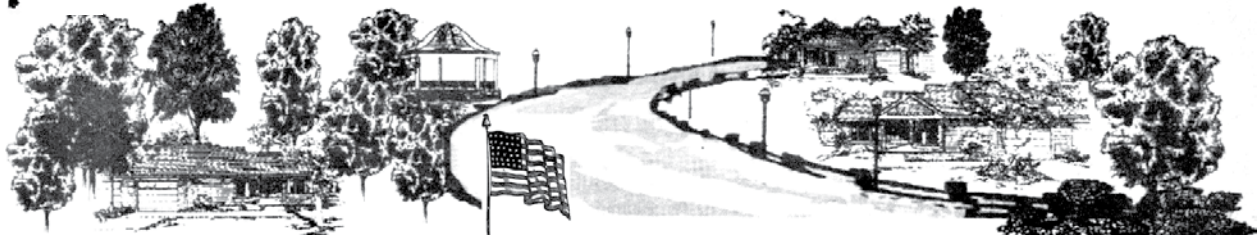




# • LEISURE VILLAGE WEST NEWS



*55 Plus: "It's the time of your life to have the time of your life"*

Volume 25, Number 2

*The Official Magazine of Leisure Village West Association*

February, 2018

*The only official publications of Leisure Village West are LVWA.net, lvwcreeper.com, the closed circuit television stations 12 & 15 and this magazine.*



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STOP at Stop Signs and adhere to the 25 MPH speed limit  
for everyone's safety! Thank you!!**



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# Back and Neck Pain Sufferers Find New Hope in FDA Cleared Technology

*Pain Sufferers Flood Office of Northeast Spine and Sports Medicine to Receive Treatment*

"Hi, we are Dr. Rob and Dimitri Lambrou from Northeast Spine and Sports Medicine and if you suffer with back or neck pain, we invite you to find relief at one of our two locations. Did you know that 30 million Americans suffer from back pain everyday? This pain affects everything that you do, from work to play, and ultimately your quality of life. We are here to tell you that there is hope. You can get rid of your back pain and get your life back. At Northeast Spine and Sports Medicine, we have helped thousands of back pain sufferers just like you. We only offer the most advanced non-surgical treatments. We are so confident that we can help eliminate your back pain; we are offering ONE FREE VISIT which includes a consultation/evaluation. There is no obligation and the only thing you have to lose is your pain."

— Dr. Rob and Dimitri Lambrou D.C.



### ACCEPTED INSURANCE PROVIDERS:

- Medicare
- Horizon BCBS
- Great West
- Qualcare
- Aetna
- Cigna
- United Healthcare
- & most other insurances

### What are patients saying?

*"After several years of suffering with lower back pain, I found Dr. Lambrou. He had a unique program that explained just what he and his office staff could do to help with such a situation. I had been to my family doctor, pain management doctor, orthopedic doctor, acupuncture doctor and had taken much pain medicine plus topicals. After just a few sessions with Dr. Lambrou I found I was in less pain, had more energy and slept so much better. By the time my treatments were over I was in such a better state... physically and mentally.*

*I definitely would recommend his services to others. He has made this 73 year old lady feel so much better and I am not taking pain medications. He and his staff were so very kind and generous with their caring and time. Thank you, thank you, thank you!"*

— Terese L.

## Are pain pills effective, long-term solutions for pain relief? ABSOLUTELY NOT!

Until now, people have masked their pain by frequently taking prescription pain pills. This type of pain relief is temporary. Often these treatments lead to even more health problems or worse yet-addiction. So many people innocently fall into abusing prescription pain pills while initially using them to alleviate real, constant pain.

## Is Surgery the answer?

Non-surgical Spinal Treatment at Northeast Spine		Surgery
<b>Cost</b>	Covered by most insurance plans including Medicare.	Deductible, Co-pay, medications, time off work, etc
<b>Risk</b>	No known side effects	Complications, poor Outcome, addiction to pain medications
<b>Pain</b>	Little to none	Can be severe for Months
<b>Recovery</b>	Immediate	Months/years

It is true that surgery may be the answer for certain types of back injuries. When considering your options, ask yourself this question... **If there is a solution to back pain that doesn't require surgery, is it worth exploring?**

## The Solution: Northeast Spine and Sport's Customized Back Pain Program

Who can you trust for back pain solutions? Do you visit a chiropractor, medical doctor, or physical therapist? How much time does it take to visit all three offices? With varying recommendations, what is the best option for your specific condition? Relax! We have all options available at Northeast Spine and Sports Medicine. Your specific condition will be evaluated by several doctors before a treatment plan is customized. Not only do we have excellent doctors, we use advanced medical equipment. That combination is what makes all the difference.

## Vax-D Spinal Decompression allows Back and Neck Pain to heal....NATURALLY

Some of the back and neck pain conditions that we see can be helped by our state of the art Vax-D decompression table. Decompression relieves pressure that builds up on the discs and nerves. The task of relieving pain comes about as a result of drawing the leaking gel of a herniated disc back into place. Decompression achieves this by creating negative pressure within the disc, referred to as negative intra-discal pressure. This creates essentially a vacuum to draw the bulging and herniated disc material back into the disc space and relieves pressure. This process of non-surgical decompression allows the body to heal itself naturally. Vax-D decompression tables have been successfully operating for over 15 years throughout the world. Vax-D

is one of the FDA Cleared technologies available at Northeast Spine and Sports Medicine and more than 3,000 patients a day receive this treatment in the US alone. Numerous clinical studies are available for review at [www.vax-d.com](http://www.vax-d.com).

## Why Northeast Spine and Sports Medicine?

It's not always "what we provide" that makes us different, as it is "how we provide it" that sets us apart from the rest. Dr. Rob and Dimitri Lambrou's office has the staff, technology, and experience to help you feel better. Both Doctors have over 10 years of experience in helping thousands of patients find lasting relief. From the moment you walk in, you will notice the comfortable setting along with the warm greeting from our staff at the front desk. We can already assume that you don't feel well and going to a new office for help can sometimes be uncomfortable. Our goal is to make you feel as comfortable and welcome as possible.

- 10 years experience serving the Jackson/Point Pleasant area.
- Extensive knowledge of auto & work injuries.
- In addition to pain relief, rehabilitation, and injury care, we also provide wellness care and physical therapy to keep your body healthy.
- Several Medical Doctors, Chiropractic Doctors, and physical therapists all collaborating on any one patient to ensure the most effective treatment program possible.
- Five star service from beginning to end. We believe in never letting the patient linger. You will always be attended to during your stay and never feel out of the communication loop. Your comfort is our top priority.

## Who is a Candidate for Spinal Decompression

With 7 out of 10 people experiencing low back pain at some point in their lives and low back pain being one of the most common reasons for patient visits to primary care physicians as well as hospitalization, there is no doubt that low back pain exists in epidemic proportions today. Spinal decompression therapy can be used to treat disc bulges and herniations.

disc degeneration, sciatica, spinal stenosis, arthritis, facet syndrome, and chronic pain in the low back or neck.

Our Vax-D Spinal decompression system is FDA cleared, and has been statistically proven to relieve the pain associated with disc degeneration, herniated discs, facet syndrome, and sciatica. Spinal decompression is a great option because back surgery is so risky.

If you have back pain, you may be a candidate for one of our programs. At our office we will give you an honest and fair assessment of your condition and customize a treatment program that can help you.

## No risk, Free Visit

We are so confident that you will find healing and relief at our offices that we will personally offer you ONE FREE VISIT which includes a consultation/evaluation. Our doctors will present a customized treatment plan that will help you get better! It's that simple! There are no strings attached and you have no obligation. Due to demand, we are extending this offer to the first 25 callers only. Time slots fill quickly so call today to secure your free consultation/evaluation. Call today."

— Dr. Rob and Dimitri Lambrou

**IF YOU SUFFER FROM ANY DEGREE OF BACK PAIN, CHANGE YOUR LIFE TODAY BY BEING ONE OF THE FIRST 25 CALLERS!**

# Call today for an Initial Evaluation

HURRY - SPACE IS LIMITED to the first 30 callers!



**NorthEast**  
SPINE and SPORTS MEDICINE

[www.northeastspineandsports.com](http://www.northeastspineandsports.com)

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- POINT PLEASANT, NJ: 1104 Arnold Ave • 732-714-0070
- BARNEGAT TWP, NJ: 175 Gunning River Rd • 609-660-0002
- MANCHESTER, NJ: 60 Lacey Rd • 732-408-4492
- ABERDEEN TWP, NJ: 557 S Atlantic Ave • 732-997-4988 **NOW OPEN**

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Disclaimer: Due to Federal Law some exclusion may apply. Value of free consultation/examination (\$200.00)

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**ASSOCIATION OFFICE**

Mon-Fri 8 a.m.-4p.m.  
732-657-9595  
**SERVICE/Emergency Calls**  
24 hour coverage  
732-657-8878

**LVW MAINTENANCE**

8 a.m.-4 p.m.  
732-657-8878

**Accounting Office:**

Mon-Fri 8 a.m.-4 p.m.  
732-657-5881  
**Leisure Village West News**  
732-657-0181

**Helping Hands** – 732-657-2842

**VISTON** – 732-657-1818  
(Mon., Wed., Fri., 9-11 a.m.)

**RECREATION**

Building hours:  
9 a.m.-10 p.m. daily  
Office hours:  
**Willow Hall** 8 a.m.-4 p.m.  
732-657-9109

**Club Encore**, daily,  
8 a.m.- 12 p.m., 1 - 4 p.m.  
732-657-7789  
Nautilus Room Only, 6 a.m. M-F  
7 a.m. Sat. Sun. & Holidays

**GREENHOUSE HOURS**

October to April  
Mon, Wed, Fri 9:30-11:30 a.m.

**GATEHOUSES**

**Gate #1** – 732-657-4334 (Route 70)  
24 Hours-Visitors/Vendors  
Pre-Call 732-657-4335

**Gate #2** – (Huntington Drive)  
24 hours, Residents Only

**Gate #3** – 732-657-1658 (Route 37)  
Visitors, 9 a.m. to 5 p.m.;  
Residents, 24 hours



# Leisure Village West News



**Volume 25, Number 2**

**February, 2018**

This publication is owned and published by Leisure Village West Association

959 Buckingham Drive, Manchester, NJ 08759, *Leisure Village West News* Telephone Number 732-657-0181

Joe Schultz,  
Community Manager

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- Elaine Baumeister** President
- Sal Tozzi** Vice President
- Sara Falk-Zitelli** Secretary
- Charles Lupo** Treasurer
- Sandra Kaufman** Trustee
- Louis Maiocco** Trustee
- Fay Weinstein** Trustee

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

The LVW Board of Trustees and/or the Editor reserve the right to refuse any and all advertisements and editorial material not suitable or in the best interest of its readers. LVW also reserves the right to refuse any controversial or political material, maintaining an upbeat, light reading experience in accordance with the Board of Trustees. All copy is subject to editing. *Leisure Village West News* and advertisers are not responsible for typographical errors. All rights are reserved. Anyone wishing to reprint any part of this publication may do so with the written consent of the publisher.



# CORNER

## TRUSTEES'

Leisure Village West Association

## Board of Trustees Meeting – December 6, 2017

Present were Elaine Baumeister, Sal Tozzi, Charles Lupo, Sara Falk-Zitelli, Sandra Kaufman, Louis Maiocco and Fay Weinstein. Also present were Community Manager Joseph Schultz, Service Manager Jim Synder, Accounting Administrator Michelle O'Connor and Recreation Director Mary Lighthipe.

This meeting commenced at approximately 1 p.m. with the Pledge of Allegiance.

Steve Lardiere and Jamie Dauria from Pinnacle Federal Credit Union were present to dispel any rumors that they were leaving the Village. They also mentioned services that they provide and that they are looking into providing a full service ATM.

Arlene Osorio was also present to speak about the opening of "The Village Salon West" and services that will be provided.

S. Falk Zitelli moved to waive the reading of the minutes. S. Kaufman seconded. All in favor. Motion carried.

S. Falk-Zitelli moved to approve the November 15, 2017 minutes. S. Kaufman seconded. All in favor. Motion carried.

E. Baumeister announced that the Board affirmed Marlene Devaney, Mary Louise Doner, Meg Kavazanjian, Roberta Klotz, Rosemary Moran, Mae Novy, Sandy Olsen, Phyllis Schwartz, Carolyn Thompson and Ruth Wiggins to the Election Committee.

### Community Manager's Report

Community Manager J. Schultz reported that the Association will make all necessary repairs to the Willow pool including a new heater for the 2018 pool season and will look into replacing the

pool for the 2019 pool season. He mentioned that M. Lighthipe is looking into alternatives to replace the carpet in the lobby at Willow Hall. This will be presented at a later date to the Board. He also mentioned the radar speed sign that the Administration Division requested on loan from the Manchester Police Department is on Buckingham Drive. He notified residents of a Safety Alert from "Kidde" which has recalled the small (non-rechargeable) fire extinguishers with a plastic handle that many people have in their kitchen. If residents have any of these in their household they can call Kidde at 855-271-0773. He also asked residents to update their information including their next of kin at the Association office.

J. Snyder presented a bid to place a roof on the original Club Encore entrance structure to the pool. The Board was previously presented with options to either eliminate the structure, place a pergola or regular roof on it. He recommended that the Board remove the structure entirely. He is requesting the memorialization of one pump and motor purchased from Ferguson Enterprises, Inc. on June 22, 2017 for a cost of \$1,554.98 along with approving the purchase of three pumps and motors also from Ferguson Enterprises, Inc. for a cost of \$4945.99 for a total cost of \$6,500.97. This expense will be charged to account #3260 – Capital Replacement Fund – Irrigation/ Well Motors. This will be voted on at the next open Board meeting on December 20, 2017. He mentioned that there will be one more leaf pick-up throughout the Village before the winter season.

M. Lighthipe gave a report for the Recreation Department.

### Unfinished Business

Board Secretary S. Falk-Zitelli notified residents that a special meeting will be held on February 21, 2018 at 1 p.m. in the Willow Hall Auditorium regarding the referendum for the Master Deed and Bylaws on Capital Expenditures. Members may wish

*Continued on Page 5*

## Board Meeting Minutes of December 6, 2017

*Continued from page 4*

to attend the meeting for any questions, vote change or cast a vote. This will be the last opportunity for unit owners who wish to revoke their voter-eligible tenant proxy. Co-Owners split ballots will be available at the Association office upon request. A final call for votes will be held at 1:30 p.m. and a final count will be reported.

Board President E. Baumeister stated that the Advisory Council along with the Divisions, Committees and staff are working on the Charters and standard procedures for the Divisions and Committees. The Board will review this when it is completed by the Divisions and Committees and will then be presented to the residents.

J. Schultz mentioned that there was a misprint

in the Leisure Village West News and stated that the Association is open on Friday, December 22, 2017.

There being no further business, the business portion of the Board meeting adjourned at 2 p.m.

An audience comments period followed with residents raising questions and concerns or seeking clarification about a variety of issues. This will be considered in combination with all communication received from residents. Issues of the village with significance will be put on the agenda for future Board of Trustee meetings.

The meeting ended at approximately 2:07 p.m.

The next Board of Trustee meeting is scheduled for Wednesday, December 20 at 7 p.m. in Willow Hall.

## Board of Trustees Meeting – December 20, 2017

Present were E. Baumeister, C. Lupo, S. Falk-Zitelli, L. Maiocco and F. Weinstein. Also present were Community Manager J. Schultz, Service Manager J. Snyder and Accounting Administrator M. O'Connor. S. Tozzi and S. Kaufman were absent.

