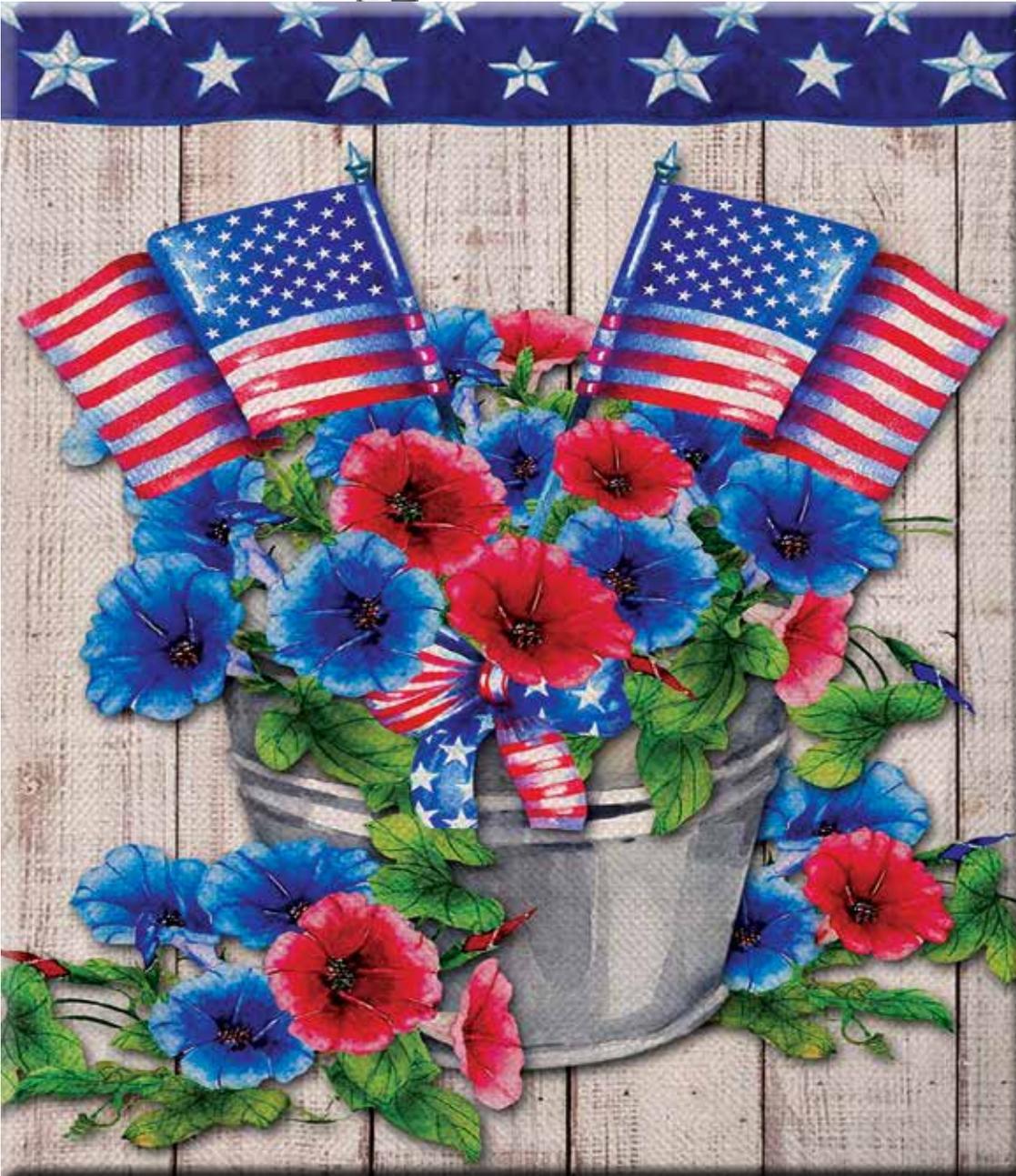


The Villages News Magazine

VOL. 50 NO. 4 JULY, 2025



PUBLISHED MONTHLY FOR ALL RESIDENTS OF THE VILLAGES



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THE VILLAGES NEWS MAGAZINE

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Statement of Policy

The *Villages News Magazine* is published as a service to our community. We solicit articles but reserve the right to accept, edit or reject any manuscripts submitted. All text must be approved by the staff. Only material that is in good taste and non-inflammatory will be considered. We cannot be responsible for acknowledgement or return of articles. Any non-staff contributions must be signed by the author. The articles in this magazine may, or may not represent the views of the entire staff.

NOTE: The Villages Trustees, Property Management and the VNM staff are not responsible for the advertisements or any of the products mentioned in this publication.

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Villages Office 732-431-1646

Important Phone Numbers:

Medical/Fire/Police Emergencies DIAL 9-1-1
CentraState Hospital 732-431-2000
Howell Police (non emergency) 732-938-4111
Howell Fire Dept (non-emergency) 732-938-4500
Howell Township 732-938-4500
JCP&L 1-800-662-3115
JCP&L Power Outage 1-888-544-4877
N.J. American Water 1-800-652-6987
Verizon 1-800-427-9977
Verizon Emergency number 1-800-275-2355
Optimum 732-780-4868
Howell Senior Center 732-938-4500 ext.2552/2550

THE VILLAGES ASSOCIATION The Villages Board of Trustees (2024)

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Amanda Monetti villageshelp@askaa.com

Until further notice, Jennifer can be reached at
732-294-8882-ext. 121, Amanda-ext. 124

Office Hours

Monday, Tuesday, Wednesday, Friday 8:30am - 4:30pm
Office is closed to homeowners on Thursdays

Office is closed each day
from 12:30 to 1:30 pm for lunch
Office Telephone: 732-431-1646
Fax: 732-431-1620

Emergency Phone # after hours and weekends
888-295-4617

We Want You!

