



Vol. 24, No. 10

SERVING ALL OF ABERDEEN

February, 2016

## ♥ HAPPY VALENTINE'S DAY ♥

### Aberdeen Country Club News

By: Harry Seaton

What makes the Aberdeen Golf & Country Club as attractive as some of the high end clubs in Palm Beach County? Look at our beautiful 18-hole USGA approved golf course which is always interesting to play no matter how many times we play it. Then our always-looking-new Fitness and Aquatic Center - the Fitness and Aquatic Center with its 3 distinctive areas of exercise equipment (many with TV sets) as well as the 3 multi-level swimming Pools surrounded by lounge chairs overlooking the expanse of our Golf Course. Astride our Fitness Center is our Tennis Court complex with 15 hard-true courts ready for play every day.

Aside from these fabulous features, the Club has many things that other clubs may not have. Take the equity required at Aberdeen; it is much more reasonable in comparison to other clubs. We have single memberships and family memberships. With family memberships in the case of the demise of one, our Club does not require the survivor to leave but at Aberdeen the survivor has the option of either continuing in the Single Membership category or leaving. Bear in mind that we also have the automatic right to leave the Club upon attaining a certain age level; no other club has this right.

Moreover this Club has initiated new and novel membership programs such as the Baby Boomer Program with attractive financial features, the innovative Significant Other Program enhanced as the Friends and Family Program, another single.

(continued on page 2)

### Should Dividend Stocks be a Part of your Portfolio in 2016?

By: Dr. Patricia Williams (Muirhead)

Even with the Fed's recent rate hike, returns on government securities and certificates of deposit remain at historic lows. Where can an investor turn for better returns with limited risk? High dividend-paying stocks might be the answer. What are some of the features to consider in the selection of dividend stocks?

(1) *A reasonable dividend yield.* The dividend yield is the percentage return you receive on your investment. To determine the yield, divide the annual dividend per share by **the price per share at which you purchase the stock**. For example, if Company XYZ pays \$2.00 annually in dividends and you buy the stock for \$80 per share, your dividend yield is 2.5% ( $\$2.00/\$80.00$ ). At the time of this writing, one-year CDs are yielding 1.3%. If the stock price falls, buying more shares of the same stock will increase your dividend yield. For example, if shares of Company XYZ are selling a month later for \$70 per share your yield on the newly purchased shares increases to 2.85% ( $\$2.00/\$70.00$ ). The lower the share price, the higher your dividend yield.

(2) *A long history of dividend payments.* You don't want to invest in a company for its dividend only to have the company decide to discontinue it due to, for example, poor sales. Stick with companies that have a long, uninterrupted history of paying

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**ABERDEEN TIMES**

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7791 Bridlington Drive • Boynton Beach, FL 33472  
561-734-5244**ABERDEEN COUNTRY CLUB NEWS ...** (*continued from page 1*)

Others include the Lessee Club Amenities Program which allows renters of any home to pay for assigned membership privileges, and the important Non-Resident Membership Program, while not requiring an equity purchase, does allow the same access as resident members have in many membership categories for either family or single members.

These rights and others at our Club give our membership many meaningful advantages that are not available at other clubs and make our Club especially attractive.

The latter part of December's holiday time saw another fabulous Children's Activities Week enjoyed by a multitude of grandchildren, parents and grandparents at the Fitness, Tennis and Aquatic Center pools, tennis courts, golf course and the Palm Room featuring billiards, darts, ping pong, the Internet Cafe and WiFi connection. The high point of the week was the entertaining Holiday Children's Carnival featuring rides and games with an equally well-attended lunch at the Club's Dining Room. January found, at our golf course, the Men's and Women's Four Ball Round Robin Tournaments and for tennis members, the Pro Member Invitational. Aberdeen's second Color War opened on Jan. 10th. It involved many activities and 400 members. The closing ceremony on Feb. 3rd was dramatic and fun for all participants. All in all, a huge success and made more memorable by donations at the torch event for curing autism.

February will again be a busy time at the Club,

starting with the exciting Super Bowl Dinner Party and the Ladies' Bridge Member Guest tournament, followed by the Valentine's Dinner Dance. A Mystery Bus Ride is planned probably similar to last year's successful mystery bus ride event. Breast Cancer Awareness Day will include activities for golf, tennis and bridge. The Tennis Aberdeen Cup tournament, the Sweetheart Bridge Tournament and Family Bingo Night are scheduled. Inasmuch as schools have another holiday, the Club has planned another Children's Holiday Activities week with almost all of the same events. Clubs and Classes will continue to meet including AARP Safe Driving Classes, Aberdeen Anglers, Book Clubs I and II, Cinema Connection, Knitting and Crafts, Love of the Opera Club, Current Events Club and the Bereavement Workshop. Looking ahead in March, the Ladies' Member Guest Golf at Royal Ascot is planned followed by the Table Games Fair, a Dancing with the Aberdeen Stars extravaganza and the ever well-attended Lynn U. Scholarship Fund Concert.

For those who would like to join us and experience a wonderful life style, call our Club office and speak to Rose Cizner, our Director of Membership, at 738-4903 for further information.

**From the Editor**

Here is your chance to get involved with the Aberdeen Times! If you are aware of controversial local or global issues, and/or current events, and wish to express an opinion, pro or con, dealing with related topics, we want your opinion. Actually, we welcome several things; (1) suggestions for themes or happenings that would make for an interesting PRO and CON feature (eliminating religion, politics and Aberdeen), and (2) indicating whether you would be willing to write one such article (or more). We will publish your recommended subjects, and then you, our readers, can pick one, or offer one of your own, choose your side, and WRITE.

Send your information to Ruth Krawitz at [rkraw1@comcast.net](mailto:rkraw1@comcast.net).

*It is with deepest emotion that my family and I thank you all for the outpouring of love and support at this most difficult time. Stan would have been proud to see how many people thought so highly of him.*

*Sheila Hyman and family*

**DIVIDEND STOCKS ...** (*continued from page 1*)

dividends. Some companies have paid dividends for over one-hundred years.

(3) *A history of increasing dividends.* You want to invest in companies that steadily increase dividends.

(4) *A relatively low dividend payout ratio.* The dividend payout ratio is calculated by dividing the amount of dividends paid out to shareholders by the company's net income. For example, if a company's net income is \$10,000,000 for the year and it pays investors \$8,000,000 in dividends, the payout ratio is 80% (\$8,000,000/\$10,000,000), leaving only \$2,000,000 to pump back into the company. Beware: a company that pays out most of its income to investors in the form of dividends will not last long. Companies need to reinvest a good portion of their income back into the business in order to grow and remain profitable.

(5) *A relatively low debt ratio.* One way of measuring how much debt a company has relative to its assets is the debt ratio, total liabilities divided by total assets. If a company's debt ratio is 90%, for example, it owes \$0.90 on ever dollar of assets. Beware: In bankruptcy, stockholders are the last in line to re-

ceive any payout. They are behind creditors (that is, bondholders and banks), employees and Uncle Sam (taxes).

Following are five companies that fit the criteria above. Remember, before purchasing any stock, you need to do your own analysis to determine if the stock is right for your portfolio and risk tolerance level.

Company (Symbol)	Dividend Yield (as of 12/31/15)	Year Dividends Began	1-year Increase	5-year Increase	Payout Ratio	Debt Ratio
Stanley, Black & Decker (SWK)	2.06%	1877	5.8%	10.1%	38.9%	64%
ExxonMobil (XOM)	3.69%	1882	5.8%	10.7%	61.6%	48%
UGI (UGI)	2.67%	1885	4.6%	6.4%	58.9%	66%
Johnson Controls (JCI)	2.71%	1887	11.5%	12.6%	53.2%	64%
General Mills (GIS)	3.00%	1898	7.3%	9.5%	72.4%	76%

If you do not need the cash, you can instruct your brokerage firm to reinvest the dividend. In other words, you can purchase additional shares of the stock with your dividends. Over time, this will increase your position in the stock as well as total dividends received.

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## The Ashford App

By: Sylvia Shaw

We're well into the new year already, and I hope you all had a wonderful time over the holidays. Our time in England with Chris's family was so enjoyable, and the weather in spite of being on the grey, wet and dreary side, was very mild indeed. Our oldest granddaughter, Tamsyn, started studying at York St. John University in September, and over Christmas was sent photos of the building where her residence is, showing a foot of water covering the ground floor. Fortunately she's up on the next level, so no water seeped into her room. The flooding in some parts of York and other parts of the UK, were catastrophic for many people, as you may have seen on TV. Chris and I stayed at his mother's house, together with his older sister and her husband. The rest of the family live close by, and our daughter Mandy and her family, who were over from South Africa, stayed in Brighton. We had a very lively and sociable Christmas Eve dinner party at Chris's younger sister's house, with 3 black poodles joining in the festivities. All sixteen of us had a sumptuous 5-course Christmas lunch at the pub across the road. This historic building dates back to the late 17th century, and before it became an 'ale house', part of it served as the parish 'Poor House'. Rather interestingly, we were told to be sure to go across there on Christmas morning, as there was going to be a yearly event with a horse being ridden into and right through the bar. I was told that this English tradition dating back to the 16th century, has something to do with keeping the old bridle path open to the public. Sure enough, when we arrived just before midday, it was crowded with locals all chatting and drinking together. The atmosphere was very merry, and suddenly everyone stood back to make way for a young lady on a beautiful horse all decorated with holly leaves and tinsel. They came riding right into the bar area and out the back door, then turned around and

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did it all again for the cameras As you can imagine, it really was a sight to behold.

