

TO TICKLE YOUR FUNNY BONE!

"Would you pay for an operation if I found one necessary?" the specialist asked.

"Would you find one necessary if I couldn't pay for it?" The Patient countered.

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Two little girls were discussing their families. "Why does your Grandmother read the Bible so much?" asked one. Replied the other, "I think she is cramming for her finals."

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Said the 92 year old man after being found guilty in a paternity suit: "This is the proudest day of my life."

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An old bachelor left all his property to three ladies to whom he had proposed marriage- and who had refused. "It is because of their refusals," he said in the Will, "that I owe all my earthly happiness"?

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For their wedding anniversary, a man asked his wife, "would you like to have a mink coat or a trip to Sweden?" "Let's go to Sweden," the wife replied, "I understand that the mink coats are much cheaper there."

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Johnny's prayer said in a loud voice, before his birthday: "Dear God, I pray that I will get a new bicycle for my birthday" His brother replied: "What are you shouting for, God isn't deaf". To which Johnny replied, "I know, I know, but Grandma is"...

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Didn't Mrs. Jones look pleased when I told her she didn't look a day older than her daughter???

I didn't notice. I was too busy looking at the expression on her daughter's face!!!!

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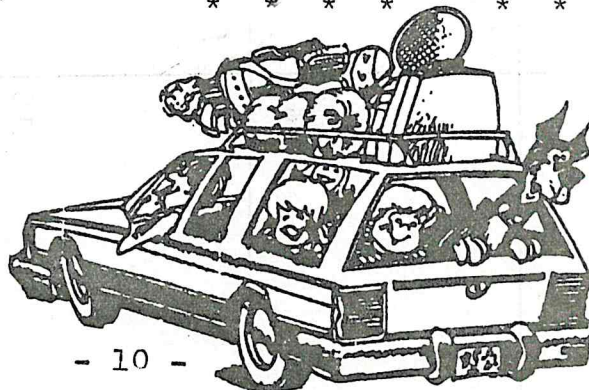
In the span of something like quarters of a century, this country has gone from the "little red schoolhouse" to the "big consolidated schoolhouse in the red".

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A farmer's wife was in bed with a severe cold. Her husband was in the yard, hammering nails into some boards. "How's your wife?" asked a passing neighbor. "Not very well," answered the farmer. "Is that her cougnin", asked the concerned neighbor. "No", answered the farmer, "Its going to be a hen house."

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Enjoy Your Summer



VILLAGE SERENADE ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 6:30 Pinochle	4 3:30 Rosary	5 7:00 Cards	6	7 3:00 Communion
10 6:30 Pinochle	11 3:30 Rosary 7:00 Game night	12	13 6:00 Ice cream Social	14
17 6:30 Pinochle	18 3:30 Rosary 7:00 Game night	19 7:00 Cards	20	21
24 6:30 Pinochle	25 3:30 Rosary 5:00 Cookout	26	27	28
31 6:30 Pinochle	<p><u>COMING EVENTS</u></p> <p>Thursday, July 13 6:00 Ice cream Social</p> <p>Tuesday, July 25th 5:00 Residents cookout</p>			

WEDNESDAY NIGHT CARD PARTY WINNERS

The winners on June 7th were Edward Vojta, Jane Schowinsky, Jennie Cellura, Helen Lysko, Frances Michovic and Frieda Vormelker.

The June 21st winners were Edward Vojta, Mary Blasko, Thelma Olsen, Jane Schawinsky, Helen Lysko and Evelyn DeFlorentis.

The dates for July are the 5th and the 19th. See you then.

Evelyn DeFlorentis

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COMMUNION SERVICES

On Friday, July 7th, at 3:00, we will have communion services conducted by a minister from St. Francis Church. All are welcome to attend.

