



Medford Leas *Life*

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REV. MISHRA GIVES MLK LECTURE

by Kay Cooley



This year, the annual Martin Luther King Lecture was given on January 9 by the Rev. Manish Mishra of the Cherry Hill Unitarian Universalist Church. The Rev. Mishra chose as his topic "The Ping-Pong Effect: Radical Social Change Through Cultural Diffusion." It

traced the reciprocal influence of Indian and American thinkers on the civil rights movements in both countries.

The source of Gandhi's inspiration was the *Bhagavad Gita*, a sacred Hindu text teaching that the individual is the source of moral action and responsibility. Consequently, it falls upon the individual to resist injustice and to strive for what is morally right.

In America, the Transcendentalists of New England, 19th century proponents of individualism, were influenced by the *Gita*. Ralph Waldo Emerson believed that the individual soul has direct contact with the divine without an intermediary. Henry David Thoreau taught that it was the individual's right and duty to oppose unjust laws by civil disobedience. He wrote in *Civil Disobedience*, "The only obligation I have a right to assume is to do at any time what I think right."

Gandhi was introduced to Thoreau's writings in 1900 while a student at Oxford. In 1908 he was jailed twice for two instances of civil disobedience. After returning to India, he continued to oppose the British and to develop his philosophy of *Satyagraha*, Truth + Force (applying truth to unjust situations with the force of nonviolent resistance). While Thoreau stressed individual action and civil disobedience, Gandhi emphasized communal action and *Satyagraha*.

Martin Luther King came under Gandhi's influence after he began studying the Mahatma's writings. He was profoundly influenced by *Satyagraha* and wrote, "It was in this Gandhian emphasis on love and nonviolence that I discovered the method for social reform that I had been seeking."

In 1959, following an invitation, King and his wife Coretta spent a month in India absorbing all they could about Gandhi and *Satyagraha*. King returned home convinced that non-violence was the only logical and moral approach to the solution of the race problem in America. His new understanding of Gandhi's philosophy led to his development of the sit-in as a form of non-violent resistance.

The Rev. Mishra finds a commonality in the teachings of the two leaders, the virtues of Jesus' Sermon on the Mount: self-discipline, renunciation, unconditional love, self-suffering, and seeing the Divine in all human beings. Both leaders absorbed inspiration and guidance from the civil rights tradition of the other's culture and left a lasting imprint on their times.

SNOWFALL SETS RECORD

by Suzanne Frank

While we were all observing the gorgeous snowfall, which literally engulfed us in a blanket of white on a Saturday last month, **Bill Murphy**, Director of Operations, called in his dedicated and coordinated staff – many of whom made incredible efforts to get here. Then he also asked some of them to work double shifts. He orchestrated the slow and treacherous job of plowing and removing over two feet of snow throughout the campus from 4 am through the following night – all on his 60th birthday!

Lisa Minuto, Operations Coordinator and Reception Desk Supervisor, was also in the front lines staying all day Saturday and Sunday to staff the Reception Desk, dealing with requests and questions, with only time off at night to sleep in one of the guest rooms.

Medford Leas has an emergency management agreement with Medford Township, so Bill is apprised by the Medford police of anything happening in the area, and is also informed of current weather conditions. All his staff is trained to come in before there is an accumulation of snow, giving Bill a chance to begin dealing with emerging conditions in the early stages.

Because of the amount of snow, Bill and his staff first concentrated on opening the main entrances, and plowing parking spots for his people coming in and needing to park their cars. Some essential employees for critical care had to be picked up and guest rooms were provided for necessary naps. Faced with an ongoing blizzard of snow, Bill had to hire 19 outside people to shovel and drive two tractors. The sheer quantity of snow was truly overwhelming, requiring Bill to contract the use of 2 front-end loaders to push the snow into the woods from areas such as the Health Center.

The covered walkways on the main campus permitted Court residents to walk to the Coffee Shop. There a full menu was prepared for them to take home on both Saturday and Sunday of the snow days. No wait service was provided on those days.

Asked how residents could do their part in securing their own safety under these unusual times, **Jim Wolosin**, Director of Maintenance, Security, and Landscaping, answered, “They should definitely stay in the walkways. We really discourage folks from crossing over the icy parking lots.”