This meeting commenced at approximately 7:04 p.m. with the Pledge of Allegiance.

Robert Sase, an engineer from Verizon was present to inform residents on the infrastructure and build process for fiber optic cable in the Village.

F. Weinstein moved to waive the reading of the minutes. L. Maiocco seconded. All present were in favor. Motion carried.

S. F. Zitelli moved to approve the December 6, 2017 minutes. C. Lupo seconded. All present were in favor. Motion carried.

C. Lupo moved to memorialize one pump and motor purchased from Ferguson Enterprises, Inc. on June 22, 2017 for a cost of \$1,554.98 and to purchase three pumps and motors also from Ferguson Enterprises, Inc. for \$4,945.99 for a total cost of \$6,500.97. These expenses will be charged to account #3260 - Capital Replacement Fund-Irrigation/Well Motors. The unaudited balance for account #3260 - Capital Replacement Fund-Irrigation/Well Motors as of November 30, 2017 is \$118,241.14. F. Weinstein seconded. All present were in favor. Motion carried.

### Division Reports

T. Hardman gave a report for the Architectural Division.

M. Doner gave a report for the Finance Division.

B. Craft gave a report for Resident Services.

F. Siddons, member of the Division gave a report for the Administration Division.

J. Schultz gave a report for the Recreation Department.

Community Manager J. Schultz asked for the Board's decision to either place a roof on the original Club Encore entrance structure to the pool, eliminate the structure, place a pergola or regular roof on it. It was the consensus of the Board to remove the remaining parts of the structure which sit outside the pool area and continue to use this area as just a walkway. Management is still working on quotes for the individual doors at the Recreation Halls regarding controlled entry as well as quotes for the replacement of the Willow Hall lobby carpet. He also gave an update for the clean-up in the kitchen at Club Encore.

J. Snyder stated that the holiday trash pick-up schedule will be announced on LVW media.

Unfinished Business

S. Falk-Zitelli, Board Secretary again notified

*Continued on Page 6*

**Board Meeting Minutes of December 20, 2017**

*Continued from page 5*

residents that a special meeting will be held on February 21, 2018 at 1 p.m. in the Willow Hall Auditorium regarding the referendum for the Master Deed and Bylaws on Capital Expenditures. Members may wish to attend the meeting for any questions, vote change or cast a vote. This will be the last opportunity for unit owners who wish to revoke their voter-eligible tenant proxy. Co-Owners split ballots will be available at the Association office upon request. A final call for votes will be held at 1:30 p.m. and a final count will be reported.

There was no new business.

There was no Board report for this meeting.

There being no further business, the Board meeting adjourned at approximately 8:13 p.m. An audience comments period followed with residents raising questions and concerns or seeking clarification about a variety of issues. This will be considered in combination with all communication received from residents. Issues of the village with significance will be put on the agenda for future Board of Trustee meetings.

The meeting ended at approximately 8:54 p.m.

The next Board of Trustee meeting is scheduled for Wednesday, January 3, 2018 at 1 p.m. in Willow Hall.

**A Notice from the Board Secretary:**

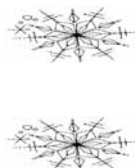
A special meeting will be held on February 21, 2018 at 1 p.m. in Willow Hall Auditorium regarding the referendum for the Master Deed and Bylaws on Capital Expenditures. Members may wish to attend the meeting for any questions, vote change or cast a vote. This will be the last opportunity for unit owners who wish to revoke their voter-eligible tenant proxy. Co-Owners split ballots will be available at the Association office upon request. A final call for votes will be held at 1:30 p.m. and a final count will be reported.

Thank you  
Sara Falk-Zitelli

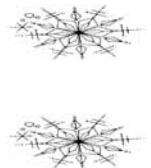
Leisure Village West

**2018 Open Board of Trustee Meetings**

Wednesday, February 7	1 p.m.
<b>Wednesday, February 21</b>	<b>7 p.m.</b>
Wednesday, March 7	1 p.m.
<b>Wednesday, March 21</b>	<b>1 p.m.</b>
Wednesday, April 4	1 p.m.
<b>Wednesday, April 18</b>	<b>1 p.m.</b>
Wednesday, May 2	1 p.m.
<b>Wednesday, May 16</b>	<b>7 p.m.</b>
Wednesday, June 6	1 p.m.
<b>Wednesday, June 20</b>	<b>1 p.m.</b>
Thursday, July 5	1 p.m.
Wednesday, July 18	1 p.m.
<b>Wednesday, July 25 – Budget Mtg.</b>	<b>1 p.m.</b>
Wednesday, August 1	1 p.m.
<b>Wednesday, August 15</b>	<b>7 p.m.</b>
Wednesday, September 5	1 p.m.
<b>Thursday, September 20</b>	<b>1 p.m.</b>
Wednesday, October 3	1 p.m.
<b>Wednesday, October 17</b>	<b>7 p.m.</b>
Wednesday, November 7	1 p.m.
<b>Wednesday, November 21</b>	<b>1 p.m.</b>
Wednesday, December 5	1 p.m.
<b>Wednesday, December 19</b>	<b>1 p.m.</b>



**Snow and Ice:  
When In Doubt,  
Don't Go Out.**



## ***LVW Residents Share Their Memorable Moments***



All of Marjorie Blunda's children, their spouses, grandchildren and great grandchildren gathered on December 23 to celebrate her 90th birthday. Some traveled from as far as Seattle, Portland, Los Angeles, Rhode Island and Virginia to honor Marge, who lives on Cambridge Circle.

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



If you missed the Board of Trustees meeting on Wednesday, you can view the meeting on KLVW-TV Channel 15 at 10 a.m. and 6 p.m. on Friday and at 10 a.m. on the Saturday following the meeting. Board of Trustees meetings can also be viewed at [www.lvwcreeper.com](http://www.lvwcreeper.com). After login, click "Board Meeting Video."

## **Every Picture Tells A Story**

and we'd like to share yours!

Submit a photo of your grandchildren, great-grandchildren, or a photo with special significance to you.

**Show them off!**

Submit an original photo to Ayme at the *Leisure Village West News*, 959 Buckingham Drive or e-mail to [news@lvwa.net](mailto:news@lvwa.net) in jpeg format and identify the **"who, what, when and where"** of the photo, along with **your name**, for our "Memorable Moments" column.

*Space is limited. We will print photos on an ongoing basis, as space allows.*

*Please do not submit heirloom, one-of-a-kind photos. Although we will make every effort to return your photo, we cannot guarantee return. Please submit a quality COPY with your name on all material submitted.*



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<p><b>SERVICE OFFER</b> save <b>\$25</b> any repair service of \$150 or more</p> <p><small>With this coupon. Not valid with other offers or prior services. Expires 4/30/18.</small></p>	<p><b>SPECIAL</b> save <b>\$500</b> on a complete A/C &amp; furnace purchase &amp; installation complete systems starting as low as \$5,595! no-money-down programs available</p> <p><small>With this coupon. Not valid with other offers or prior services. Expires 4/30/18.</small></p>
--	---

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We evaluate your home thoroughly, using state-of-the-art testing equipment. We then put the results into an advanced computer program and create a customized report just for your home. The report will show if your home needs insulation, air sealing, heating and cooling equipment and will confirm that safety guidelines are met as it relates to carbon monoxide levels, mold as well as gas leak detection.

**For a limited time, we will be conducting whole home energy audits FREE of charge. Normally a \$125.00 value\***

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\* Rebate incentives up to \$4k in State rebates & \$1k in manufacturer rebates & TIG incentives. \*Qualifications do apply. License #13VHH05547300 & INVAC#19HC00260900. Home Performance with ENERGY STAR is brought to you by New Jersey Board of Public Utilities and does not endorse any one particular contractor.

**Call 609-704-7040**



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## Manager's Corner

by Joe Schultz



---

# Your Vote Is Worthwhile in More Ways Than One

For the first time, the Board has authorized a door prize to encourage more residents to vote. They have approved a single \$200 door prize to be drawn on February 21 after the announcement of the results for the referendum. It doesn't matter if you vote yes or no as all voters will be entered in the drawing. The Board did have some reservations to use Association funds for this purpose, so I want to thank the Recycling Club for donating the \$200 to make this a reality. I'd also like to thank Joe Ercolino and all the members who work hard every day, not only providing this, but for all they do to bring improvements and reduce costs for every member.

## Board Email Auto-Responder Update

If you're familiar with email, then you're probably already aware that some sites send you an auto-responder email when you email them. An auto-responder is a script that automatically returns a prewritten message to anyone who submits e-mail to a particular address without human intervention. This is done to let you know that your message was indeed received by the email address that you sent it to. Here in LVWA, we have an auto-responder for contacting the Board. When an email to the bot@lvwa.net is received, it's automatically forwarded to each individual Board member and four key staff positions as well. You should also receive our auto-responder message. I've included our new auto-responder message below.

The Board receives communication in many ways these days: regular mail, phone, email and in person many times. The vast majority of these communications require some discussion by the Board as a whole. Your query or statement may have far reaching concerns or may involve just you and your particular circumstance. This is considered with all other communications and discussed at the next meeting of the Board. Sometimes, due to other priorities, it may take additional meetings to get through all of the communications, including yours.

Please keep in mind that you may not get a direct response to your question, regardless of the method used, if it is of Village-wide concerns. The Board may direct a response other ways as you'll see in the new auto-responder below.

*"Your email has been received by the BOT. Emails and all other resident communications are reviewed at the Board of Trustee Workshop Meeting. Statements and opinions of village wide significance will periodically be addressed at Open Board of Trustee Meetings and/or in the Manager's Corner of the LVW News Magazine. If there is a need to respond individually to you, that will be assigned to the appropriate person. If that is the case, you will receive a response from the appropriate person assigned that task. Please allow enough time for the board to reconvene and review your email.*

*Thank you, the Board of Trustees."*

## Turning the Corner on Winter

Admittedly, I write about this every year, somewhat selfishly, because it helps me get past my winter blues. Spring is just around the corner and it will be a welcome respite from this oddly cold and fairly snowy winter, at least at this point in time.

With the decision to replace Willow pool delayed until 2019, we'll get started on the repairs necessary to have another delightful pool season. We'll be replacing the heater that went down at Willow in the final days of last season, making it toasty and reliable once again.

Continued on page 10

## Book Discussion Club

By Lorraine Wirths

Our next meeting is Wednesday, **February 14**. Christine Faulkner will lead the discussion of "Now You See Me" by S.J. Bolton.

As Lacey Flint is leaving an apartment complex, she stumbles into a woman who has been attacked. The woman dies on the scene in the parking lot near Lacey's car. The apartment complex is definitely low-end and this woman is well dressed and wearing expensive jewelry, not murdered for money or gems. Why was this woman in the seedy complex and why was she killed?

Within 24 hours of this murder, a reporter gets an anonymous letter pointing out similarities between this killing and Jack the Ripper's first murder in central London. The letter identifies Lacey by name and is written in red ink. If this letter is legitimate, it may point to a killer on the loose hell bent on recreating the havoc of Jack the Ripper.

Since childhood Lacey has been fascinated by serial killers and Jack the Ripper in particular. She becomes the police squad's expert on Jack's behavior. She knows the timeline of Jack's killing and knows that the squad has only five days to find this murderer before the next killing. As more murders are committed, Lacey's supervisor and the team are convinced that Lacey may be in danger as it appears she is being taunted by the killer.

So, there we are, left in suspense. See you at the meeting.



## Arts & Crafts



by Phyllis Clemente

It's amazing the things we find while gathering the Christmas decorations for the tree. I found "101 Designer One-Skein Wonders," an old knitting/crocheting treasure. As such, remembering those of you who have asked for more Crochet patterns, I'm including one called "Crochet Ruffle Scarf," made with a Worsted Weight yarn. If you wish, I'd be happy to bring in the aforementioned book to one meeting so you could look through and pick out some other patterns to work. Just let me know!

### Crochet Ruffle Scarf

Measurements: Approx. 4" wide and 66" long with fringe. Needles: US G/6 (4mm) crochet hook or size you need to obtain correct gauge. Gauge: 2 sts = 4 inch. Other Supplies: Tapestry Needle. Abbreviations: sc single crochet. Note: work into both loops of sc.

Crocheting the Scarf: Row 1: Chain 8, turn. Make 1 sc in the 2nd chain from the hook and again into each remaining chain. At the end of the row, make a fringe as follows: \*Chain 10, turn. Work 2 sc into each of the 10 chains.\* Rows 2 and 3: Work 1 sc into each stitch of scarf base. Repeat between \* and \* for ruffle. Continue as established to desired length. Finishing: weave in ends.

I will have the hard copy of this pattern with me at February's meeting so you will be able to review it for clarity. It was one of the hardest copies I ever had to make! Happy Crafting!

## Manager's Corner

by Joe Schultz



We'll also get started on another round of beatifications on common grounds landscaping and reducing annual flowers by replacing with more and more perennials. The work we did last year around the Willow parking lot will extend to the other lots nearby.

Soon, we will be power washing again. Last year we embarked on a schedule to power wash every unit within a 12-month schedule. We did start a little late in the season and only accomplished about 60 percent over a six-month period. This year we will start a little earlier because we have the equipment already. We're optimistic to close the gap middle to late May to have 100 percent of the Village complete. Once the first round is complete, we'll get started on the second round.

For now, we'll all have to tough it out and wait for the first sign of spring. Stay warm and be well.



## Welcome New Neighbors

by Roberta Klotz

Cable, Mitchell	Little Ferry, NJ
Cannon, Frank & Linda	Lyndhurst, NJ
Cunliffe, Lori	Brick, NJ
Dressler, Benjamin & Annie	Union City, NJ
Johnson, JoAnn	Little Ferry, NJ
Kasiewniak, John & Kathleen	Toms River, NJ
Korzen, Barbara	Toms River, NJ
Lorenzo, Lydia	Toms River, NJ
Makac, Barbara	Livingston, NJ
McGovern, John	Toms River, NJ
Quiles, Juan & Lillian	Roselle, NJ
Schaeffer, Ida & Anicito, Angelo	Rego Park, NY
Spitzmiller, Donald & Frances	Cedar Grove, NJ
Walpole, Marilyn	Sanford, NC
Younes, Khadiga & Eman	Parlin, NJ
Young, M. Glyn	Lakewood, NJ

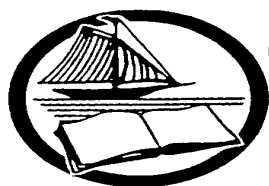
Were you a renter and decided to purchase a home in the Village? The Welcome Committee has found that owners often have more questions for their Welcome Committee Greeter than they did as a renter. So when you get a call from your Welcome Committee Greeter, please schedule a visit, even if you think you know the Village. We promise not to waste your time! Please contact the Association Office so a Welcome Committee Greeter can meet with you at a mutually convenient time.

## KLWV-TV February Schedule (Subject to Change)

<b>February 5</b>	<i>Girl Talk</i>
Hosts:	Charlotte Navatier Janice Saylor Marie Wilcox Mr. Maxwell
<b>February 12</b>	<i>Sticks</i>
Guest:	Pricilla Vidal
Host:	Nancy Hurley
<b>February 19</b>	<i>KLWV Remembers When:</i>
	I've Got a Secret Lucille Ball and Desi Arnez
<b>February 26</b>	<i>Village Tales</i>
Host	Mike Morizio

Our broadcast is aired on Channel 15 Monday at 6 p.m. and Tuesday and Thursday at 1, 6 and 7 p.m. and on [www.lvwcreeper.com](http://www.lvwcreeper.com) any time after Monday at 6 p.m.