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PINOCHLE WINNERS

June 5

Bill Dilley	582	\$2.00
Vic DiBartolo	574	1.75
J. Schowinsky	515	1.25
Agnes Puro	514	1.00

June 12

Thelma Olsen	571	2.50
Jennie Cellura	570	2.00
Vic DiBartolo	537	1.50
Thelma Lilje	526	1.00
Ruby Jacobs	515	1.00

June 19

Bill Dilley	608	2.50
Ed Mack	594	2.00
Carl Schock	578	1.50
Thelma Lilje	552	1.00
Andy Delzoppo	550	1.00

Join the group on Monday evenings at 6:30.

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SOME SAYINGS

Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful and to believe that as I give to the world so the Father will give to me.

Just for today I will exercise my soul in three ways: I will do somebody a good turn and not get found out; if anybody knows of it, it will not count.

Just for today I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

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The library is open on Mondays and Fridays from 1:00 to 2:00. Why not stop in and possibly borrow a few books to read at your convenience?

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ATTENTION MEMBERS

Could it be time for you to check the expiration date on your membership card? Don't want to miss anything, do you?

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Hair: Men Who Fake It

A while ago I walked into a party, took one look at a male friend of mine and decided that our society's notions about men's hair—or the lack of it—were in desperate need of restyling.

What I saw was a 60-year-old man with a rangy thatched roof of hair listing to the side of his head and in serious danger of falling off the edge. His toupee was acting out. How could a man so intelligent buy into such absurd self-deception—and allow himself to look so ridiculous?

So, I'm here to say that for most of the women I know, toupees on men rank at the level of white socks worn with a business suit whose pants are too short. Moreover, for more women than you might imagine, there's a kind of subtle sexiness that emanates from a bald man. It's the honesty. You like to think that the straightforward, uncompromising sheen of his head matches the rest of him, that this is a man who likes who he is.

Bald? I think Sean Connery, Ben Kingsley—yes, even James Carville. Toupees? I think Howard Cosell. The Three Stooges.

One optimistic sign: the growing stream of bald wannabes, from Yul Brynner to Michael Jordan. The smart men seem to be catching on. ▶

In Brief

Aspirin and Cancer

Men and women who used aspirin at least 16 times a month for at least one year had a 40 percent lower death rate from cancers of the esophagus, stomach, colon and rectum compared with those who used no aspirin.

Switch to tea . . . and reap the health benefits!

It's got so many medical properties it's amazing they can all fit in one cup or tall, frosty glass . . . so why waste your time with coffee?

When you're wilted from the heat, nothing hits the spot like iced tea. But the frosty refresher may do lots more than simply cool you down; it may also raise your disease resistance.

Ongoing research suggests that drinking the bracing brew daily may be one of your best defenses against cancer, heart disease and more.

Staves off cancer

Various animal studies by Allan Conney, director of the Laboratory for Cancer Research at Rutgers University, found that when rats exposed to cancer-causing agents or ultraviolet light were given chemicals derived from black tea (equal to more than 10 cups of tea a day), it reduced their risk of esophageal tumors by 80 percent, skin cancers by 60 to 70 percent and lung cancer by more than 50 percent.

Add this evidence to the fact that populations who regularly drink tea have a lower risk of certain cancers, and even confirmed coffee drinkers have a reason to switch.

A nine-year study of 14,000 senior citizens found that those who drank more than two cups of tea a day had half the risk of pancreatic can-

cer of nontea drinkers.

Scientists aren't sure what gives tea its cancer-fighting powers, but there are several possibilities. Japanese researchers found that certain chemicals (polyphenols) in tea act like antioxidants, preventing cell-damaging compounds known as free radicals from harming DNA, which can set the stage for cancer.

Moreover, lab tests have shown that certain immune cells that act as cancer surveillance units are boosted by substances in tea.

Wards off heart disease

A five-year Dutch study of 805 men ages 65 to 84 found those who drank two cups of tea daily cut their risk of heart disease by 60 percent.