To prepare and clear Medford Leas roads and parking lots, 3,000 lbs. of calcium chloride and five tons of sand were distributed. But, Bill said, “because the calcium chloride needs sun and traffic, in the early morning it will just stay there on the ice without being effective. So, since the roads are shaded, employees as well as residents are advised to take enough time and wear good boots.”

We are indeed very fortunate to live in this community, and we thank Bill and his hardworking staff for their “beyond the call of duty” effort. And, very sincerely, we all want to say a belated Happy Birthday and how truly sorry we are that he had to spend his 60th fighting the elements for us!



photo by Margery Rubin

MLRA SPRING TEA

On Tuesday, March 23, MLRA is holding its Spring Tea from 2:30 to 4:00 p.m. in the Holly Room and the Activities Room. Everyone is encouraged to attend, sip some tea, coffee or punch, nibble on delectables, and meet new residents as well as old acquaintances. Please wear name tags.



HAPPY NEW YEAR IN BERMUDA!

by Sue Heath

New Year's Eve revelers at Medford Leas always welcome the New Year in an earlier time zone, to correspond with residents' inner clocks, and for this past New Year's Eve, Bermuda was chosen. Before the big moment, however, the film *Mama Mia* was shown in the Theater, accompanied by Medford Leas' trademark popcorn, and it certainly woke people up! One member of the audience, remarking on the fast pace of the dancing in the movie, said she felt as though she had had a workout herself.

After the film, folks could play quiet games, or Wii bowling, tennis, or golf, as well as ping pong, 8-ball pool, and shuffleboard. In the Holly Room, "monogrammed" cups were given out to be used all night to cut down on the amount of waste. **Bart and Colette Bartholomew** led group games, some of which proved to be challenging. The most popular game was Scrambled Words, which brought out the competitive feelings in folks as they hurried to form words with the letters they had been assigned.

The traditional dancing involved a Virginia Reel, with people trying to remember this with help from Bart and Colette. Then the punch and refreshments became the center of attention: fruits, cheeses, crackers, sweets, and fruit punch, with or without rum. **Dick Feaster**, chair of the Fun, Recreation, and Fitness Committee, recalled past New Year's celebrations. At the stroke of midnight, in Nova Scotia, Bermuda and Brazil, champagne was passed and a toast offered by **Bud Stratton**, with great hopes for the year to come. New Year's on Bermuda time made perfect sense, although residents would have been happy to have some Bermuda weather as well.

After the dancing, there was music: piano playing by **Russ Haley** and then by **Nan Hanslowe** with Bud Stratton playing on harmonica and singers gathered around the piano for some favorite songs. Some wore festive hats, and the room decorations added to the celebratory mood.

An evening like this one takes the work of many, and food and decorations came with help from **Jen Zdunzyk**, Director of Dining Services, **Kim Wagner**, Catering Supervisor, and **Mary Calabrese**, Central Supply Coordinator. Committee members doing the planning included **Harriet Bussey, Kay** and **Ray Hoagland, Joy Moll, Jim Muir, Phyllis Orta, Pete Peterson** and **Judy Milligan**, Secretarial Assistant. The New Year's Eve party is for everyone – staff and residents of both campuses – and there were close to 100 in attendance.



photo by Margery Rubin

MEDFORD LEAS PRESENTS . . .

by Kitty Katzell

. . . the Philadelphia Orchestra!

It all started back in May, 2009, when **Gerry Stride**, Director of Community Life, heard from a resident of Cathedral Village in Philadelphia about SpectiCast, a new company that would be able to bring the Philadelphia Orchestra live to Medford Leas via cable.

Gerry immediately thought of residents who have given up going to concerts in the city for various reasons. She talked with Medford Leas management, and they encouraged her to pursue it. SpectiCast offered a free demonstration, so one took place in September and another in December. They revealed the need for new cable lines and other adjustments to the sound system, which have since been made.