Chris is still busy with the house renovations at Sheffield, and we're hoping to move in some time around April. Our son Jeff and his family will be visiting from NJ in February for a few days on their way to Disney. The 3 children are looking forward

(continued on page 5)

## ATTENTION READERS

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**THE ASHFORD APP ...** (*continued from page 4*)

to the fun and games at the Club during their stay. I remember Sienna and Taylor doing rather well in the hula hoop contest a couple of years ago, and granny didn't do too badly either.

I have some news to share from our neighbors. Leah Keitz says: "We had a wonderful visit from our youngest son and his 3 children over the Xmas holiday, and are looking forward to the next wave of visitors. Anyone interested in forming a committee to plan one or two social events here in Ashford please contact me. [llkone@aol.com](mailto:llkone@aol.com). In the past we have had boat trips, theater visits and pool parties. These events were all successful and really brought our community together. As we welcome so many new neighbors to Ashford, let's consider planning these enjoyable outings once again."

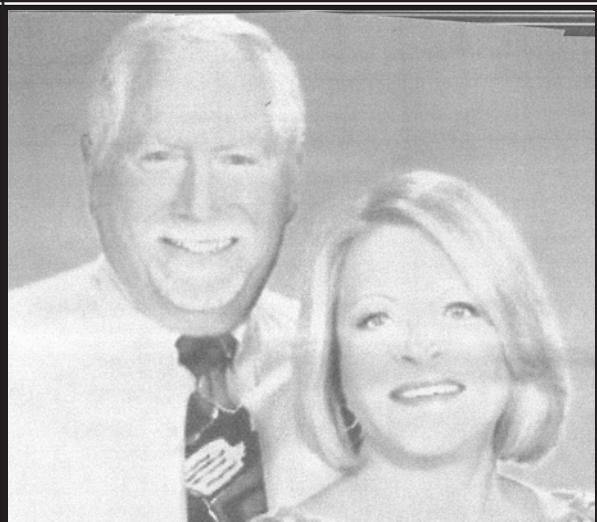
Millie Schultz has family news to share: "My grandson, Daniel, is engaged and will be married in October. His sister, Dara Schultz, also got engaged and will be married in Jan. 2017. My cup runneth over."

From Jane Casden: "We had a wonderful and active visit with the PA family and took an air boat ride in the Everglades, my 4th of this decade, because

it was requested by the family. My son-in-law's sister and her children were staying in Boca for the week so they joined us in our activities. We also went to SkiNixon in Quiet Waters Park in Broward county, which was a fun experience with lots of eating and laughing had by all. My step-daughter Stacy arrives on the 19th of January for a week long vacation at our wonderful "resort". She loves, loves, loves the pool and health center. I always have a good time with her and we get to catch up on what's happening in the other side of my family. Now that our snowbird friends have arrived, we are busy catching up and socializing with all of them. Always lots of food and fun with the Northerners. Marty's house was closed on Jan. 7th and he is now a full time resident of Ashford."

We extend our sincere condolences to Linda Furtado, her family and friends, as they grieve the passing of Anthony Furtado in December.

February is a month of love, and love is what I wish for all of you. Of course, as we give, so shall we receive and love doesn't have to be the romantic kind. It can be just giving a smile to someone to brighten the day, or doing a kind deed for someone in need. Have a great month.



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## Sharing With Sheffield

By: Ruth Krawitz

Are you a person who finds it difficult to forgive or forget? Are you one who holds grudges forever? One who stays angry for so long that you don't even remember what the fight was about? It is harder for some than for others to forgive or forget when they feel they have been rejected or betrayed or slighted or hurt by someone to whom they felt close. Somehow, it feels like a breach of faith and it is hard to love or trust. On the other side, there are those who cannot live with the feelings brought on by not "making up" immediately, and will do anything to avoid the guilt and trauma that comes with estrangement. It seems that everyone has a story to tell about lengthy estrangements they are aware of in families and among long-time friends.

An author-friend of mine must have given this subject a great deal of thought, because she wrote a column a while ago dealing with the "power of forgiveness," I am sharing parts of it with you to provide food for thought and points of discussion. Respond and give your point of view or comment if you

wish.

C.S. Lewis said, "Everyone thinks forgiveness is a lovely idea until they have something to forgive".

Forgiveness means "to pardon, to show mercy, to waive negative feelings or desire for punishment".

First, forgiveness is not about reunion, surrendering justice, forgetting, or excusing the person who did you wrong and inviting someone to hurt you again. It is about releasing yourself from anger and the need to get even.

Studies by The Mayo Clinic and numerous other authorities (Dr. Fred Luskin) say that the one who does not forgive and holds the anger is by far the main victim. With anger, frustration and hurt, the heart rate speeds up, blood pressure rises, breathing becomes shallow, adrenalin rises, depression occurs and pain shows up.

In the 1980s Dr. Robert Enright explored the avenues of forgiveness. He said forgiveness could change communities and bring about peace and understanding in a way that has not been done for decades, even centuries. All faith structures define and recommend forgiveness. In the Jewish faith, Yom Kippur is all

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**SHARING WITH SHEFFIELD ...** (*continued from page 6*)

about forgiving and asking for forgiveness.

Elie Wiesel was 14 years old when he was taken with his family to Auschwitz. Being the only surviving member, he asked God, "What could we possibly have done to deserve this?" Speaking about Yom Kippur he said, "Yom Kippur is plural because it calls for double forgiveness. Just as we ask God to forgive us, maybe we should forgive Him. Wiesel published in the New York Times a letter to God. He wrote, "Mr. God, let's make peace. We've quarreled long enough. I can't and won't forget, but let's forgive each other." In 2000, Wiesel, during a speech in the German Parliament, asked for an apology to the Jewish people for what the Nazis did. Two weeks later the Bundes president went to the Israeli Knesset and did just that - apologized!

Christianity doesn't ask people to forgive, they require it. Through communion and confession Christians ask for forgiveness. Rev. John Bishop says, "Bitterness is a plant that produces poison in your life. You are consumed by what consumes you. The object of your anger owns you."

Buddhism warns against dualistic thinking -



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good vs. evil, right vs. wrong. Buddhists ask "How can I better understand myself and the other person?" Understanding and compassion is the practice of forgiveness.

The Taoist belief is that we carry around slights like potatoes in a sack. It becomes heavier and begins to smell badly. Egoism is a construction of the mind. It comes from the false perception that we are separate from others. They say that it's only an illusion. We realize that without the ego interfering, we stop being damaged by criticisms and insults.

Some sayings:

(continued on page 8)

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## SHARING WITH SHEFFIELD ... (continued from page 7)

Abe Lincoln: "Am I not destroying my enemies by making friends with them?"

Unknown: "Resentment is like a poison the person drinks, and then sits down and waits for his enemy to die."

Mahatma Gandhi: "The weak can never forgive. Forgiveness is the attribute of the strong."

Unknown: "To forgive is to set the prisoner free, and discover that the prisoner was you!"

Be strong dear friends, and try to see the good in everyone.

Happy Valentine's Day to all the lovers out there.

## It's Happening in Dorchester

By: Carol Baron

It hardly seems possible, but we have made it through the 2015 holiday season and are already into the second month of this new year. We must be having a good time because as they say: "time flies when you are having fun."

Well, the snowbirds are back and therefore, so are the lines in order to get into a movie or a restaurant



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... and the traffic is scary. But, the weather is worth it all. Many of us travelled over the holidays and had the pleasure of having our kids, grandkids and friends visiting us. Yes, it was wonderful having them with us and wonderful when they went home so that we now have our homes and lifestyles back to where we wanted it when we moved here.

However, we did see Susan and Richard Pyne having a ball and enjoying their children and grandchildren. They had lots of fun including the terrific Carnival for the kids. Oh yeah, their dog had a good time, too.

Also celebrating were Roz Kern and Steve Posner, who made it to their 30th anniversary. They managed to enjoy their son and daughter-in-law, Eric and Vicky and their granddaughter, Samantha. And just in case you did not know it, Roz is dancing in The Original Florida Follies, which began the 2016 season in January at the Broward Omni Auditorium. Roz has been dancing in the Follies since 2011. You should go see it. And Steve spent last July singing in a show at The Wyoming Theatre Festival. That's a lot of talent in one family.

Thanks to our new landscaper, Quality Plus Landscaping and Vulcan Pest and Fertilization, Dorchester is looking more beautiful than ever. And

(continued on page 9)

**Jeffrey E. Siegal, M.D., P.A.**  
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**DORCHESTER ...** (continued from page 8)

we have even gotten rid of the Queen Palm trees on several residents' property that were destroyed by Ganoderma. Now on to the next!

On Feb. 3, the fun-filled second Aberdeen Color war ends. So many of our residents participated in some area of golf, tennis, cards, swimming and more. I remember all of that when I was at camp as a child. Did someone call this time of life our second childhood? Whatever you call it, the thing to remember is our time spent with our neighbors and friends.