The protective ingredient in this case may be flavonoids, compounds that may be even more effective antioxidants than vitamin E, according to Robert Nicolosi, Ph.D., director of the University of Massachusetts Center for Cardiovascular Disease Control. Flavonoids seem to

stymie an oxidation process that causes bad LDL cholesterol to build up on artery walls where it can block blood flow and cause a heart attack.

Prevents premature aging

Polyphenols, the free radical fighters in tea, may also minimize molecular mayhem that, over time, results in premature aging. Research suggests this tissue damage may contribute to chronic conditions that affect quality of life such as rheumatoid arthritis, Parkinson's disease and cataracts.

Nicolosi suggests drinking two cups of black or green tea (the Oriental brew) a day.

—Jeanine Barone

Photo: iStockphoto.com; Hair: iStockphoto.com; Tea: iStockphoto.com

TEA FOR YOUR TEETH

Sipping just a cup of tea a day may be one of the easiest ways to help keep cavities at bay. Both green and black tea contain fluoride as well as other chemicals that protect your pearly whites.

Tea's polyphenols help make plaque-causing bacteria less sticky, so it's less likely to adhere to the tooth surface and cause cavities and gum disease.



WELL - WHADDAYA KNOW!!!

No one won the \$200 at Big Bingo AGAIN. We sure do our best, sitting there with fingers crossed and maybe even saying a little prayer.

But, it has to happen one of these times so we'll just keep on trying and having a good time while we're doing it.

The June 7th Big Bingo was the last one until fall but we'll all be ready to push those numbers when it starts up once again.

Carole Clay

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OUR INDUSTRIOUS FARMERS

You'll know how much I know about gardens when I tell you I asked one of the gardeners who planted the pretty flowers? He told me they weren't flowers they were garlic plants!

The gardens do look good though and the weather finally seems to be co-operating.

It's not only great to be working outside for these people but it must be a good feeling when they see their efforts materialize.

Hope you have a super good crop.

Carole Clay

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SUMMER

The patio becons you all to enjoy the scenery and the weather.

Gardens are sprouting, flowers are blooming and shorts are in style. Okay, it's what we've waited for--at last! Let's make the most of it. We like it and that's one thing we can all agree on.

Happy days!

Ruby

* * * * *

PORK CHOP OR FISH DINNER

Unfortunately this dinner wasn't very well attended because the St. Francis Festival, right next door, was in full swing that night.

Poor attendance didn't deter the staff from putting on a good dinner though. It was served quick, hot and delicious.

That just happened to be Zadio Shaw's birthday so we all got a chance to sing her praises. Mr. Chesler had a beautiful cake and a gift of 10 scratch off lottery tickets, saying he hoped each one was a big winner. (Alas, not even a free ticket.)

Carole Clay

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I AM YOUR FLAG!!

I AM YOUR FLAG!!!!

I was born on June 14, 1777.

I am more than just cloth shaped into a design

I am the refuge of the World's oppressed people.

I am the silent sentinel of Freedom.

I am the emblem of one of the greatest sovereign nations.

I am the inspiration for which American Patriots gave
their lives and fortunes.

I have led your sons into battle from Valley Forge to the
jungles of Vietnam and to Desert Storm.

I walk in silence with each of your Honored Dead, to their
final resting place beneath White crosses;

I have flown through Peace and War, Strife and Prosperity,
and amidst it all I have been respected;

My Red Stripes symbolize the blood spilled in defense
of this glorious nation.

My White Stripes signify the burning tears shed by
Americans who lost their sons.

My Blue field indicates God's heaven under which I fly.

My Stars clustered together unify fifty States as one, for
God and Country. "Old Glory" is my nickname,
and proudly I wave on high.

Honor me, respect me, defend me with your lives and your
fortunes.

Never let my enemies tear me down from my lofty position,
lest I never return.

Keep alight the fires of patriotism, strive earnestly for
the spirit of democracy.

Worship Eternal God and keep His commandments, and I shall
remain the bulwark of peace and freedom for all
mankind.

I AM YOUR FLAG!!!!