This magazine is a vehicle for information and for bringing us together. Maybe there is something interesting in your life, some place you have been, or a special event in your life. If so, please share it with us. You can email them or attach as a word document to jbarbone546@gmail.com.



***If you know of a recent death, anniversary or significant event in the life of our residents, please send an email to jbarbone546@gmail.com. Thank you.*



HAPPY BIRTHDAY TO ALL OUR RESIDENTS CELEBRATING IN JULY

Happy Anniversary to all those celebrating another year of wedded bliss. **Happy Independence Day** to all of us.

July arrives with the full warmth of summer, inviting long, sun-drenched days. Marked by Independence Day, it often brings celebrations with families and communities.

The birthstone for July is the Ruby which is often associated with love, passion, and contentment. The birth flower is the Larkspur which symbolizes joy and lightness. July is named after Julius Caesar. The Roman senate renamed the month, Quintilis, which means the fifth month, to July in Caesar's honor recognizing him as a significant figure in Roman history.

July is often the warmest month in the northern hemisphere and sometimes it is referred to as the "dog days" of summer because the days are hot and long, but it is also a term referring to the constellation of Canis Major (the great dog) which is prominent in the sky during this period.

Besides our Independence Day, July also hosts numerous holidays and celebrations around the world. Belarus, Venezuela, Argentina, Belgium, The Bahamas, and the Maldives also celebrate independence days. The National Day for France and Canada occur in July as well.

It is also sometimes called the hay month because the grass dries out due to the lack of rain and can be made into hay.

July is National Ice Cream Month, National Blueberry Month, National Hot Dog Month, National Picnic Month, and National Pickle Month (ducksters.com.)

MAGAZINE MEETING SCHEDULE 2025

TUESDAY, 11 AM-12 PM

JULY 1

OCTOBER 7

AUGUST 5

NOVEMBER 4

SEPTEMBER 2

DECEMBER 2



(Actually, I found over 75 observances for the month of July)

Here are some Special and Fun Days in July.

July 1st...Canada Day. It is also the $\frac{1}{2}$ way point of the year!

July 3rd...National Eat Beans day. Beans, beans, beans - they're good for your heart!

July 4th...Independence Day! Celebrated with fireworks, picnics and barbeques!!!

July 5th...National Hawaii Day

July 6th...National Fried Chicken Day

July 11th...All American Pet Photo day

July 14th...Bastille Day

July 15th...National Give Something Away Day

July 17th...World Day for International Justice

July 20th...National Moon Day. It falls on the anniversary of the first moonwalk in 1969

July 24th...National Amelia Earhart Day and National Tequila Day

July 25th...National Hot Fudge Sunday Day and National Hire a Veteran Day

July 26th...Aunt and Uncle Day

July 27th...National Korean War Veterans Armistice Day; Walk on Stilts Day; **New Jersey Day**

July 30th...National Cheesecake Day. Do you prefer classic New York style, Italian, or no-bake? (countryliving.com)

VILLAGE HAPPENINGS

The Clubhouse hours are from 6:00 am-midnight, 7 days a week. You will now need your Fob to enter during non-business hours. **(Only if clubhouse has reopened)**

The Shopping bus will run on **Wednesdays** only from 8:30am to 11:30am. The bus will stop at Freehold ShopRite, banks, and local pharmacies. Please call Richie Cunningham at 732-300-7181 the day before and leave him a message with your name and unit number. He will call you back to confirm.

To schedule medical transportation through RIDE IN MONMOUTH bus, call 732-431-6480.

A list of other transportation options is available on the side table in the clubhouse.

Social Worker, Joan Cavanaugh is usually available at the clubhouse once a month at 11:00am. Please check calendar for the exact dates. If you want to make an individual appointment, call 732-938-4500 ext 2553.

Trash pickup is on **Tuesdays only**. *If a holiday occurs on any of these days, trash will be picked up the next regular pickup day. One trash can per household. Curbside Recycling every other Tuesday.

Curbside Recycling schedule:

July 8th, July 22nd

August 5th, August 19th

Bulk Pick-up. Howell Township will now be offering curbside service on a limited schedule.

They began taking appointments for spring on April 7th. You can schedule a pick-up by calling 732-938-4500 extension 2450. You can also bring your bulk trash to the recycling center (278 Old Tavern Road) Tuesdays through Sundays 7:30 AM to 3 PM. Proof of residency is required.

(NO tires, hazardous material, paint, or motor oil)

Upcoming events:

Saturday, July 4th - Independence Day

Thursday, July 17th - Open Board Meeting

* * * * *

Our Management Company is ASSOCIATION ADVISORS NJ.

