and tart.

6. Freshen a vaporizer/humidifier. No matter how often you change the water, the damp environment of a humidifier is a veritable petri dish for funk. To prevent the sour smell that comes with repeated usages, pour a few tablespoons of strained lemon juice into the water. Repeat weekly, especially if the humidifier is used every day.

7. Make your hair shinier. For shiny hair, rinse it using the strained juice of one lemon and 8-12 ounces of warm water.

8. Freshen the garbage disposal. To leave your garbage disposal smelling fresh, place one lemon, cut into eighths, in the disposal while running lots of water. If you don't have a whole lemon, small pieces of lemon peel will do

the job, too.

9. Polish the furniture. Mix 1 part strained lemon juice to 2 parts olive oil. Apply to furniture with a soft cloth, rubbing gently in the direction of the grain. Allow to dry.

10. Freshen the fridge. Ever put a piece of raw onion back in the fridge without covering it? Whew! To remove the strong smell, pour lemon juice on a sponge and set in the fridge for a few hours or overnight.

11. Remove mildew on clothes. Remember that damp T-shirt that was left at the bottom of the dirty clothes hamper? Mildew city! To remove the mildew, rub it with a paste of lemon juice and salt. Dry it in the sunlight. Repeat until the mildew's gone.

12. Add a fresh fragrance to a room. The fresh smell of lemons makes them a natural choice to freshen a room. For hours of fragrance, simmer them by themselves or with some cinnamon sticks or cloves on top the stove or in a simmer pot. Add water as needed.

13. For a DIY air freshener spray, mix the strained juice of one lemon, a few drops of lemon essential oil and water in a 16-ounce spray bottle. So easy!

14. Make potpourri by drying thin slices of lemon and orange, rosemary, mint and rose petals on a large cookie sheet. When dry, add a drop or two of your favorite essential oil then place in potpourri dishes.

15. Make drawers smell more fresh. Dried lemon and orange peels also make excellent drawer fresheners.

16. Freshen up your fireplace. Next time you use your fireplace, toss a few lemon peels in the fire for a pleasant fragrance.

17. Clean metal. To clean solid brass (not brass-plated items), apply a paste of lemon juice and salt or baking soda. Let it sit for five minutes then rinse in warm water and dry and buff to a shine with a soft cloth.

18. Clean copper pots in a jiffy by rubbing them with a half lemon and some salt. Rinse and dry. This works best if done regularly.

19. Restore the shine to aluminum pots by rubbing them with a cut lemon, inside and out. Rinse and buff with a soft cloth.

20. Make chrome faucets gleam by rubbing them with the rind of a lemon. Rinse and dry to a sparkling shine.

21. Clean cheese graters. To remove gummy cheese residue from a grater, grate a half lemon over the build-up. To remove dried-on cheese, wet the grater then grate a lemon dipped in salt. Rinse and dry.

22. Remove watermarks on flatware. Rid your flatware

Continued on page 25

CLEAN YOUR HOME continued from page 24

of water spots by rubbing lemon juice on the spot using a cloth or a paper towel. Rinse, dry well and you'll be spot-free.

23. Freshen your hands. After chopping onion or garlic, remove the smell from your hands by first washing them with soap and water. Then rub them with lemon juice. To get under your fingernails, scrape your nails across the outside of the lemon peel to release the oils. Wash again with soap and water. Your hands should be nice and fresh.



I am a Caregiver Looking For a Job

My name is Maia Gharibashvili, I am a home caregiver and a physical therapist too. I have a lot of experience in this field; I have been working as a caregiver for 17 years. I am looking for a live-in or live-out job. I can make doctor's appointments, drive, shop, and cook. I have good references from my former jobs and if you are interested in my job request you may call: **732-900-4614**

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KIRMS PHOTOGRAPHY

Slow Things Down

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

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

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

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

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



This image was shot with two neutral density filters at ISO 100, F16, and a 10 second shutter speed.

Crossword Puzzle Answers

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

Sudoku Answers

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

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spc-705



ATTENTION LHCC MEMBERS

Sign up now for
the next
Scramble
to be held on
Tuesday, Sept. 8

Sign-up sheets available at
the LHCC Clubhouse

GOLF ONLY
Tee Off
9:00 AM
Cash Prizes
for
Closest to
Hole and
Line- Men
and Women

