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# Welcome by Kathleen Mittura

#### Greetings!

I hope you had a beautiful holiday... a perfect end to a perfect month. As we gear up for the summer, we have some social activities for you to enjoy. We have Extreme Games in June and Game night in August. We will see you there. In September, Evening Under the Stars fundraiser for the Darreff Foundation, will be held; please join us.

Happy Father's Day to our men, we love you and thank you for all that you are.

It is that time again to congratulate all of our students who are graduating this year. To the high school graduates who will be furthering their education at college, good luck in your studies. Remember, you get to choose these years as some of the best years of your lives.

Our neighborhood is beautiful, take the time to slow down and observe the life the season of spring is showing us.

Enjoy the summer everyone and we will be back in September.

## Travel Safety - Don't Leave Home Without It! by Bob Talley

As a long time business traveler, I have had the opportunity to visit many wonderful areas of the world, such as Australia, Europe, Asia, the Caribbean, among others. Some of these destinations have been more interesting - and safe - than others. With summer upon (continued on page 5)

## Evening Under the Stars Planning Begins by Karen Romas

On September 8, 2012, our neighborhood community of Mountain View, in Jamison, PA, will be hosting our fifth annual charity event, "Evening Under the Stars". All proceeds from the benefit are given to the Jake Darreff Legacy Foundation. Last year our community donated over \$7,000! (continued on page 8)

Extreme Games!
Friday, June 8th
Cambridge Circle
(see page 5)

# MVRA Board Meeting - May 10, 2012

Attendees: Kathleen Mittura, Josh Curtis, John Palladino, Rick Renz, Diane Keener, Carol McShane, Carole Jones, Kathy Ochal Thompson, Hilary Harris, Phyllis McCabe, Bob Talley, Lynn McLaughlin

— Meeting was called to order by Kathleen Mittura at 8:07PM.—

**Welcome:** Kathleen thanked the Thompsons for hosting.

Minutes - April 2012 minutes were reviewed and approved.

#### **Treasurer's Report** - Rick Renz

- Income = \$80
- Expenses = \$141 (Easter Egg Hunt & Entrances)

#### **Newsletter** - Josh Curtis

- Pursued natural gas...too expensive.
- Website www.mvranews.com
  - o Pat Heaney, MVRA kid, is helping with the site
  - o Online content to include (1) Calendar of events, (2) Real Estate homes for sale, (3) Newsletter Archive, (4) Classified section Would be forum based, and (5) Social area with pictures and events
- Thank you to directory committee
- June is last Newsletter for Summer, submissions by May 29th
- Congratulations for graduations in June Newsletter

Membership - Terri Porter - 1 house sold, new house up for sale on Jericho

#### Social -

- **Egg hunt** Poor weather, postponed to Sunday. Lots of fun, next year may include older children. Tomlinson's will host again next year.
- Extreme Games June 8th. Hot Dogs/Ice pops. Cambridge Circle
- Evening Under the Stars September 8. Planning started. Romas house.
- Game Night August 11th. Adults Only. Harris house.
- <u>Wine and Cheese meet the board</u> Friday night, September 28th . Welcome new members. Invite through newsletter. Davidson house.

#### Old Business -

- Great American Cleanup went well
- Firehouse fundraiser Baskets or 50/50 at social events. Contacts to be made with event coordinators.
- Entrance signs Need to be painted. John Palladino to research gold/reflective paint and look into repairing internal wood. Diane Keener & Bob Talley volunteered to paint. Plan to complete by end of year

#### New Business -

Article for next newsletter will be written by Bob Tally.

The meeting was adjourned at 8:59PM

The next MVRA meeting will be at Bob Talley's house (2091 Jericho Dr ) on Thursday, June 14th @ 8pm.