Property Manager is Jennifer Tifte Office Administrative Assistant: Amanda Monetti

Office hours are 8:30-4:30; M/W/F lunch hour 12:30-1:30pm

The office will be closed to homeowners on Thursdays

Meetings with Jennifer will be by appointment only

Emergency # after hours and weekends-888-295-4617

****While clubhouse is closed, call Jennifer at 732-294-8882 ext 121, Amanda ext 124**

*****Until further notice, NO activities will take place in the clubhouse due to the fire.**

The following activities and clubs are available for anyone to join:*

Yoga: every Monday, Wednesday and Friday; 9:30am-10:30am.

Bingo: every Thursday afternoon, 2:00pm, doors open at 1:00 pm

Community Bingo also the 3rd Friday of every month at 7:00pm

Ceramics: every Thursday, 10am-12:00pm

T'ai Chi: every Tuesday 9:30-11:00am

Bookworms: last Monday of every month, 10:00am

Villages News Magazine: first Tuesday of every month, 11:00am

Howell Senior Friendship Club: first Wednesday of every month, 1:00pm

Entertainment Committee: first Monday of the month 7:00pm

Library is open during clubhouse hours, Fob needed to enter room.

Gym, card room, billiard room, **PING-PONG** available during clubhouse hours.

Ping-Pong paddles and balls are in the pool room closet.

Garden Club, call Bob LaVine, 908-342-6892.

Pickleball Court. Bring your own paddles. A pickleball reservation list is available in the Billiards Room.

Bocce Court. Bocce balls are located in the pool room closet.

*Only residents of The Villages are permitted to use our amenities. Guests must be accompanied by homeowners/renters when using all Villages's amenities.



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KIRMS PHOTOGRAPHY

Its summer time and a great time to get some shots at the beach and pool. On crowded beaches you can shoot the people, activities, and colorful umbrellas. On remote beaches you can look for wildlife, patterns in the sand, or great cloud formations against the water, There's always sunrise images early in the morning. Don't forget sunscreen and a hat!

The challenge with beach shots is getting the proper exposure. Your camera is designed to give you an average exposure of the entire scene. This is why most of your images are properly exposed. A very bright scene tricks you camera into thinking there is too much light, so the camera will cut back on exposure. To compensate you should increase the exposure slightly. If your camera has "scene" modes, use the one for snow or beach.

A great way to enhance your images is using a polarizing filter, which cuts glare the same as polarizing sunglasses. Many photographers use this filter to make the sky in their images darker (and the clouds brighter) but this filter works wonderfully to show the detail in the sand and to remove the reflections in the water. This also works well for images around the pool.

That's it for this month. As always you can send me an email at bill@kirmsphotography.com with any photographic questions. You can also visit my web

Beach & Pool Scenes

site, www.kirmsphotography.com, if you'd like to see more of my images. Keep shooting and improving your images, but most importantly, have fun with your camera.



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PHOTOS BY VITO



Mirror Lake is in Mount Hood National Forest, which is in the Cascade Mountain Range in the State of Oregon.



Mirror Lake Oregon

Our Local “Mirror Lake” is Right Here in The Villages



Our Own Mirror Lake - The Villages



MONMOUTH COUNTY FAIR



Come enjoy **The Monmouth County Fair** again this year on Kozloski Road, Freehold. It will be held from Wednesday, July 23 to Sunday, July 27. There will be music, games, rides, stunt horses and dogs, pig races, home and garden demonstrations and displays, crafting and food vendors, racing pigs, live history displays, and much more. Admission cost is \$10. On Sunday those 65+ and students with IDs are free.



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UseLesS InFoRMATiOn

By Barbara Di Nonno



The Library of Congress has 600 miles of shelves.

On September 9, 1971, prisoners seized control of the maximum security Attica Correctional Facility near Buffalo, N.Y. beginning a four day siege that claimed 43 lives.

President William McKinley had a pet parrot that he named “Washington Post.”

On September 16, 1974, President Ford announced a conditional amnesty program for Vietnam War deserters and draft evaders.

Gentoo penguins propose to their life mates with a pebble.

During the Christmas season, nearly 29 sets of LEGO are sold every second.

Aspiring actor Leonard Nimoy once gave a cab ride to future president John F. Kennedy.

Men are 6 times more likely to be struck by lightning than women.

On January 14, 1952, NBC’s “Today” show premiered.

On January 12, 1971, the sitcom “All in the Family” premiered on CBS.

Mickey Rooney turned down the role of Archie Bunker on the hit show “All in the Family.”

Benjamin Franklin is a member of the International Swimming Hall of Fame.

On January 17, 1953, a prototype Chevrolet Corvette was introduced at General Motors’ Motorama Auto Show in New York.

Neil Armstrong and the Apollo XI crew have moons on the Hollywood walk of Fame instead of stars.

On January 7, 1789, Americas’ first presidential election was held. George Washington won the election and was sworn into office on April 30, 1789.



2025 ANNUAL TRUSTEE ELECTION

There will be at least 3 opportunities for Condo owners in residence for at least one year to submit names, usually in September, for the Annual November Trustee Election. Each October, there has been a Candidates Night to meet the Volunteers for Trustee positions. This year, 2025, 3 terms will be expiring. Trustees are Volunteers, and contrary to what some think, are not paid positions for “sitting on the Board.”

Trustees protect the interests and investments of the Community. Meetings and discussions regarding contracts, financials, following ByLaws, etc. can be time-consuming. This is why few homeowners volunteer for Trustee positions, also, non-Trustees can be overly demanding by not understanding that an individual Trustee cannot perform magic!

There were 9 Trustees in the past until a 6th Amendment to the ByLaws dropped the number down to 7.