If you would like to have an announcement of an upcoming activity of your club or group included in our weekly broadcast, either drop a note in our Willow mailbox or send an email to [KLWVTV15@gmail.com](mailto:KLWVTV15@gmail.com). If you have any comments or suggestions concerning our broadcasts, please send an email to the same address.



## OCEAN COUNTY LIBRARY

### MANCHESTER BRANCH

The following are programs offered at the Manchester Library, 21 Colonial Drive (next to town hall). For registration/information, call 732-657-7600 or visit [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org).

Computer classes are offered on various dates and times. Classes include, mouse, internet, website creation, Microsoft Word and Google.

Appointments are available for E-Reader/Tablet/iPad/Kindle assistance; borrowing library books with your electronic devices, as well as assistance with genealogy research.

Fridays at noon, Chess Club.

**Please note that programs will be limited and subject to cancellation due to pending construction. Check our website for updates and cancellations.**

## Computer Club



By Anne Niebergall

Frank Sinatra invited us to come fly with him. The Computer Club invites everyone to come browse with us. Join us on Tuesday, **February 13** at 10 a.m. in the Club Encore auditorium. Dennis Wilcox will take us through browsers Chrome, Edge and Firefox, to name a few. Then on to websites to browse for shopping, information on health and fitness, entertainment, hobbies and more.

Save the date of **May 15** from 1 to 4 p.m. at Leisure Fair for our Computer Club Open House. Our idea is to have help tables set up for Apple, Mac, Smart Phones and more, where residents can bring their questions or stop by for information. We are really excited about this upcoming event which is still in the planning stage. We invite anyone interested in participating (you don't have to be a member) to contact either Dennis Wilcox at 732-276-2436 or Mel Traum at 732-657-9626.

Membership dues remain at \$25 lifetime and an additional \$10 for a spouse. We look forward to seeing everyone on Tuesday, **February 13**.

Have a Happy Valentine's Day.

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## Current Events

By Adele Shuldman

The Winter Olympics begin **February 8** in Pyeongchang, Korea. We wish them a successful, safe time of competition. Some Russian athletes will be allowed to participate, but, because of the doping scandal 2016, not under the Russian flag.

We had great discussions at our last meetings. We noted that AARP will be 60 years old next year. It was started when we were in our teens. Scott Pruitt had a \$25,000 privacy booth installed in his office so that he could speak without being overheard; the postal service has permission to raise stamps 2% above rate of inflation and it was noted that Ivanka Trump's jewelry company is being sued for neglecting bills. The poor treatment of women in industry, the entertainment world and the media was discussed. How many resignations and dismissals have occurred with more coming? We are concerned about the plight of the Dreamers and the request for the building of the Wall. Will the United States move our Embassy to Jerusalem and how long will that take? We explored the tax bill and its impact on us.

Watch for the importance of France's President Emmanuel Macron and the role he is playing now that the US has departed the world's conferences. American families have left South Korea and we are watching North Korea and their development of missiles.

The topics keep coming; the discussions are exhilarating. Come and join us **February 5** and **19** in Willow Hall Rooms A&B.

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## Financial Information Club

By William Corrigan



### Is it Really 2018?

A \$1.5 trillion GOP Tax Reform Bill is now a done deal. The Stock Market continues to climb, the ninth year of a bull market. Unemployment at all-time lows 4.1%

So, what's next? 2018 looks to be a more challenging year. Medicare and Medicaid need to be fixed, rising interest rates, the infrastructure, trade policies, immigration, the lack of skilled workers and much more. Many of these topics, including Bitcoin, were discussed with Josh Jalinsky during our December meeting. Our members asked many great questions during the Q & A style format.

Our next meeting is Tuesday, **February 20** at 10 a.m. in the Encore Auditorium. Our guest speakers will be Rory O'Hara and Geoff Degener, Financial Advisors with Merrill Lynch. Topics will include tax planning as a result of recent tax reform and healthcare costs in retirement.

For further information call William Corrigan at 732-408-6806.

"An Investment in Knowledge pays the best Interest," Benjamin Franklin.



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Mr. Davies has recently been appointed by Governor Christie to serve as a member of the "New Jersey Task Force on Abuse of Persons who are Elderly or Disabled."

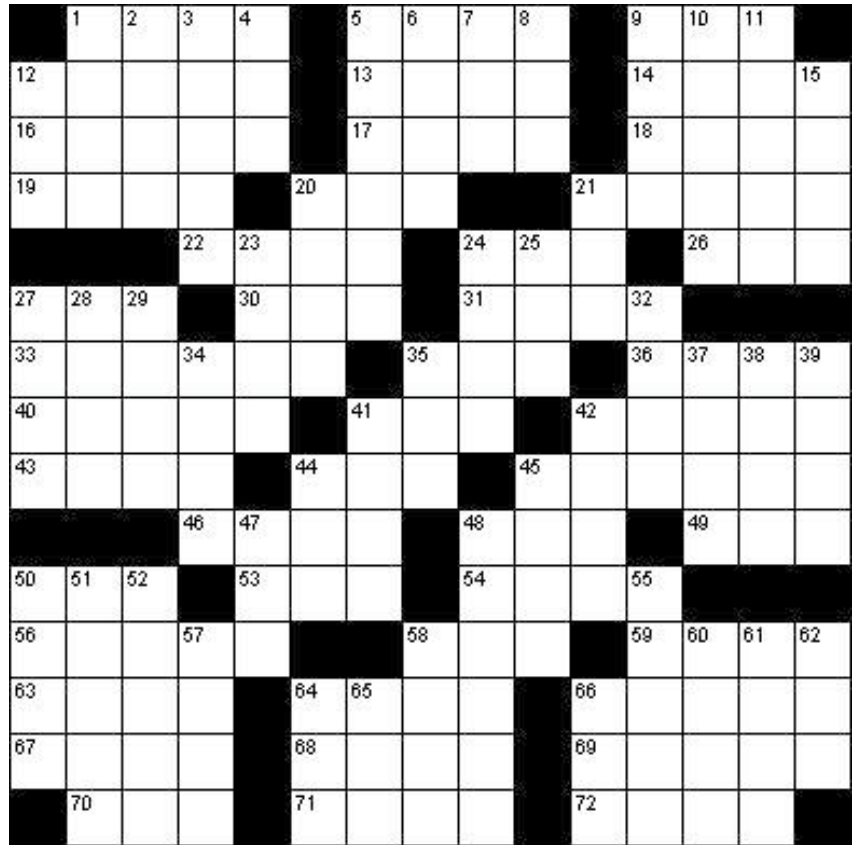
**Across**

- 1. Distort
- 5. Symbol
- 9. Form of transport
- 12. Beer
- 13. Not any
- 14. Division of quantity
- 16. Satire
- 17. Vista
- 18. Conflagration
- 19. Surface boundary
- 20. Electrically charged particle
- 21. Frequently
- 22. Employment
- 24. Unhappy
- 26. Finish
- 27. Health resort near a spring
- 30. Compete
- 31. Overt
- 33. Young domestic cattle
- 35. Consume
- 36. Long narrative poem
- 40. Change
- 41. Armed conflict
- 42. Wetland
- 43. Inert gas
- 44. Stray
- 45. Team spirit
- 46. Ripped
- 48. Snakelike fish
- 49. Coniferous tree
- 50. Vegetable
- 53. Roman deity
- 54. Shopping center
- 56. Unsound
- 58. Guided
- 59. Chances
- 63. Settled a debt
- 64. Affirm
- 66. Expect
- 67. Land measure
- 68. Circular band
- 69. Transport back and forth
- 70. Beverage
- 71. Instance or example
- 72. Woody plant

**Down**

- 1. Part of a hospital
- 2. Excited
- 3. Regenerate

# Crossword Puzzle



Solution on page 64

- 4. Be nosy
- 5. Call forth
- 6. Metal money
- 7. Single
- 8. Novel
- 9. Afficionado
- 10. Join together
- 11. Sea nymph
- 12. Fib
- 15. Look after
- 20. Part of the eye
- 21. Poem
- 23. Finished
- 24. Rise upward
- 25. Appropriate
- 27. Examine closely
- 28. Pallid
- 29. Singing voice
- 32. Close
- 34. Part of a volcano
- 35. Part of a cereal plant
- 37. Supplicate
- 38. Small island
- 39. Manducate
- 41. Small bird
- 42. Gangster's girlfriend
- 44. Epoch
- 45. Fermented honey and water
- 47. Choose, usually followed by for
- 48. Come out into view
- 50. Insect, between adult and larva
- 51. Ordain
- 52. Ablaze
- 55. Move something down
- 57. Notion
- 58. Part of a camera
- 60. Challenge
- 61. Desperate
- 62. Pig pen
- 64. Part of a circle
- 65. By way of
- 66. Toward the stern



# First Aid Auxillary

By Sue Ippolito

In last month's column I thanked all of the residents and clubs for helping us donate \$3,500 to Manchester First Aid Rescue Squad. Unfortunately at the time of my writing for last month's newsletter I was unaware that the Cooking Club was also going to donate to the First Aid Squad. So I'd like to thank the Cooking Club members for their generous donation. The monies donated help keep the ambulances stocked with supplies, gas and insurance on vehicles and building.

We are the only Village in the area that has a First Aid Auxiliary. Without us and our other clubs who help, the Squad would be in dire straits. Remember they are here for us 24/7, 365 days a year in all kinds of weather. With this cold snap they are here for us. So please help us help them. You can put a donation in our mailbox in Willow. You can make memorial donations in someone's name. Checks maybe be made out to LVW First Aid Auxiliary. If making a memorial donation please tell us the name of the person the memorial is for and where to send an acknowledgement in your name.

Various club presidents are pictured making making their donations to Caroline Bruckel and Arthur Weston of the Manchester First Aid Squad.



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# Men's Tuesday Bowling League

by Sid Klotz

We had four weeks of play in December 2017. The top six teams at November 30, are still the top six teams at December 31, 2017, in a slightly different order. The Forty-Niners went 21 + 7 to move from fifth place to second. The Bills went 17 + 11 to climb into first place, while the Sea Hawks went 10 + 18 to fall to third. The Packers went 17 + 11 to move from sixth to fifth. The Cowboys dropped from third to fourth with a 14 +14 record, while the Colts fell from fourth to sixth with a 11 +17.

Bowlers with the top four averages have not changed; just their positions, with Rich Quaghariello leading with a 200.67 average after 42 games, and his teammate Bob Kaplan with a 199.14 average after 42 games.

The standings on December 31st, 2017, after 17 weeks (out of 32):

<u>Position</u>	<u>Team (Team #)</u>	<u>Won</u>	<u>Lost</u>	<u>Position</u>	<u>Team (Team #)</u>	<u>Won</u>	<u>Lost</u>
1.	The Bills (2)	75	44	8.	Chiefs (14)	57	62
2.	Forty-Niners (12)	74	45	9.	Red Skins (9)	56	63
3.	Sea Hawks (4)	70	49	10.	Giants (10)	55	64
4.	Cowboys (11)	69	50	11.	Saints (8)	55	64
5.	Packers (3)	66	53	12.	Eagles (6)	55	64
6.	Colts (7)	65	54	13.	Bears (1)	52	67
7.	Browns (13)	60	59	14.	Dolphins (5)	36	83

## Highest Average

Rich Quaghariello	200.67	Art Hansen	193.04
Bob Kaplan	199.14	Barry Johnson	191.86

## Individual Leaders

<u>Scratch Game</u>		<u>Scratch Series</u>		<u>Handicap Game</u>		<u>Handicap Series</u>	
Art Hansen	278	Art Hansen	729	Artie Cimino	295	Jay Lisnow	814
Artie Cimino	276	Rich Quaghariello	719	Bill Tremper	286	Marty Stillwell	778
Juan Casanova	268	Bob Kaplan	704	Juan Casanova	286	Art Hansen	747
Bob Kaplan	268	Rich Harvey	674	Jay Lisnow	285	Bob Beach	732
Ray Nasto	268						

## Team Leaders

<u>Scratch Game</u>		<u>Scratch Series</u>		<u>Handicap Game</u>		<u>Handicap Series</u>	
Sea Hawks	877	Sea Hawks	2484	Sea Hawks	877	Sea Hawks	2484
The Bills	869	The Bills	2279	Colts	870	Cowboys	2307
Colts	799	Colts	2272	The Bills	869	Packers	2327
Giants	792	Giants	2259	Packers	838	Browns	2314

*The deadline for the  
Leisure Village West News is BY or BEFORE the  
FIRST of EACH MONTH for the following month's publication*



# Thursday Mixed Bowling



by Sid Klotz

We had four bowling sessions again in December for the 2017-2018 season. Ed Wilkes' team posted a blistering 21 + 7 record to move up from an eighth place tie to third place. Bob Horn's team went 18 + 10 to move from an eighth place tie to a fifth place tie. John DeLello was 17 +11, while the teams headed by Bob Devaney, Sid Klotz and Marty Stillwell were 16 + 12.

For best average, the same four men and four women continue to lead the league, with the exception of John DeLello edging Art Hansen for fourth best men's average. The men's high games and series is little changed except for John DeLello making his move on all fronts. The women's high games and series is not much changed except for the entrance of Cathy Williams and Marlene Devaney on the list for high handicapped games and series.

The standings after 16 weeks (out of 32) ending December 31, 2017 are:

<u>Position</u>	<u>Team (Team #)</u>	<u>Won</u>	<u>Lost</u>	<u>Position</u>	<u>Team (Team #)</u>	<u>Won</u>	<u>Lost</u>
1.	Devaney (11)	67	45	8.	Harvey's Gals (5)	55	57
2.	Klotz (9)	64	48	9.	Johnson Misfits (2)	54	58
3.	Wilkes (12)	61	51	10.	Luce Cannons (4)	51	61
4.	Cimino (7)	60	52	11.	L. DeLello (13)	51	61
5.	Hansen (3)	58	54	12.	McIlwrath (10)	49	63
6.	Horn (1)	58	54	13.	J. DeLello (6)	49	63
7.	Williams (8)	57	55	14.	Stillwell (14)	46	66

## Most Improved Average

Men: Ralph Bumbaca +19.63 (130 to 149.63)      Women: Cheri Napoli +14.24 ( 87 to 101.24)  
 Sid Klotz +13.65 (140 to 153.65)                      Kathie Leshko +11.10 (122 to 133.10)

<b>Men's Average</b>		<b>Scratch Game</b>		<b>Scratch Series</b>		<b>Handicap Game</b>		<b>Handicap Series</b>	
Ray Luce	199.09	Ray Luce	279	Barry Johnson	687	Ralph Bumbaca	283	Ralph Bumbaca	734
Bob Horn	196.08	Barry Johnson	269	John DeLello	684	Ray Luce	281	Bob Lemay	725
Barry Johnson	194.40	John DeLello	266	Ray Luce	681	Bob Lemay	276	George Weis	724
John DeLello	192.92	Bob Horn	257	Rich Harvey	671	Barry Johnson	274	Reggie Benescch	723
						John DeLello	274		
<b>Women's Average</b>		<b>Scratch Game</b>		<b>Scratch Series</b>		<b>Handicap Game</b>		<b>Handicap Series</b>	
Lil DeLello	160.44	Barbara Fabbo	211	Louisa Viel	548	Joan Trump	267	Gloria Rago	720
Barbara Fabbo	158.71	Louisa Viel	210	Lil DeLello	534	Cathy Williams	264	Joan Trump	720
Louisa Viel	153.90	Lil DeLello	210	Barbara Fabbo	532	Kathie Leshko	260	Sue Ippolito	710
Barb Wilkes	150.06	Barb Wilkes	193	Sue Ippolito	506	Marlene Devaney	259	Marlene Devaney	707
		Kathie Leshko	193			Fran Cimino	259		

Please email submissions to [news@lvwa.net](mailto:news@lvwa.net)

# Rebels Bowling League



by Mary Ann Earلمان

## Individual Achievements as of December 31, 2017

### High Game – Women

Brenda Dellutri	202
Emily Beck	201
Marie Wilcox	171
Mary Ann Earلمان	170
Joan Forte	166

### High Game – Men

Nick Rosatelli	236
Ted Edmondson	225
Steve Sullivan	210
Gene Parot	203
Ken Jacobsen	191
Jerry Mascuch	191

### High Series -Women

Brenda Dellutri	522
Marie Wilcox	481
Emily Beck	458
Dolores Kaminski	455
Pat Kinane	450

### High Series – Men

Nick Rosatelli	628
Ted Edmondson	625
Gene Parot	557
Steve Sullivan	537
Fred Keingarsky	497

### High Average – Women

Brenda Dellutri	151.00
Marie Wilcox	133.29
Dolores Kaminski	129.26
Carol Quackenbush	127.64
Pat Kinane	127.50

### High Average – Men

Ted Edmondson	179.42
Nick Rosatelli	171.10
Gene Parot	158.88
Steve Sullivan	153.46
Joseph Farrar	144.06

These and Team Standings are posted in both clubhouses each week.