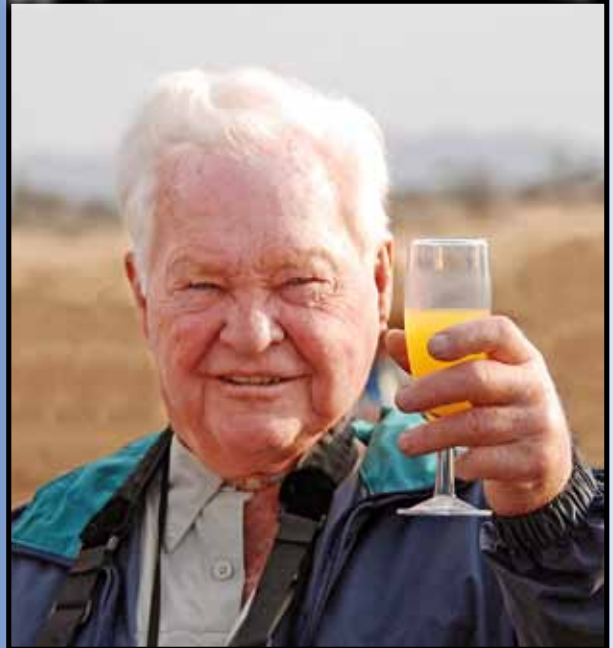


Entry Fee \$7.00
(please bring
exact change)
Sign-up deadline
12 Noon
Friday,
Sept. 4, 2020

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Lions Head Country Club ANNUAL GOLF TOURNAMENT

SATURDAY, SEPTEMBER 26, 2020 (Rain Date Sept. 27)

\$1,000 in Cash Prizes (ONE PRIZE PER PERSON)
Principal Sponsor:
TURFMASTER

#1 Closest to Pin (Man & Woman) 2 prizes.....	1st Place Only \$50.00
#2 Closest to Line (Man & Woman) 2 prizes.....	1st Place Only \$50.00
#3 Closest to Line (Men & Women) 4 prizes	1st \$50.00, 2nd \$25.00
#4 Closest to Pin (Women Only) 2 prizes	1st \$50.00, 2nd \$25.00
#5 Closest to Line (Men & Women) 4 prizes	1st \$50.00, 2nd \$25.00
#6 Closest to Pin (Men Only) 2 prizes	1st \$50.00, 2nd \$25.00
#7 Closest to Pin (Men), to Line (Women) 4 prizes ..	1st \$50.00, 2nd \$25.00
#8 Closest to Line (Man & Woman) 2 prizes	1st Place Only \$50.00
#9 Closest to Pin (Man & Woman) 2 prizes.....	1st Place Only \$50.00

 Due to the COVID 19 Virus, and possible restrictions on the number of persons that can safely gather at any function, this year's Tournament will be a "golf-only" event which will be limited to 72 golfers. As there are still 24 cash prizes, this gives you a **1 in 3 chance of being a winner**. There will be two flights: 8:30 AM and 10:30 AM* with prize awards announced at 12:30 PM. You do not have to be present for awards.

Fee is \$25 per person for the event. All applications will be on a first-come first-served basis. Please submit your applications ASAP. Absolute registration deadline is September 13th. Teams should arrive at the clubhouse 1/2 hour prior to tee-time to check in and receive scorecards.

Remember to maintain social distancing. Masks are required for check in, but are optional for golf.

***T-TIMES SUBJECT TO CHANGE** **Entry Fee: \$25.00 per person**

APPLICATIONS WILL BE AVAILABLE AT LHCC STARTING AUGUST 1st



TIRED OF THE STAY-AT-HOME SELF QUARANTINE?



CORONAVIRUS

NOW WOULD BE A GREAT TIME TO GET OUT AND PLAY GOLF

In compliance with State of NJ regulations, the Lions Head Country Club is now open for play by LHCC Members and Non-Resident Guests.

Now would be a good time to think about joining.

It's fun, it's exercise and it's out of the house!

Here are some membership options:

FULL MEMBERSHIP (Age 55 and Over)
Unlimited Play 7 Days a Week - \$383.85

\$360.00 + \$23.85 Tax

***NEW* SUPER-SENIOR MEMBERSHIP**
(Women & Men Age 85+) - \$213.25

Unlimited Play - \$200 + \$13.25 Tax

ASSOCIATE MEMBERSHIP (Age 55 and Over)
Weekends & Holiday Play Only - \$213.25

\$200 + \$13.25 Tax

3-PLAY CARD

Good for 3 Rounds - \$40.00

Residents Only - Limit: One Card per Year

Non-residents age 55 and over and children age 12 and over
(*accompanied by an adult) may play for a daily
green fee of \$15.00 or may purchase a 10-play card**
for \$120. (**10-play cards are for non-residents only)*

*Non-residents 55 and over are also eligible
for Full and Associate Memberships.*

For additional information or to
obtain applications, please contact:

Muriel Mills at 732 451-1521 or

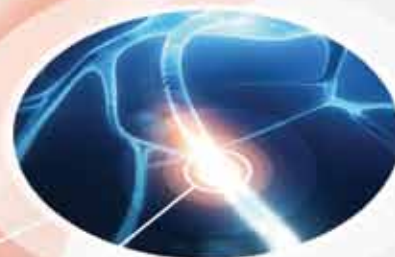
Jim Mort at 732 779-9657

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.

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.

- 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.

JOIN OTHERS IN RELIEVING THE PAIN



"The pain was so excruciating that I couldn't sit in my 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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