# Natural Gas a Pipedream by Josh Curtis & John Palladino

A few months ago some neighbors wanted to explore the idea of bringing natural gas into the neighborhood. With the rising costs of fuel and electricity (our only methods for heating our homes) and the newly found gas reservoirs in Pennsylvania, the idea of bringing natural gas into our homes rose my interests as well. Unfortunately, after a little natural gas exploration on our own, John Palladino and I found the idea to be a pipedream.

After speaking with PECO, John was able to find out there are two major costs associated with having gas installed: (1) Cost to run the main pipe through the neighborhood and (2) cost to run the branch pipe to your house. PECO estimates their cost of running pipe (either the main or a branch) to be \$100/foot!

The good news: your individual cost (#2) can be

pretty much recovered through various rebates and programs (including switching one major appliance over to gas). The bad news: there is no way to recover the group cost (#1). I estimate there is approximately 15,000 feet of roads in our neighborhood, which means PECO's main pipeline would cost us \$1,500,000. IF all 225 homes joined in (and that's a big IF), that cost would be \$6,700 per home. IF you saved \$500 per year by switching (another big IF), it would take more than 13 years to recover your investment! If anyone has any contacts at PECO and can get more information and maybe even lower the price of \$100/foot, please contact me. Unfortunately, given these numbers, natural gas will just continue to be in the news but not in our homes.

## **MVRA SOCIAL SCHEDULE OF EVENTS:**

Date	Event	Hosted by				
6/8/ 2012	Extreme Games	Val Haenn & Jen Hansel				
	Hot dogs & treats!					
8/11/2012	Game Night Out (Adults!)	Hilary Harris				
	More information to follow – SAVE THE DATE!					
9/8/2012	<b>Evening Under the Stars</b>	Karen Romas				
		& Social Committee				
	More information to follow – SAVE THE DATE!					
	* Anyone that can provide, put together or donate a basket please let Karen know					
9/2012	Next Social Meeting	Carol McShane				
	Date to be determined.					
9/28/2012	Wine & Cheese Night	The Davidsons				
	For the Board Members and New Residents					

# Get Ready for Extreme Games by Valerie Haenn



Friday, June 8th Cambridge Circle



Games begin at 6PM; Please arrive by 5:45PM Participants need to be between the ages of 3-12 Please wear sneakers!!!!

Those that RSVP by May 15th will receive "2" BONUS
Points

Teenage Helpers Needed = Receive Community Hours Food and Refreshments will be served

RSVP: Val & Tom Haenn 215-918-2737



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## Travel Safety - Don't Leave Home Without It! by Bob Talley

us and vacation travel plans looming, it is good to remember a few valuable travel tips, especially when visiting large cities and foreign countries.

(continued from page 1)

The tips I'll mention below aren't just the admonitions of some over-cautious travel club. Had I heeded them on a trip to Barcelona last September, I might have avoided the unpleasant experience of a gang mugging . . .in a crowded area in daylight! Yes, I was targeted, mainly because I stood out as an American tourist. What I learned is that if you are targeted, they will find a way to get to you. Understand that thieves are skilled at what they do. But there are things that you can do to avoid, or at least lessen, the consequences of an unpleasant experience.

**Tip #1 – Blend in as much as possible. Try to avoid reading maps and wearing a camera around your neck.** I suppose my Phillies t-shirt, cargo shorts, sandals and a large camera signaled opportunity awaiting for the undesirables that prey on visitors. It was clear after my misfortune that I had been targeted for some time as I visited the sights in Barcelona.

**Tip # 2 – Protect your money and valuables.** Avoid carrying a large amount of cash, credit cards, etc. while walking around. Take the minimum you need, and even traveler's checks. Leave spare credit cards, cash, identification and even your passport at the hotel. At least I left my passport at the hotel... but they did get all of my cash, credit cards, license and other identification... yes, they got the entire wallet!!

