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**September 2002**

**School Days - School Days  
Oh Those Golden Rule Days!**

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1290

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Name	Red Cross	Age	Phone	Name	Red Cross	Age	Phon
Michael Levinson	Yes	15	1383	Sarah Pilewski	Yes	16	3804
Dana Russo	No	14	3128	Katie Pilewski	Yes	15	3804
Sean Stafford	No	14	2605	Michael Dalton	Yes	16	2539
Dana DeSantis	Yes	16	3542	Nichole Polyak	Yes	14	0372
Amanda DeSantis	No	14	3542	Leslie Brushaber	Yes	15	3563
Megan Battaglia	Yes	16	5796	Ashley Bethune	Yes	15	5358
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Can't believe summer is over; seems it went by way too fast. Over the last three months I've been invited to about 8 barbecues and parties with our customers .... that's really cool to party with you guys, my neighbors and friends. Thanks.

One thing I won't miss about this summer was the heat and lack of rain .... both have taken a toll on our lawns. Now is the great time to get our lawns back in shape. When seeding make sure to use a starter fertilizer. It's vital in building a strong root system.... then in mid October use winterizer. This will give your lawn the strength it needs to make it through the winter.

Speaking of winter .... now is the time to prepare .... fill in any cracks .... then sealcoat your driveway ...doing this can save years on a driveway. This is also the best time to install roof de-icer cables. They may not only save your gutters, but can prevent water damage inside the house. All roof cables will be on sale until November. (30% discount) - don't miss out. Many people wait until they have problems and then it's too late. ... or they forget ... like remembering windshield washer blades when its raining.

We are having a paint-rebate special. Get a \$5 rebate on any gallon of TrueValue Paint. .... up to 5 gallons per household. Rebate good until September 22nd.

Many people still don't know about our new store hours. They are:

Monday, Tuesday, Friday 8-6

Wednesday, Thursday 8-7:30

Sat 8-5

Sun 8-2

We now have regular and magnetic business cards with the hours ..... grab one next time you're in ..... .. place it on the Fridge.

We are offering specials to those of you who receive this article. The specials will be store stock only on a first come first serve basis. You will also need to bring in this coupon.

**Thanks for your continued support!**

**Eric**

---

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## OUT OF THE MOUTHS OF THE LITTLE ONES:

When I stopped the bus to pick up Chris for preschool, I noticed an older woman hugging him as he left the house. "Is that your grandmother?" I asked. "Yes," Chris said. "She's come to visit us for Christmas." "How nice," I said. "Where does she live?" "At the airport," Chris replied. "Whenever we want her, we just go out there and get her."

When the mother returned from the grocery store, her small son pulled out the box of animal crackers he had begged for, and then he spread the animal-shaped crackers all over the kitchen counter. "What are you doing?" his Mom asked. "The box says you can't eat them if the seal is broken," the boy explained. "I'm looking for the seal."

A 7-year-old grandson surprised this little grandmother one morning. He had made her coffee. She drank what was the worst cup of coffee in her life. When she got to the bottom, there were three of those little green army men in the cup. She said, "Honey, what are these army men doing in my coffee?" Her grandson said, "Grandma, it says on TV 'The best part of waking up is soldiers in your cup!'"

In the supermarket was a man pushing a cart that contained a screaming, bellowing baby. The gentleman kept repeating softly, "Don't get excited, Albert; don't scream, Albert; don't yell, Albert; keep calm, Albert." A woman standing next to him said, "You certainly are to be commended for trying to soothe your son Albert." The man looked at her and said, "Lady, I'm Albert."

A three-year-old boy went with his dad to see a new litter of kittens. On returning home, he breathlessly informed his mother, "There were two boy kittens and two girl kittens." "How did you know that?" his mother asked. "Daddy picked them up and looked underneath," he replied. "I think it's printed on the bottom."