*There are a few openings for new bowlers in this league.  
If interested, please call Mary Ann at 732-408-1547.*

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# Bridge Club – Duplicate



by Sid Klotz

December 2017 was a good month. We had eight evening games on Tuesdays and Thursdays and we averaged 4.5 tables per night, even with the holiday season.

Points were spread around quite a bit, with 27 different players qualifying for the month. Bill Beuka finished with points seven times (out of eight) in December 2017. Sid Klotz and Barbara Schpok earned points on six different evenings (four times as partners). Carol Lepardo earned points five times; Kim Andriano and Jackie McGinnis four points each.

The Duplicate Bridge Club held its annual Holiday dinner on December 12 at Café Napoli. A good time was had by all and of course we went back to Leisure Fair for a Duplicate Bridge Game.

The Club’s Masterpoint Leaders as of December 31, 2017 are:

<u>For the Full Year of 2017</u>		<u>For the month of December 2017</u>	
1. Sid Klotz	44.05	Bill Beuka	5.27
2. Barbara Schpok	42.54	Carol Lepardo	4.85
3. Carol Pedersen	38.51	Madalyn Crackel	4.12
4. Bill Beuka	36.31	Carol Pedersen	4.12
5. Madalyn Crackel	33.88	Sid Klotz	3.67
6. Jackie McGinnis	26.87	Barbara Schpok	3.28
7. Mel Traum	23.86	Kim Andriano	3.05
8. Dennis Wilcox	23.72	Jackie McGinnis	2.65
9. Kim Andriano	23.53	Karl Barna	2.25
10. Alice Werner	23.37	Mel Traum	1.83
		Dennis Wilcox	1.83

Do you want to play but don’t drive in the evening? Call us! We’ll arrange a ride.

Although the Club is sanctioned by the ACBL, you do not have to join ACBL to belong to the LVW Duplicate Bridge Club. Anyone interested in joining or with questions about the Duplicate Bridge Club, contact Sid Klotz at 732-408-7451, Dennis Wilcox at 732-276-2435 or Jackie McGinnis at 732-657-1842.

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# Recycling Club News

By Joe Ercolino

A couple of things to be excited about: Spring arrives next month. Can summer and opened pools be far behind? All of us hardy folks who braved winter by staying at LVW have been filling the recycling trailer every few weeks. That is good.



Your volunteers thank you for your cooperation. Newspapers have been mostly left tied in tight bundles or put into paper bags. There have been fewer plastic bags to deal with and there is less and less shredded paper.

A special thank you to those who have been throwing their papers on top of the stacks, which fills the trailer "bottom to top." We understand that not everyone can toss the papers and that is ok. We appreciate that papers, books and catalogs have been left neatly at the trailer's opening.

If you have not voted on the referendum yet, please do so. The Recycling Club is offering a \$200 prize to one lucky voter. It does not matter if you vote for or against the question. However, there is one requirement: there must be enough votes to meet the quorum. If the referendum fails because of lack of participation, the prize will not be awarded. Your ballot must be recorded by **February 21**.

Pick up for our shut-ins will begin again in March. Anyone who was on the list last November will receive a phone call to reactivate your name. If you have not heard from me by March 1 please call 732-988-3980. Any one newly disabled may call me at that number to be added to the pick-up list.

Volunteers will be at the trailer on Thursday, **March 8** beginning at 9 a.m. (weather permitting.) Pick-up will be the same day beginning at 8 a.m.

See you all soon at the trailer. Thank you to all residents who recycle.



# Fishing Club News

By Jim Larsen

I'm writing this article on New Year's Day and it is cold outside. Fourteen degrees if I can trust the weatherman who also says it's going down to nine degrees tonight. Just to cap that off, I'm reading an article from the Asbury Park Press article titled, "Where do fish go when it freezes?" Seems that because they are cold blooded animals, they don't feel the cold as much so most go down to the bottom where it's warmer, slowdown their metabolism and just hang out till things warm up. Great if you're a fish but the pits for us land lubbers. Hopefully they will rest up and be ready to give us a fight when they return.

Don't forget to mark the first Thursday in April on your calendar for our first general meeting of the new year. Our slide presentation will be, "Places to go and things to see in New Jersey." We have presented this once before but you probably forgot and it's a good way to start planning for those days out this spring and summer.



# Ocean County Offers Help for Seniors During Harsh Weather

As we remain in the grips of harsh winter weather, Ocean County wants to make certain its senior population, in particular the frail and homebound, is prepared for the extreme cold.

"While snowy weather and plunging temperatures have an effect on everyone, the elderly are often more susceptible to the dangers of winter," said Ocean County Freeholder Director Joseph H. Vicari who serves as Chairman of Senior Services. "We cannot stop the winter weather from coming. But we can be prepared for it."

With about 170,000 seniors calling Ocean County home, Vicari urges any senior who is in need of assistance to contact the Ocean County Office of Senior Services at 732-929-2091 to determine what kind of help may be available.

For those seniors having trouble meeting their utility bills, Vicari urged seniors to contact the Office of Senior Services for information on the 2017/2018 Energy/Utility Discount Programs.

For example, Universal Service Fund is a federally funded program to assist low-income households with their heating bills. Eligibility is based on household size and monthly income. Applications will be automatically sent to those who received a heating benefit last year.

Lifeline is another program that offers assistance to persons who meet the PAAD eligibility requirements for 2017-2018. Lifeline benefits are provided for electricity and natural gas.

"These are just two of the many programs available that can help provide assistance in paying utility bills," said Vicari, who serves as chairman of Senior Services. "It's important our seniors are aware that there is help."

If you are not a Home Energy Assistance/Universal Service Fund recipient and would like to apply, please call the Office of Senior Services at 732-929-2091 or 1-800-668-4899. If you are already a recipient and have any questions, please contact O.C.E.A.N., Inc. at 732-244-9041.

Vicari urged residents to check in on their elderly neighbors, family members and friends.

"One quick call can save a life," he said.

Vicari said seniors participating in the County's

nutrition program are checked on daily when their meal is delivered. He added that during inclement weather additional meals are usually delivered before an impending storm so the senior will have food in the house should drivers be unable to get to them. "The Ocean County Board of Chosen Freeholders with Community Services Inc., our nutrition program provider, work diligently in making sure seniors are taken care of during all kinds of weather. Knowing they have a meal in the house they can warm up and eat is one less worry for our seniors and their caregivers during winter weather," he said

He cautioned seniors who venture out during harsh weather to be mindful of ice. According to the National Institutes for Health, more than 1.6 million older Americans go to the emergency room each year for fall-related injuries. One of the major causes of a fall is ice and black ice which can occur without warning. "We need to be vigilant of these potentially hazardous conditions," Vicari said. To lessen the chances of a fall, be cautious of footwear and make arrangements to have even a simple handrail installed to provide the necessary support to help maintain balance and keep you from falling.

As we age, our sense of touch also declines. Arthritis, diabetes, poor circulation and a multitude of other conditions can cause lack of feeling for older adults, especially in the extremities. Some people may not be as aware of the change in temperature as they need to be. To prevent hypothermia, keep your home's thermostat set at 68 degrees or above, dress in layers of loose fitting clothing and keep your head covered when you are outdoors. A great deal of heat is lost when your head is exposed. As we age our skin becomes thinner and drier, thus more prone to tears. Certain medications can even affect the lining of your nose, creating an increased risk for nose bleeds. Keep the dangers of dryness low by using a humidifier to keep the air moist, drink plenty of water and eat foods high in water content like soups and vegetables and moisturize your skin daily with creams or lotions.

"There are some simple steps we can take to keep us safe as we weather the cold," Vicari said. "And there also is help available through the Office of Senior Services."

Daniel D. Olszak, Jr., Esq. and Christopher D. Olszak, Esq.  
Certified Elder Law Attorneys\*

Formerly of The Law Firm of  
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**Volunteers in Service  
to Our Neighbors**

By Kathy Maiocco

Well, we started 2018 with frigid temps in January! Remember the snowstorm we had last January and February?



Wow! Now, let's work on this exclamatory word. W equals: "Why" have you not volunteered yet? O equals: "Opportunity" abounds! W equals: "When" can you get started?

February is the shortest month of the year. Why not try volunteering for VISTON for just this one short month? Give it a try and see if you like it and then keep

on going one month at a time. There are so many who rely on this service, especially during these winter months. Make a difference for a friend or a neighbor and make yourself feel proud. Give

VISTON a call and offer your services. VISTON is such a worthy selfless service to those in need. Before you know it, winter will be gone, spring, summer and fall will arrive and you will have been a volunteer for a year!

The VISTON office is located in Willow Hall and is open Monday, Wednesday and Friday from 9 to 11 a.m. Visit the office during these hours or call 732-657-1818 to request help or hopefully to be a volunteer.

Thank you for your support!



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# Emergency Notification Committee (ENC)

By Anne Niebergall

Now that we are in the midst of winter, there are several ways for residents to keep themselves up to date on information affecting Leisure Village West as well as Manchester and surrounding communities.

OneCall is available to all Leisure Village West residents providing important information relating to events that affect our Village. Up to six phone numbers, as well as email and text options are available. Create an account, or update an existing account, at [www.lvwcreeper.com/messaging-system/](http://www.lvwcreeper.com/messaging-system/) or click on the Messaging System link found in the right hand column on [www.lvwcreeper.com](http://www.lvwcreeper.com). It is important to ensure the Association has a resident's current and correct phone number.

Nixle is an emergency alert system that allows Manchester Township Police and Manchester Office

of Emergency Management to send emergency alerts by cell phone, text messages or email. Nixle is not only for emergencies. Up to date information includes traffic and weather alerts, safety tips and local crime information. The service is secure, reliable, easy to use and free, although cell phone and data rates apply. Sign up at [www.manchesterpolicej.com](http://www.manchesterpolicej.com) or text your zip code to 888777. You can also create an account via [www.nixle.com](http://www.nixle.com) to control information you receive, as well as how you want to receive it.

Save the date! Our annual meeting is Thursday, **June 7** from 1 to 3 p.m. at Willow Hall. In addition to providing all Reveres with updated information we are planning a fun contest with prizes. Please be sure to mark your calendar.

We wish everyone a Happy Valentine's Day.



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## Valentine's Day Traditions

Hundreds of years ago in England, many children dressed up as adults on Valentine's Day. They went from home to home singing. One verse they sang was:

*Good morning to you, valentine;*

*Curl your locks as I do mine –*

*Two before and three behind.*

*Good morning to you, valentine.*

Every February 14, sweethearts are given flowers; exchange gifts, or dine by candlelight. Did you know there are *other* traditions used to commemorate the holiday?

In Wales, wooden love spoons were carved and given as gifts on February 14. Hearts, keys and keyholes were favorite decorations on the spoons, which were meant to say, "You unlock my heart!"

In the Middle Ages, young men and women drew names from a bowl to see who their valentine



would be. They would wear these names on their sleeves for one week. To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.

In some countries, a young woman may receive a gift of clothing from a young man. If she keeps the gift, it means she will marry him.

Some people used to believe if a woman saw a robin flying overhead on Valentine's Day, it meant she would marry a sailor. If she saw a sparrow, she would marry a poor man and be very happy. If she saw a goldfinch, she would marry a millionaire.

A love seat is a wide chair. It was first made to seat one woman and her wide dress. Later, the love seat or courting seat had two sections, often in an S-shape. In this way, a couple could sit together – but not too closely!

## Fun Facts and History of Valentine's Day Around the World

Some legends about the origin of Valentine's Day date it around 260 A.D. to ancient Rome and a priest named Valentine who secretly performed marriages in violation of Emperor Claudius II's orders. Claudius had forbidden marriages. He believed that single men made better soldiers and that married men would not leave their wives to fight in the army.

Another theory about the origin of Valentine's Day is that it was based on the ancient Roman festival of the Lupercalia celebrated on February 14. This festival included a tradition of men selecting names of women to be their partners at parties and dances for the next year.

It is believed the first Valentine letter was composed around 1415 when a Frenchman, the Duke of Orleans, was captured in battle and put in an English prison. On Valentine's Day, he wrote rhymed love letters to his wife from his cell.

In England during the 1700s, women wrote men's names on little bits of paper, encased the papers in pieces of clay, and dropped the clay into the water. The first paper to rise to the top, according to legend, was the name of the woman's true love.

Some unmarried women in the 1700s pinned five bay leaves to each of their pillows on February 13.

That night, they supposedly dreamed of their future husbands. Do you suppose this has any correlation to the saying, "the man of my dreams?"

In Italy, some unmarried women get up before sunrise on Valentine's Day. They stand by their windows, sometimes for hours watching for a man to pass. They believe that the first man they see or someone who looks like him will marry them within a year.

In Denmark, people send pressed white flowers called snowdrops to their friends and lovers. Young Danish couples also send a type of funny poem called a gaekkebrev to each other.

An old Valentine's Day custom was to write women's names on slips of paper and draw them from a jar. The woman whose name was drawn by a man became his valentine, and he paid special attention to her. For several days, each man wore his valentine's name on his sleeve. The saying, "wearing his heart on his sleeve," probably came from this practice.

In the 18th century, Valentine love tokens were handwritten and handmade, and the tradition of giving a gift developed as an afterthought. Giving gloves was a common Valentine's gift. It signified giving your heart in your hand.