And so, on Saturday, January 9, at 8 pm, residents gathered in the Theater to see and hear an encore performance of a full Philadelphia Orchestra concert, simulcast by SpectiCast from the Kimmel Center. The program consisted of Handel's *Music for the Royal Fireworks*, Mozart's *Clarinet Concerto in A major, K.622*, performed by Ricardo Morales, clarinetist with the Orchestra; Bach's *Orchestral Suite No. 3 in D major, BWV 1068*, and Haydn's *Symphony No. 94 in G major, the Surprise* symphony. These were all familiar works, and they were very much enjoyed by those who attended. The sound system, which had been less than ideal at the demonstrations, now transmitted the usual rich sound of the Philadelphia Orchestra, and the audience was entranced.

Enjoyment of the program was further enhanced by the camera work, which focused on individual performers as well as the conductor. Seeing individual musicians playing their instruments was educational, and close-ups showed the audience the effort and determination they bring to their jobs. It was fascinating to watch conductor Bernard Labadie direct the group to bring forth just what he wanted from them.

Three performances of Philadelphia Orchestra concerts were scheduled to be shown at Medford Leas this winter and spring. The first was the one held on January 9. The second concert will be at 2 pm on Sunday, February 28, featuring a simul-cast performance of Brahms' *Violin Concerto*, played by Janine Jansen, and Shostakovich's *11th Symphony* under Charles Dutoit. The third concert will be on Sunday, June 6, at 2 pm, when the simulcast will again feature Dutoit, this time conducting Strauss' *Don Juan*, Rachmaninoff's *Piano Concerto No. 3*, played by Nikolai Lugansky, and Sheng's *The Phoenix*, with soprano Shana Blake Hill.

At this writing, 79 residents had signed up for the three concerts. Forms are available at the Reception Desk for residents who would like to attend the last two concerts.

A late development in **Medford Leas Presents** is a free *Live from Curtis* series that will feature performances by students at the Curtis Institute. Again, SpectiCast offered two free recitals to demonstrate the kind of programs to be presented. The first was a vocal recital, held on Thursday, January 21, at which students performed music by Verdi, Puccini, Bellini, and Beethoven. The second will be the graduation recital of Vicky Powell, principal violist of the Curtis Symphony Orchestra, on Monday, February 22, at 8 pm.

Gerry is working on forming a committee to help with decisions about the future of these programs. Among the questions to be considered are: To which programs should Medford Leas offer subscriptions? Should both series be offered? How much should residents be charged for subscriptions? Are afternoons or evenings better, or some of each? Contact Gerry at 3586 for more information.



GREAT DECISIONS 2010 TOPICS

Once again, Medford Leas will present the World Affairs Council's program for meetings to discuss Great Decisions. Sessions will be held in the Theater at 10:30 am on Thursdays from February 18 through April 8. On those Thursdays, there will be no meetings of Vid-U. The dates, topics, and moderators for the Great Decisions sessions are listed below:

Feb. 18: *U.S – China Security Relations*, **Allyn Rickett**

Feb. 25: *Peacebuilding and Conflict Resolution*, **George Rubin**

Mar. 4: *Global Financial Crisis*, **Chuck Woodard**

Mar. 11: *The Persian Gulf*, **George Spivack**

Mar.18: *Preventing Genocide*, **Barbara Trought**

Mar. 25: *Globalized Crime*, **Wil Britten**

Apr. 1: *Russia and Its Neighbors*, **Beth Wray**

Apr. 8: *Special Envoys*, **Bill Heisler**

Great Decisions booklets, containing materials relevant to each of the subjects, are available at the Front Desk for \$15.00.

PROFILE IN FITNESS

by Suzanne Frank

(This article is one in a series profiling residents whose decisions to benefit from Fitness and Aquatics programs have resulted in significant improvement in the quality of their lives.)

How many people are quick to say "Nothing hurts. I feel good," a statement **Betty Preston** can honestly make any hour, any day. It wasn't always that way, though. "I used to have lower back pain, and was told I had spinal stenosis."