While working for an organization that delivers lunches to elderly shut-ins, I used to take my four-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, the tooth fairy will never believe this!"

While walking along the sidewalk in front of his church, our minister heard the intoning of a prayer that nearly made his collar wilt. Apparently, his five-year-old son and his playmates had found a dead robin. Feeling that proper burial should be performed, they had secured a small box and cotton batting, then dug a hole and made ready for the disposal of the deceased. The minister's son was chosen to say the appropriate prayers and with sonorous dignity intoned his version of what he thought his father always said: "Glory be unto the Faaaather. And unto the Sooonnn...and into the hole he gooooes."

A little girl had just finished her first week of school. "I'm just wasting my time," she said to her mother. "I can't read, I can't write, and they won't let me talk!"

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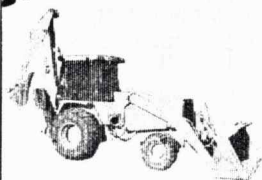
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## Are You Stressed Out?

By Kathy Cullen, Physical Therapist

We are living in very stressful times. Aside from worrying about child abductions, West Nile mosquitos, the Middle East conflict, potential terrorist attacks, a volatile stock market, and potential evaporation of retirement savings, we are all also preparing for a very emotional one-year anniversary. I think it is safe to say that you would have to be living in a bubble not to be affected by all of these events.

Do you know what stress is? Stress is the way our body reacts to change. We react two ways: physically and emotionally. Stress is not caused by events; it is our reaction to those events. There are two types of stress: acute and chronic.

Acute stress happens when you are faced with a challenge. It helps you to focus and perform under pressure. The acute stress response is really an asset for increasing performance during sports activities, important meetings, or in situations of real danger. It is commonly referred to as the "fight or flight response." When faced with a challenge, physiological changes happen: muscles tense, heart rate increases, blood pressure increases, and you perspire more. Blood flow increases to the muscles, lungs and brain. Digestive activity is shut down temporarily. Common acute stressors include; noise, danger, infection, and any imagined or real threat. Acute stress is short-term. When the challenge has been met, your body automatically relaxes. This relaxation allows your body to prepare for the next challenge.

When stressful situations happen that are not short-lived, and the fight or flight response must be suppressed, chronic stress results. Chronic stressors include relationship problems, persistent financial worries, loneliness, and high-pressure work responsibilities. When this type of stress becomes a constant, ongoing cycle, your health can suffer. Chronic stress has been linked to high blood pressure, tension headaches, heart attacks, obesity, increased susceptibility to infections, immune disorders, gastrointestinal problems, sleep disturbances, skin disorders, hair loss, and memory, concentration and learning problems. (Is this stressing you out?) You can stop the cycle by becoming aware of the stress and addressing it.

In order to become aware of stress, you need to recognize the things in your life causing it, and know how your body reacts to them. Your stress may be caused by such things as traffic jams, major lifestyle changes in career or home life, or simply being too busy and feeling overwhelmed. When you become aware of these stressors, try to change the ones you can control. Most people will still have to deal with a lot of stress; however, there are a number of different ways you can lessen the negative effects.

Relaxation techniques range from basic deep breathing, to biofeedback and hypnosis. Deep breathing is the simplest, and can be done anywhere. Inhale slowly and deeply through your nose, letting your stomach expand. Hold it for a few seconds, and then blow out slowly through your lips. Repeat this cycle three to four times each session. Another technique is clearing your mind. Find a quiet area and take a mental break. Focus on good thoughts or a pleasant image, and let your stressors float away for a few minutes. Another technique is simply having a good stretch. When stressed, your muscles tense up. You may feel certain areas in your body that seem to collect your stress. By taking a few minutes and performing stretches on these areas, such as back or neck, you can release the tension and stress that are built up. Of course, this column wouldn't be complete if I didn't mention exercise and good nutrition also as important stress-fighting tools.