## **2017 TAXES**

**FREE TAX HELP FOR RESIDENTS WITH LOW OR MODERATE INCOME  
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**Thursdays starting February 1 through April 12  
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WHEN YOU HAVE ALL OF YOUR TAX DOCUMENTS**

**PLEASE BRING THE FOLLOWING:** (If required to complete your return)

- **Copy of last year's (2016) income tax return(s)**  Federal and State
- **Proof of identity**  driver's license, birth certificate, valid photo ID, etc.
- Year 2017 tax packets received from IRS and NJ Tax Department (if received by mail)
- SSA-1099 form if you were paid Social Security benefits
- All 1099 R forms if you received RETIREMENT income from pensions, annuities, IRAs, etc.
- IRA rollovers should have documentation from the receiving financial institution
- W-2 and W-2p forms from each employer, if you had earned income in 2017
- All 1099 INT forms if you received INTEREST during the tax year
- All 1099 DIV forms if you received DIVIDENDS during the tax year
- All 1099 B forms  Proceeds from Broker and Barter Exchange Transactions.  
(Must have documentation showing COST of stocks, bond, etc.)
- All 1099 S forms  Proceeds From Real Estate Transactions  
(Must have documentation showing COST Of Real Estate)
- All 1099 MISC forms if you received MISCELLANEOUS income
- All 1099 OID forms  Original Issue Discount
- Gambling winnings (Form W-2G) and gambling losses
- All forms indicating federal and state income tax paid, including estimated tax payments made for the tax year.
- Records showing real estate taxes paid during the tax year. i.e. 3<sup>rd</sup> and 4<sup>th</sup> quarters property tax bill, or (postcard showing assessment and property tax) from Manchester Township.
- All receipts or canceled checks to support itemized deductions only if your total deductions are more than the STANDARD DEDUCTION
- All receipts or canceled checks to support your medical costs that are deductible (costs you paid that are not reimbursed)
- Proof of disability (if applying for disability status)
- Filled  in IRS Intake / Interview sheet (Form 13614-C)

**GENERAL GUIDELINES** -To make the job of preparing your tax return easier and less time consuming for you and the tax preparer.

- Remove all documents from their envelopes, organize and arrange into the categories listed above.
- Do not bring documents that are not needed for your tax preparation, such as utility bills, etc.
- If you do not have all the required documents, you will have to forfeit your appointment and set-up a new one.
- If you can't make your appointment, please call and cancel so that someone else can use your appointment time.

**PLEASE DETACH THIS GUIDELINE INFORMATION FOR FUTURE USE IN YOUR TAX PREPARATION.**



# Thank You

Dear LVW Family and Friends,

To all of you who called, sent cards and visited when I was in the hospital and Arista Care, I thank you for caring. It always makes the healing and time go faster. My best to all for a very healthy and happy New Year.

*Maria Pereira*

Thank you to all my friends and clubs for their prayers, get well wishes and Masses. My recovery has been long and I appreciate your concerns and thoughtfulness. God bless you.

*Sincerely,  
Helen Giagiari*



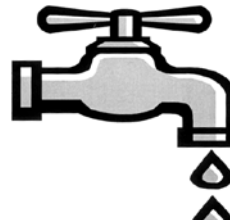
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We currently offer an automatic payment plan for your monthly maintenance fee. This is a program whereby your monthly maintenance fee can be automatically withdrawn from a checking or savings account at your bank.

If you are interested in taking advantage of this time-saving program, please stop by the association office to sign up. You will need to bring a voided check to start the program.

If you have any questions, please call us at **732-657-5881.**

*Sincerely,*  
LVW Accounting Office



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Note: Please have doctor provide his/her fax # on the prescription form to insure timely result reports.

Questions or concerns, **call 732-886-4784.**

**BLOOD PRESSURE SCREENING**



**February 23**

**10 a.m. - 12 p.m.**

**Willow Hall Card Room**

Blood pressure screenings are conducted by LVW volunteers and blood pressure equipment donated by the Red Cross.



**GLUCOSE SCREENING**

**February 23**

**10 - 11 a.m. Willow Hall Card Room**  
By Monmouth Medical Center Southern Campus and the Ocean Office of Senior Services. Conducted by a registered nurse.



**QIGONG**



**Qigong class is offered on Tuesdays at 10:30 a.m. in Willow Hall Rooms A&B for a fee of \$10 pay as you go.**

Qigong is a practice of aligning breathing, movement and awareness for exercise, healing and meditation. It involves rhythmic breathing coordinated with slow stylized repetition of fluid movement.

**Class is taught by Darren Orr, Doctor of Chinese Medicine in Medical QiGong, Therapy, Massage Therapist, Reiki and QiGong Master, Meditation teacher, Sound Healer. All residents are welcome.**



*Mary Lighthipe, Director*

# Recreation



As winter lingers on, cold gray days are warmed with the celebration of Valentine's Day. Sweethearts exchange flowers and chocolates, timeless expressions of love. Seeds are waiting to sprout under the cloak of winter as the famous groundhog predicts the arrival of spring.

The Recreation Department has planned several activities to ward off the winter blues. Details are listed below. Please plan to join us!

Super Bowl Tailgate Party! The top teams of the NFC and AFC meet to do battle on Sunday, **February 4** live from U.S. Bank Stadium in Minneapolis. Plans are underway for a Super Bowl Party in Willow Hall complete with large screen viewing. Bring your own snacks. Set-ups, dessert and coffee will be provided.

A special Friday Evening Social will be held in Encore on **February 16** at 7 p.m. when the Evolution Dance and Performing Arts Academy presents "A Night of Dance." Come out and enjoy a night filled with many genres of dance! The Evolution Dance Company consists of dancers from age 7 through 18. As a company, they compete against other dance companies regionally as well as nationally. They have performed on the Intrepid Sea, Air & Space Museum for Fleet Week as well as performing scenes from the Nutcracker at Carnegie Hall. Purchase your tickets early for this delightful show!

Our monthly movie will be shown at Willow Hall on Saturday, **February 17** at 2 p.m. The featured film is "Marshall." A legal drama depicting the first African-American Supreme Court Justice as he battles through one of his career defining cases. Chadwick Boseman and Kate Hudson star in this gripping courtroom film.

Our February Sunday dinner bus will take us to the Captain's Inn on **February 18**. Enjoy a short ride, a delicious dinner and leave the driving to us. Tickets are on sale at Willow Hall.

We are planning a "Throwback Party" on Saturday, **February 24** in Willow Hall from 7 to 11 p.m. We

all love to get nostalgic about the old days, discussing culture trends, old songs and memories of just being a kid. Everyone is invited to bring your "Back in the Day" photos sharing a glimpse of your early memories. Our party is 'no frills' with an admission cost of only \$7 per person. Bring your own snacks and BYOB and we will supply great music, dessert and coffee. So start searching for those old photos now and we will see you there! Complete details and dance coupon are included in this issue.

We will depart for the Royal Manor and the Ace in the Hole Production of "Meghann & Guido's Wedding" on Tuesday, **March 13**. In the sequel to last year's show "Seamus O'Macaroni," we continue to follow the wacky adventures of the Seamus O'Macaroni family as Guido O'Macaroni and Meghann McDougal prepare to get married. Guaranteed nonstop laughs as the Italian and Irish cultures collide. A full family style luncheon is included with two complimentary drinks. Please refer the flyer in this issue for complete details.

Information will follow on our first Home and Garden Show in Willow Hall on Thursday, **March 22** from 10 a.m. to 2 p.m. Featured will be many fantastic possibilities to brighten your home and garden. Complete details will follow in next month's issue.

Please Note: Winter months can bring bad weather and very often cancellations of scheduled activities. Please tune into Channel 12 and 15 as well as [www.lvwcreeper.com](http://www.lvwcreeper.com) for information and updates on clubhouse activities and Association special notices.

Reminder: The Print Room club printing is done on Wednesdays only. Clubs are asked to have any printing jobs needed to the Recreation Office no later than Tuesdays at 10 a.m. The Print Room Committee appreciates your anticipated cooperation.

## Recreation Notices

All Association Offices and Departments will be closed on Monday, **February 19** in observance of Presidents' Day. There will be regular bus service on this holiday.

## Recreation

Continued from page 28

**LVW Newspaper Recycling:  
Township Recycling Dates:  
February 14 and 28  
Bulk Pick Up: Tuesday, February 27**

LVW Newspaper Recycling: There will be no collection during February. Collection will resume in March, weather permitting. No cardboard please. For your convenience the storage container will be open for newspapers and other paper products at all times. We do not collect aluminum cans or other aluminum products. Please put these items out at the next municipal recycling collection day.

Tax Assistance will be offered by AARP-IRS Trained Volunteer Tax aides every Thursday during February and March from 9 a.m. to 12 p.m. in Leisure Fair. Call Willow Hall to make an appointment. Please detach and refer to the tax preparation form included in this issue.

Clubs are reminded to submit club news to the office by the first of the month for the following month's issue.

## Notice to All Dog Owners

All pets must be on leashes when outside the home and are not permitted in recreation areas, golf course or pool areas. Dog droppings must be picked up and placed in a suitable bag in the owners garbage receptacle. Please curb your dog and do not walk dogs on lawns. Dogs and cats running loose will be reported to Manchester Township Animal Control. Please register all pets at the Association Office.



## Attention Snowbirds!



If you wish to receive your *Leisure Village West News* while you are away, please do the following:

- Purchase 9" x 12" or 10" x 13" manila envelopes.
- Address the envelopes with your name and out-of-town address. Please print clearly.
- In the lower left corner, print the month of the issue you want sent; one for each month that you will be away, i.e., one envelope for December, another for January, February, etc.
- **Affix \$2.24 in stamps on each envelope.**
- Bring your envelopes to the *Leisure Village West News* office in the Association building. The staff will do the mailing for you.



\*Please note: The *Leisure Village West News* is also available on-line @ [www.lvwcreeper.com](http://www.lvwcreeper.com). After login, simply click "Downloads" and *Leisure Village West News Magazine*.

## February Meeting Schedule

The **DEADLINE** for this “Club/Group MEETING SCHEDULE” is **BY or BEFORE** the **FIRST** of **EACH MONTH** for the following month’s publication. Please submit this information to the Recreation Department at Willow Hall. Submissions for this section, the Creeper and [lvwcreeper.com](http://lvwcreeper.com) can also be emailed to [recreation@lvwservice.com](mailto:recreation@lvwservice.com).

**Arts & Crafts** Leisure Fair 1<sup>st</sup> & 3<sup>rd</sup> Thursday 1 p.m.  
Knitting, crocheting; lap robes for nursing homes; hats for needy. To purchase showcase items, call 732-657-7092.

**Arts Appreciation Club** No meeting this month. Next meeting is March 16.

**Because It’s Thursday** Willow Hall A/B 1<sup>st</sup> & 4<sup>th</sup> Thursday 6:30 p.m.  
Club Encore Greenery 2<sup>nd</sup> & 3<sup>rd</sup> Thursday 6:30 p.m.

LVW opportunity to informally meet and socialize with neighbors. No program, no entertainment, just a gathering to socialize. All welcome.

**Bocce & Social Club** Club Encore Auditorium **February 5** 6:30 p.m.  
General meeting.

**Book Discussion Club** Willow Hall A/B Rooms **February 14** 7 p.m.  
Book to be discussed, “*Now You See Me*” by Lesley Gleister.

**Baby Boomers Social Club-** Relive music and memories of the 60s, 70s, and 80s. Call George R. Jenik at 732-657-6640.

**Breast Cancer Support & Social Group.** For information call Contact Camille 732-657-3447.

**Bridge Club (Duplicate)** Leisure Fair Tues. & Thurs. 6 p.m.  
ACBL sanctioned games, certified director. Transportation/lessons available. Call Sid Klotz at 732-408-7451.

**Bridge Group (Duplicate, Monday)** Leisure Fair Mondays 12 p.m.  
Small, informal, friendly group. Men and women welcome. No charge.

**Bridge Club** Leisure Fair Tuesdays 6 p.m.  
Small, informal, friendly group. Men and women welcome. No charge.

**Briscola Card Club** Leisure Fair Wednesdays 6 p.m.  
Card games every Wednesday. Refreshments.

**Card and Social Club** Willow Hall Card Room Daily Noon  
Men & women attend our meetings. Poker on Monday, Wednesday, Friday, 1 to 4 p.m., first come, first seated.

**Caritas Guild** No meeting this month. Next general meeting is 3/20. 2 p.m.

**Columbiettes** Club Encore Auditorium **February 12** 4 p.m.  
General meeting.

*Continued on page 31*

## February Meeting Schedule *(Continued)*

<b>Computer Club</b> Useful, informative websites and browsers.	Club Encore Auditorium	<b>February 13</b>	10 a.m.
<b>Cooking Club</b>	Willow Hall Auditorium	<b>February 13</b>	4 p.m.
<b>Current Events Group</b> We hope you will join us 2/5 and 2/19 as we discuss the topics of the day. All residents invited to our lively discussion.	Willow Hall A/B Rooms	1 <sup>st</sup> & 3 <sup>rd</sup> Monday	2 p.m.
<b>Dance Club</b> Music by Redbird, \$8 members, \$10 guests. Call George 732 674-4283.	Willow Hall	<b>February 10</b>	
<b>Farmers' Club</b> General meeting.	Leisure Fair	<b>February 6</b>	2 p.m.
<b>Financial Information Club</b> Tax planning and healthcare costs presented by Rory O'Hara and Geoff Degener from Merrill Lynch. For more information contact William Corrigan 732-408-6806.	Club Encore Auditorium	<b>February 20</b>	10 a.m.
<b>First Aid Auxiliary</b> No meeting this month.			
<b>Fishing Club</b> No meeting this month. See you in the spring.			
<b>Garden Club</b> Master Gardeners "Love that Bug" Beneficial Insects presented by Georgina Price.	Willow Hall Auditorium	<b>February 27</b>	1:30 p.m.
<b>Genealogy Group</b> General meeting.	Willow Hall Card Room	<b>February 6</b>	9:30 a.m.
<b>Hadassah</b> No meeting this month.			
<b>Helping Hands</b> New volunteers, call 732-657-2842 for information.	Leisure Fair	<b>February 5</b>	10 a.m.
<b>Irish American</b> General meeting.	Willow Hall Auditorium	<b>February 15</b>	1 p.m.
<b>Italian American Social Club</b> General meeting. All residents are welcome to join. Registration at 6:30 p.m. Meeting at 7 p.m.	Club Encore Auditorium	<b>February 19</b>	6:30 p.m.
<b>Knights of Columbus</b> When disposing of your eyeglasses, please drop them into our bins located by the copy machine in both Club Encore and Willow Hall. We have the glasses repaired and distributed to the needy, a very worthwhile cause.	Club Encore Auditorium	2 <sup>nd</sup> & 4 <sup>th</sup> Monday	7 p.m.
<b>LVW Veterans Club</b> Veterans in any branch of Service who are looking to be with and help other Veterans. For more information call Stan 732-300-2896.	Willow Hall Auditorium	<b>February 12</b>	7 p.m.
<b>Model Railroad Club</b> General meeting.	Willow Hall Ceramics Room	<b>February 26</b>	7 p.m.

