



July 1996

Lake Forest Swim Team Home Meets:
Wed July 10, Sat July 13, Wed July 24
Ribbon Meet at home Mon July 22

July 9 Roller Skating Party
..... 6-8:30pm, advance tickets
July 10 Volunteer Mtg.-Family
..... Picnic, 8PM, Clubhouse
July 20 Adult social, featuring
..... "Tropical Storm"
See the calendar inside for details

Upcoming Goodies

Aug. 4 All-Day Fabulous Family
..... Fun & Games Picnic
Aug. 17 2nd Annual Family Beach
..... Camp-Out

**Please note NEW
LFYC Office hours - p. 2**

Commodore's Message

Dear Members,
Now that the summer is here I hope that you are enjoying our fine weather (a few rainy days keeps the yard looking green—without having to worry about the watering ban). The Club looks great and I want to thank the volunteers who took the time and effort to replace the perimeter chain poles, fix the benches, etc.

Don't miss the events we've planned during the summer. Coming up soon — July 20 — is the adult social with the band "Tropical Storm"—sure to be a casual, fun evening with friends and neighbors.

Coming up the day you receive this (July 10) is a meeting of the volunteers for the Aug. 4 Family Picnic. If you're planning on attending perhaps you could volunteer some of your time to help make this the event of the year.

See you at the beach

Bernard Genaud, Commodore

BOARD OF TRUSTEES

Bernard Genaud	Commodore	-4649
Bob Drummond	Secretary	-0074
Tom Morris	Treasurer	-4019
Richard Stafford	-2605	Jeff Bessemer -1916
Craig Peters	-5120	Bob Luongo -1793

TRUSTEE COMMITTEE ASSIGNMENTS

BOB DRUMMOND
Land Sale • By-Laws • Insurance

TOM MORRIS
Swim Team • Galley

BOB LUONGO
Budget • Nominating • Grounds/Maint.

BERNARD GENAUD
Social • Beach
Welcoming/Membership

RICHARD STAFFORD
Security • 5 Year Plan
Porthole

JEFF BESSEMER
House • Tennis/Sports/Sailing
Grounds/Maintenance • Security

CRAIG PETERS
Nursery School • Docks
Co-Grounds/Maintenance

LFYC Office — 663-0158 — Tues • Thurs • 8 am to 2 pm • Sat 9 am to noon

Mrs. Margaret Dam, Administrative Assistant

House Chairman - Grace Bacorn -2944 • Nursery School Chairman - Dori Russo -3128
Recreation Director - Kathy De Sena -1629 • Swim Team - Marlene Genaud -4649
Security - to report trespassers • in case of emergency • call Jeff. Twp. Police 697-1300

The Porthole is published by MG LaserPublishing. Ad Info - Marlene 663-4649

BABYSITTERS

name	age	certified	phone
Jessica Levinson	12	yes	1383
Robyn Faruolo	13	yes	2166
Lisa Greene	16	yes	1128

name	age	certified	phone
Lydia Oser	15	yes	5820
Elaine Sutcliffe	17	-	0632

To be included on the Babysitters List leave your name, age, phone, whether you've completed the Red Cross Babysitting Class on the answering machine 663-4649. (LFYC membership required.)

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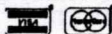
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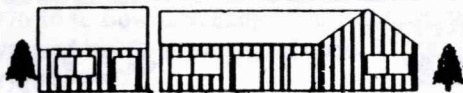
663-0096

Tu-Th 11-5 Fri 11-7 Sat 10-5 Sun 11-4 Closed Mon

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**HURDTOWN
PLAZA**



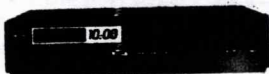
663-2541 808 Rt. 15 South, Jefferson

HURDTOWN HAPPENINGS

- Now-July 20: 40-50% OFF KidSport Sneakers
- July 18-20 Allyson's \$10 Bag Sale
- July 25-27 Xmas-in-July Sale at Hobby Horse
- July 30 Allyson's Re-Opening