Wishing all a great Valentines Day ... with time and thoughts spent with those you love and who love you. And so I close this month's article from those of us in Dorchester with the following:

*"Time is:*

*Too short for those who wait,  
Too swift for those who fear,  
Too long for those who grieve,  
Too short for those who rejoice,  
But for those who love  
Time is eternity."*

Henry Van Dyke

**Oxford Place**

By: Stephanie Baker

Happy 2016 from Oxford Place! When you talk to your friends and neighbors they will share stories of all the out-of-town visitors flooding Aberdeen since Thanksgiving; grandkids, adult children, great-grandparents, aunts, uncles, cousins and old neighbors from out-of-State. The numbers of guests could have been larger if northern temperatures were seasonably cold.

Fireworks were heard New Year's Eve and New Year's day. With them come resolutions that we make in earnest; we really want to lose weight, stop smoking, exercise more, drink less, and above all, be patient. Our grandkids promised to listen to their parents and not fight with each other. Not quite understanding the meaning of a resolution, they have hopes of winning a million dollars and buying a mansion in Hollywood.

On a serious note, this should be a time of healing between neighbors. The common denominator for most of us is our beautiful community, with lovely homes, quiet neighborhoods with lush palm trees and gardens.

(continued on page 10)

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## OXFORD PLACE ... (continued from page 9)

60 years ago when I was a child in CT, neighbors welcomed neighbors, doors were not locked, meals were shared, and neighbors looked out for each other. Lets try to regain that sense of civility and remember our roots.

Robert Frost wrote "Fences make good neighbors"; let's prove him wrong.

## Hello From the Hamptons

By: Susan Finer

Congratulations to Art and Ellen Gold on the birth of their 6th grandchild, Shira Ayelet born on Nov. 12, 2015. Shira is the daughter of Rachel and Darrin Goldin and weighed in at 6 lbs. and was 20 inches long. She joins her siblings Jonah (5) and Naomi (2). Ellen and Art spent Thanksgiving in Dallas with the Goldins and with their son and daughter-in-law. Both families live a close distance from one another.

Congratulations are also sent to Bart and Sheila Cherry on the bat mitzvah of their granddaughter, Rachel Cherry .

I regret to inform you of the passing of Selma Heyligers, a Hampton resident. Our condolences are

sent to the entire Heyligers' family.

The Whitelaws are celebrating the birth of their 16th grandchild, David John Whitelaw. Granddaughter Emily graduated from George Washington University. Grandson Max graduates from GW next year. Grandson Elias is a freshman at the U. of Vermont and granddaughter Basya is a freshman at boarding school. Granddaughter Stephanie will be attending college in Barcelona and grandson Philip is still in Shanghai. Daughter Dawn relocated to Cambridge, MA. to begin a new job and Barbara and Bill spent the holidays in Costa Rica with their son Dennis and his family.

We welcome new Hampton residents, Lance and Jeanne Rogers and wish you good health and happiness in your new home.

Nancy Rosenstein was a big hit at the Aberdeen Club's show, "Laugh Out Loud." She sang and performed to a giant ovation, Harry is still "qvelling."

Our granddaughter, Emma Finer, was selected to sing "The Star Spangled Banner" at her school's basketball game in CT and tore the house down. Our other granddaughter, Jillian Rosenblum, will be attending college in Barcelona during the spring se-

(continued on page 11)

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### HELLO FROM HAMPTONS ... (continued from page 10)

mester. What wonderful opportunities our grandchildren have.

Wishing all a most HAPPY VALENTINES DAY.

### Bermuda Isle Buzz

By: Lenore Schwartz

It's February and the HEART of the busy social season. The holidays are over but tourists and visitors have invaded our land. Though some may be stressed by the traffic and crowds, it's such an exciting time down here in paradise far away from the tra-

ditional cold and snow. There are enumerable shows, concerts, museum exhibits, movies, lectures, athletic events, card parties and fashion shows (mainly for charities). The choices are endless. NY has nothing on So. FL. For the football widows, the season has finally ended and now they can make plans for a Sunday without consulting the NFL schedule. February is the month of love and a time for showing that you care. As you age, material things are less important than using your precious time to experience some of the above-named activities and events together.

Some of our neighbors have ventured out on Caribbean cruises. Joyce and Bob Bosch, who will be celebrating their 50th anniversary in April, took an eight day cruise with their daughter, son-in-law and granddaughter (who live in Winston Trails). Their daughter, Mindy, arranged for them to renew their vows aboard the ship. They had a lovely ceremony and celebration. Happy anniversary to them both and we wish them many more!

Lenore and Harvey Schwartz (celebrating 60 years in March), took a 10-day cruise that turned into a nightmare. Unbeknownst to all the passengers, the ship was contaminated with the Noro virus. This affected everything including a 3 hour delay on embarkation during which time everyone was standing in line. Harvey, having a sciatica problem, collapsed and wound up in a wheelchair. We couldn't wait to return home and have chosen to be landlubbers for awhile.

Elaine Roth, who left with a group of 6 women, met and joined other groups from Aberdeen and had a perfect cruise. The shows were fabulous and the food delicious. Elaine was delighted with her eggs Benedict every morning and her escargot and wine every night. She even won money in the casino. Cruising, even a very short one, can be a delightful experience.

Helen and Sid Rose hosted Australian relatives

(continued on page 12)

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**BERMUDA ISLE BUZZ ...** (*continued from page 11*)

who made a 5-day stop in FL, so they treated them to a 2-day cruise to the Bahamas. They had a special time swimming on the beaches in Freeport with lunch at one of the big hotels. The shows on the ship were enjoyable and the food was delicious. Pretty good for just two days.

Even with all the activities going on, it's still quiet when you venture outside on the island. Aside from our dog-walkers, (there are about 16 dogs) it's rare to meet your neighbors on the street. That's why taking advantage of our socials is a treat. Thanks to our neighbor Julianne Haimes, there's a Bermuda Isles Ladies Luncheon to look forward to each month.

Our BI pool party has been slightly delayed, but arrangements have been made for a BBQ to be catered by a wonderful food truck called Lees' Munchies Snack Shack which has incredible custom toppings. It will be held on Sun., Mar. 13th at 3:00 PM. Timmie Fried is in charge, with the help of Harvey Schwartz and Ruth Snyder. Flyers have been sent out so please save the date.

Our Dinner/Dance will be held this month on Tues., Feb. 2, 2016 at Benvenuto at 6:00 PM. It will feature Big Band music and a 3-course meal. Forty two people are expected to attend and once again, Julianne is the coordinator. Thanks Julie for all you do! Retirement??? Not for these neighbors! Lila Lavine

is celebrating her 15th year as an instructor at the JCC where she teaches about antiques and collectibles. She also guest-lectures at Lynn U. Lila, you'll never grow old!

Sid Rose continues to teach Statistics and Mathematics as an adjunct professor at South U. in West Palm Beach. This is his 10th year. His grandchildren want to know when he is graduating.

Stan Hubsher, our actor-in-residence, still participates in the Acting Up Group in Boca Raton. Some of the shows were "Love Letters" by A.R. Gurney, "Address Unknown" and "I Never Saw Another Butterfly." The performances, which are interactive, have taken place at different area high schools and JCCs. We'll opt to see him in action this year.

Others on BI are pursuing further education and feeling a great sense of accomplishment. Terry Flanzig, who obtained a real estate license 5 years ago, is now enrolled in a paralegal program at Palm Beach State College. It includes court cases (in which she had an evaluation of 100%), real estate law and closings and criminal law. She's finding it very stimulating. Terry always has numerous interests in which she participates.

The Bermuda Isle election in December brought 2 new members to the Board of Directors. Ruth Sny-

*(continued on page 13)*

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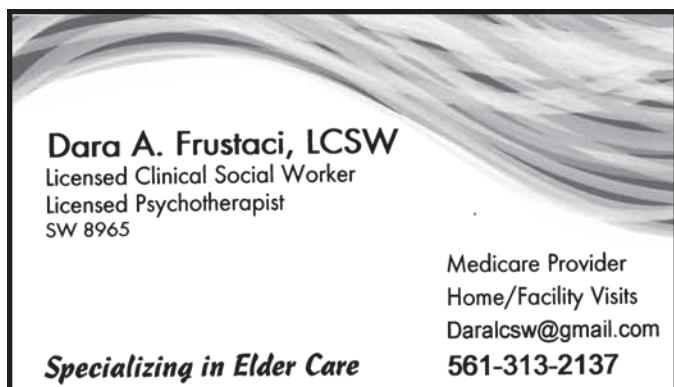
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### BERMUDA ISLE BUZZ ... (continued from page 12)

der, a long-time active resident of the Isle, who is a past president of the Aberdeen Simcha chapter of Hadassah and has organized our community pool party for the past 4 years and has proven herself quite capable in the past and will be a great addition to the board. Don Buesking is a new homeowner and neighbor. He and his wife Anna moved here from St Louis where they both worked for Boeing. Now retired, they're enjoying tennis, dance classes and the fitness center. Don also joined the Anglers Club. Having been on the architectural committee in his former community, he'll be a great asset to the board. We welcome them both! We'd like to spotlight relatively new neighbors, Lynn and Steve Chodas, who moved to Bermuda Isle in 2013 from Marlboro, NJ. Lynn had a very challenging and caring position as a speech therapist working with children afflicted with autism. She retired 2 years ago. Steve, who owns a commercial cleaning franchise, looks forward to retirement in the near future. Presently, they are snowbirds, but they plan to stay here longer each year. Their 3 children live in NY, NJ and CA. Lynn is joining the Book Club and looks forward to becoming involved in organizations and mah jongg. Steve loves boating, politics and photography. They have found B.I. residents to be very friendly and the community appealing. They were drawn to this area by a mother who lives in Ponte Vecchio and a sister who lives in Delray Beach. So many of us started out as snowbirds and then became year-rounders. We welcome the Chodas and look forward to the time when they too, will be full-timers.