Written by
Thomas E. Wicks, Sr.



VILLA SERENA MEMBERSHIPS

Inflation is taking its toll on everyone these days and the Villa Serena has become no exception. We are all very painfully aware that whatever we purchase or whatever we do, costs more and more.

At the Villa Serena, we have prided ourselves in that we have been very judicious and frugal in the use of funds and in attempting to provide all our members and residents with the very best we can. However, we can no longer continue to operate the center with the present membership costs. We are sure our many loyal members will understand our dilemma.

Therefore, effective September 1, 1995 all new and renewal memberships will be on the basis of \$10.00 per year per member. This is a small increase in comparison to the great increases in all other areas of our day to day costs.

Villa Serena derives no funds of any kind from grants or other sources of income. With the aid of our sponsors and memberships, we have attempted to remain self-sustaining, and with your continued help and support, we will be successful in our goals -- which is to constantly provide all of our members with the best and most dignified kinds of programming available.

We thank you for your past support and look forward to your support in the coming year.

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OUR APPRECIATION!!!!!!

Approximately six weeks ago, a big storm took place and fortunately for all of us the only destruction at the Villa Serena was our sign in front of the building which was demolished.

Under normal circumstances, this would mean we would have to employ persons capable of restoring the sign and to obtain the services of stone masonry and electrical people.

However, at the Villa Serena, there are a few outstanding people who immediately took charge to do "good things", and so it was that JOHN CARUZZO, ADOLPH STRUMBLY, and FRANK TOMALA went to work.

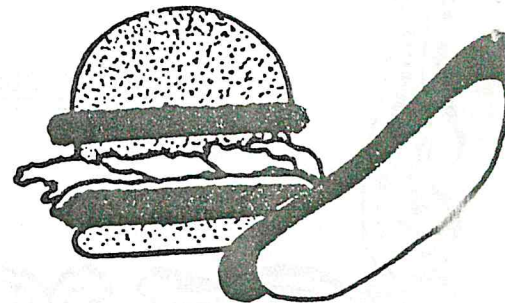
They made their plans, brick and mortar were ordered and without too much delay, the sign was restored to its original form and is now up and in first class condition.