One of the most important ways to stay healthy is by having a positive attitude toward your life. Talk, or "vent" about your feelings, and ask for help when you need it. The concept of "letting your feelings out" has been so excessively talked about that it may have lost its value. However, feelings of anger or frustration that are not expressed may lead to hostility, resentment and depression. If this is difficult for you, sometimes writing in a journal, or writing a letter that is never mailed, may be sufficient to "get it off your chest."

By becoming aware of what is stressing you, and taking measures to relax, you may be able to control the amount of stress in your life. In most of our worlds, stress is a fact of life. There are a lot of things that cause us stress that we can't control. We can be in control, however, of how much we let stress affect us, and we can learn to live with stress with less negative side effects.

*Kathy Cullen is a State of New Jersey Licensed Physical Therapist, currently providing home care physical therapy services for a regional visiting nurse association. She is experienced in geriatric home care as well as in orthopedic physical therapy and sports medicine. She is a Lake Forest resident. She can be reached at [kfcpt@aol.com](mailto:kfcpt@aol.com)*



# SEPTEMBER 2002

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1 Beach closing party 12 noon \$25 per family	2 Labor Day	3	4	5	6	7 Grandparent bingo 2pm \$2.00 per person
8	9	10	11	12	13 Movie night 4pm 10 & under - 7pm 11 & up \$2.00 per	14
15	16	17	18	19	20	21
22	23	24	25	26	27 Adult night 7pm	28
29	30					

Beach closing \$25 per family if you would like to help out call Karen Slusark @ 1577 or Kathy Stewart @ 2477. rsvp for the mother & son line dance and for the Halloween partys on the 26. Remember children party in the day and the adult party at night. Call Donna Combos @ 2784

## OCTOBER 2002

SUNDAY	Monday	Tuesday 1	Wednes- day 2	Thursday 3	Friday 4	Saturday 5 scarecrow building contest be- gins
6	7	8	9	10	11 Mother and son line dancing	12
13 Movie af- ternoon	14	15	16	17	18	19
20	21	22	23	24	25	26 Halloween parties Children and adults.
27	28	29	30	31		

This month is a scarecrow building contest on the baseball field. All scarecrows should be done b the 12<sup>th</sup> for judging.

Halloween parties Children's in the afternoon and the Adults at night. RSVP for pot luck dinner in November by the 16<sup>th</sup>. Donna @ 2784



# NOVEMBER 2002

SUNDAY	Monday	Tuesday	Wednes- day	Thursday	Friday 1	Saturday 2
3	4	5	6	7	8 Father & Daughter Line dance	9
10	11	12	13	14	15	16 Pot luck dinner 6pm
17	18	19	20	21	22	23
24 Movie day	25	26	27	28 thanksgiv- ing	29	30

Line dancing on the 8<sup>th</sup>.

Pot luck dinner on the 16<sup>th</sup>.

Movie day on the 24<sup>th</sup> \$2 per person.

Happy Thanksgiving to all.

Please RSVP for the crafts on Dec. 7<sup>th</sup>

Also rsvp for the new years party for the kids on the 28<sup>th</sup> and for the Adult

New Years eve party on the 31<sup>st</sup> Call Donna @ 2784

# DECEMBER 2002

SUNDAY 1 Snow Man contest begins	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7 Holiday Crafts 1-3:30
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Christmas	26	27	28 New Years Party for Kids \$5 per per- son
29	30	31 New years eve Party \$45 per cou- ple				



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## ***Lakeland Senior Citizens Club for September***

**Meeting dates:** Tuesdays, September 10<sup>th</sup> and 24<sup>th</sup>  
**Time:** 1:00 PM  
**Place:** Camp Jefferson, Weldon Road in Lake Hopatcong  
**Contacts:** Nancy 973-663-0836  
Lorraine 973-663-2896

Come sign up for exciting upcoming trips and enjoy CARDS and refreshments. All township residents age 55 and over are invited to join, socialize, and have fun!