So, how did it happen to me? I estimate there were about six of them, crafty sleuths who blended in with the crowd on La Ramblas and tailed me as I walked about central Barcelona that afternoon. At the crowded entry to a museum they struck by tossing a liquid, seemingly coffee, which hit me and several others. They then engineered a crowd tussle by shoving a group of people, including me, in a sudden outbreak of mayhem. I fought to get out of the melee and back into the street. During the shoving while I was distracted from the right, they managed to get into the left lower pocket of my cargo shorts – which were double-buttoned – and lift my wallet. I never knew it, but they obviously knew exactly where my wallet was located!

**Tip #3 – Carry a dummy wallet with your real wallet concealed.** Have an old wallet with expired credit cards and some minor cash in your pocket or purse. If you get robbed, you will be able to give this up easily. Keep your real wallet concealed against your body. AAA in Warrington carries some secure devices for cash etc. like under clothes waist bands.

**Tip #4 – Be careful when using an ATM machine.** Thieves watch for tourists going to ATMs and then strike. American Express told me that most thefts happen in the disembarkation area of foreign airports when US tourists arriving in the crowded greeting area head to an ATM machine to get local currency. The thieves will see where you put your wallet or purse and can maneuver a strike before you know it.

Tip #5 – Make an electronic copy of your wallet contents and identifications. It is a good idea to have a back-up electronic copy of the contents of your wallet, meaning credit cards, memberships and IDs. And of course do not carry anything in your wallet that could give someone access to your personal information, like your social security number or passwords. I carry an electronic copy of my license and passport stored in my BlackBerry. If I lost everything, I could at least produce electronic copies to give evidence of identification. Having a complete copy of your credit cards makes it easier if you have to cancel them quickly, as I did. I was able to call my assistant at my office and have all of the identifications sent to me. I also keep records of all of my credit cards in my BlackBerry.

(continued on page 10)

# **JUNE 2012**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Warwick Board of Supervisors	5	6	7	8 Extreme Games	9
10	11 Warwick Planning Commission	12	13	14 MVRA Meeting	15	16
17	18 Warwick Board of Supervisors	19	20	21	22	23
24	25	26	27	28	29	30

#### **Schedule of Events**

- June 4 Warwick Board of Supervisors Meeting Time: 7pm-8pm Where: Main Meeting Room
- } June 8 Extreme Games
  Time: 8:00pm
  Where: Cambridge Circle
- June 11 Warwick Planning Commission Meeting Time: 7:30pm-8:30pm Where: Main Meeting Room
- } June 14 -MVRA Meeting hosted by the Bob Talley Where: 2091 Jericho Drive
- June 18 Warwick Board of Supervisors Meeting Time: 7pm-8pm Where: Main Meeting Room

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# Burzynski The Movie - Cancer Is Serious Business by Josh Curtis

I recently watched the documentary 'Burzynski The Movie - Cancer Is Serious Business' on Netflix. It's rare that a movie makes an impact on me, but this documentary about Burzynski's struggles against the FDA and BigPharma made such an impression that I cannot stop telling people about it. I'll be honest, I'm not too familiar with 'other' side of the story (other than it is expensive). But I urge you to watch the film and find out for yourself...this is far too intriguing to ignore.

The film is about a medical doctor and Ph.D. biochemist named Dr. Stanislaw Burzynski and his struggles against the FDA, BigPharma, and the government, to bring his cancer medicines, called antineoplastons, to the fore-front.

Burzynski stated that he began investigating the use of antineoplastons after detecting what he considered significant differences in peptides between the blood of cancer patients and a control group.[1] Burzynski first identified antineoplastons from human blood. Since similar peptides had been isolated from urine, in 1970 Burzynski initially purified urine as a bulk source of antineoplastons. Since 1980 he has been reproducing his compounds synthetically.[2]

Antineoplastons are responsible for curing some of the most incurable forms of terminal cancer. Various cancer survivors are presented in the film who chose these medicines instead of surgery, chemotherapy or radiation - with full disclosure of medical records to support their diagnosis and recovery - as well as systematic (non-anecdotal) FDA-supervised clinical trial data comparing Antineoplastons to other available treatments - which is published within the peer-reviewed medical literature.