Before coming to Medford Leas, Betty used to golf and walk. She had never used gym equipment but did swim in her swimming pool during summers. Not long after her arrival here, she developed sciatica and was sent for physical

therapy treatment that left her feeling "wonderful." When that course was complete, she presented herself to **Beverly Kannengieszer**, Director of Fitness and Aquatics, who created a customized program, which eased Betty right into using the Pool. So, for the past eight years, Betty has been water walking, stretching, and using weights religiously. Feeling great, she even joined an aqua motion class last year.



photo by Margery Rubin

A slight setback did occur when Betty went on a six-week vacation which, unfortunately, resulted in a recurrence of pain for her. So, innovative as she always seems to be, Bev drew up a series of land exercises for her to do to keep her flexible and free from any achiness when a pool is not accessible.

"I'm a person who needs routine," Betty admits, "so I participate in water classes Tuesdays, Thursdays and Saturdays, and do exercises either before or after so that I get a good workout. I wish more people would come to the Pool on Saturday because I need a buddy." And being a fair weather walker, when Betty finds she can't do that, she replaces walking by using the treadmill.

Betty is extremely happy with her physical wellbeing. "I have only positive things to say about our Fitness program. And it is so very easy to use the Pool, and so great to be able to exercise in the water and not injure your joints and do any damage to your body."

WHAT ARE THEY TALKING ABOUT?

by Elsie Behmer

Once upon a time not so long ago, social networking meant having the neighbors over for drinks, tweets came from birds, and blackberries were used as pie filling. In this electronic age these familiar words and phrases have taken on new meanings, so the Website Committee helped update our vocabularies.

On January 20, it presented a slide show-and-tell that **Dave Bartram** controlled from his Toshiba notebook (the brand name of a small laptop computer). The slides originated from his flash drive (a thumb-size electronic memory stick that stores text and pictures, and plugs into a computer).

Dave traced the history of the Internet from four interconnected computers in 1962 through the beginnings of email in 1965, the World Wide Web (as it was then called and is now www when used at all) in 1989, the rise of the blog (a weblog or opinion column – analogous to a newspaper column – distributed electronically) in 1999, the advent of Facebook (electronic conversation that includes text and pictures) to text-only Twitter, which exploded on the scene in 2006. There are now more than one billion electronically connected devices.

Maggie Heineman explained that Facebook and Twitter enable social networking (electronic services that focus on building and maintaining social relationships among those who choose to participate). In turn, that is part of the social media universe where content is provided by the users themselves. With 350 million active users, Facebook is the largest social-networking service. Twitter allows users to send and receive 140-character messages (or Tweets) via webpage, email, or cell phone. Both are free.

A YouTube cartoon, “Simon’s Cat,” played while Maggie explained that YouTube is a free video-sharing website onto which anyone can place a video that is up to 10 minutes long.

Social networking is flourishing, in part, because both the telephone and the computer have been

unplugged from the wall jack. The phone was freed first, and the cell phone became ubiquitous. Gradually more and more features were added, and cell phones evolved into smartphones, mobile devices offering such advanced features as email, Internet access, keyboards, and games. In 2002, the Blackberry was the first smartphone developed for wireless email. The iPhone, Apple’s brand of smartphone, is essentially a handheld computer that combines phone, camera, and GPS (global positioning system).

No presentation by the Website Committee would have been complete without a look at mlra.org. Maggie showed the homepage and detailed what the site has to offer including back issues, articles written by residents, a Bird Club slide show, a guide to more than 150 wildflowers found at Medford Leas and the Barton Arboretum, and a residents’ email directory. The email directory and residents’ biographies are password protected.

Built and maintained by residents, mlra.org was authorized and established in 2004. The Website Committee members are: **Helen Vukasin**, Chair, webmasters Dave and Maggie, **Mike Carrell**, **Bob Morrow**, **Martin Klaver**, **Dave Taylor**, **Gordon Beckhart**, **Nan Hanslowe**, **Judy Leidy**, and **Louise Evaul**.

The committee distributed a glossary of tech terms at the presentation. A copy is available on the table next to the mailboxes. A video of the presentation is available at the Front Desk.



On the Internet nobody knows you're a dog.