*Continued on page 33*

## February Meeting Schedule (*Continued*)

<b>Nature Club</b> Join us for a slideshow program entitled “ <i>Oh Canada: From Sea to Sea</i> ” highlighting the scenery and wildlife of Canada.	Willow Hall Auditorium	<b>February 26</b>	7 p.m.
<b>Nightingales</b> A group of retired nurses. New members welcome.	Willow Hall A/B Rooms	<b>February 9</b>	1 p.m.
<b>ORT Card Party</b>	Club Encore	<b>February 1</b>	1 p.m.
<b>Pet Club</b> General meeting.	Club Encore Auditorium	<b>February 14</b>	7 p.m.
<b>Pine Tree Needlers (Quilters)</b> We meet weekly on Wednesdays in Club Encore. New quilters welcome. Make great gifts!	Club Encore Ceramics Room	Wednesdays	1 p.m.
<b>Ping-Pong Club</b> Open play for members Tuesday, Thursday, Friday, Saturday 2-4 p.m., Sunday 2:30-4:30 p.m. Members practice Tuesday and Friday 9 a.m. to noon.	Leisure Fair		
<b>Recycling Club</b>	Encore Overflow Parking Lot		
<b>Rummy-Q Club</b> Like Rummy but played with tiles. Come join the fun!	Leisure Fair	Fridays	6:30 p.m.
<b>RV Camping and Social Club</b> General meeting.	Willow Hall Ceramic Room	<b>February 15</b>	7:30 p.m.
<b>Service Club</b> General meeting.	Willow Hall Auditorium	<b>February 27</b>	9:30 a.m.
<b>Stained Glass Group</b> All welcome to come learn the art of stained glass making.	Club Encore Ceramics Room	Wednesdays	9:30 a.m.
<b>Tennis &amp; Social Club</b> No Tennis & Social Club meetings until Spring of 2018. Have a peaceful and healthy winter.			
<b>Travelers Club.</b> General meeting.	Leisure Fair	<b>February 8</b>	2 p.m.
<b>VISTON</b> – Office open Monday, Wednesday and Friday from 9 to 11 a.m. Volunteers needed to drive neighbors to medical appointments or to Willow Hall on Tuesday a.m. for blood work. Call 732-657-1818.			
<b>W.V. PLAYERS</b> No meeting this month.			
<b>Westernaires</b> (Tues. 9:30 LF; Fri. 9:30 Willow). Breakfast February 2 at 9:30 a.m. in Willow Hall.	Leisure Fair & Willow Hall	Tues. & Fri.	9:30 a.m.
<b>Yiddish Club</b> Afternoon meeting. Entertainment to be announced on creeper. Refreshments. All welcome.	Club Encore Auditorium	<b>February 22</b>	1 p.m.

*Continued on page 33*



## February Meeting Schedule (Continued)

### Yoga Group Leisure Fair

Free volunteer-led classes are Wednesdays 10 to 11 a.m. and Saturdays 11:15 a.m. to 12:15 p.m. Pay as you go classes led by a certified Instructor are Mondays (gentle Yoga) and Wednesdays 8:30 to 9:45 a.m. and Saturdays 9:45 to 11 a.m. All residents welcome.

The DEADLINE for this "Club/Group MEETING SCHEDULE" is BY or BEFORE the FIRST of EACH MONTH for the following month's publication. Please submit this information to the Recreation Department at Willow Hall. Submissions for this section, the Creeper and [lvwcreeper.com](http://lvwcreeper.com) can also be emailed to [recreation@lvwservice.com](mailto:recreation@lvwservice.com).

**Please check the Creeper and [lvwcreeper.com](http://lvwcreeper.com) for the most up-to-date meeting and event information.**



## Knee Pain Treatment Makes Surgery Obsolete?

Hundreds of Jersey Shore Knee Pain sufferers choose all-natural medical treatment over surgery to relieve arthritis pain - doctors office swarmed for FDA cleared treatment covered by most insurance and Medicare

By Matt Edgar  
America's Health Writer

Knee pain can be crippling. And for serious arthritic sufferers there have been few options besides pain pills and eventually total knee replacement surgery.

That is, until now.

For the past year hundreds of knee pain sufferers have flocked to Osteo Relief Institute located in Jersey Shore right here in New Jersey.

That's when their specially trained doctors added viscosupplementation treatments to their already successful and comprehensive knee pain relief program.

Viscosupplementation is unique because - even though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

### Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in

the beginning - but over time the pain steadily gets worse until it is excruciating.

### Like "Joint Oil"

Hyalgan works so well because it is like "joint oil." It is a natural substance that contains one of the natural building blocks of your knee's lubricating fluid.

When it is injected directly into your knee joint, it is like squirting oil on a rusty door hinge.

Hyalgan allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

### Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or so success from glucosamine and chondroitin. Beware of supplements to do what this advanced medical procedure does.

"We have been able to help so many knee pain sufferers - even many who have already tried other injections like Synvisc, Supartz, Orthovisc and even viscosupplementation. We use advanced



Seeing is believing: Actual Video Fluoroscopy showing the painful knee joint before and after viscosupplement treatment. The video xray on the right shows the cushioning treatment inside the joint - coating the joint space and lubricating it. This allows the joint surface to glide more smoothly and reduce or even end knee pain.

low-dose video fluoroscopy imaging so we can see right into the joint. This allows us to put the Hyalgan exactly where it needs to be. Studies show doctors doing joint injections without fluoroscopy miss the joint up to one third of the time." said one of the head clinicians at the Osteo Relief located in Wall, NJ.

And that's not all - Osteo Relief Institute has a complete knee relief program to make sure you get the most pain relief and the best possible results from treatment.

"Every case is individual. Some patients get quite a bit of relief right away - others

take a little more time. But most have been extremely happy and the results usually last for at least 6 months. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. I can't tell you how many patients have cancelled their total knee replacement surgeries." added one of the doctors.

### How To Get It

If you have knee pain, the doctors would like to invite you for a free screening to see if you are a candidate for

viscosupplementation treatments.

All you have to do is call 732-333-6627 right now and when the scheduling specialist answers the phone tell her you would like your free "Knee Pain Screening." The doctor can only accept a limited amount of new patients each month for this screening - so if you are interested please call now.

And here's something really important - viscosupplementation treatments are covered by most insurance and Medicare. To schedule your free screening or if you have any questions call 732-333-6627.



WINTER SCHEDULE

WEDNESDAY AFTERNOON BINGO

February 7 and February 28

Doors open at 11 a.m. - Games begin at 12 p.m.

Kitchen will be open with.....

Lunch Specials, Coffee, Tea and Assorted Cakes

**CANCELLED**



ADMISSION \$2 WITH DOUBLE CARD  
 REGULAR BINGO PRIZE - \$25 MINIMUM  
 SPECIAL BINGO PRIZE - \$50 MINIMUM  
 LAST GAME - \$25 - REGULAR BINGO  
 \$50 - ROUND ROBIN AND  
 \$100 - FULL CARD  
 WITH SUPER JACKPOT  
 STARTING AT \$250  
 CONSOLATION PRIZE \$50  
 JOIN US AT WILLOW HALL



**AN AFTERNOON AT THE MOVIES**



**“Marshall”**

Starring

Chadwick Boseman, Josh Gad, Kate Hudson

About a young Thurgood Marshall, the first African-American Supreme Court Justice, as he battles through one of his career-defining cases.

PG-13 118 minutes

**Saturday, February 17**

**Willow Hall Auditorium at 2 p.m.**

No tickets required. Seating will be on a first come basis.



## VILLAGE BUS - SPECIAL TRIPS



The date for CHRISTMAS TREE SHOP/COSTCO/TARGET is Tuesday, February 6  
 The date for the MARQUEE/WALGREENS trip is Tuesday, February 13 & 27  
 The date for the FREEHOLD MALL trip is Thursday, February 8  
 The date for the LACEY MALL trip is Tuesday, February 20  
 Riders may board the bus at their usual bus stops as per the bus schedule.

## Recreation Department Sponsored Dance Classes



Line Dance class is held on Tuesdays, except the fourth Tuesday of the month at 6:30 p.m. to 7:30 p.m. in Willow Hall with instructors Rosemarie, Linda & Candace

Sticks Alive class on Mondays at 8:45 a.m. to 9:45 a.m. and Tuesdays, except the fourth Tuesday of the month from 7:45 p.m. to 8:45 p.m. in Willow Hall with instructor Priscilla.

Social Free Style Dance class is held in Leisure Fair on Wednesdays from 11:30 a.m. to 12:30 p.m. with instructors Karen Pessler and Richard Horblit.

Classes are free of charge and all residents are welcome to attend.



Free space is now available in the main room at Leisure Fair on Wednesdays and Fridays from 12 to 4 p.m. Residents are welcome to play card games or other table games at these times.



## SUNDAY DINNER



*“Captain’s Inn – ”*

**Forked River**

**February 18 at 1 p.m.**

**\$4 per person (BUS ONLY)**

Note: This trip is taken on the Village bus, which begins at Willow Hall and circles the Village following its regular route. Purchase tickets at the recreation office. Tickets are not sold on the bus.

# Februa

Sunday	Monday	Tuesday	Wedn
<b>4</b> 6 pm Recreation Superbowl Party (W)	<b>5</b> 10 am Helping Hands (LF) 1 pm Creative Classes (E) 2 pm Current Events (W) 6 & 7 pm KLVW-TV 6:30 pm Bocce Club (E)	<b>6</b> 9:30 am Genealogy Group (W) 1, 6 & 7 pm KLVW-TV 2 pm Farmers Club (LF) 6:30 pm Line Dance (W) 7:45 pm Sticks Alive (W)	<b>7</b> 1 pm Trustee Meeti 7 pm Bingo (W)
<b>11</b>	<b>12</b> 4 pm Columbiettes (E) 6 & 7 pm KLVW-TV 7 pm Knights of Columbus (E) 7 pm LVW Veterans Club (W)	<b>13</b> <i>Italian American A/C Trip</i> 10 am Computer Club (E) 1 pm Cooking Club (W) 1, 6 & 7 pm KLVW-TV 6 pm ENC Group (W) 6:30 pm Line Dance (W) 7:45 pm Sticks Alive (W)	<b>14</b> <i>Township Valentin</i> 7 pm Pet Club (E) 7 pm Book Discuss
<b>18</b> 1 pm Sunday Dinner Bus (W)	<b>19</b> <i>President's Day</i> All Offices Closed Village Bus will Run 1 pm Creative Classes (E) 2 pm Current Events (W) 6 & 7 pm KLVW-TV 6:30 pm Italian American Club (E)	<b>20</b> 10 am Financial Club (E) 1, 6 & 7 pm KLVW-TV 6:30 pm Line Dance (W) 7:45 pm Sticks Alive (W)	<b>21</b> 7 pm Trustee Meeti
<b>25</b> <i>Travel Club Dover Downs Trip</i>	<b>26</b> 6 & 7 pm KLVW-TV 7 pm Knights of Columbus Business Meeting (E) 7 pm Nature Club (W) 7 pm Model Railroad Club (W)	<b>27</b> <i>Bulk Pick Up</i> 9:30 am Service Club (W) 1, 6 & 7 pm KLVW-TV 1:30 pm Garden Club (W)	<b>28</b> <i>Township P</i> 7 pm Bingo (W)

## Recurring

EVERY Sunday	EVERY Monday	EVERY Tuesday	EVERY Wedn
11am-2pm Table Shuffleboard (LF) 2:30-4:30 pm Ping-Pong (LF)	8:30 am Yoga (LF) 8:45 am Sticks Alive (W) 9am-11am VISTON (W) 10 am Ladies Exercise (W) 11 am Zumba (W) 11am-1pm Ceramics (W) 12pm Bridge (LF) 1pm Model Railroad (W) 2pm-4pm Ceramics (W) 7pm 99 Cards (LF)	8am-11am (Monmouth Med. So) Blood Draw Service (W) 9am-12pm Ping Pong (LF) 10:30 am QiGong (W) 2pm-4pm Ping-Pong (LF) 5pm-6pm Bridge Lesson (LF) 6pm Duplicate Bridge (LF) 6 pm Bridge (LF) 7pm Card Games (E)	8:30 am Yoga (LF) 9am-11am VISTON 9:30am Stained Glas 9:30 am Low Impact 10am Yoga (LF) 11 am-1pm Ceramic 11:30am-12:30pm F 12pm-4pm Table gar 1pm Chess (E) 1pm Quilters (E) 2pm-4pm Ceramics 6pm Briscola (LF)

# February 2018

Wednesday	Thursday	Friday	Saturday
	<b>1</b> 1-4 pm Ort Card Party (E) 1, 6 & 7 pm KLVW-TV 1 pm Arts & Crafts (LF)	<b>2</b> 9:30 am Westernaires Breakfast (W)	<b>3</b>
...ing (W)	<b>8</b> 1, 6 & 7 pm KLVW-TV 2 pm Travelers Club (LF) 2:30 pm Writers Group (E)	<b>9</b> 1 pm Nightingales (W)	<b>10</b> 7 pm Dance Club Dance (W)
...Recycling ...e's Day ...ion (W)	<b>15</b> 1 pm Arts & Crafts (LF) 1 pm Irish American Club (W) 1, 6 & 7 pm KLVW-TV 7:30 pm RV Club (W)	<b>16</b> 7 pm Friday Social - "A Night of Dance" (E)	<b>17</b> 2 pm Movie (W)
...ng (W)	<b>22</b> 1, 6 & 7 pm KLVW-TV 2:30 pm Writers Group (E)	<b>23</b> 10-11 am Glucose Screening (W) 10 am-12 pm Blood Pressure Screening (W)	<b>24</b> 7 pm Recreation Throw Back Party (W)
...Recycling			

## Activities

Wednesday	EVERY Thursday	EVERY Friday	EVERY Saturday
... (W) ...s (E) ... (E) ...s (W) ...ree Style Dance (LF) ...mes (LF) ... (W)	10am Art Class (W) 10am Stress Management Class (W) 10 am Computer Lessons (E) 10:30am Minyonettes (LF) 2pm-4pm Ping-Pong (LF) 6pm Duplicate Bridge (LF) 6:30 pm Because It's Thursday (E/W)	9am-11am VISTON (W) 9-12 Ping-Pong (LF) 9:30am TV Crew (W) 9:30 am Westernaires (W) 9:30 am Low Impact (E) 10 am Model Railroad Club(W) 12-4pm Table Games (LF) 2-4 pm Ping-Pong (LF) 6:30 pm Rummy-Q (LF) 7-9 pm Ping Pong (LF)	9:45am & 11:15 am Yoga (LF) 2-4 pm Ping-Pong (LF)

# THROW BACK

## Party



**Saturday, February 24**  
**Willow Hall 7 to 11 p.m.**  
**Cost: \$7 per person**



Music by The Party Authority  
Snacks and BYOB are on your own.  
Coffee and Dessert will be provided.



Bring your "Back in the Day" photos. Get nostalgic reminiscing about the good feelings and memories associated with the things we remember most!



**Tables of 10. Tables assigned on a first come basis.**  
**DEADLINE February 16**

PLEASE READ CAREFULLY – Fill out the dance coupon below, attach your checks to the coupon and either deposit in the Recreation Mailbox at Willow Hall or drop off at the Recreation Office during regular business hours. Make checks payable to LVW ASSOCIATION. NO REFUNDS WILL BE GIVEN. If you find you are unable to attend, we will attempt to resell your ticket to a waiting list if possible.

**CUT ALONG DOTTED LINE**

-----

NAME	PHONE	NAME	PHONE
1. _____	_____	6. _____	_____
2. _____	_____	7. _____	_____
3. _____	_____	8. _____	_____
4. _____	_____	9. _____	_____
5. _____	_____	10. _____	_____

***Ace In The Hole Productions at the Royal Manor  
Presents***

# **Meghann & Guido's Wedding**



***Tuesday, March 13  
\$86 per person (All Inclusive)  
Depart Encore: 9:30 a.m.***



**11:30 a.m. - 3:30 p.m.:** Upon arrival, happy hour is from 11:30 a.m. to 12:30 p.m. when all can enjoy two complimentary drinks (free soda on table all day). The family style menu includes: fresh garden salad, Irish pea soup, corned beef and cabbage, roast chicken, Irish soda bread, boiled potatoes, buttered carrots, dessert, coffee and tea.

In the sequel to last year's show "Seamus O'Macaroni," we continue to follow the wacky adventures of the Seamus O'Macaroni family as Guido O'Macaroni and Meghann McDougal prepare to get married. Guaranteed nonstop laughs as the Italian and Irish cultures collide.

**After the show, we will depart for home.**

**NO REFUNDS GIVEN** □ If you are unable to go on this trip, the Recreation Office will attempt to re-sell your ticket if the bus is sold out and there is a waiting list.