Something bugging your plants?

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HOWELL SENIOR CENTER

251 Preventorium Road

www.twp.howell.nj.us

The Senior Center Hours are 8:00am-4:00pm

742-938-4500

Director, Melanie Decker ext. 2550

Transportation, Rob Pignato ext. 2551

Program coordinator, Nichole M. ext. 2554

Social Worker, Joan Cavanaugh ext. 2553

Nutrition ext. 2556

Bus drivers (Mike and Brett), ext 2552

Department of Senior Services

4567 Route 9 North 2nd floor

Howell, NJ 07731

Attn: Senior Services

The mission of the Howell Senior Center is to offer registered residents 60 years of age and over and their caregivers, programs and services that promote safety, encourage healthy living, and enhance the quality of life. It offers many on-going activities, classes, events, senior services, exercise classes, seminars, educational programs, trips, birthday celebrations, holiday parties, and daily lunches (**\$4.00 donation**). Bingo, and Pokeno are each played once a week. A senior exercise program takes place on Mondays and Wednesdays 10:30am-11:30am and chair yoga on Wednesdays from 1:15pm-2:15pm. They have added *clay sculpture classes, computer instruction and services, line dancing classes, mahjong, and cooking classes*. Pre-Registration is required for most activities. For a complete list of **all** their activities, trips, and registration dates, pick up a copy of their **Senior Gazette** or read online at twp.howell.nj.us newsletters.

SHIP/Medicare assistance is available. Contact Joan ext 2553 to schedule an appointment with their trained and certified volunteer counselor.

- **Barbeques will be held on the patio (holds 60 people) for certain occasions.**
- **Cameras are up and working**
- **The ceramics class and the Tangled Thread class will have their work exhibited in July at the Howell Library**
- South Jersey Legal provides free or low-cost service for those 60 and over. Individual appointments for simple legal questions are available, but you must call Joan Cavanaugh at x2553 to book your appointment. *Because of the increased demand, SJL will come more often.*

- The new 2024 LIHEAP program began on **Oct. 1, 2024**. It is designed to help low-income families and individuals meet heating and medically-necessary cooling costs.
- The Interfaith Neighbors at the center need volunteers to deliver meals to homebound seniors. This is especially important during the holiday season! Call Melanie Decker at 732-938-4500 ext. 2556.

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TIME 4PAWS

Hello Fellow Villagers,



WOW...just like that, Summer is around the corner...June 20th!

Plenty of pup parents are taking their dogs out for longer walks and now training outdoors in short spurts can be accommo-

dating to both pups and parents.

Upon getting a new dog, training is always a priority. Owners need to allocate the time for their new family member in order to do so. Training also is a great opportunity for a new pup to bond with all members of the house while learning the rules! The sooner a puppy is trained, the sooner you can expect consistent responses and everyone will have a smiling summer.

For success, try to plan any training around the key activities of your dog's day; when they eat: when they walk, and if they need to take any medications if they are of any age. Training in short spurts will not tire you out, and it's a short enough time that your pet will not lose focus. Also remember, you can always teach an old dog new tricks...lol.

Consistency is the number one priority as it is the only way that your dog will identify patterns and form them into his memory.

- Use cues. Both verbal and non-verbal "consistent" cues either one word or a gesture for the particular skill. As an example, if you are teaching "come" for recall, don't say "come here" interchangeably.
- Timing. The more precisely we reward/mark our dog's correct behaviors, the quicker they will learn what it is that you want and they will be willing to get your approval.
- Setting house rules. When training your dog right from wrong every family member should be rewarding the dog for these same behaviors and not confusing your pet with another set of rules. If so, your dog will never learn right from wrong.

- Keeping rituals. There should be certain times for feeding, walks, potty breaks, playtime and more in order for your dog to learn a routine.
- Revisiting the basics. A new home and/or different stages of your dog's life can affect your dog's behaviors so that it is always important to be sure they remember the commands you have taught regardless if their surroundings have changed with a "refresher course".

When training, if you notice that you are relying on the word "no" that will only frustrate both you and your pet. In addition, "no" only lets them know what they are doing wrong. Continue to communicate the training cue and rewarding your pet even at times when he may just be sitting quietly with a "good boy."

Retaining good behavior from your pet is not easy but with patience and by putting in the time coupled with consistency, you can train your pup to be reliable as he is important to the house just as everyone else who lives there is and everyone else has rules also...lol.

Wishing you a "Pawfect" day...



...Marie

SUDOKU PUZZLE

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	5			1	3			2
		3		6			4	

Answers on page 17

BOOKWORMS REVIEW

By Kathy Oraboni



What a beautiful day in June it was to meet outside for our monthly meeting. It was even more special because, unlike last month, every member of our group loved the book. The novel, titled, *God of the Woods*, was written seamlessly by Liz Moore. The story included many characters and different time periods, yet, she brilliantly made it all work. Once she introduced each character, Moore developed them little by little. The setting takes place in the Adirondack Mountains at a summer camp, Camp Emerson, which is just a half mile away from the elaborate estate (called Self-Reliance) of the Van Larr family. Both properties are owned by Peter Van Laar II.