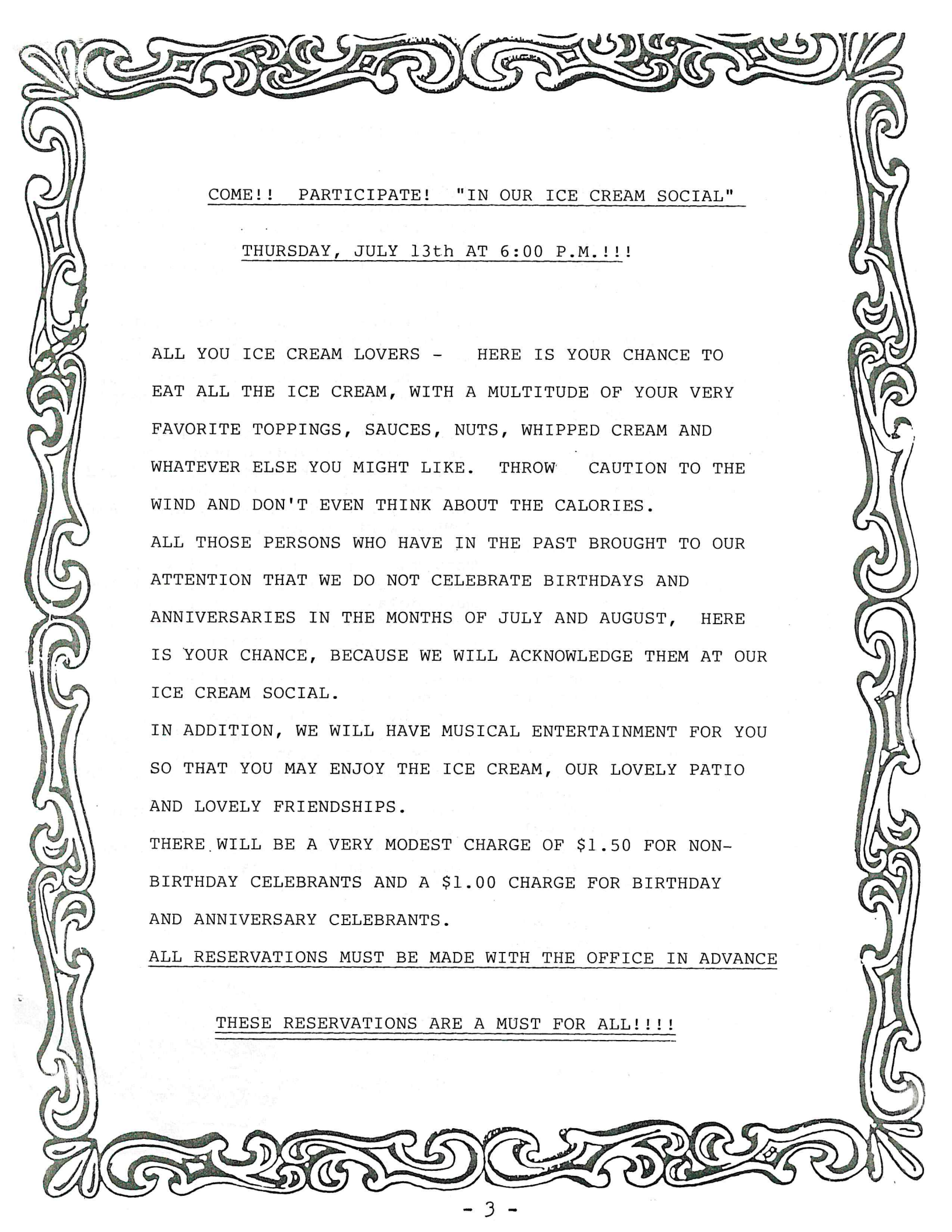
These men were responsible for the saving of a tremendous amount of money by the Villa Serena in the restoration of the sign and everyone at the Villa Serena owes each of them a BIG HAND OF SINCERE APPRECIATION.

From the standpoint of management and our sponsors, there are not enough words to express our appreciation for their dedicated work and time devoted to "our home".

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DON'T FORGET
THE COOKOUT
JULY 25th





COME!! PARTICIPATE! "IN OUR ICE CREAM SOCIAL"

THURSDAY, JULY 13th AT 6:00 P.M.!!!

ALL YOU ICE CREAM LOVERS - HERE IS YOUR CHANCE TO EAT ALL THE ICE CREAM, WITH A MULTITUDE OF YOUR VERY FAVORITE TOPPINGS, SAUCES, NUTS, WHIPPED CREAM AND WHATEVER ELSE YOU MIGHT LIKE. THROW CAUTION TO THE WIND AND DON'T EVEN THINK ABOUT THE CALORIES.

ALL THOSE PERSONS WHO HAVE IN THE PAST BROUGHT TO OUR ATTENTION THAT WE DO NOT CELEBRATE BIRTHDAYS AND ANNIVERSARIES IN THE MONTHS OF JULY AND AUGUST, HERE IS YOUR CHANCE, BECAUSE WE WILL ACKNOWLEDGE THEM AT OUR ICE CREAM SOCIAL.

IN ADDITION, WE WILL HAVE MUSICAL ENTERTAINMENT FOR YOU SO THAT YOU MAY ENJOY THE ICE CREAM, OUR LOVELY PATIO AND LOVELY FRIENDSHIPS.

THERE WILL BE A VERY MODEST CHARGE OF \$1.50 FOR NON-BIRTHDAY CELEBRANTS AND A \$1.00 CHARGE FOR BIRTHDAY AND ANNIVERSARY CELEBRANTS.