**★SUPER BOWL★**



**Join us for a Super Bowl Tailgate Party  
Sunday, February 4  
Willow Hall 6 p.m.**

The Super Bowl will be broadcast from the U.S. Bank Stadium in Minneapolis.  
Join friends and watch the play by play on the large screen.  
Cheer on the top teams of the NFC and AFC!  
Tables of 10. Final cut-off date for tickets is Monday, January 29.

**Bring your own "Tailgate" Snacks  
BYOB - Set-ups will be provided  
Dessert, Coffee and Tea will be served**



**Cost: \$7 per person**



**A Special Friday Evening Social**

**Evolution Dance &  
Performing Arts Academy  
Presents  
"A Night of Dance"**



Dancers from the age of 7 through 18 will perform many genres of dance, including tap, ballet, contemporary and more. These talented dancers have competed regionally and nationally as well as performing at Carnegie Hall. Come and enjoy a fabulous "Night of Dance."

**Friday, February 16  
7 p.m. in Club Encore  
\$5 per person**





# JOIN US FOR OUR FISH & CHIPS OR COUNTRY FRIED CHICKEN DINNER

## SERVED BY THISTLES OF KEARNY



**FRIDAY, MARCH 2**  
**WILLOW HALL**  
**4 p.m.**  
**PRICE \$14.50 per person**



**INCLUDES:**  
**FISH & CHIPS OR COUNTRY FRIED CHICKEN, COLE SLAW,**  
**DESSERT, ICE TEA, COFFEE, TEA & SET-UPS**  
**RESERVE YOUR TABLE NOW AND SELECT YOUR DINNER CHOICE**  
**BY COMPLETING THE ATTACHED COUPON.**

**CHECKS PAYABLE TO LVW ASSOCIATION.**  
**SUBMIT COUPONS NO LATER THAN THURSDAY, FEBRUARY 22**

1. \_\_\_\_\_ 6. \_\_\_\_\_  
2. \_\_\_\_\_ 7. \_\_\_\_\_  
3. \_\_\_\_\_ 8. \_\_\_\_\_  
4. \_\_\_\_\_ 9. \_\_\_\_\_  
5. \_\_\_\_\_ 10. \_\_\_\_\_

+++++

**TAKE-OUT DINNERS AVAILABLE AFTER 5:30 P.M.**

NAME \_\_\_\_\_ NUMBER OF DINNERS \_\_\_\_\_  
PHONE# \_\_\_\_\_  
CHICKEN \_\_\_\_\_ FISH \_\_\_\_\_

**AD  
SS** **Advanced  
Dermatology &  
Skin Surgery, PC**



**Mordechai M. Tarlow, MD, FAAD**

*Clinical Assistant Professor of Dermatology  
University of Pennsylvania School of Medicine  
Diplomate, American Board of Dermatology  
Fellow, American Society of Mohs Surgery  
Fellow, American Society of Dermatologic Surgery*

**Esther Stern, NP-C**

**Adena T. Homnick, PhD, PA-C**

**Pesha M. Cohen, NP-C**

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ALL AREAS OF  
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*Surgical treatment  
and Mohs  
Micrographic Surgery*

*Cosmetic dermatology*

*At Advanced Dermatology and  
Skin Surgery our goal is to  
provide you with the highest  
quality skin health care in a  
nurturing and compassionate  
environment.*

*We look forward to creating a  
trusting relationship, in  
which we can work together  
to keep your skin looking  
and feeling its best!*

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plans accepted.**

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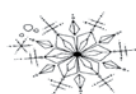
# Line Dance Holiday Party

**By Linda, Ro & Candace**




All the line dancers enjoyed their annual holiday party on December 12 in Willow Hall. Karen McGinley and Liz Koeppel did a great job organizing the event. Thank you ladies! We had an assortment of appetizers and desserts brought by all the dancers. These gals not only can dance, they can cook too. Everything was delicious.

We found it difficult to tear ourselves away from the buffet table but many managed to get onto the dance floor to try to work off some of those calories. We then formed two circles for a game of passing around the two gifts created by Ro. Linda read a hilarious poem on dieting after the holidays. We would like to thank all of the line dancers for their extremely generous gift which was greatly appreciated. All residents (men included) are invited to join our line dance class on the first, second and third Tuesdays at 6:30 p.m. in Willow Hall.





**Snow and Ice:  
When In Doubt,  
Don't Go Out.**

# LW BOCCE & SOCIAL CLUB

by Ellen Jenkin

Although the winter fluctuates from warm, cold, deep freeze and snow here and there, activities for the Bocce and Social Club are continually being planned. Annual membership dues of \$8 can be paid at each general meeting or left in our mailbox at Encore. As in the past, our meetings are held the first Monday of each month at Encore Clubhouse at 6:30 p.m. The membership is entertained for an hour by a variety of performers who sing, play instruments and attempt their hand at humor. Delicious desserts, coffee and tea are always served at the end of each business meeting. All residents are welcome to join our club at which time they can play Bocce during the spring, summer, or fall seasons or just enjoy the monthly entertainment and camaraderie. We have both day and evening leagues. There is a time slot to fill everyone's needs. Volunteers are always welcome to help with the various events and activities during the year.

Our Installation and Holiday Party was December 4 at the Clarion Hotel in Toms River. The main ballroom was filled with guests who enjoyed a four course sit-down dinner and danced the night away to the music of the D-CEES. Decorations enhanced the ballroom illuminating the reflections of the



**Al Carnegie inducting Bocce officers for 2018.**

holiday season. The new officers for 2018 consisting of President Larry Robinson, First Vice President Kathy Maiocco, Second Vice President Ellen Jenkin, Secretary Karen McGinley and Treasurer Kathy Robinson were installed by Al Carnegie. A special thank you to Karen McGinley and Ellen Jenkin for chairing the event. Outgoing President Bill Bouford thanked everyone for their support during his term of office. Think Bocce although it is only February!



**Outgoing President Bill Bouford.**



**Our new Bocce President Larry Robinson.**



By Pat Kinane

### Elves do Exist!

This was evident when I asked for help with the December Caritas Guild Christmas party.

I just have to thank the following people, so hang in there.

Jean Mazza not only helped sell tickets but set up and cleaned up; Bernice Kropkowski set up, took pictures and cleaned up. I was met at 9:30 a.m. by elves Susan Bela, Martha Lanza, Beverly Palecheck and Kathy Hubany who came early to decorate and set the tables. Shelia Michaud once again used her talent in making the place cards. Thank you all ladies. You were a big help.

President Janet McBride opened the party with the Pledge and the choir from the Manchester High School led us in the singing of the National Anthem. This opened the program by both the choir and Manchester High School Band. The band, conducted by Sarah Cult, started off with a Hanukkah Dance song and followed with a medley of holiday favorites with members joining in. They were terrific.

Sara Thiffault, who conducted the choir, introduced three different choirs, each performing songs such as "Siyahamba," an African freedom song and a Hanukkah song sung completely in Yiddish. Another choir sang "In Winter," "Mary Did You Know?" and "Carol of the Bells." For a Christmas finale, the choir and band teamed up to sing "Joy to the World," "It Came Upon a Midnight Clear" and "Come All Ye Faithful." This was a beautiful way to keep us in the Christmas spirit. There was a well deserved long and loud applause as well as a standing ovation. Sara said it was



Pat Kinane at the Caritas Christmas Party.

a pleasure to entertain us and hopes they can come back next year. You think?

After all settled down, lunch was served by the efficient staff of The Blue Fountain Restaurant. The food was hot and delicious. As dessert and coffee were being served, I read the *Legend of the Candy Cane*, the *Real 12 Days of Christmas* and a final prayerful meditation of *One Solitary Life*.

There was a 50/50 drawing, thanks to Carol Murray and Barbara Sainz. Five people got an early Christmas present when their lucky numbers were called. A great time was had by all.

There is no meeting in February. Happy Valentine's Day!



The Manchester High School Band, conducted by Sarah Cult.



One of the Manchester High School choirs with conductor by Sara Thiffault.

# Westernaires

By Kathy Hubany and Barbara Corrigan

As the New Year rushes in, the Westernaires are hard at work once again. Our Welcome Back Breakfast is Friday, **February 2** at 9:30 a.m. in Willow Hall. We invite all of our singers back and welcome all newcomers to the fold. I am sure there are many of you who have wanted to join in on the fun of learning new music and challenge your “artistic vocal self.” Come give it a try. Our spring music will be distributed at the Breakfast.

As of this writing, I am watching the snow fall gently outside my window and a song fills my head: “When it Snows ain’t it thrillin, though your nose gets a chillin,” you can finish that line. That’s what singing with Westernaires does, there is always a song in your mind and heart and it feels so good! Don’t miss out come join this happy friendly group.

For our present members we hope you are enjoying this rest time and getting excited for the “Spring Concert” the first weekend of June. Please remember to erase all markings from your Holiday music and bring it back with you on February 2. Pam and her staff have a delicious breakfast for us and look forward to seeing everyone, especially our Director Dennis Rittenhouse, our Pianist Sara Hoey and Rehearsal Director Mary Kay Mason.

I hope everyone had a joyous and blessed holiday season and here’s to a happy and healthy and musical 2018 with a song in your heart.

*Sing a Joyful Song – Sing it out and Sing it Strong!*  
Photos of our Holiday Brunch by Allan Goldberg.



# Yoga

## Yoga: A Day of Mindfulness

By Linda Kay

Thich Nhat Hanh's book, *The Miracle of Mindfulness*, devotes a chapter to "A Day of Mindfulness" and I'd like to share his suggestions with you.

Although every moment belongs to us, we have the perception that other people and other things rob us of our time. By devoting a day to mindfulness, to 'our time,' we build up the 'muscles' of awareness of the present moment.

Pick a day when you can devote attention to this process. Then pick something to remind you of mindfulness as soon as you awake – perhaps the word mindfulness on a piece of paper, or a pine branch.

Begin to focus on your breath before you even arise. Get up slowly and deliberately. Do all your activities in a calm and relaxing way. Follow your breath, take hold of it, and don't let your thoughts

scatter. Walk mindfully. Maintain a half smile. Don't do any task to get it over with. Enjoy and be one with your work. Do tasks slowly and evenly, without reluctance.

Maintain a spirit of silence throughout the day. You don't have to be completely silent, but if you talk or sing, bring your entire attention to these actions, the one performing the actions, and the content.

Activities he suggests doing mindfully: In the morning, a bath, straightening around the house. In the afternoon, being outdoors, drinking a pot of tea slowly. In the evening, reading scripture, writing letters, and anything you might enjoy which is outside your usual routine. Finish the day by sitting in meditation, followed by a mindful walk in the night air before bed.

Sounds lovely, doesn't it? Practicing one day a week will echo peacefulness through the other days. Try it for yourself.

Free, volunteer-led yoga classes are held at Leisure Fair on Wednesdays from 10 to 11 a.m. and Saturday from 11:15 a.m. to 12:15 p.m. Beginners welcome. Wear comfortable, loose clothing and bring a yoga mat. If you wonder if yoga is for you, why not give it a try? See the Creeper for paid classes.



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# Garden Club

By Dolores Franz



*My favorite  
weather  
is BIRD  
CHIRPING  
weather.*

*Discover Wildlife Magazine*

Franklin D. Roosevelt said, “I think we consider too much the good luck of the early bird and not enough the bad luck of the early worm.” Worms do not impress me at all. But the birds, well, I love those little feathered friends. Let’s consider this month how to care for these beautiful creations. Some of the tips below you may already know, but I still think you’ll find something new from *Discover Wildlife Magazine*. Then get out your binoculars!

A good quality high energy seed blend with lower cereal content is carefully balanced to attract a range of species like Finches, Dunnocks, Robins, etc. Live foods, especially mealworms, provide some much-needed protein and are a favorite of robins, starlings and blackbirds. Worms still do not impress me, but they do have their purpose! A definite winter favorite is suet, and suet balls that are high in protein and fats deliver an instant energy fix.

Continue feeding them as you’ll enjoy their presence and by sticking around, they will help you with insect control when the weather warms again.

Don’t forget water. Don’t add salt or antifreeze (yes some have used it!) to water left out for birds. To prevent your bird bath freezing over, add a small ball such as a ping-pong ball to the water. It will move in the breeze, keeping even a small amount of water ice-free. Provide clean water all year round as birds need it for bathing and drinking!

There is a range of feeders and bird tables available. Investing in quality is recommended. A range of foods,

presented around the garden in different types of feeders, will attract more birds. The great advantage of hanging feeders is that you can easily position them in safe locations in a perfect garden spot where you can enjoy watching birds as they feed.

Remove wet food and clean your hanging feeders, bird tables and feeding areas regularly to minimize the risk of disease being passed between visiting birds. Store your bird food in a clean, dry and cool environment inaccessible to pests. Double-up on feeding equipment so that one set is air-drying after cleaning while the other is in use.

Feed the birds year round and not just in winter. Spring feeding helps birds get into breeding condition, while inexperienced fledglings benefit from food in summer and autumn.

Our next meeting is Tuesday, **February 27** in Willow Hall at 1:30 p.m. Master Gardeners “Love that Bug” Beneficial Insects will be presented by Georgina Price. Not all bugs are bad for our gardens!



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# Cooking Club



By Linda Sue Fischer

Welcome to 2018! At our first meeting of the New Year, we all enjoyed the assortment of crackers and cheese plus drinks the Board provided. Our turnout was low due, we are sure, to everyone still recovering from their own holiday feasts! We hope everyone enjoyed the holidays and celebrated well into the night for New Year's Eve!

Our new President Eileen Robinson and Vice President Kathleen Robinson, along with returning members, Secretary Ellen Jenken, Treasurer Dee Staugatis and Assistant Treasurer Anita Marchetti, raised their respective right hands and promised us a good year full of food and entertainment! We thank them for volunteering!

Our meeting is Tuesday, **February 13** at 1 p.m. in the Willow Club House main hall. Our new president and vice-president voted to change things up a bit this month. We are going to have a Quiche and Muffin Brunch. What is a Quiche? Is it the same as a Frittata? Glad you asked.

A quiche consists of eggs, milk and a savory filling. For example, ham, bacon, cheese, spinach, seafood with a pastry dough crust. There is also a crust made with sweet potatoes that is gluten free! There are over 100 various kinds of Quiches to choose from, such as broccoli and cheese, mushroom and fontina, ham and cheese, chili and cheese and corn, bacon and cheese. Take note of the cheese. A frittata is a quiche without a crust. They take a little longer to cook but are certainly worth the wait. Be creative!

Muffins of course come in many varieties. There are blueberry, chocolate chip, egg, pumpkin, sour cream and more. Some come topped with cinnamon and sugar. Others come stuffed with sausage, egg and cream cheese. There are even a few gluten free and vegan muffins. Do not be afraid to try anything!

March is known to be the coldest time around here. Snow, rain, sleet and freezing temperatures. So a good bowl of soup, gumbo or chili will be welcome in March. Pull out the crock pot, put on your thinking cap and be inventive. Soups can be fun and delicious. Especially with some freshly made bread or crackers.

For those new to the community who may not know who we are, members cook a variety of delicious food each month for everyone to enjoy. We strive to make each month a new experience in tasty food. You do not always need to cook. If you would prefer to come and enjoy the food, as a member you can pay \$7 and join everyone else at the table.

The Cooking Club meets the second Tuesday of each month at 1 p.m. in the Willow Clubhouse. Bring a dish to share or donate \$7 to take part in all the delicious dishes prepared by our members. Dues are still only \$5 and are due now for the New Year.