One form of cancer - diffuse, intrinsic, childhood brainstem glioma has never before been cured in any scientifically controlled clinical trial in the history of medicine. Antineoplastons hold the first cures in history dozens of them.[3]

If Antineoplastins are approved, it will mark the first time in history that a single scientist, and not corporation, will hold the exclusive patent and distribution rights on a revolutionary breakthrough.

- [1] Burzynski, SR (1986). "Antineoplastons: history of the research (I)". Drugs under experimental and clinical research 12 (Suppl 1): I-9. PMID 3527634
- [2] BMoss, Ralph (1996). The Cancer Industry. ISBN 1-881025-09-8
- [3] [ANP PubMed 2003] [ANP PubMed 2006] [ANP Cancer Therapy 2007] [Rad





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christina.jones.lj1b@statefarm.com Mountainview Resident



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## Evening Under the Stars Planning Begins by Karen Romas

We are contacting local businesses and organizations to help (continued from page 1) with donations for basket raffles. Our community is small, but big in heart! We are asking for any type of donation to enhance our efforts of raising money during the raffle.

We truly appreciate your consideration in helping with this event. Your business or organization will be acknowledged in our monthly community newsletter that is distributed to over 300 homes. Your generosity towards this event deserves recognition within our community.

If you would like to donate towards this event, please contact:

Karen Romas (215) 491-5340 karenromas@comcast.net

Or send directly to:

Karen Romas 2375 Jericho Drive Jamison, Pa. 18929

Thank you for helping us with this very special event!

Sincerely,

Karen Romas & MVRA Fundraising Committee

# Jake Darreff Legacy

Benefiting Childhood Cancer

P.O. Box 282 Jamison, Pa 18929 (215) 672-1552 www.jakelegacyrun.org



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# "Evening Under The Stars" MVRA Fundraiser Benefitting The Jake Darreff Legacy Saturday, September 8, 2012 7:00 p.m. 2375 Jericho Dr.

Please join us on Saturday, September 8, 2011 for an elegant evening of cocktails and butlered hors d'œuvres, at the home of Chris and Karen Romas, 2375 Jericho Drive. This is a night filled with exceptional food, drinks, and chances to win raffle baskets filled with incredible donations from our community. Do not miss this opportunity to make a tremendous difference to a family in need.

The cost of the evening is \$40.00 a person. With the additional purchase of tickets, you could win one of the already donated baskets: Burpee gift basket, John McShane Auto Body, Tre Fratelli restaurant, Two Ladies Catering, and much more! Last year we had over 40 raffled baskets!

# Jake Darreff Legacy Benefiting Childhood Cancer

Jake Darreff was only three years old when he lost his battle with a rare form of children's leukemia. At only two years of age, Jake showed determination and hope for a new day where he could play with his friends and family, a day that never came. It is in his memory that his family established The Jake Darreff Legacy to benefit local children that have been afflicted with some form of childhood cancer. The foundation's goal is to provide emotional and financial support to the families of these children. PLEASE join us in this effort to bring some LOVE, HOPE AND CARING to a special family in our community.

with some form of childhood cancer. The foundation's goal is to provide emotional and financial support to the families of these children. PLEASE join us in this effort to bring some LOVE, HOPE AND CARING to a special family in our community.

If you would like to attend this event, please return this completed form to:

MaryBeth Brandt
2114 Sturbridge Dr
Jamison, Pa 18929

Name:

Phone number:

Address:

E-Mail:

TOTAL AMOUNT ENCLOSED:

Please make checks out to MVRA

If you would like to **make a donation** to the raffle baskets from your business or organization, please contact: Karen Romas at 215-491-5340 or karenromas@comcast.net

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## Travel Safety - Don't Leave Home Without It! by Bob Talley

**Tip #6 - Have a good travel insurance / protection plan in place.** American Express offers its Global Services, which responds to provide support when a traveler suffers a loss of credit cards and cash, as I did in Barcelona. The Global Services arranged to cover the hotel costs, wired cash and sent two new replacement cards to Madrid on my arrival there. This resource was invaluable and allowed me to resume my travels after a relatively short (one day) disruption.