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HOUSEHOLD ITEMS FOR SALE

- sm. Avanti refrig, brand new, \$150, orig \$170, call Andy -0790
- '84 SeaRay SunDancer, 26 ft, sleeps 5, 260hp, loaded, \$9500 or antique car trade, call Bob 2205
- "Hooked on Phonics" used 2-3 times, \$155, orig. \$200; "Hooked on Math" unopened pkg, \$120, orig \$150; both \$275; math & reading head start for preschool thru Gr. 2; call Michael or Nora -0750
- air conditioner, White Westinghouse, 5,200 BTUs, fits standard double hung window, used only 1 season, \$225, call Nancy -1517
- girls 20" 10 speed bike, pink/grey, good condition, \$40, call -1517
- 8' x 16' floating dock, CCA lumber, excellent condition, \$400 or best offer, call Kathy -5674
- 1976 16 ft. Bowrider, 85hp Merc outboard, '90 galvanized trailer, all very good cond, \$2,000, call MaryAnn -0492
- Carlson Gastron 140 I/O w/trailer, \$5K, Tom 0267
- king-size waterbed, dark pine, Waveless mattress, mirrored headbd, ped base w/drawers, \$200, Kim -0267
- rowboat w/oars, good cond, \$200, Bruce -5211
- JuiceMan juicer for fruit, veg, used 2x's, orig. \$198, asking \$50, call Dorothy -0649
- 1 yr old Sears snowblower, elec starter, paid \$419.99 sacrifice at \$285; Emerson Quiet-Kool A/C, 1 yr old \$325; baseball & basketball memorabilia, all reasonable, hundreds of record albums, -

Security Patrol VOLUNTEERS NEEDED

Due to recent problems at some of the beaches we are restarting security patrols. The patrols enforce the 10pm curfew & monitor club properties on a rotating schedule. Call Larry Wylie to sign up -1937.

Moving Sale/Must Sell/Make Offer, Glenn -5882

- Century infant car seat (good for 2nd car), \$7, Fischer Price musical mobile \$10, Safety First bath seat \$2, Graco jumper (like new) \$15, Evenflo Snugglie \$2, call Jeanie -1712
- bumper pool table \$150; 5 antique bentwood chairs \$125; call Jane -1703
- 16ft Hobie Cat w/jib, rainbow main, new trampoline, exc cond, asking \$2,000 or BO, call Jay -4292
- 24' travel trailer, good cond, liv. rm, bdrm, bathw/shower, kitchen w/apps, \$4000, call Marc -5551
- 14 ft. '81 O'Day Javelin day sailboat, fiberglass hull, main & jib sails, trailer, good cond, asking \$500, call Bernard -4649

HOUSES/CONDOS FOR SALE/RENT BY OWNER

FOR RENT North Topsail Beach NC ocean front condo, sleeps 6, last 2 wks Aug avail, \$625/wk, call Judy -0801

FOR RENT Vermont vacation, Stratton Mountain in southern Vermont. condo, sleeps 6, outdoor heated pool, near golf courses and Manchester Center with its unique shops & dining; \$300/week, call Dave or Barbara -1051

FOR PURCHASE If you or anyone you know is interested in purchasing a picture perfect, lakeview house in Lake Forest, please call Daria -1692

FOR RENT Wildwood Crest 2 bdrm condo, sleeps 6, lg pool, AC, cable, off-street pking, 2 1/2 blks to beach, family or couple rentals only-no grps, \$625/wk July & Aug, \$225/midwk offs, call Jack -0329

FOR SALE raised ranch house, 3-4 bdrm, fam. rm, eat-in kitchen, 1 1/2 baths, 1 car garage, lg deck, Lake Forest, asking \$134,000, call Christine Colman 729-2700, or evenings 579-2005

BEACH HOUSE FOR RENT Long Beach Island duplex, 2 BR, 2 bath ea. floor, 5 houses from beach, call Jeff -4230

Congratulations Graduates!