I'd like to take this opportunity to thank Eliot Ostrow for his comprehensive e-mails that keep us all informed ... a very happy 65th anniversary to Timmie and Moe Fried ... and get well wishes to Flo Sosnik, Al Finkel and Marge Adler.

Happy Valentines Day ... spend it with someone you love!

### Brittany Lakes

By: Judit Ungar

For as long as I can remember, my friends and I just love talking about our children. And now even more than anything, about our grandchildren. They are all, smart, kind, thoughtful, beautiful and handsome. The most amazing individuals we have ever met.

We all hope that they will come visit and spend some quality time with us during one of the many holidays. We live for their calls, emails and tweets.

The holidays arrive and we go to the airport and pick them up at all hours of the night. Hugging and crying galore. They are here!!! Tomorrow we will sleep till noon - actually not us but them. Our brunch reservations came and went. The mess in every room is overwhelming. The disagreements are loud: Crumbs and laundry are everywhere but they are here.

Before we know it, the 40-year-old investment banker becomes a 10-year-old girl arguing with her 45-year-old adolescent physician brother over who was dad's favorite.

We look at each other and once again realize the only thing we are waiting for is when are they going

(continued on page 14)

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IN MY OFFICE OR YOUR HOME

**BRITTANY LAKES ...** (*continued from page 13*)

home. And this is just the first day.

A week later, as we get our homes back and they are all gone, we start dreaming about, when the children are coming to visit again. We are all looking forward to Presidents' Week!

**Waterford Watch**

By: Steven Ledowitz

As I write this column it is the holiday season and the end of another year. 2015 was a difficult year as 8 members of the Waterford Family passed away. All were long-time members of the community and contributed to Waterford over the years. Our condolences go out to the families of Fay Schaller; Harold Mann; Leah Bender; Elaine Clare; Charlene Hankin; Harvey Scheer; Irene Alpert; and Robert Klein. They will all be missed.

On a happier note we welcome new members to our community (please keep the list since the directory will be by name only in 2016): Jeffrey and Carolyn Katz; Karen Rabinowitz; James and Ellen Stephens; Rod and Catherine Goldenberg; George Powell; Mark Stanton; and our newest resident who closed in December, Peter Agati. These new home owners should be a great addition to our community.

As the year came to an end it was fun to see the kids at the Waterford pool. Sherwood and Carol Ginsburg had their whole family here for Sherwood's 85th birthday. My children and grandchildren came down for 2 weeks and since they no longer live in Japan they brought their dog. Many of our residents saw Marcia and I walking the dog and Howard Weiss even brought a treat for him. The biggest problem with the dog is that he still has not learned English so the kids had to teach us Japanese commands. Gerry and Joan Paley also had their grandchildren

during the holidays. Rose and Al Darien had visitors throughout the holiday season. Al has not been feeling well so the Grandchildren came down to see him. Rose said that Al seems to have more strength with his new treatment. I think we all feel the same way, love it when they come but find the house to quiet when they leave.

As 2016 approaches it is time for Waterford to move ahead to go back to the community it has been. Hopefully the social committee will plan a pool party as they did last year. In past years we have had Halloween costume parties, trips to museums and luncheons as we visited art galleries. With more of our residents being year-rounders a summer event might be fun. Anyone wishing to help on the social committee please notify the members of the committee, Sidell Levin, Bernice Friedman, and David Kennedy.

There are other committees here in Waterford that would love to have additional help. The Landscape committee is one. There will soon be a painting committee and Rose and Ralph would welcome help maintaining the pool. As we move into the New Year there will be other opportunities to keep Waterford moving forward.



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## Sterling Lakers

By: Sheila Hyman

It is with a heavy heart that we mention our dear neighbor. Adele Mille, lost her son this past season. Mark was the father of 2 children and the grandfather of 2. We send our deepest sympathy to all her family.

It seems we will be having a new neighbor. Lenny Pollack's house has been vacated. When I meet the new owners, you will meet them via my column.

I hope all of you will be getting ready for Valentine's Day and that you find a nice way to celebrate.

Be in touch with your news.

## The Sunny Shores

By: Estelle Morganstein

There is no doubt we are now "in season." Increased traffic, lines in restaurants, no empty chairs at the pools!

Here in The Shores you may have received a letter last month advising that repairs were being made to the wood trim on our homes. This issue was identified at the time our houses were repainted and hope-

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fully all repair work will have been completed by the time you read this article.

Our HOA has been operating since its inception under our original Declarations which were created at the time our complex was being established by the builder. Your board has determined that some modifications/updates are necessary at this time to meet the changing needs of our community. A mailing has been sent to each household asking that you review the revisions to our Declarations and return your consent to Campbell Property Management as soon as possible.

(continued on page 16)

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## THE SUNNY SHORES ... (continued from page 15)

I have been asked to remind you that among the joys of pet ownership comes the responsibility of cleaning up after them. It has come to the board's attention that a few residents are reluctant to take care of their pet's droppings as the residual evidence suggests. Therefore, a reminder to those who love your animals - please "scoop the poop" - and everyone else will love your pets as well.

### NEIGHBOR NEWS

#### LET'S PARTY!!

On Mar. 6, the board is organizing a catered luncheon (with desserts and refreshments), followed by a program to honor all our original homeowners who purchased their homes in the late 80s when this development was being constructed, and to honor our newest residents who have moved into The Shores over the last 2 years. This program will take place in the ballroom at the Clubhouse. By now you will have received your personal invitation. Please note that no last minute show-ups can be accommodated since the caterer needs a guaranteed head count. Please fill out and return your reservation form to the box labeled THE SHORES MARCH 6 PARTY in the Small Card

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Room in the Clubhouse by no later than Feb. 15th. We look forward to seeing you all on Mar. 6th!!

In my last article, I put out a call for a couple of volunteers to assist with some "housekeeping duties". Thank you to Judy Isaacs and Peter Whitman for stepping up to the plate.

Our original homeowner honoree of the month is Estelle Tornick. She was born on the lower east side in NYC. She married her husband when he returned from WWII and reminisces fondly of her wonderful marriage and the 3 daughters it produced. Estelle was an interior designer and her husband owned a furniture manufacturing business. They used to come down to Florida with relatives to vacation and initially bought a condo in Tamarac. When she and her husband decided to retire, they wanted more space, choosing to purchase a home in The Shores. She was very active volunteering at the Club House but is no longer as active as she used to be. Estelle misses her late husband very much but is grateful that one of her daughters lives a few doors down the block and her twin daughters are frequent visitors. Estelle affirms that she has enjoyed many wonderful years in our community and we wish her many more to come.

A special get well to our friend and neighbor Ray Crosby who has been under the weather these last

(continued on page 17)

## THE SUNNY SHORES ... (continued from page 16)

several weeks.

We lost 3 residents recently and offer our condolences to the families of Rick Jensen, Abe Weinberger and Alan Solomon.

Until next month, enjoy the cooler weather and don't forget to return your reservation form for our Mar. 6th party.

## Moorings Matters

By: Vincent Marini

About a year ago, I offered to write the Moorings Column on a temporary basis. I did my best to include current news and the daily nuances of the Moorings. I was excited about launching the Moorings Mantle. It was an opportunity to give recognition to the people I interviewed and a chance for residents to get to know their neighbors.

Since this will be my last Moorings Column, I would like to express my views and comment on what Aberdeen means to me.

It can be summed up in 3 words: "I love Aberdeen."



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Our permanent residents and snowbirds have shown their appreciation for our community by giving back. Volunteers are the key element of securing, developing and maintaining a community. During my 31 years as an owner, I have been fortunate to know or observe people who helped make Aberdeen a great place to live. They paid back and forward, by serving our community in many ways; as members of their Board of Directors, the East POA, Clubs, and sharing their knowledge, time and effort when or where necessary.

Note to our new younger residents; you are the future of Aberdeen. Your contribution as volunteers is vital and necessary to maintain our reputation as one of the finest communities in Southeast Florida.