The story begins in 1975 with the disappearance of a camper, Barbara, who we find out later is the troubled daughter of Peter and his wife, Alice. All our members agreed that Alice was the most tragic of characters. Twelve years earlier, she had suffered through the disappearance of her 8 year old son, Bear. She was constantly listening for him, not knowing what really had happened to him. She had been subservient to her husband before then, but since the tragedy, they have kept her drugged up to help her cope. She was surrounded by a toxic environment, which made her invisible to everyone, especially her husband.

As I said, there were many characters, including camp counselors, campers, police officers, family members, local residents, each with their own story, yet interwoven in the plot. Of course with all these characters and drama come lies, love (both good and bad), false accusations, tragedy, and sacrifice for the greater good. We realized everything that happened was because of one person. You will have to read it to know who that was. It is a mystery, but there is certainly a well-developed story. It is not a scary story, but one that will hold your interest. It is actually considered a “historical literary mystery,” which I think is an apt description. One of our members, Shirley, was

surprised when she actually saw the thickness of the physical book, as she had read it on her kindle. She said it really didn’t seem so long because it read rather quickly and smoothly. In short, it is a book we highly recommend.

We had wondered what the title meant, and when one member looked it up, it said it could have referred to Pan, the Norse god, who was the protector of the woods. We also questioned the authors writing process. We wondered if she wrote one story at a time and then divided it up, or did she write it as she went along. Sally was able to find an on-line interview with Ms. Moore where she answers this very question. She said she wrote it as it came to her, but made sure she kept notes on each character’s names, birth dates, etc. It’s a wonder how author’s can come up with their storylines!

Our June selection is *Grey Wolf* by Louise Penny, one of our favorite authors. It follows another intriguing case of Armand Gamache.

Our July choice is *The Briar Club* by Kate Quinn which has been described as a “gripping novel,” set in the 1950s. That meeting will be on July 28th. We hope that you can join us for any of our meetings that are held on the last Monday of each month at 10:00am in the downstairs TV room of the clubhouse. If the clubhouse is not open yet, we will meet outside around the pool.

We hope everyone and their families enjoy a fun 4th of July celebration!!!



IN THE KITCHEN WITH MARYLOU

TORTELLINI SALAD ADDS SPARKLE TO JULY 4TH CELEBRATION

If you are planning to serve the traditional elbow macaroni salad this Fourth of July, you may want to try a tortellini salad instead. This recipe was contributed by our very own Villages News Magazine editor, Joe Barbone. Joe says this recipe also works well as a main course. Thanks for sharing this delicious recipe, Joe!

Tortellini Salad (serves 6 as a side dish)

Ingredients:

- 1 19-oz package of tortellini
- 1 cup olive oil
- ½ onion, diced
- 3 cloves garlic, thinly sliced or three teaspoons minced garlic
- ¼ teaspoon crushed red pepper
- 4 large tomatoes, chopped
- ½ cup sliced pitted olives – your choice
- 2 T chopped fresh basil
- Salt to taste

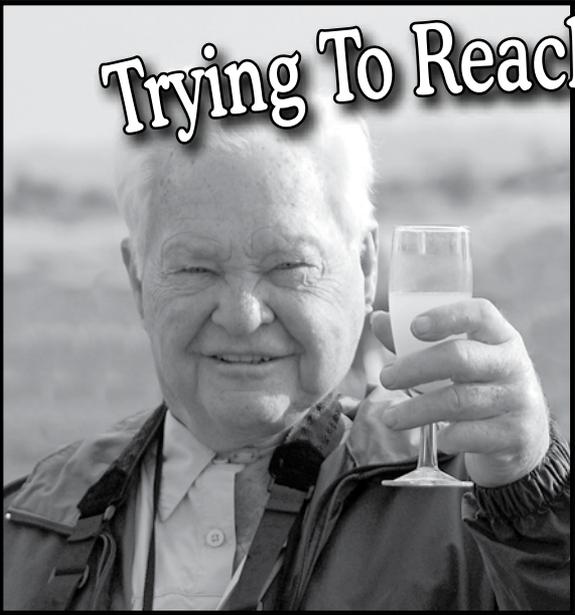
Directions:

1. Cook tortellini until tender (about 14 minutes) and drain.
2. Add 2 T olive oil to a large skillet and sauté onion, garlic and crushed red pepper for about 6 minutes.
3. Place tomatoes, olives and ¼ teaspoon of salt into a large bowl and add sautéed onion mixture. Mix well.
4. Add the tortellini, basil, and remaining oil to the bowl and toss gently.

In the Kitchen with Marylou is happy to share recipes from our Villages residents and readers. If you have a recipe you would like to share with the community, email it to Editor, Joe Barbone at jbarbone546@gmail.com.

From my kitchen to yours....

HAPPY FOURTH OF JULY!



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IT HAPPENED IN NEW JERSEY TRENTON AND NEW BRUNSWICK RESIDENTS ARE AMONG THE FIRST TO HEAR THE DECLARATION OF INDEPENDENCE

MMK

After the Declaration of Independence was adopted by the Second Continental Congress in Philadelphia on July 4, 1776, a hand-written copy was sent to John Dunlap, the official Congressional printer. Congress ordered 200 copies which were then sent to Revolutionary War military commanders and government officials in each colony/state. Copies were also sent to George Washington, who was quartered in New York, and to King George III in London.