February	Quiche & Muffins	
March	Soup	
April	TBD	?
May	Afternoon Tea	
June	Franks & Beans	





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# Ping-Pong Club

*A Club Where Everyone Knows Your Name*

By Marie Lamberti



## Kudos to the Holiday Social

A highlight of the Ping-Pong Club is the holiday social, which is held in December. At this time we come together to wish one another Happy Hanukkah and Merry Christmas. Leisure Fair, beautifully decorated, is the perfect location to celebrate the event.

Chairperson for the social was Barbara Corrigan. She was assisted by Phyllis Gudewitz, Millie Agostino, Sylvia Thurschwell, Avriel Kossoff, Marie Lamberti, Frank Autuoro and Bill Corrigan. The tables were adorned with beautiful poinsettias. One person from each table happily took home a centerpiece.

Members were asked to bring in finger foods, appetizers and desserts. With the generosity of the members, as always, we had more than ample food to share. Coffee, tea and punch were provided.

President Phyllis Gudewitz welcomed the members and introduced a short program. A parody of Jingle Bells with a Ping-Pong theme was written by Phyllis and a parody of White Christmas was written by Millie Agostino. Both parodies were sung by Barbara Corrigan and Millie Agostino. They were followed by Barrington Gooden's acapella rendition of "Why Me?" sung so passionately it left the members in awe. Members graciously applauded all.

Our first Ping-Pong Tournament of the year will be played this month. Check notices and dates in the Ping-Pong room.

See you at the tables!



Singers and poets Barbara Corrigan and Millie Agostino.



**Holiday Social Committee: Sylvia Thurschwell, Phyllis Gudewitz, Barbara Corrigan, Frank Autuoro, Marie Lamberti, Millie Agostino and Bill Corrigan**



**Barrington Gooden sings.**



**Good food was enjoyed by all!**

## Poetry & Prose

### Octogenarian's Lament

By Frank Randise

Alas it's true, I'm old and gray  
 And I keep getting older by the day.  
 I won't complain and I'm not a regreter  
 Old is okay but young is better.  
 I once was lean and tall as the trees  
 Now I'm short and fat and have artificial knees.  
 I danced all night til the hours were wee  
 Now I'm up all night because nature keeps calling me.  
 I walked with a swagger and had a gleam in my eye  
 Now I trip over my feet and forget to zip up my fly.  
 I was hard as a rock and as spry as Gene Kelly  
 But that was before I had a big belly.  
 Alas it's true I'll admit without sorrow  
 I'm older than yesterday but I'm younger than tomorrow.  
 Growing old really hasn't been all that much fun  
 But I still prefer this alternative than the other one.  
 So until the angels come my way  
 I'm going to live my life to the fullest every day!

#### Poetry & Prose Guidelines

*The Leisure West News is pleased to share resident-written poetry and prose with our readers. Due to space restrictions, a maximum of one poem per month, per author, will be printed AS SPACE ALLOWS. All submissions should be in good taste, and should NOT be political or religious in nature. Thank you for your cooperation. – Editor*

## February 2018 Dates to Remember



### Groundhog Day Friday, February 2

The groundhog leaves the burrow where it has been hibernating to discover whether cold winter weather will continue. If he sees his shadow, six more weeks of winter will ensue.



### Superbowl 50 Sunday, February 4

The famous football tournament takes place on this date.



### Mardi Gras Tuesday, February 13

Often observed in New Orleans with parades and festivities, the carnival climaxes on Shrove Tuesday (traditionally the Tuesday before Ash Wednesday on the Christian calendar).



### Valentine's Day Wednesday, February 14

Originally dedicated to the Patron Saint of romantic causes by the Catholic Church, the concept of celebrating true love became known as Valentine's Day and is, today, celebrated by the sending of valentines, candy and flowers.



### Presidents' Day Monday, February 19

Celebrated on the third Monday of February in honor of the birthdays of President Abraham Lincoln on February 12 and our first president, George Washington, on February 22.



### No Brainer's Day Tuesday, February 27

Celebrated on February 27 each year, this is the day to do simple, easy, obvious, logical tasks. If a project requires thinking, study or analysis, do it another day!

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# ORT AMERICA

By Roberta Klotz

It's not too late to get tickets for ORT's Winter Card party on **February 1**. Contact Susan Karsch at 732-864-7397 or Sandy Kaufman at 732-408-0308. Delicious refreshments will be provided. According to the Farmer's Almanac, the weather is supposed to be perfect for a card party!

When you support our fundraisers, you support an international organization with a shared philosophy that translates in many ways. One of our "sister" organizations, ORT Suisse, has a six point credo that says it all:

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5. The right to work means the right to an independent life.
6. National heritage is made up of all individual work.

Like ORT America, ORT Suisse, is a generous contributor supporting ORT's international programs. The Swiss have a strong commitment in the belief "Educating for Life." Education is unfortunately not part of human rights. There are still too many places on this land where it is not accessible or even banned for reasons of gender, race, religion or nationality. In its mission ORT tries not only to make education accessible to all regardless of these types of considerations, but also to push for excellence.

The world has changed somewhat since the days when crafts and agriculture were sought-after professional skills, but the basic principles of ORT have remained unchanged for 134 years. Today, ORT's programs are country-driven and meet the demands of the world of work today and tomorrow.

Locally, we will be sponsoring some wonderful programs to entertain and enlighten you. Winter programs are held during the day so please check the *Leisure Village West News*, the Creeper and [www.lvwcreeper.com/ORT](http://www.lvwcreeper.com/ORT) for monthly information. All



ORT book drive for Manchester Schools was a success. Pictured are ORT's Ellen Jenkin with Alex George who accepted the donations on behalf of the schools.

are invited and refreshments are amazing. Gift cards are available for ShopRite, so please contact Penny Peters at 732-408-9099 or Janice McDonnell at 732-408-9696 if interested.

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# West Village Players Club

By Judith Carelli-Stout

How many of you have attended a play or musical, listened to a cast member and thought, “Boy, I could do that!”? Now’s your chance to do it! The Players Club will be presenting an original musical on **May 18, 19, and 20** and we want you! If you’re one of us who remembers the second world war, the armed forces, ration books, radio shows and the famous USO troupes that gave our boys and girls a taste of home when they were fighting all over the world, we’ll take you to a little town in Italy who has just surrendered to the armed forces.

Do you remember “Don’t sit Under the Apple Tree” or “I’ll be Seeing You?” All the music in this show will take us back to 1944 and the adventures

of a USO troupe, a backward army general and the pleasant surprise waiting for our army.

Auditions for singing, dancing and speaking roles will be held on Thursday, **February 1** in the music room at Encore. Can’t make the 3 p.m. audition? Another audition will be held at 7 p.m., same day, same place.

The Players Club board meeting is Thursday, **February 15** at 1:30 p.m. in the ceramic room at Club Encore. No general meeting will be held in February. Look for more information about the **March 27** general meeting and the exciting program planned in next month’s Leisure Village West News!

All the world’s a stage, so be a player!

## Puzzle Solutions

W	A	R	P	I	C	O	N	B	U	S		
L	A	G	E	R	N	O	N	E	U	N	I	T
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C	A	L	V	E	S	E	A	T	E	P	I	C
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7	3	9	1	6	2	5	4	8
5	2	6	7	8	4	3	9	1
4	8	1	9	3	5	2	7	6
2	7	4	5	9	1	6	8	3
8	9	5	6	2	3	7	1	4
6	1	3	4	7	8	9	2	5

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ads-1101E



# Nature Club

By Phyllis Long

## Nature Club Hosts Live Animals

Staff from Six Flags Great Adventure & Safari brought a very popular program to our Nature Club. Wildlife educators Liz, Caitlin, Stacey and Haley introduced a variety of animals to the audience. They walked the animals around slowly so we could get a close view. As each animal was exhibited we learned about the species' characteristics and habits. The beautiful creatures that visited with us and live at Six Flags included a python, blue tongued skink, limbless lizard, barn owl, cock-a-too, and skunk. The cock-a-too wanted a closer look at Nature Club president Greg, so it flew to his shoulder.

The presenters obviously knew their animals and all of the animals appeared comfortable being introduced to a large crowd. This program convinced me that Six Flags Great Adventure & Safari is serious about providing educational experiences that encourage conservation of wildlife and not just profiting from displaying exotic creatures. A visit to the park is on my list for next summer to learn more about their 70 resident species. For information about Safari tours, special animal events and exhibits at Six Flags Great Adventure & Safari visit their website at <https://www.sixflags.com/greatadventure> or call 732-928-2000 ext. 2221.



Greg Prelich with cockatoo



Skink



# Italian American

## Social Club

By Kathy Maiocco

### Happy Valentine's Day



“Baby, it’s cold outside!” We hope you were embracing the frigid temps we were having in January! Sometimes it can be refreshing and it reminds us that Mother Nature is in control at all times. Be safe out there during these winter months and keep in mind that, all kidding aside, the cold, snow and ice can be dangerous for many so please be careful when out and about.

Our Christmas luncheon on December 16 was well attended and so much fun was had by all. Santa and Mrs. Claus made a surprise visit with us! It was a joyous celebration and what a happy time for all. Thank you again for all your support in the Italian American Social Club.

Calling all “lovers” to get their tickets and take their sweethearts to A/C Resorts Casino on **February**

**13!** We have a bus trip planned so if you have not signed up, please contact Eleanor Berardis for tickets at 646-330-7152.

Future dates to remember include our annual fashion show luncheon on **April 7** and a trip to Sea Oaks Country Club and Golden Nugget Casino on **May 8**. There will be flyers available in Willow Hall and Club Encore with more detail.

Dues for 2018 will be \$8 per person for the year, payable before the start of the meetings at membership sign-ups. Please renew or sign-up early in the year to enjoy all our club has to offer!

“Tomorrow is our Today, so now is the Time of our Lives to have the Time of our Lives!” The Italian American Social Club is open to any and all residents of Leisure Village West and we welcome you to join today! Thank you for your support of our club.



The food was well worth waiting for!



Santa & Mrs. Clause surprised the IASC at their 2017 Christmas luncheon!

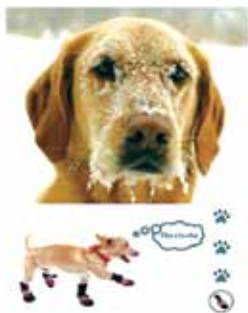


Club members enjoying our Christmas luncheon.



# Pet Club

By Kathy Maiocco



We are already one month into 2018! What a way to begin the New Year! Cold, Cold, Cold! Please remember to limit the amount of time outside for your pets. The ground is cold for their paws and ice/snow can wreak havoc on

their paw pads. Check for any ice in between their toes when you come in.

Our 2018 officers were inducted by Karen McGinley at the December 13 holiday party. The elected officers are President Eileen Robinson, Vice-President Gail O'Connor, Treasurer Louise Nellegar and Secretary Kathy Maiocco. Thank you all for your dedication to assist the Pet Club in its endeavors.

Our holiday party was well attended and enjoyed by all! Members enjoyed a scrumptious dinner catered by Novelli's Deli in Toms River. A fun time was had with our crazy sweater contest and exchange a gift program. Thank you to Michele Yabkow and Debbie McNeil for chairing this exciting event. We would also like to thank Gail O'Connor, Anita Marchetti-Santiago and Gloria Kealy for their help in kitchen preparation and serving our members. As always, we thank all those who volunteer for all our events.

Photos by Allan Goldberg

Without volunteers, we would not be able to help the Pet organizations as much as we do and it is greatly appreciated. Please continue to volunteer and if you have not lately, please consider doing so. We have a great time and it is very rewarding for all.

We encourage new members to sign up and remind all current members to renew in 2018 with dues at \$5 per person for the year. The Pet Club meets the second Wednesday of each month at Club Encore at 7 p.m.



Great photo frame with our own Mike & Chrissy Giglio.



Beautiful yummy cake!



Oh so Good! A delicious buffet for all to enjoy.



## Columbiettes 9134

By Maryann Koepfel

There will be no monthly meeting in February.

Our Soup Day is **February 12** at 4 p.m. in Club Encore. For a nominal charge of \$6 per person, enjoy a variety of homemade soups in crockpots from Columbiettes childhood recipes. We are collecting these recipes for our "Columbiettes Cookbook" coming soon. We will also be serving salad, breads, desserts and coffee for a homemade cozy meal on a cold February day.

We are looking for donations of any school supplies for needy children and toiletries to help us make zip lock bags for the homeless in our communities (toothpaste, soap, toothbrushes, etc.). We are also collecting all tabs from soda cans for the Ronald McDonald house. Since the collection of



Our Christmas Party with the Knights of Columbus.

these items is an ongoing monthly charity event, we will be collecting them in the Encore lobby before all our monthly meetings or get in touch with Kathleen Robinson to donate.

Are you a Catholic woman? Want to have fun and make friends? Consider joining the Columbiettes which benefits the less fortunate in our communities and around the world. We are a unified body of Catholic women. We are an affiliated auxiliary of the Knights of Columbus Council and meet every second Monday of the month at 1 p.m. in Club Encore.

Our next meeting for members only is Monday, **March 12** at 1 p.m. in Club Encore. If interested in joining, contact our President Kathleen Robinson for an application.



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# Knights of Columbus

By Americo Guerriero



The Knights of Columbus' main objective is Charity (LOVE). We certainly showed it when we distributed 156 coats ranging from infant to adult sizes along with a check to "Send a Soldier Home for the Holidays."

This was distributed to the Joint Bases: McGuire Air Base, Fort Dix and Lakehurst Naval Station. The bases consist of Army, Navy, Marine, Air Force and Coast Guard personnel. The donated items will be held in a place called the Attic, where the military can get a coat and home goods free of charge. Grand Knight of the base, Greg Kruse, was thrilled by our generosity.

A special thanks to Larry Robinson who helped pick out the coats at Boscov and Wal-Mart. The sales people must have thought we had many grandchildren. Special thanks to Pat and Steve Cassidy who turned their home into a warehouse for all the donated coats.

I want to thank all the members of my Council who helped get the word out and to all the clubs and residents who donated to these great causes. Our council is seeking Catholic Men to join us and the great charities we represent.

God Bless you all!

*Photos by Allan Goldberg.*

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# Knights of Columbus

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# Golf & Social Club

## Fore Fun

by Susan Comeau



We are a little more than two months away from the Golf and Social Club's first meeting. It takes place in April and next month we'll have the information on membership dues, planned activities, etc. Hope you're planning to join us. You'll be glad you did and so will we.

In the meantime, we have some pictures of our 2017 activities. It was a great year, and we expect that 2018 will be even better.



At our August picnic, the Putting Green was a challenge.



Our "Calendar Girls" join "Street Smart" at the Dance.



Sal Benigno in the front with (from the left) Jean Mazza, Mary Ann Due and Lillian DeLello "Slide" to the music of "Timeless" at our June 14 meeting.





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Model	2017 Sold Price Range
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Cambridge	\$50,100 - \$114,000
Greenbriar	\$52,000 - \$69,900
Hastings	\$110,000 - \$180,000
Greenbriar	\$31,000 - \$72,000
Oxford	\$105,000 - \$130,000
Pickford	\$150,000 - \$180,000
Regency	\$110,900 - \$165,000
Ritz	\$137,000 - \$180,000
Roxy	\$135,000 - \$153,000
St. Tropez	\$120,000 - \$185,000
Stratford	\$96,050 - \$170,000
Victoria	\$174,000 - \$205,000
Waldorf	\$130,000 - \$186,000
Wheaton	\$73,000 - \$128,000
Winfield	\$83,500 - \$165,000



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