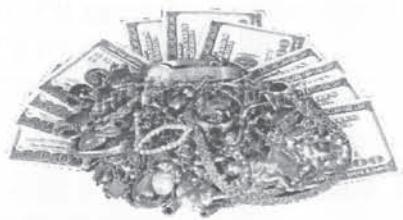
I will take advantage of this bully pulpit by paying tribute to folks, past and present, who in my opinion, would be members of an Aberdeen East Hall of Fame. So ... a Tip of the Tam, first to those who are no longer with us, Bob Exstein, Lou Halley, Ric Jensen, Joe Kaplan, Hy Krasney, Tom Nicolazzo, Neal Schecter, Bob Warren and Bill Wenderoth. And; Hats Off to those still active; from the Coves; Rose Romano and Joe Toback, from the Harbours; Anita Kaplan and John Kunkel, from the Isles; Arnie Rich and Herb Foxman, from the Landings; Teri Schecter, Paul Stabile, Joel Thaw, and Florence Simonson, from the Moorings; Cliff Antis, Jane Halley, Edith Steindler, Millie Tencer,

(continued on page 18)

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### **MOORINGS MATTERS ... (continued from page 17)**

Rita Wolfe, and all Members of the Moorings Mantle, from the Shores; Ray Crosby, Ron Gelish, Carol Jensen and Robert Stark. My apologizes to others I may have overlooked; who deserve this recognition.

#### **MOORINGS MANTLE**

It is my desire and privilege to select someone I have known for 68 years and been married to for 64 years, as my last elevation to the Moorings Mantle. Joan Rose Buttitta Marini deserves to be on the Mantle since she has encouraged and supported me during my many years as a volunteer in the Coves and the Moorings; recognition that should be given to any spouse of any resident who volunteers their time and effort.

Joan was a member of the original Gourmet Club, is a member of the Women's Club, the Travel club and the IAC. She is dedicated to the Tai Chi Program at our Clubhouse and is currently pursuing ways and means to continue the class.

Joan, along with Ellen Bauer of the Harbours and Pam Breier of the Shores established The Aberdeen East "Petite Library" at the Clubhouse which gives all residents the opportunity to select books from

organized shelves, colored coded and positioned by the authors name. Ellen, Joan and Pam are to be saluted for the time and effort they devote to keeping the library current.

Welcome to the Mantle Joan, I was lonely - these other folks are nice, but I don't know them as long as I know you.

**WANTED & NEEDED** - A Moorings resident to write the Mooring Column. Please contact me (736-3906) or Jane Halley (752-1029). If the new writer wishes to continue with the Mooring Mantle, there are many folks in the Moorings to be interviewed, including members of our current Board of Directors.

The next Moorings Meeting is Feb. 22, 2016, which is "Meet The Candidates" night.

**BE THERE AND BE AWARE!**

### **Addison Green Advisory**

By: Marlene Feiner

Happy Valentine's Day to you all!

The Addison Green Social Club enjoyed an afternoon on Jan. 7th at the Cinemark movies and an early dinner at TooJays which was planned by Carol Hollander. And along with dinner, a short meeting was held to discuss upcoming events. On Jan. 22nd we saw the Van Gogh and Degas exhibits and are making plans to go to Mounts Botanical Gardens next month. On Mar. 23, we are planning to go to lunch and "Murder On the Beach."

I personally want to thank Sheila Aron, Leah Coultoff, Paula and Robert Siegel for donations to the Aberdeen PAP Corps in honor of my birthday. It was so nice of you to think of me.

The February HOA meeting is scheduled Feb. 11, 2016 at the West Boynton Beach Library, 9451 Jog Road.



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## A Tribute to Valentine's Day

Dedicated to those who have lost a spouse  
 By: Mickey Gussow (Waterford)

I walk through every room  
 looking for you  
 I can't find you  
 I yell where are you?  
 hearing no voice  
 only my echo  
 I entreat you  
 stop pretending, please  
 I want to see you  
 I want to hear your voice  
 I want to hug you  
 I want to kiss you  
 where are you?  
 The silence is deafening.

## Bleacher Seats Splinters

By: Bob Tanenbaum (Bermuda Isle) (Our New Sports Writer)

Almost everything good in life starts with a mother.

That's, for example, why I'm now your Aberdeen Times Sports Editor, beginning with this issue. It's why you'll learn about all sports - past, present and future - with a degree of knowledge and wisdom you've never encountered previously.

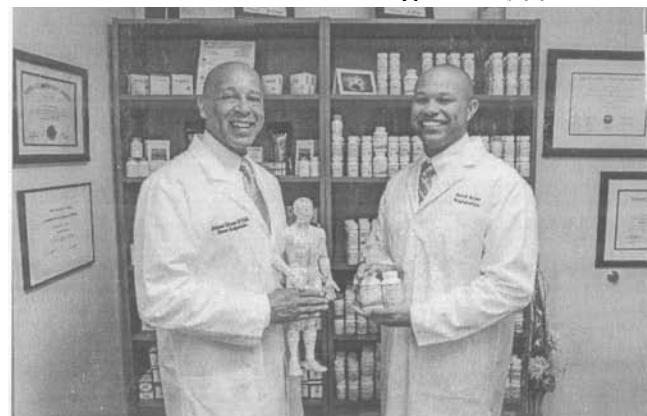
The world first found out about my mother's influence on me and my passion for sports almost 50 years ago. A junior at the U. of Missouri's esteemed School of Journalism, my assignment was to write an article on why our beloved New York Mets would

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overcome great odds and defeat the heavily favored Baltimore Orioles in the 1969 World Series.

My article began something like this:

"I received a package in the mail last week from my mother containing grass. No, not that type of grass. What kind of mother would send pot via the post office to her son? No, this was grass we both worshipped. A piece of sod taken from the infield at Shea Stadium during the celebration after the Mets clinched the National League pennant."

I watered that grass. I even fertilized it. But alas, as the Mets were winning the Series as I predicted in that article, the piece of sod, no longer rooted in Queens, was turning brown.

My mother sadly passed less than 3 years later and was buried on the day Willie Mays played his first game as a Met. I walked into our TV room just before Willie's second at-bat. I had the time to say out loud: "Hit a home run for Mom, Willie!" And he did. Still gives me goose bumps.

There are many more stories about how my mother  
 (continued on page 20)

**BLEACHER SEATS ...** (*continued from page 19*)

influenced my life and passion for baseball but none more apropos than what happened in 1951 having just turned 3 years old.

The occasion was baseball's most famous home run, the legendary 'Shot Heard Round the World' by Bobby Thomson of the New York Giants that broke the heart of every Brooklyn Dodgers fan, maybe most of all, my mom.

She loved to tell the story about how I was so upset that the Dodgers lost the pennant that I went missing. Supposedly she knocked on every door on 198th Street between the L.I.E. and 58th Avenue before coming home and finding me cowering under her bed.

I've since become convinced that it was her own temper tantrum and subsequent thunderclaps of agony and downpour of tears that sent me scurrying for safe harbor afraid to show my face in fear I'd done something terribly wrong. In the meanwhile, she stormed the neighborhood looking for another wounded Dodgers' soul to share her torment.

Naturally, she passed on this aptitude to be a suffering sports fan to me while my older sister and brother had had an emotionally easier route being lovers of Broadway and music.

So they don't know what it's like to lose a World



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Series in 5 games when your team had the lead late in each game before folding like the Mets of 2015.

In sports, the way I've come to know them, many things do not change as the decades roll by. But the sports fans out there know that statement is only partially true.

Big media contracts and the lawyers that come with them have stripped much of the fun of sports. Winning means almost nothing to most involved; being the highest paid is what matters now.

So, over the coming months we'll examine what is right and wrong with sports and how to fix them. I'll recount some exciting times I had as a young reporter from Mexico, Mo., to Minneapolis, Philadelphia and Northern New Jersey, where, as a newspaper assignment and production editor, I worked on pro, college and mainly high school sports.

During my career, I covered the worst pro team ever, the NBA's 1972-73 Philadelphia 76ers, who finished with a 9-73 record, and America's greatest team ever, the 1980 U.S. Olympic Men's Hockey team.

At my childhood winter home, Madison Square Garden on 8th Avenue, I saw Jerry West as a collegian; the great indoor U.S vs. U.S.S.R. track competitions that was the Cold War of athletes such as triple-jumper Ralph Boston vs. Igor Ter-Ovanesyan; THE greatest fight in NHL history (Rangers vs. Detroit Red Wings on Dec. 12, 1962) and THE greatest game ever played by a college basketball player (Bill Bradley of Princeton vs. No.1 Michigan (Dec. 30, 1964).

There's more about all those to come, but let me finish with one more tale about Mom.

On Saturday nights in the early 1960s before the NHL expanded, the Rangers always played road games that were televised. I watched every one with

(continued on page 21)



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### **BLEACHER SEATS ...** (continued from page 20)

my friends or family. I idolized the Rangers' Andy Bathgate.

My parents were always bugging me to go to school dances on those Saturday nights and I almost always did not. On Mar. 23, 1963, I did. I'm sure I didn't stay long and I was home before the game at Montreal had ended. (I know the date from a web site called dropyourgloves.com.)

When I arrived, my mother came to the door to stop me from coming in. She was angry. She was in tears. And, no the Dodgers hadn't lost in the playoffs again. She could barely get her words out she was crying so much. She threw herself at me as a mother

bear would to protect a cub.

The first words I understood were: "His blood ... it's all over the ice ... don't look ... I don't want you to see ... that bum from Montreal." "Mom I don't understand. What happened to who?" (Should have been 'whom' didn't know my grammar then.) "Andy Bathgate. They started a fight those Montreal bums and sucker punched him. He's bleeding everywhere. Stay here. I'll get you some ice cream. Don't look! Did you have a good time?"