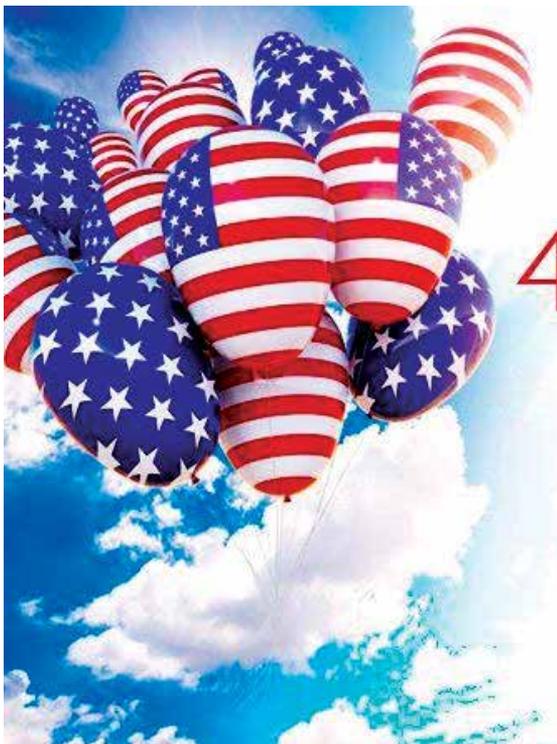
The Declaration of Independence was simultaneously read publicly for the first time on July 8, 1776. The reading took place at noon at three locations: Philadelphia, Easton, Pennsylvania and Trenton, New Jersey. Easton and Trenton were chosen because of their pro-patriotic stances.

In Trenton, the Declaration was read on the steps of the Hunterdon County Courthouse on South Warren Street. At the time, Mercer County didn't exist (it was established in 1838), and

Trenton was part of Hunterdon County. The name of the reader is lost to history, but the reading is said to have been greeted with cheers, the ringing of church bells and general merriment. The courthouse is no longer standing, but a plaque at the site commemorates the event.

As the Declaration of Independence was carried through New Brunswick to New York, Col. John A. Neilson, acquired a copy. Nielson was a patriot born across the Raritan River from New Brunswick in what is today Highland Park. Standing on a table outside the White Hall Tavern on Albany Street on the morning of July 9, 1776, Neilson read the Declaration to the assembled townspeople. A statue memorializing Col. Neilson's reading stands in Monument Square Park in New Brunswick.

And so it was that New Jerseyans were among the very first in the new nation to hear the words "*We hold these truths to be self-evident....*"



Happy 4TH of July

I believe in America
because we have
great dreams,
and because we have
the opportunity to make
those dreams come true.

WHY WALK?

Lilian Lynch Finlay RN

Something as simple as a brisk daily walk can help you live a healthier life. The faster, farther and more frequently you walk, the greater the benefits.

When you include physical activity in your daily routine, you look good and feel better. Regular movement increases your breathing and heart rate – improving the health of your lungs, heart and circulation. Building your endurance will also give you stamina for your daily tasks.

In addition, regular physical activity can help improve your balance and coordination, which reduces your risk of falls. Walking strengthens your leg muscles and reinforces your balance. The more you walk, the better your balance will be, and the more practice you'll get at catching yourself if you trip.

Staying physically active can prevent or delay various medical conditions as you get older – and in some cases, improve your health if you already have a disease or disability.

As a general goal, aim for at least 30 minutes of physical activity a day. If you can't set aside that much time, try 2 15-minute sessions. Get creative to find what works best for you.

Keep it safe while walking outdoors. Carry a cellphone for an emergency. My time to walk here in The Villages is before 9am or after 7:30 evening, cooler times, especially on hot summer days.

Don't push yourself if you feel pain. Consider other activities that won't aggravate your injury.

Walking can help you achieve or maintain a healthy weight when paired with dietary changes. You may be able to burn up to 150 or more calories during a brisk 30-minute walk.

Keep in mind that as you increase your physical effort, your body will respond by its capacity for exercise. To condition your heart and lungs safely, consider three factors: intensity, frequency and duration.

Source: Mayo Clinic.

SAY "HELLO" TO OUR NEW RESIDENTS

By: Kendra Reinshagen

There is a new family in the Villages. For at least the 2nd year they showed up in May and, once again, are staying here with us through most of the summer months. Frankly, there have been questions about whether all of the family members meet the age requirements that are in effect in the Villages. Now that they are here again, those questions may mean more.

While they have not yet laid claim to becoming permanent residents, they have set up housekeeping in the same location each year. They prefer to settle in at one of the prized locations along our lake. It's in a spot right on the water that is surrounded by tall grasses, flowers and bushes. The parents are very protective of the spot where they have chosen to reside. They are also very protective of the goslings after they hatch, and you may not want to venture too close if you see them. Those of us who eagerly look forward to welcoming this newest family to the Villages have counted them as we watch these fuzzy little creatures scramble around and behind their parents and siblings. This year there were seven goslings scurrying behind the adults, and they were all still with us in June.

Perhaps the choice to nest and raise their young in the Villages is the safety they enjoy here. There is no hunting allowed around the lake or anywhere in our community. No snapping turtles are lurking in the water looking for a young goose to grab and drag under the water for its next meal. The parents - and dog owners - are perfectly capable of keeping any dogs on a leash at bay. Loud hissing, head bobbing and flapping of wings seems also to discourage human beings from getting too close to the young goslings. They can feel free to play in the grass, slip into the lake or tussle with the other goslings without fear of getting into any danger.

So, if you see them, whether it's this year or next, stand back, give them plenty of room and enjoy the show.