The New Yorker, July 5, 1993

LINDEN ROOM GOLF

by Elsie Behmer

In **Pete Peterson's** opinion, "Golf is a good activity for January," so he and **Ray Hoagland** organized the First Medford Leas Wii Golf Tournament. Participant pairs would compete on the 18-hole Linden Room Wii Golf course, and the rounds would be scored on a match basis. "Unless they have done it with their grandkids, few residents have played Wii Golf," Pete said. "Therefore, everyone should be at about the same skill level. Women and men will play together."



"Golf Pro" Pete Peterson helps Phyllis Orta with her swing.

Since Wii Golf uses a handheld remote control pointer – a Wii-mote – rather than clubs and a virtual on-screen course rather than an outdoor one, learning to play, even for seasoned golfers, takes some getting used to. "We ran a Wii Golf clinic on January 14 so players could master the Wii-mote, survey the course, and get used to the mechanics of the on-screen course," Pete said.

To get started, a player chooses a Mii, an on-screen icon (cartoon character) of himself and then takes a practice swing or tees up. The Wii-mote detects movement in three dimensions, so the icon's on-screen motion mirrors the player's swing.

As the player prepares for her shot, she sees the fairway, sand traps, water hazards, trees, the distant manicured green, and the long blades of grass in the rough. The player and the audience hear the swish of that swing, the satisfying thwack as the club head hits the ball, the thud of the landing, and sometimes the disheartening rustle of leaves as the ball sails into the woods. The virtual crowd applauds, cheers "nice shot," or utters a collective groan when a ball splashes into a pond.

The Wii keeps score, indicates whose turn it is, displays the wind speed and direction, and provides a dotted line showing the most direct path from ball to cup as well as the distance in yards between the two.

Alex Webb spoke for all who were participating when he said, "I'm having fun with this!"

The Fun, Recreation, and Fitness Committee sponsored the tournament. Bowling is the most frequently played Wii sport at Medford Leas. Wii is a Nintendo-brand video game system that has been available since 2006. Other Wii sports are tennis, boxing, and baseball.

IN MEMORIAM

Robert Medaugh	January 1
Jeanette Ohotzke	January 2
Ann Pardee	January 13
Alton Taylor	January 14
Margaret Roberts	January 19

TALE OF STOLEN EMAIL ACCOUNT

by Russ Haley as told to Ellen Stimler

Russ Haley had his Yahoo email account broken into by a hacker and closed to his use while the 110 people in his address book received emails asking them to send him £500. because he had lost his wallet in London and needed loans to get back to the U.S.

Russ learned about all this when he got phone calls from residents and friends who had received the hacker's urgent request. Because the hacker had taken over the Yahoo account and impersonated Russ, the real Russ was unable to use his Yahoo account to warn his email list of the fraud.

Some of the hacker's emails were answered by several people who asked how they should send the money. The hacker advised them that "Western Union Money Transfer is the easiest and fastest way to transfer money to the United Kingdom."

If the story had ended there, the hacker could have pocketed thousands of dollars and Russ might be feeling guilty over all the money lost by his friends. But Russ had a secret weapon – a second email account with Gmail. Using that account, he was able to contact everyone on his list and warn them about the fraudulent request for money.

After he had stopped the hacker's game, Russ worked long hours to get his Yahoo account back, to find the name of the hacker, and to report the hacker to the FBI's Internet Fraud Unit. Russ found out that the hacker had sent his emails from Africa.

Based on this experience, Russ has the following recommendations for residents who want to avoid similar problems:

1. Get a second email account, Gmail and Yahoo are free.
2. Don't use the same password for more than one account.

3. Change your passwords every year.
4. Use the longest permissible password and mix letters and numbers.

People who know Russ well probably suspected foul play when they read the emails from the hacker, because the English was less than perfect. Russ' daughter was not misled, and she sent him a tongue-in-cheek email suggesting he could use an English course to improve his grammar.

ART GALLERY NEWS

by Helen L. Vukasin

There is still an opportunity to visit the two continuing exhibits in the Medford Leas galleries and the residents' show in the town of Medford.

In the Medford Leas Art Gallery, the remarkable display of the photographs of Reginald Wickham, sponsored by the Art Gallery Committee, will remain through February. In 1999, Wickham received the John Dorsher Memorial Award for Excellence in Photography, a coveted award of the Photographic Society of America.