### **Atlantic City Bus Trip**

The Lakeland Seniors are hosting a bus trip to Resorts Casino in Atlantic City on Monday, September 9, 2002. The cost of \$20 includes the bus ride, a video, snacks, and \$13.00 cash back. The bus leaves Camp Jefferson on Weldon Road at 9:30 AM, returning at 9:30 PM. For tickets and information, call Lorraine Norris at 973-663-2896. If no answer, please leave a message with your phone number.

## **Social News**

Summer is over? Where did it go? Sure hope everyone had a safe and happy summer. By now the beach closing party is over. Did you have fun? Looking forward to the scarecrow contest in October. Line dancing is coming up too. See you all soon.

Socially Yours  
Donna Combos



## **Commodore's Message: September, 2002**

I'd like to start with thanking everyone who has taken part in this years maintenance projects, clean up days, and social events. Since January, the volunteerism has been at an all time high and again I thank all of you.

**We need all of you yet again!** On September 14th we will be in Fall clean-up mode. Starting at 8:30am until noon, we will be doing what it takes to get the club ready for winter. We also have a list of small projects, so if you can't make Saturday please call Jim Boettger (663-0535) or Bob Luongo (663-1793) and grab a project.

On a serious note, let's have a heart-to-heart. This year many initiatives have been undertaken by a large group of volunteers and the Trustees. We have received a lot of positive feedback, yet there is certainly more that can be done around the Club and that will come in time. While we can't please everyone, I'm hearing a concerning level of grapevine static – meaning, why did they do that, why isn't that done, it's just not right, I would do that, if I only knew. This year I have received only 2 emails, 1 phone call, and a handful of in-person conversations. If we have an issue and the Trustees or I don't hear about it directly, it will never be resolved. Let's hear from you! This months Trustee meeting is September 10<sup>th</sup> and next month is October 8<sup>th</sup>. (Sorry for being a sourpuss – it happens sometimes.)

### **What's Go'in On**

- 1) Soccer clinic for our youngest. Ages 4-6. Kids will meet twice a week. Call Greg Good (663-2356) for more information.
- 2) About a month ago, a bunch started the fountain project. Well there certainly is flying water. Noth'in but positive feedback!! A special thanks to Greg Orlikowski and Bob Luongo for dedicating themselves to the project!!!
- 3) The boat races have been formally cancelled for this fall. The racing associations are having a difficult time raising funds to sponsor the event. Collectively we probably need to re-think how to get racing and water skiing activities on the lake.
- 4) Movie night – Friday the 13<sup>th</sup> (September), I wonder what the feature presentation will be.
- 5) Dinner for Adults, Friday September 27. Join us for this wonderful “childless” event. Dinner is always fabulous!
- 6) Scarecrow Contest October 12<sup>th</sup> on the ball field. Build a Scarecrow all day and judging will be that afternoon.
- 7) Plan early!!!, Block out October 26<sup>th</sup> for the Club's Halloween Party and start reserving baby sitters for New Year's Eve bash, Dec. 31.

Until Next Month,  
Greg Good, Commodore

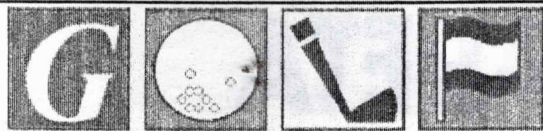
## TWENTY-ONE PIECES OF GOOD ADVICE TO LIVE BY