SOME LOCAL EVENTS IN JULY

- 4th of Juy Celebration

Michael J. Tighe Park, 65 Georgia Road

- Howell Township Summer Concert Series

They are held at Soldier Memorial Park (Lake-wood-Farmingdale Road) from 5pm to 9:15pm. These free events offer, DJ, food vendors, beer and wine tent, and fireworks after each concert. The DJ is from 5pm to 7pm and the live entertainment from 7 to 9pm.

July 2 - Super Trans Am

July 16 - Austin City Nights

July 30 - White Wedding

*All events may change due to weather. (Call 732-938-1400 ext. 2106)

- Howell Farmers Market

It is held every Sunday through October 26th, from 10am to 2pm. at Echo Lake Park in Howell. Enjoy fresh produce, treats, and handcrafted goods from various vendors.

- Downtown Freehold Summer Rock Concerts

Held every Thursday from 7:30 to 9:30 p.m. There is also a street vendor Market before during and after the performances.

July 3rd - The Eddie Testa Band

July 10th - Joe Baracata Band

July 17th - Black Dog

July 24th - Midnight Rock Show

July 31st - Eddie Money

- Walk Around Town

July 11th, July 18th, July 25th at 6:00 p.m. Beginning at Borough Hall, 30 Mechanic Street, walk through different areas of town each week highlighting buildings and fun facts.

- July 24th - Howell Night @ The Jersey Shore Blue Claws (See Howell website for details)

- Family Movie Night (in front of Town Hall, Downtown Freehold)

Every Wednesday until Aug. 20 from 8:30-10:00. For movie titles, go to DowntownFreehold.com



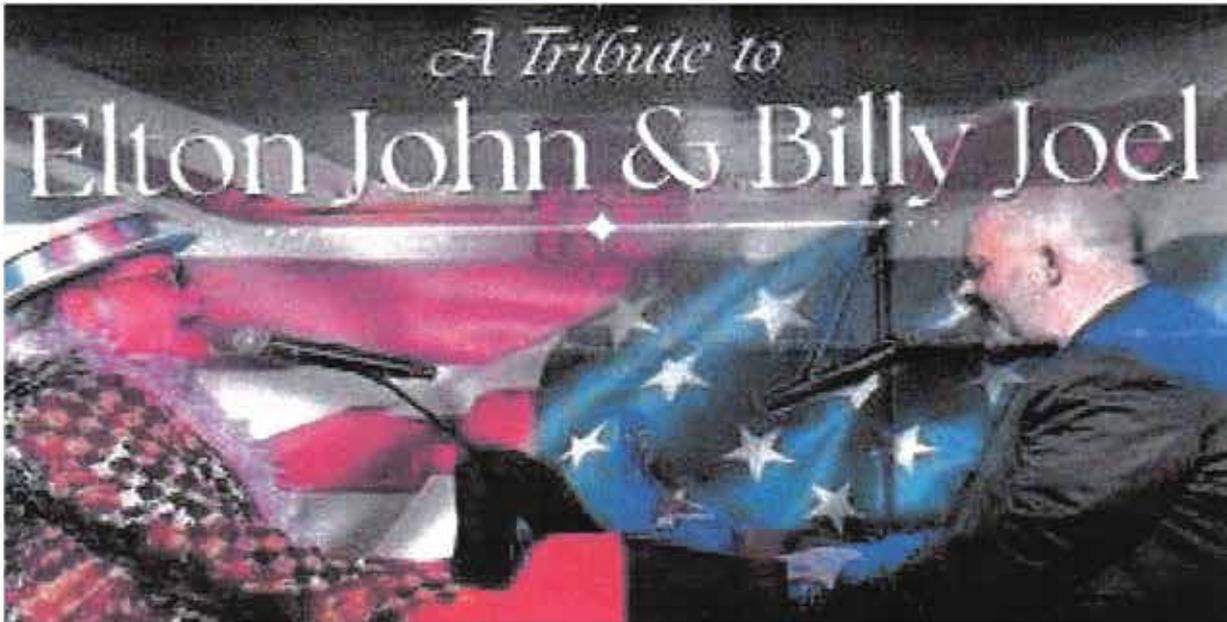
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PoolTime



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Happy Summer!

IT'S SPORTS TIME!

By Joe Barbone

Synchronized swimming, also known as artistic swimming, is a sport where swimmers perform a synchronized choreographed routine, accompanied by music. The sport is governed by World Aquatics (formally known as FINA). It has traditionally been a women's sport, although FINA introduced a new mixed gender duet competition that included one male swimmer in each duet at the 2015 World Aquatics Championships. The European Aquatics introduced men's individual events at the 2022 European Aquatics Championships. From 2024, men are able to compete in the team event at the Olympics.

Synchronized swimming has been part of the Summer Olympics since 1984, featuring both women's duet and team events. In 2017, under the instruction of the International Olympic Committee (IOC), FINA renamed the sport from "synchronized swimming" to "artistic swimming" – a decision that has faced controversy. The new official name has yet to gain general acceptance beyond the core of the sport.

At the turn of the 20th century, synchronized swimming was referred to as **water ballet**. The first recorded synchronized swimming competition took place in 1891 in Berlin, Germany. During this period, many swim clubs were formed, and the sport simultaneously developed in Canada. As well as existing as a sport, it often constituted an addition to Music Hall evenings, in the larger variety theaters of London or Glasgow, which were equipped with on-stage water tanks for the purpose.