Downstairs in the Art Studio Gallery, the residents' art exhibit will continue until spring. Resident artists are currently preparing new paintings for an April opening.

In the town of Medford, the Medford Art Center (MAC) at 18 North Main Street has a juried show of 41 paintings by Medford Leas resident artists. These artists live on both the Medford and Lumberton campuses. The exhibit can be viewed until February 14 on Fridays and Saturdays from 11 am to 5 pm, Sundays 1 to 5 pm, and at other times by appointment. Support Medford Leas artists by dropping in to see their paintings.

Do not let what you cannot do interfere with what you can do.

– Coach John Wooden

RESIDENTS IN THE NEWS

by Ellen Stimler

Warren Sawyer, Neil Hartman, and John Bartholomew were on National Public Radio's *All Things Considered* program on December 30, 2009 to describe their experiences as conscientious objectors (COs) in WWII assigned to Byberry, a state mental hospital outside Philadelphia. **Evert (Bart) Bartholomew** was also on the program, but his assignment as a CO was to a New York hospital where drugs for treating malaria were tested.

All Things Considered is produced in Washington, DC, and broadcast on WHYF from 4 to 6 pm weekdays. A staff member, Joe Shapiro, came to Medford Leas, interviewed the group, taped their comments, and used the edited tapes in the script aired on December 30. Mr. Shapiro learned about the COs at Medford Leas through Warren's diaries and letters about Byberry, which had been excerpted in books about the work of conscientious objectors during WWII.

Warren had kept a diary and sent over 400 weekly letters to his family during his four years of service, describing his work and the terrible conditions at Byberry. These letters had been kept by one of Warren's aunts, and their existence became known to people planning to document the CO experience in mental hospitals. Three authors came to Medford Leas to interview the former COs and excerpted parts of Warren's diaries and letters in their books. They were: *The Turning Point*, by Alex Saroyan; *Acts of Conscience*, by David Taylor, a sociology professor at Syracuse University; and a documentary by a graduate student from the University of California, who came to Medford Leas four times while developing his video.

Warren's diaries and letters, supplemented by photographs taken surreptitiously by another CO, documented conditions that were likened to a Nazi concentration camp. The publicity generated after the war by newspapers and the books eventually resulted in the closing of By-

berry. COs from Byberry started a national organization that helped train workers at state hospitals and improve the lives of vulnerable people in state institutions. Warren has donated his diaries to the Swarthmore Peace Library.

A full transcript of the December 30 radio program may be borrowed from the Medford Leas Library. Computer users can listen to the program on npr.org

EMPLOYEE OF THE QUARTER



photo by Margery Rubin

Residents who are "regulars" of the Coffee Shop for dinner are delighted that "their Kathy" has finally been given recognition as the Employee of the Third Quarter of 2009. For months, they have filled out the forms circulated by the Human Resources Department for selection of the Employee of the Quarter, and they were disappointed several times when Kathy was not selected.

In the official announcement, **Kathy (Kathleen McGann)**, a server in the Coffee Shop, is described as having shown a special commitment to caring for the elderly. Her actions were praised in these words: "She welcomes residents every evening and thanks them for joining us before they go home. She knows the residents' likes and dislikes, assists them in making menu choices, offers to carry their trays, and has even assisted when emergencies have occurred during dinner." Kathy also acts as a mentor to the high school and college student servers by teaching them good customer service skills.

Kathy has a BA degree in sociology with a specialization in gerontology. Congratulations, Kathy, and many thanks for all you are doing to help residents.

FOR READERS OF LEAS LIT

Some copies of the 2009 issue of *Leas Lit* were missing pages 25 to 28, pages that had drawings in color. To receive a copy with color drawings, phone Helen Vukasin at 261-3166. She will exchange defective copies for complete ones.

GETTING TO PHILA. & N.Y.C.

by Maggie Woodard

For residents wanting to go to Philadelphia or New York, the information below presents various options by car and by public transportation, highlighting reduced fares for seniors. The information is current as of December 28, 2009.