Jefferson Township High School

Robert Bacorn
Rebecca Boyd
Alexander Genaud
Randolph Leach
Adam Mahler
Margaret Sinclair
Heather Standfast

Pope John XXIII High School

Elizabeth Moore
(Salutatorian)

Jefferson Township Middle School

Danielle Bashant
Bill Ebbinghouser
Richard Fancher
Robyn Faruolo
Michael Lusardi
Tina Mayfield
Robert Wagner

Reverend Brown

Kevin Leondi
Devon Pym
Carissa Schumacher

Marist College

Beth Ann Kershaw
BA Communications/
Public Relations
Paralegal cert.)

Medical College of Virginia

Deryn Schiff
Master of Science
Rehabilitation
Counseling



LAKE FOREST NURSERY SCHOOL CLASS OF 1996

(top l-r) Anthony Greene, Billie McConley, Amanda Ashworth, Alyssa Cutter, Michelle Gurlacz, Evelyn Kurpiewski, Jakcie Burd. (bottom l-r) Jacquelyn Kramer, James Kasicas, Erin Sior, Luke Tully, Tara Esposito, Nikki Russo, David Gahary.

SUMMER FUN

➔ Ready to dance up a storm? Don't miss the **July 20** dance with band "Tropical Storm". This adults-only social will be a casual indoor/outdoor evening for members and guests for only \$10/person (incl. beer, wine & sandwiches).
➔ Kathy DeSena is looking for a virtual flood of volunteers to pour through the Clubhouse doors on **July 10** when she holds an organizational meeting for the Aug. 4 "All-Day Fabulous Family Fun & Games Picnic". See you there!!

7] Fishing contest 9-11am	8 Swim Lessons Women's softball 7pm	9 Swim Lessons Roller skating party at World in Motion 6-8:30pm	10 Swim Lessons Swim Team Meet, at HOME vs. Cranberry Lk., 6-9PM Volunteers Mtg, 8PM for Aug. 4, "All-Day Fabulous Family Fun & Games Picnic"	11 Swim Lessons Crafts 2pm	12 Swim Lessons Hockey 7pm	13 Swim Team Meet at HOME vs. Mendham Twp. 9am-noon
CALLING ALL VOLUNTEERS! Please come down to the mtg. to volunteer to run or organize or lend a pair of hands for this fun, family event!						
14	15 Swim Lessons Volleyball 7pm	16 Swim Lessons Crafts 2pm	17 Lunch on the Beach, noon Swim Lessons Swim Team Meet vs Shore Hills 6-9pm	18 Swim Lessons Arts/Crafts 2pm	19 Swim Lessons Hockey 7pm	20 Swim Meet, 9AM, at Lake Shawnee Dance up a storm w/ "Tropical Storm", 6-10 PM, \$10/p, incl. beer, wine, eats
21	22 Swim Lessons Men's softball 7pm	23 Swim Lessons Crafts 2pm	24 Swim Lessons Swim Team Meet at HOME vs Solar 6-9pm	25 Swim Lessons Crafts 2pm	26 Swim Lessons Dessert Nite 7:30pm	27 Swim Team Meet vs Hackettstown 9-noon
28 Breakfast for Dads 9-11am	29 Swim Lessons Women's softball 7pm	30 Swim Lessons Crafts 2pm	31 Swim Lessons Swim Team Meet vs. Randolph Pk. 6-9pm			

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PUBLIC COMMENT ON PARK PLANS

On July 24 the Morris County Park Commission will hold the 2nd of 2 public hearings on ambitious plans to redevelop the former Snow Bowl Ski Area and construct an 18 hole public golf course off Berkshire Valley Rd. The hearing is scheduled for 8:10 pm in the Morris County Board of Chosen Freeholders' Public Meeting Rm on the 5th floor of the Administration & Records Building in Morristown. The first meeting, on June 24 in Jefferson Twp., was attended by an crowd which had a positive view of the park commission's plans.