To discuss sports, my mother, your mother or ideas for future columns, please email me at [MexicoMoe@gmail.com](mailto:MexicoMoe@gmail.com). Mexico Moe? I'll explain next month.

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(continued on page 22)

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**RECIPE ...** (*continued from page 21*)

patience, courage and work.

Also add to each day one part of hope, faithfulness, generosity and kindness.

Blend with one part prayer, one part meditation and one good deed.

Season the whole with a dash of good spirits, a sprinkle of fun, a pinch of play and a cupful of good humor.

Pour all of this into a vessel of love.

Cook thoroughly over radiant joy, garnish with a smile and serve with quietness, unselfishness and cheerfulness.

You're bound to have a happy new year.

- Author Unknown

**Didja Know?**

Submitted By: Pat Bergrin (Waterford)

1. In 2015 the most popular name for newborn boys was Jackson and Sophia for girls.

2. Wiggle It Jiggleit is harnessing racing's Horse of the Year. He won 22 of 26 races and earned \$2.18 million.

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3. Serena Williams is Sports Illustrated's Sportsperson of the Year - the first female athlete honored on her own by the magazine in more than 30 years.

4. Tchaikowsky's final ballet, "The Nutcracker Suite," which debuted on Dec. 18, 1892 in St. Petersburg's Marlinsky Theatre, was a critical and commercial failure. The choreography, scenery and costumes, as well as the performance of the lead ballerina, were all widely panned.

5. Otha Anders, a schoolteacher in Louisiana, cashed in his collection of more than 500,000 pennies, which he'd been gathering for the past 45 years. The coins weighed nearly 3,000 pounds and were worth \$5,136.14.

6. A class-action lawsuit forced Subway to admit some of its "foot-long" heroes were actually 11 inches long, and to agree to measure its sandwiches to ensure they are at least 12 inches.

7. According to a new Gallup poll, workers who remain unemployed for a year or longer suffer from higher rates of obesity, high blood pressure, and excessive cholesterol.

8. When an American big game hunter killed Zimbabwe's beloved lion Cecil earlier this year, the animal's death shone a spotlight on an unfolding tragedy. Lions are quickly disappearing from the African landscape, not simply because of poorly regulated hunting but because of poaching, wide-spread habitat loss, and a shortage of prey.

9. A billionaire European family, through its investment arm, JAB Holding Co. announced their acquisition of Keurig Green Mountain for \$13.9 bil-

(continued on page 23)

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**DIDJA KNOW ...** (continued from page 22)

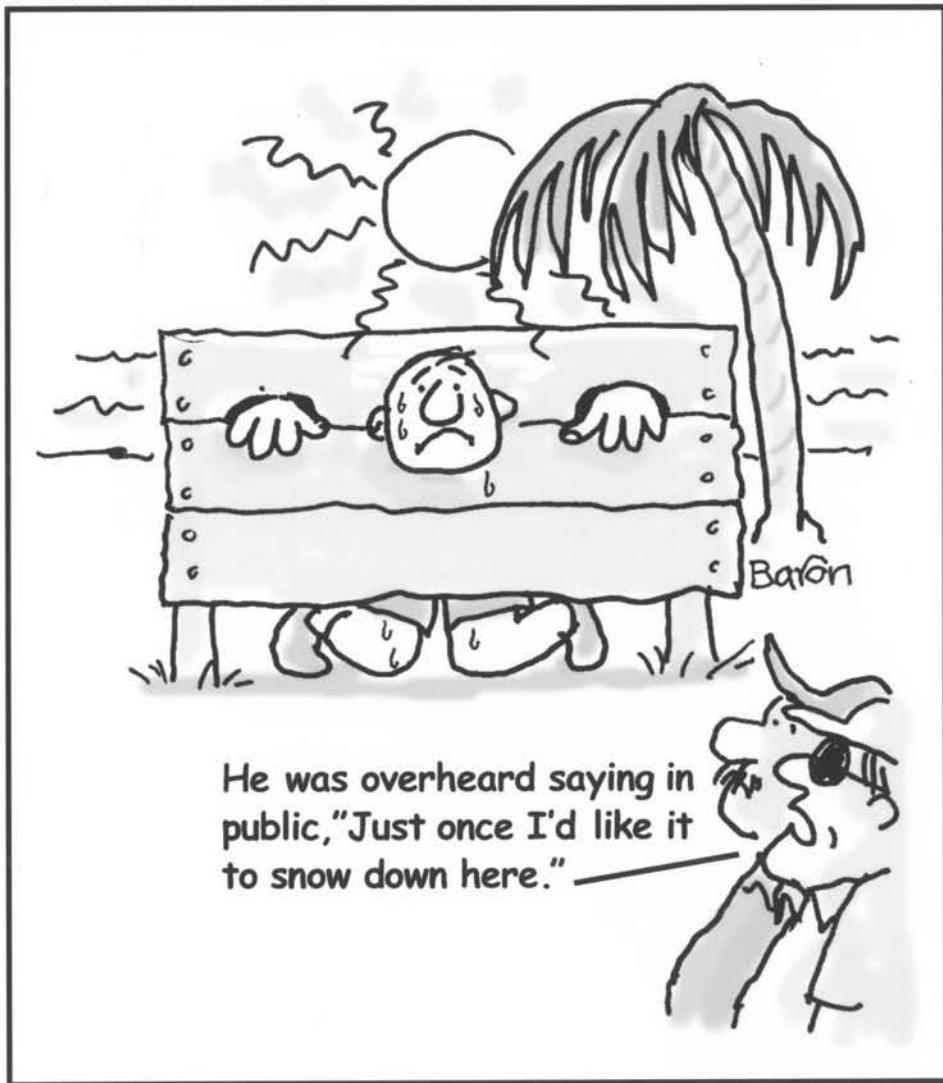
lion.

10. J.J. Abrams' Star Wars: the Force Awakens opened to a record \$238 million in North America with a global launch of \$517 million. Daniel Craig, of the James Bond franchise, is unidentifiable, in a cameo, as he appears in full body armor, as a guard in the film.

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**Final Excerpt from *Mail Call & Recall***

A memoir by Vincent Marini (Moorings)

In this final excerpt, I will attempt to explain how and why my memoir saw the light of day. The actual title of my book is: "MAIL CALL, A Soldier's Worst Nightmare & RECALL, The Rest Of My Story."

To most people, "Mail" is at best, something pleasant - a letter or greeting card from a loved one - or at worst - a bill from the electric or credit card company. To a soldier in battle, "Mail" sometimes carries a more sinister connotation. It can be an artillery shell - thus incoming mail, (usually shouted as a warning to fellow soldiers) meaning find cover because we're being fired upon. A soldier's most frightening dream is being exposed as a target without the ability to avoid or find shelter from incoming mail or protect oneself from the enemy without a weapon.

It was just such a circumstance that I experienced in Korea in 1952. It became my worst nightmare. The trigger for being able to write this book was I lived with this nightmare for more than 50 years and hoped writing about it would be cathartic. It was!

It gave me an incentive to write about "The Rest of My Story" which is a tour down memory lane covering my earlier life as a child, a teenager and a young man preparing for life's trials. It reflects on my business careers,

(continued on page 24)



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### MAIL CALL ... (continued from page 23)

highlights family tradition and relationships and gives readers an opportunity to travel with us abroad and on our road trips across the U.S. which covered more than 400,000 miles.

Although my book tells the story that led to my worst nightmare, I am blessed since most of my life has been and continues to be a glass that is full to overflowing.

I would like to thank Ruth Krawitz, Editor of the Aberdeen Times, for the space allotted to the Mail Call & Recall Excerpts.

I plan to submit future articles for consideration; covering subjects that hopefully will be of interest to readers of the Aberdeen Times.

### Trivia

Submitted By: Pat Bergrin (Waterford)

#### Geography:

1. What 2 countries are joined by the Ambassador Bridge?
2. What sea separates Britain from Norway?
3. What Italian island has been called the "Jewel of the Mediterranean?"
4. What U.S. state are you visiting if you drive the Natchez Trail from Tupelo?
5. What country is bounded in part by the Indian Ocean and Coral and Tasman Seas?
6. What South American country took its name from the Latin for SILVERY?
7. Which state contains the geographic center of the U.S.A.?
8. Where is Old Faithful?
9. Situated on the River Clyde, what is the name of Scotland's largest city?
10. Where is the world's largest volcano {by volume} located?

(answers on page 34)

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### Bridge - Try It, You'll Like It

By: Lew Roth (Sheffield)

#### 1. Unblocking

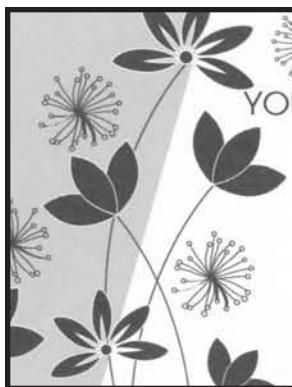
We've talked about unblocking before. The situation was when your partner has more cards in a suit than you do and you want to be sure you get all the tricks available in that suit. However, there are other times you will need to unblock.

Lets look at an example:

North	East
A K 9	Q J 2
West	South
10 8 7 6 5	5 3

You are playing against a 3 No Trump contract and your partner opens the 6. The K is played from Dummy. You are East. What do you play? You must play the Q. You can sense that your partner must have a long suit since the top honors are all in plain sight. If you play the 2, you will have to win the third round and you will not be able to get back to your partner.