To Philadelphia

PATCO Hi-Speed Line (Phone: 1-856-772-6900; www.ridepatco.org). Runs between Camden County and Center City Philadelphia and has 13 stations. Most Medford Leas residents use the Woodcrest Station. To reach Woodcrest by car, travel west on Route 70 to Route 295 South, to Exit 31. PATCO fare to Philadelphia is \$5.40 round trip. Tickets are sold in machines, for which coins are required. Trains leave about every 12 minutes during off-peak hours. Parking is free after 10 am. Metered parking is also available (25 cents for two hours). The Medford Leas bus makes trips to the Ashland Station of the Hi-Speed Line, if requested, on the 2nd, 4th, and 5th Wednesdays of the month. The bus leaves Medford Leas at 9:30 am and returns from the Ashland Station at 3:30 pm.

Seniors may travel on PATCO at reduced rates during off-peak hours by purchasing a Freedom Card at the Broadway Station. You must prepay \$20 cash in fares; credit cards are not accepted. To reach the Broadway Station, board the train at Woodcrest Station and get off at the Broadway Station. With the Freedom Card, the fare is 62¢ for a one-way ride between 9 am and 4 pm, between 7 pm and 6 am, and all day on week-

ends. The Freedom Card looks like a credit card. Lay it on a yellow circle labeled Freedom and the gate will open. Do the same to exit. Full-fare tickets for guests may be purchased by using the Freedom Card; cash is not required. A Freedom Card is good until 2025.

New Jersey Transit Bus (Phone 1-973-275-5555; www.njtransit.com). NJT buses go to central Philadelphia from Marlton Circle (bus #406; bus stop is at the intersection of Routes 70 and 73); from downtown Mount Holly; and from the Moorestown and Cherry Hill Malls (#413). Senior citizens, 65 years or older, showing Medicare cards may travel at reduced rates at any time on all buses. From Mt. Holly the fare is \$2.50 each way; from Moorestown Mall and Marlton Circle, the fare is \$1.75 each way. Exact fare is paid on the bus. Dollar bills and coins are accepted by the machine. The trip from Marlton Circle to Philadelphia takes 57 minutes; from Moorestown Mall, 41 minutes. Other buses are available from Cherry Hill, Mount Laurel, Moorestown, Burlington, Medford Lakes, and Medford Village. Call the above number to receive schedules for all buses by mail.

Within Philadelphia: Buses and the Market-Frankford EI (which runs underground in the city). Seniors may ride free by showing a Medicare card during off-peak hours. If you take the Hi-Speed train line into Philadelphia, you can connect with the subway and local buses at the 8th and Market Street Station. Good maps and schedules for buses, the EI, and SEPTA are available at the Information Center near Independence Hall and at the Philadelphia Visitors Center, J.F.Kennedy Boulevard, near the 16th Street crossing. For further information, call 1-215-580-7800 or go to www.septa.org.

Driving to Philadelphia: Bridges, Tolls, and Coupons: If you drive to Philadelphia, you will have to cross one of the toll bridges operated by the Delaware River Port Authority (DRPA) of Pennsylvania and New Jersey (Phone: 1-856-968-2000; www.drpa.org). For information about EZ-Pass and to request an application, apply online at www.EZPassNJ.com or call 1-888-288-6865 and then press 3 to open a new account. If senior

citizens have established a New Jersey EZ Pass account, they may participate in the DRPA Senior Discount Program. For specific information call 1-856-968-3347 or 3348 or 1-856-968-2000, press 5 for customer service.

Maps: Good, detailed maps of New Jersey counties are available at the American Automobile Association (AAA) office at 3115 Route 38W, Larchmont Commons Shopping Center, Suite 150, Mount Laurel, NJ 08054 (Phone: 1-856-778-8800). Newcomers will find the Burlington and Camden County maps helpful in learning their way around the Medford area. The Burlington County Stores at the Moorestown Mall and the Burlington Center Mall have free maps of the county, as well as other information. County maps and atlases of Philadelphia are also available at Barnes and Noble (on Route 70 near Marlton Circle) and Borders (on Route 73 South). Acme carries some maps.