In 1917, Australian Annette Kelleman popularized the sport when she performed in a water ballet at the New York Hippodrome. After experimenting with various diving actions and stunts in the water, Katherine Curtis started one of the first water ballet clubs at the University of Chicago,

where the team began executing "tricks," and floating formations. Curtis is widely credited as the true originator of synchronized swimming. Important historical details regarding the origin of the phrase "synchronized swimming," its reference to the Olympic sport, and the technical structure of the sport are all credited to Curtis.

In 1924, the first competition in North America was in Montreal with Peg Seller as the first champion. In 1933 and 1934, Katherine Curtis organized a show, "The Kay Curtis Modern Mermaids," for World Exhibition in Chicago. The announcer, Norman Ross, introduced the sport as "synchronized swimming" for the first time. The term eventually became standardized through the AAU (Amateur Athletic Union), but Curtis used the term "rhythmic swimming."

On May 27, 1939, the first U.S. synchronized swimming competition took place at Wright Junior College between Wright and Chicago Teachers'.

The first Official National Championships were held in Chicago at Riis Pool on August 11, 1946. Esther Williams, a National AAU champion swimmer, popularized synchronized swimming during World War II and after through her many films.

In July 2017, following a request by the IOC, FINA approved changes to its constitution that renamed synchronized swimming to "artistic swimming." Artistic swimming was part of various world championships over these years, including the 2020 and 2024 Summer Olympics.

In 2022, there were a number of men-only individual competitions, which eventually evolved into mixed gender competitions.

Continued on page 21

There are two basic skills in Synchronized swimming, sculls and eggbeater. Sculls are hand movements that are used to propel the body and are the most essential skills in synchronized swimming. There are a number of sculls that are used. One is the support scull which is used most often to support the body while the swimmer is performing upside down. The “eggbeater kick” is a form of treading water that allows for stability and height above the water while leaving the hands free to perform arm motions. The average eggbeater height is usually around collarbone level.

A lift or highlight is when members of the team propel another teammate relatively high out of the water. They are quite common in the routines of older age groups and higher skill levels. There are basically three parts to lifts in synchronized swimming: the top, or flyer, the base, and the pusher. The flyer is usually the smallest member of the team. Flyers must be agile and flexible and preferably have a gymnastics background. The base tends to be of average size. Intense leg strength and a solid core are mandatory as well as the ability to hold a squat position. The feet/lifters/pushers are the team members that provide the force for the base to explosively stand up, and the flyer to gain height out of the water.

There are hundreds of positions that swimmers can use in their routines. Routines are composed of “figures” (leg movements), arm sections and highlights. Swimmers are synchronized both to each other and the music. During a routine, a swimmer cannot use the bottom of the pool for support but rather depends on the sculling motions with the arms, and eggbeater kick to keep afloat. After the performance, the swimmers are judged and scored based on execution, artistic impression, and difficulty. Execution of technical skill, difficulty, patterns, choreography, and synchronization are all critical to achieving a high score.

Depending on the competition level, swimmers will perform a “technical” routine with predetermined elements that must be performed in a specific order. The technical routine acts as a replacement for the figure event. In addition to the technical routine, the swimmers will perform a longer “free” routine, which has no requirements and is a chance for the swimmers to get creative and innovative with their choreography.

Scoring is based more on difficulty and execution than on artistic impression. Therefore, free routines have no upper limit when it comes to final scores. Technical issues have also the evaluation of technical elements. In group routines a group consists of 8 competitors for World Championships and FINA events. There are also competitions that allow for 4 swimmers. If a swimmer touches the bottom of the pool, they will be given a penalty. However, if they use the bottom by pushing off of it, the swimmer will be disqualified.

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6	7 9:30-10:30 AM Yoga ENTERTAINMENT COMMITTEE 7 PM	8 9:30-11:00 AM T'ai Chi 	9 9:30-10:30 AM Yoga	10 OFFICE CLOSED 10 AM-12 NOON Ceramics 2 PM Bingo	11 9:30-10:30 AM Yoga	12
13	14 9:30-10:30 AM Yoga	15 9:30-11:00 AM T'ai Chi	16 9:30-10:30 AM Yoga	17 OFFICE CLOSED 10 AM-12 NOON Ceramics 11 AM-12 NOON Social Worker 2 PM Bingo 6:30 PM Open Board Meeting	18 9:30-10:30 AM Yoga	19
20	21 9:30-10:30 AM Yoga	22 9:30-11:00 AM T'ai Chi 	23 9:30-10:30 AM Yoga	24 OFFICE CLOSED 10 AM-12 NOON Ceramics 2 PM Bingo	25 9:30-10:30 AM Yoga	26
27	28 9:30-10:30 AM Yoga 10:00 AM Bookworms 	29 9:30-11:00 AM T'ai Chi	30 9:30-10:30 AM Yoga	31 OFFICE CLOSED 10 AM-12 NOON Ceramics 2 PM Bingo	<div style="border: 1px solid black; padding: 5px;"> <p>PLEASE NOTE THAT IF THE CLUBHOUSE IS STILL CLOSED DUE TO THE FIRE, ALL CLUBHOUSE ACTIVITIES ARE CANCELED UNLESS OTHER ARRANGEMENTS HAVE BEEN MADE.</p> </div>	