(continued on page 25)



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This same unblocking principle can be used in the following situations:

I. Your partner has: Q, J, 10, 7, 4

And you have A, 3 or K, 3

If your partner plays the Q, you must play the K or A (whichever you have). If you do not, you will be stuck with the winning honor and will not be able to get back to your partner. As an aside, if you happen to have A and K ... you will have to find another way to get back to your partner. There is no way out.

II. Your partner has J, 10, 9, 7, 4

And you have K, 3 or Q, 3

If your partner leads the J, you must play the K or Q (whichever you have). Your partner has indicated he has a long sequence and you have to get out of his way as soon as possible.

Of course, there are exceptions. You don't want to give away tricks. If declarer can gain a trick by your discarding an honor you don't want to do that.

## 2. Holding Up

The objective of holding up is to prevent the Declarer from running a long suit. Whenever you can see that declarer can possibly run a long suit, a good defensive tactic is to hold up. Let's look at an example:

North  
 ♠A 6 2  
 ♥x x x  
 ♦K J 10 9 8  
 ♣ x x

West  
 ♠Q 10 8 4  
 ♥x x x x  
 ♦8 4 2  
 ♣x x

East  
 ♠9 7 5  
 ♥Q 10  
 ♦A Q 6  
 ♣x x x x x

South  
 ♠K J 3  
 ♥A K x x  
 ♦7 3  
 ♣A K x x

South is playing at 3 No Trump. Your partner leads

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the ♠4. Declarer wins with the ♠J. Declarer now tries to set up the Diamonds by playing a small diamond to the 10. If you win the trick, the defense is finished. Declarer will have two entries ... ie, the other diamond and the ♠A to set up his Diamonds. He will win the next trick and play another diamond to the J. If you win with the A, he will still have an entry with the A of Spades to cash in the remaining Diamonds. Even if you hold up at this point, it is too late. He will simply continue diamonds and you will have to take the trick and he still has the ♠A. However, if you hold up on the first trick and don't win the trick, Declarer will lose an entry and cannot get to the board enough times to set up his Diamonds.

## **Activities To Keep You Fit**

Submitted By: Luis A. Torres (Ashford)

### **Dive In**

Water Walking - Walking in waist-deep water lessens weight on joints by 50 percent compared with walking on land, explains physical therapist Davis Reyes, assistant manager of the Joint Mobility Center at the Hospital for Special Surgery in NYC. Do it safely by taking a class with an instructor who

(continued on page 26)



# Michael L. Levine M.D., F.A.C.S.



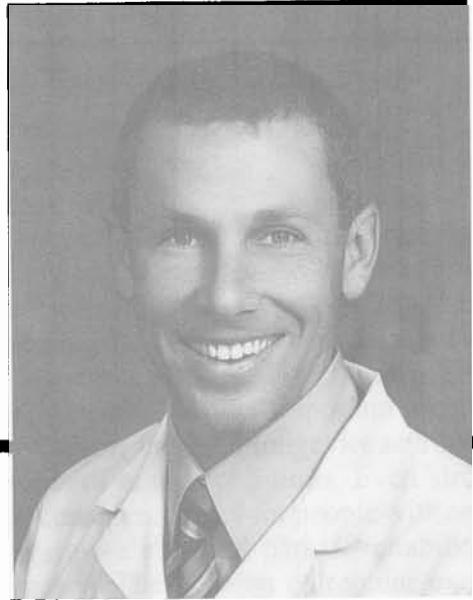
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## ACTIVITIES ... *(continued from page 25)*

can teach you proper form. "Patients feel really good in the water, so it's possible to over-exercise, become fatigued and aggravate joints," says Reyes. Water exercise is often recommended for people who've had a joint replacement - but if you're one of those, wait until the incision has healed.

**Water Aerobics** - It involves your upper and lower body and mid-section, and it's usually done in chest-deep water, lessening impact on your joints by 75 percent compared with traditional aerobics, Reyes says. Do it safely by warming up 5 to 10 minutes with easy walking and arm movements - basically mimicking what you'll be doing - to loosen joints and relax muscles.

**Swimming** - It works all of your muscle groups and builds cardiovascular endurance. Learn to swim properly to minimize your injury risk, and choose a stroke that is most comfortable for your joints. For example, your legs are relatively straight in freestyle, making it a good choice for someone with hip or knee arthritis - unlike breast-stroke, which could aggravate pain in these joints.

## Walking Ways

**Treadmill Walking** - The treadmill enables you to go easy (and hold handle bars for support), pick up the pace or climb simulated hills, so you can vary your workout according to how you feel. Start slowly, 10 to 5 minutes at a time three or more days per week for a week or two, increasing duration by 5 to 10 minutes per week, advises Reyes. When you can comfortably walk 30 minutes on a flat surface, gradually up the pace and/or add an incline. Bumping up the incline beyond 5 to 10 percent could stress your joints.

**Walking Outdoors** - All walking helps relieve arthritis pain, strengthen muscles and reduce stress, but you also get the benefit of being outside - another proven stress reliever. Stick to smooth dirt trails if you can - they're kinder to joints than asphalt or concrete. "Walking on uneven terrain can aggravate your hips, knees and feet," adds Reyes. Also, walking downhill can stress your knees.

## Social Sports

**Golf** - It works your upper back, legs, shoulders,

*(continued on page 27)*

**ACTIVITIES ...** (continued from page 26)

wrists and hands. And if you don't rely on a motorized cart, you'll do lots of joint and heart healthy walking. Wear walking sneakers or golf shoes with soft spikes, says exercise physiologist Robyn Stuhr, sports medicine program director at the U. of CA San Diego Department of Orthopaedic Surgery. Use clubs with a lightweight, graphite shaft and a perimeter-weighted head for better shock absorption and pull them in a wheeled cart. To warm up, stand in place and gently rotate your body to the right and left as you pretend to swing a club, says Stuhr. Try a few gentle swings with a light iron and then do the same with your heavier driver.

**Shuffleboard** - In "deck" or outdoor shuffleboard, you use your legs to lunge forward and your arms to push the cue and weighted puck. Wear comfortable, non-slip shoes. Don't overdo it and don't push yourself beyond a comfortable range of motion. If you push the puck hard, you could aggravate your shoulder or elbow and if you lunge too deeply you could aggravate your knees.

Published by *The Arthritis Foundation - Arthritis Today* - Sept./Oct. 2011 Issue

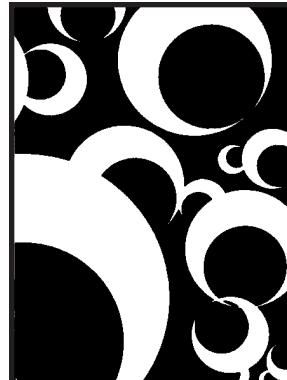
## Two Jewish Navy Flag Officers: Part II. Commodore Uriah P. Levy, U.S. Navy, and Commodore Levy C. Harby, Texas Navy

By: Mickey Gussow (Waterford)

In 1861, Captain Levy Hardy was still commanding officer of the U.S. Revenue Cutter H.A. DODGE stationed in Galveston. When his native state, SC, seceded from the Union, he turned in his cutter, resigned his commission, and joined the Confederate States Service as a heavy artillery captain.

His letter to the Texas Secession Convention reads:

"As a Southern man I could not conscientiously hold office under the Federal government and on the 10th of January resigned my commission. I now beg leave to tender to Texas my services as a naval officer, having been in 1836 her first commissioned Captain under the Provision government, serving both ashore and afloat ... I am perfectly acquainted with the entire coast of Texas."



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In the fall of 1862, he was an artillery training officer in forts at Harrisburg, TX. Later that year, he commanded 2 24-pounder howitzers and an artillery company aboard the wood steamer CSS NEPTUNE in Galveston Bay during the attack on the Union steamer USS HARRIET LANE. Eight of his 15 gunners were killed in the battle along with his second in command Harvey Clark. During the battle, the NEPTUNE was sunk in action by ramming the Union ship.

(continued on page 28)

**TWO JEWISH NAVY OFFICERS ...** (*continued from page 27*)

An abstract from the *Galveston Daily News*, Feb. 7, 1897:

"... After all the troops had left the sinking vessel, the only ones who remained aboard the NEPTUNE were Harby and Captain Conner, the engineer, who said that Harby turned to him and asked: 'My son, can you swim?' To which Conner replied that he could. Harby said 'Then pull off your clothes and swim ashore and bring a boat for me as I am too old to do any swimming now,' he being then 70 years of age. Conner swam ashore and brought out, a skiff to him, and thus Harby was the last man to leave the sinking NEPTUNE."

At the end of the war, he was in command of Galveston harbor. He resided in that city until he died on Dec. 3, 1870.

Harby was buried in the Hebrew Benevolent Society Cemetery in Galveston. His tombstone reads: "And with my last breath on the threshold of death, I proclaim my faith in Israel's God."

A number of biographies and his grave marker indicate that he was commissioned as a Commodore in the Texas Navy before Texas became a state.

The naval tradition set by Harby was passed down to his descendants. He had a great-grandson named Jack D. Harby, who graduated from the U.S. Naval Academy, class of 1939. His daughter, Diana, married Roger E. Van Duzer, an Academy graduate with the class of 1964. Van Dozer retired as Captain, U.S. Navy.