To New York City

New Jersey Transit Northeast Corridor Train (Phone: 1-973-275-5555; www.njtransit.com). These trains run much more frequently than Amtrak and cost much less. Trains go from Trenton to Penn Station in New York. A preferred departure station is Hamilton, the first stop beyond Trenton (30 miles from Medford Leas). It has a six-story parking garage and a vast open-air lot. To reach the station, take Route 541N to Route I-295N, exit 47, then I-295N to Sloane Ave W, Exit 65B. Allow at least 45 minutes from Medford Leas to drive there and find a parking space. To reach the parking garage, keep to the right after entering, follow signs for parking. When entering the garage, take a ticket; pay when departing. The cost is \$7 for 3-12 hours. Train fare for seniors, during non-rush hours, including weekends, is \$5.50 one-way or \$10.25 round trip. You must show your Medicare card. You may pay cash on the train without penalty from Hamilton Station. From Hamilton to NYC takes 65 minutes.

Amtrak (Phone: 1-800-USA-RAIL; www.amtrak.com). You can also go by train from the 30th Street Station in Philadelphia or from Trenton to Penn

Station in New York City via Amtrak. Senior fares range from \$45 to \$86, depending on type of ticket. Seniors must make reservations in advance.

Greyhound Bus (Phone 1-800-231-2222; www.greyhound.com). The bus leaves from Mount Laurel. To get to the bus station, go west on Church Road or Route 70 to Route 73, then north on 73. A short distance beyond the New Jersey Turnpike, go right on Fellowship Road, then take the first right into the Greyhound bus station. The bus runs from Mount Laurel to the Port Authority Terminal in New York in one hour and 40 minutes, nonstop. Buses run approximately every hour; call the number above for the scheduled departure times. Fare for seniors is \$36.10 round-trip with your Medicare card. Other special options can be found on their website. There is free parking.

Academy Bus Company (Phone 265-2400; www.academybus.com). The terminal is on Route 541N, just east of the New Jersey Turnpike Exit 5 in Westampton. The bus goes from there to the Port Authority Terminal in New York. The fare is \$10 each way, all day, if you're over 65. Buses run infrequently except during rush hours. There is free parking. You must show identification, a Medicare card, or license which shows date of birth.

CORRECTIONS

The January issue of *Medford Leas Life* failed to specify that **Margery Rubin** was the photographer who took all the pictures at the Employee Holiday Show. She also created the collage of pictures that appeared on page 2 of that issue. The editors regret this omission. Additional pictures from the Employee Show, in color, also taken by Margery, may be viewed at MLRA.org.

In the list of residents who submitted correct answers to the December cryptogram on page 12, the name of **John Caughey** should have been included.

FEBRUARY CRYPTOGRAM

by Ellen Stimler

MATM EHOX BL TEE MAXKX BL,

BL TEE PX DGHP HY EHOX;

BM BL XGHNZA, MAX YKXBZAM

LAHNEW UX / IKHIIKMBHGXW

MH MAX ZKHHOX.

–XFBER WBVDBGLHG

Here is the solution to the January cryptogram by Elizabeth Platt and Ellen Stimler:

THROW US IN JAIL AND WE SHALL STILL LOVE YOULOVE IS THE ONLY FORCE CAPABLE OF TRANSFORMING AN ENEMY INTO A FRIEND. –MARTIN LUTHER KING, JR.

The correct solution was received from the readers listed below:

Ken Anderson, Miriam Angle, Catherine Barry, Jane Bartram, Ruth Blattenberger, Judy Braddy, Marion Burk, Jody Cardona, John Caughey, Alice Culbreth, Doris Curley, Liz Dill, Betty Donahue, Louise Evaul, Herb Heineman, Barbara Heizman, Ariel Hollinshed Hyun, Hugh Jenkins, Tom Krainik, Mary Mason, Eileen McManimen, Mary Ann Metzger, Alice Norcross, Helen Peterson, Betty Preston, Ruth Quackenbush, Doris Salati, Florence Sawyer, Peg Scott, Ellen Wiener, Barbara Zimmerman.

Please put your solution in an envelope in Box 162 or email it to estimler@medleas.com no later than February 10. We welcome suggested cryptograms from our readers.

MEDFORD LEAS LIFE

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Deadline for submissions:
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