**Tip #7 - Understand the culture.** Don't expect the police to treat something like a stolen wallet or purse as significant. Actually, the police would not even come out to investigate. I had to go to the police station and wait to make a report. AND if I had said I had been mugged I would have had to stay in the station all night since that involves a physical assault which requires a full investigation. So, softening my report to a stolen wallet got me out in about two hours. The frequency of these thefts is high and so the attitude is you were another foolish tourist who did not take proper precautions. Again, the state department and the local US embassy can give information on the local state of conditions.

These are a few of the many tips that you should consider before you travel. There are many sources that can provide you additional information, like AAA, American Express Global Services, Foders, etc. A wealth of travel safety information and resources is the US Department of State at http://travel.state.gov/travel/tips/safety\_118o.html

Using some precautions can ensure an enjoyable vacation. Travel well and safely!



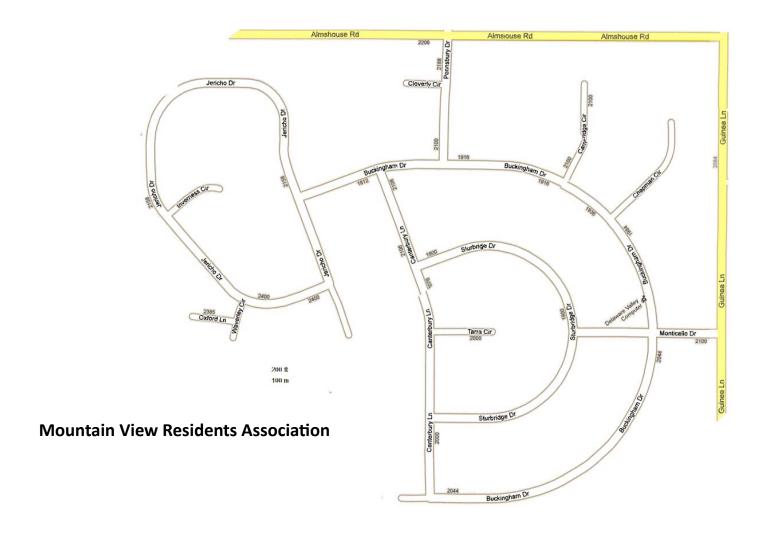
## Tech Tips - Improve Your Phone's Battery by Josh Curtis

If you use a smartphone then you are aware of all the wonderful things you can do on the move, but you are also aware of the poor battery life. The following suggestions may help you increase that battery life and keep your phone moving through the whole day.

1. Wireless Connections - The various wireless connections your phone makes is the #1 killer of the battery. Not only is your phone communicating with a cell tower, but also bluetooth devices and wifi hotspots. If you are not using those connections, turn them off! If you are in an area with no cell signal (like a basement) your phone will kill its battery in 2 hours constantly trying to find a cell tower. All phones have something called Airplane mode which shuts off all the wireless broadcast (even the

cellular).

- Screen Brightness Manually lower the screen brightness. Optimal screen brightness for a smartphone is 49%.
- 3. Kill Background Apps The more applications you have running in the background, the more battery your phone uses. Facebook, Twitter, Tango, Skype, VoIP are examples of programs always trying to update. If you don't need upto-the-second updates, you can save some serious battery life.
- 4. Stay Cool Batteries like it cool...high temperatures greatly reduce a battery's life. Keep the phone on your hip instead of in your pocket (the worst place for temperature).



Mountain Views 2424 Jericho Drive Jamison, PA 18929 me@joshuacurtis.com