1. Give people more than they expect and do it cheerfully.
2. Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.
3. Don't believe all you hear, spend all you have or sleep all you want.
4. When you say, "I love you", mean it.
5. When you say, "I'm sorry", look the person in the eye.
6. Be engaged at least six months before you get married.
7. Believe in love at first sight.
8. Never laugh at anyone's dreams. People who don't have dreams don't have much.
9. Love deeply and passionately. You might get hurt but it's the only way to live life completely.
10. In disagreements, fight fairly. Please, no name-calling.
11. Don't judge people by their relatives.
12. Talk slowly but think quickly.
13. When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"
14. Remember that great love and great achievements involve great risk.
15. Say "bless you" when you hear someone sneeze.
16. When you lose, don't lose the lesson.
17. Remember the three R's: Respect for self; Respect for others; Responsibility for all your actions.
18. Don't let a little dispute injure a great friendship.
19. When you realize you've made a mistake, take immediate steps to correct it.
20. Smile when picking up the phone. The caller will hear it in your voice.
21. Spend some time alone.

### **Fall weather means -- Soccer, Soccer, Soccer**

Lake Forest Yacht Club would like to organize a soccer clinic for our pre-Kindergarten children (ages 4-5). The current idea is to have a clinic night during the week to introduce the children to the most basic soccer skills. Over the weekend we would have soccer "games". Clinics and games would be held on the ball field and scheduled for the same time every week. The children do not have to be residents of Lake Forest Yacht Club – so talk it up around town. We are looking to get around 30 children involved. This is a great way to meet your neighbors around town. We will need about 6 volunteers (soccer experience not necessary) For more information please contact Greg Good at 663-2356.





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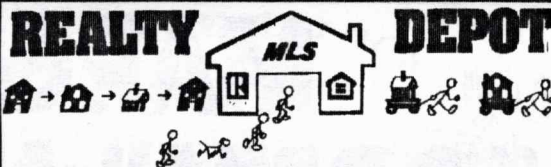
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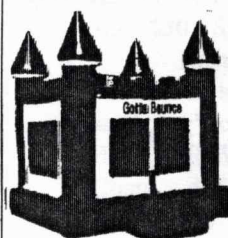
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### HOUSEHOLD ITEMS FOR SALE

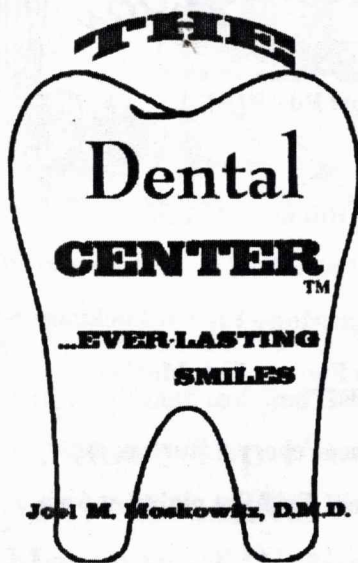
- 8-1-02 A.C. \$50 - Swingset \$200 - Mens bike \$20 Richard 4695
- 8-1-02 Antique table set w/chairs (oak) \$400 Grandfather's clock \$400 Dom 3534
- 8-1-02 Boats & Bikes for sale Roger 1377
- 9-1-02 Country dining table 4 cane chairs 1 leaf/pad \$400 Marilyn 9984
- 9-1-02 1971 Glasspar tri hull with 87 150hp merc + trailer \$2500 b/o - 1995 Flht Harley Dresser 16kmi \$12,900 b/o 1995 Hi-lo 24ft trailer used 3 times list \$19500 sell \$10500 5674
- 9-1-02 Dining set Bennington pine 4 chairs, table with leaves, lighted hutch with leaded glass doors Cathy 0207

- 8-1-02 2 Matching wardrobes w/full length mirror \$150 each Sue 2785
- 8-1-02 8' Dinghy with oars \$100 - Conn organ/bench, plays well! a beautiful piece of furniture make offer Jane or Bill 3807
- 9-1-02 2001 Honda TRX 250EX \$2,950 - Utility Trailer 5x8 w/sides \$450 Jack 1861

### LOST AND FOUND

- 8-1-02 Found by Lake Shawnee First Beach:  
Cordless Phone (NOT a cell phone). Contact Lake Shawnee Clubhouse 663-1307





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