ALL RESERVATIONS MUST BE MADE WITH THE OFFICE IN ADVANCE

THESE RESERVATIONS ARE A MUST FOR ALL!!!!

BIRTHDAYS AND ANNIVERSARIES

JULY 1995

JULY

7 Anita Kinkopf 429
9 Erna Klenovskaya 211
 Carol Chiudioni 614
11 Tom Giardino 324
 Stephen Polivchak 612
 Marguerite Reynolds 224
14 Marie Henderson 325
15 Anthony Cicirella 616
21 George Dirner 630
 Marcella Stianche 507
22 Cecelia Turk 220
29 Mildred McCurdy 634

ANNIVERSARIES

JULY

1 Mr. & Mrs. Paul Meade
5 Mr. & Mrs. Harold Siegel
6 Mr. & Mrs. Andrew Delzappo 718
14 Mr. & Mrs. Alvin Amster
15 Mr. & Mrs. James Nokes
18 Mr. & Mrs. Tony Gentile
24 Mr. & Mrs. Ernest Rosner
26 Mr. & Mrs. Louis Balasz 217
30 Mr. & Mrs. Bernard Novel

HAPPY ANNIVERSARY.

JULY

1 Morris Berlin
 Helen Burris
2 James Norton
 Paul Meade
3 Yolanda Meade
4 Katherine Hanson
 Josephine Marcelli
 Josephine Topping
6 Mary Jane White
9 Carmella Barber
10 Belle Siegel
11 Sol Keilen
 Judith Cole
12 Regina Cahill
13 Mollie Morley
 Irene Santilli
 Elizabeth Sharr
15 Leona Chesler
 Helen Farone
16 John Hatras
17 Patricia Mirenda
 Dorothy Papcke
19 Nellie Higgins
 Marie Rautzen
20 Edith Fatica
 Ann Liptak
21 Harry Goodman
22 Anthony Silla
23 James Nokes
25 Mary Friedman
 Raymond Huber
 John Hruska
 John Kerek
26 Eleanor Bader
 Helen DiRenzo
27 John Naletelich
28 Idella Hoffer
 Harold Siegel
 Ida Shay

18 Hugh Ross

HAPPY BIRTHDAY.

T H E V I L L A V O I C E

Volume XXVII

JULY, 1995

Number 7

THE VILLA SERENA SENIOR
CITIZENS CENTER
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* * * * *

ITS RESIDENT COOKOUT TIME!

MARK YOUR CALENDARS RIGHT
NOW!!!! OUR RESIDENT PATIO
COOKOUT WILL BE HELD THIS
YEAR ON TUESDAY, JULY 25th.

You all know what that means.
Villa Serena always supplies
the hamburgers, hot dogs,
buns and coffee and you, our
residents supply the rest.

So, plan on bringing down
your very favorite dish and
a sizeable portion so that
everyone can enjoy your cul-
inary arts and your special
talents.

(cont'd to next column)

COOKOUT (cont'd)

We sincerely hope that those of you
who are new residents of the Villa
Serena will participate in this very
happy and fun evening and bring your
special dish to the cookout. It
will be a great chance to become more
acquainted with our other residents
and our attempt to make this a great
family type picnic where everyone
gets to know one another.