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**Thanks!
Lake Forest**

I would like to thank everyone immensely for sponsoring me for the 1996 Multiple Sclerosis Walk. Your generosity is very much appreciated. I collected over \$1,835.27.

Craig Postol

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If you are having a problem with weight control, keep in mind that there are no secrets to losing weight; you must use more calories than you take in, it is that simple. The newest miracle diet or muscle machine will only cause you heartache in the long run unless you change your thinking. You must realize that you have the courage to participate in the physical activity required to "get in shape". "Exercising in the privacy of your own home" generally means "doing nothing in the privacy of your own home". Don't exercise your excuses, exercise your self.

Your neighbors who played in the Jefferson Tennis Tournament include Mary Ann Ward from Lake Shawnee, Bernard Genaud, Tom Chrobak, Andy Bethune, Joe Pilewski, Don Somma, Rich Frye, and Bill Nasiuta, all from Lake Forest. I hope you saw the finals at the Middle School courts on July 6 at Jefferson Day.

Almost all of the time car drivers and cyclists/pedestrians coexist very well. Even in the best of times, however, you should work to prevent accidents and deflect maliciousness. Some safety tips for pedestrians/cyclists on the road:

- always be alert.
- don't use headphones.
- always have an escape plan from the road.
- watch for cars in both directions.

Some tips for drivers:

- slow down as you pass the pedestrians and cyclists.
- at night dim your lights for people coming toward you.

If someone is interested in being the race director for a Jefferson Day run, perhaps we could get one organized for next year.

Do you have sports activities to be promoted? Be sure to let me know.

Jerry Ochs

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LAKE FOREST SWIM TEAM

by Marlene Genaud

The 1996 swim season is off to a resounding start. LFST swimmers and brand new coach Rob Knight came home from their first meet last Wednesday (July 3) with a resounding win over Shongum Lake. Our first meet at home (on Sat. the 6th) was against Roxbury, to whom we lost—but that's pretty much a given when we swim their enormous team—unless an epidemic of vacations or flu hits them. We're looking forward to exciting meets against Cranberry Lake on Wednesday the 10th (start time 6 PM), and against Mendham Twp. on Saturday the 13th (start time 9 AM).

Both the July 10 and 13 meets are at home so we're looking forward to having the Lake Forest community come down to the beach to cheer on our homegrown swimmers. At both meets you can buy eats & drinks for dinner or breakfast/lunch—so bring the whole family and enjoy rooting for the home team.

While we'll be swimming every Wed. and Sat. thru the 31st, we'll have only two more home meets after this Sat. A Ribbon Meet for the youngsters who have not yet received any points at regular meets is scheduled for Mon. July 22 (starting at 5:30), and a regular meet against Solar Sun is on for Wed. July 24 (start time 6 PM). Here's our schedule in a nutshell (if you want directions or a ride to an away game call me -4649):

July 10-6pm Home vs Cranberry Lk.

July 17-6pm at Shore Hills

July 22-5:30pm (Ribbon Meet) home

July 27-9 am at Hackettstown

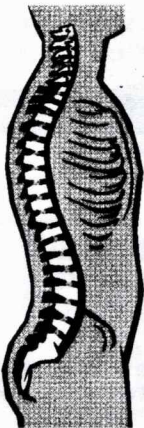
July 13-9am Home vs Mendham Twp.

July 20-9am at Lake Shawnee

July 24-6pm Home vs Solar Sun

July 31-6pm at Randolph Park

THE SPINE: KEY TO YOUR HEALTH



The spine is the key to the body's sustained good health according to researchers* and posture is a window to the health of the spine. The importance of posture should never be minimized. A recent study on posture concluded that, "Posture affects all human function... from breathing to thinking."* In order to make more people aware of the importance of the spine and posture and to introduce new families to the many benefits of chiropractic care, we offer a **FREE** spinal health class every Wednesday at 7 PM in our office.

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*American Journal of Pain Management Vol. 4, No. 1, January 1994

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