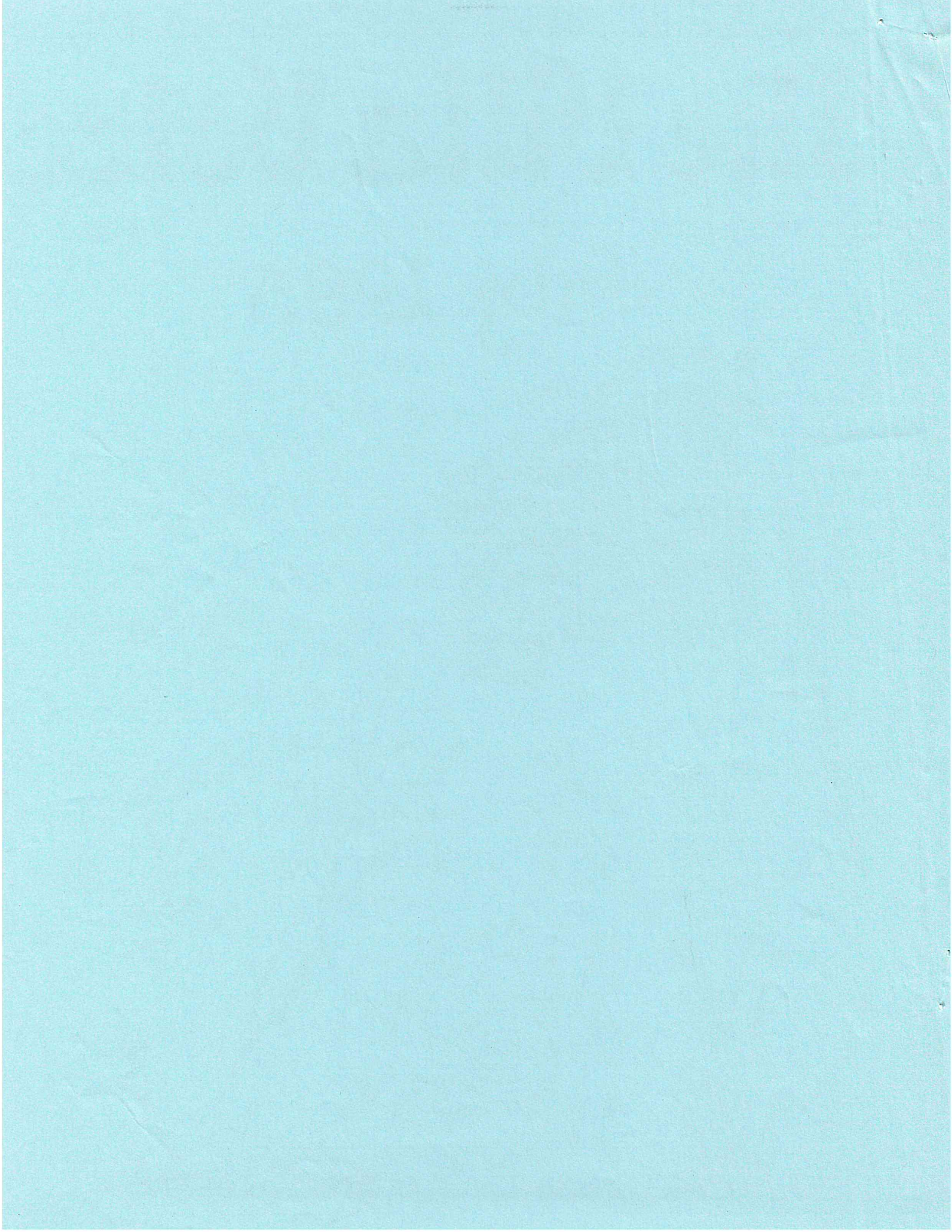
Try to refrain from pickles, relishes
and coffee. Much of these donated
are not used. It is important that
as many as possible try to bring a
special dish. We know that many
are not able to prepare something.
Cash donations are easy, but the fun
of a cookout is tasting the good food
someone has prepared.

We will certainly appreciate anything
you can contribute and we know that
with your help the cookout will be
a very successful one as it has always
been in the past years.

Remember one thing that we have repeated
all the time. This is a don't miss
occasion. Our foods are "DELECTABLE"
Our hamburgers are bigger and better
than "Burger King", "Wendy's" or
McDonalds and our hot dogs are "Keener"
than any other weiner you have ever
eaten.

PLEASE-PLEASE SIGN UP IN THE OFFICE AND
LET US KNOW WHAT YOU ARE PLANNING TO
BRING AND IF YOU ARE ATTENDING SO THAT
WE CAN PLAN AHEAD.

* * * * *



The Villa Voice

July 1995