This article concludes the report on Commodore Levy Harby. Unlike his contemporary Commodore Uriah Levy, there was no documentation that Harby experienced any anti-Semitism while in service. That he was loyal to his native state SC was shown by his resignation from the U.S. Revenue Service to join the Confederacy and by his valiant service in its army and navy.

Note: Major source for the 2 articles is "A Working Draft on Levy Harby" by Lynna Kay Shuffield, March 2013. A former Major in the U.S. Marine Corps, she specializes in TX genealogy and military history.

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## Albert Einstein Quotes

(From the Internet)

"Two things are infinite: the universe and human stupidity; and I'm not sure about the universe."

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

"I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

"If you can't explain it to a six-year-old, you don't understand it yourself."

"Logic will get you from A to Z; imagination will get you everywhere."

## Mushrooms' 'magical' nutritional powers

Michael Roizen, M.D. and Mehmet Oz, M.D.

In John Tenniel's 1865 illustrations for Lewis Carroll's "Alice in Wonderland," 3-inch-tall Alice encounters a hookah-smoking caterpillar sitting on a mushroom: "One side will make you grow taller, and the other side will make you grown shorter," the creature tells her. Back then, that bit of fantasy gave the homely looking mushroom a reputation as a source of magic powers. Now, 150 years later, we know just how packed with real power such fungi are - they can grow your body's immune strength and cancer-fighting ability. Mushrooms also deliver a good dose of vitamin D, including D-2 and D-3. They make it, like humans do, when exposed to sunlight or zapped with UV light in the controlled environment of a mushroom farm. Three ounces of maitake mushrooms contains over 900 IU of vitamin D; three ounces of shiitake, almost 130 IU. Most varieties also contain potassium, copper, riboflavin, niacin and folate, plus bioactive compounds (phenols, sterols and triterpenes) that may help control blood

sugar and cholesterol levels, fight inflammation and battle infection. Crimini and Portobello mushrooms are packed with as many antioxidants and polyphenols as carrots, green beans, red peppers and broccoli.

Try adding some to soups, stews and pasta sauces; feast on marinated and grilled Portobello "burgers"; and mix ground mushrooms with lentils, black beans, and sweet potatoes for a tasty veggie burger. Tip: To be safe (and avoid an Alice moment or worse), don't pick wild mushrooms. To reap health benefits, stick with farm-raised varieties, and eat them cooked, not raw.

## Focus on a 'clean' diet full of healthy, nutritious foods

By: Michelle Dudash, R.D.N.

Eating clean may seem like a new buzzy idea, but really it's about going back to some sane, basically healthy-eating principles. If you've lived by these principles for years, think of this as a helpful reminder.

Clean eating means filling your plate with real,  
(continued on page 30)

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## FOCUS ... (continued from page 29)

whole foods, eating a variety of vegetables, fruits and whole grains, moderate amounts of lean meats and sustainable seafood, dairy, nuts and seeds and healthy oils. Notice how you don't eliminate food groups? Eating clean also means choosing foods that are in season and limiting processed foods, salt, added sugars and unhealthy saturated fats.

So what are you waiting for? Here are a few key principles to help you eat cleaner, fresher, tastier for a healthier you.

1. Limit processed food. Some packaged foods - like yogurt or bagged greens - are "clean." To pick healthy processed foods, look for whole foods in ingredient lists. If an ingredient sounds suited for a chemical lab, think twice.

Another benefit to limiting processed food; In a study in *Food and Nutrition Research*, people who ate a "whole food" sandwich (Cheddar on multigrain bread) burned about 64 more calories per meal than those who ate a "processed" sandwich (processed cheese on white bread). The energy needed to digest a less-refined, more nutrient dense sandwich may

explain the extra calorie burn.

2. Watch the sodium. Americans regularly eat 1,000 mg more sodium than the recommended daily limit of 2,300 mg, mostly from processed foods.

## Confronting Heart Rhythm Abnormalities

By: Jose Baez-Escudero, M.D., Cleveland Clinic Florida

Millions of Americans have an irregular heartbeat and many are unaware. This can lead to stroke and heart failure, among other medical complications. Atrial Fibrillation (AFib), the most common type, is an abnormality of electrical impulses that regulate the pumping of blood out of the heart. This results in an irregular heartbeat.

Q: What causes AFib?

A: The most frequent causes are hypertension, coronary artery disease, heart valve disease, chronic lung disease, heart failure, cardiomyopathy, obesity, sleep apnea, and pulmonary embolism.

Q: What are the dangers of AFib?

(continued on page 31)

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## **HEART RHYTHM ...** (continued from page 30)

A: The number one danger is stroke due to cardiac blood clots traveling to the brain. The risk of stroke increases with age and associated conditions such as diabetes, hypertension and heart failure.

Q: What are the symptoms of AFib?

A: AFib can cause heart palpitations, lack of energy, dizziness, chest discomfort, shortness of breath, fainting, and swelling of the legs. However, it is important to remember that you may have the disorder with no symptoms at all, and your first presenting symptom may be a stroke.

Q: How is AFib treated?

A: The starting point for treating most patients is medication (antiarrhythmic and blood thinners), as well as lifestyle changes. Should medications be unsuccessful, physicians may recommend a procedure to restore normal heart rhythm.

Types of procedures used to treat AFib range from electric shocks administered to the chest wall (cardioversion), to catheter ablation. Catheter ablation is a procedure aimed at permanently disconnecting the pathways of the abnormal rhythm, and should only be performed by a skilled cardiac-electrophysiologist.

Most ablation techniques are intended to either block or disconnect the electrical impulse causing the irregular heat beat.

## **Things That Took 50 Years To Learn**

- There can be a fine line between "hobby" and "mental illness."
- You should never confuse your career with your life.
- No matter what happens in life, somebody will find a way to take it too seriously.
- Nobody cares if you can't dance well. Just get up and dance.
- Never lick a steak knife.
- Take out the fortune before you eat the cookie.
- The most destructive force in the universe is gossip.
- Nobody can give me a clear compelling reason why we observe daylight savings time.
- A person who is nice to you but rude to the waiter is not a nice person.

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## **Bill Neylon's Top 10 Fitness and Nutrition Tips**

We asked Bill Neylon, the owner of the personal-training gym The Fitness Edge ([www.thefitnessedgepb.com](http://www.thefitnessedgepb.com)), and one of Palm Beach County's body-building pioneers, for his top 10 fitness and nutrition tips. The muscular 59-year-old had no shortage of great advice ...

### FITNESS

1. Commit to being consistent over a long period. Just as it probably took you awhile to fall out of shape, it's going to take some time to get back into shape. Committing to an exercise program should be viewed as a long-term investment. And Neylon counsels all of his new clients not to be discouraged if results aren't visible right away, because "positive things are still happening. When you begin a fitness regimen, your body first changes from the inside out."

2. Start slowly, build gradually and get guidance. You don't want to burn yourself out, so be realistic in both your training habits and your expectations. And if you're not familiar with the various exercise equipment, and training methods, work with a reputable personal trainer who is experienced in

## **Questions for Prof Pat**

"Prof Pat is Dr. Patricia Williams, a retired financial accounting professor, who has graciously consented to write a column from time to time, answering questions concerning financial matters. Prof Pat also blogs on her website [www.profpat.com](http://www.profpat.com) on money issues for those in or near retirement. If you have a financial question that you would like answered in this column, please send it to [questions4profpat@gmail.com](mailto:questions4profpat@gmail.com)."

meeting the needs of people similar to you.

3. Perform a wide array of exercises. You shouldn't limit yourself in exercise variety - provided that the movements are safe for your level of athleticism (Middle-age - "weekend warriors" should be particularly leery of the difficult tasks involved in doing typical "cross-fit" workouts).

4. If a gym movement hurts - stop! Forget the old adage, "No pain, no gain." It should be, "No brain, no gain." Be smart, and remember: There are always alternative movements to work every part of the body.

5. Don't compare yourself to others. As long as you're challenging yourself and improving, that should be your main priority. Just leave your ego at the door (try it - it's liberating!).

### NUTRITION

6. Avoid fast food, fried food and processed food. They might be quick, easy and delicious - but they

*(continued on page 33)*

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### **BILL NEYLON'S TIPS ...** (*continued from page 32*)

do a disservice to your body, both inside and out. Heed Mom's wise words about eating your fruits and vegetables.

7. Prepare your meals ahead of time. If you already have your meals and snacks prepared and with you, you'll be far less likely to make poor dietary decisions when you're hungry and away from home.

8. Consume a sufficient amount of protein. Most people - especially women - don't eat enough protein. The general rule of thumb: You should have a daily intake of 1 gram of protein for every pound of body weight. If eating lots of chicken, turkey, fish, steak, etc, is not your thing, drinking your protein, via whey powder, is fine.

9. Stay hydrated, preferably with water. We're blessed to have access to so much free, clean water in the U.S. Take advantage of it. Drink a minimum of a gallon a day - and more if you're particularly active.

10. Have one "cheat" meal per week. By limiting your favorite treats to one meal per week - not one day per week, just one meal per week - you won't undo all the righteous training you did at the gym. In fact, says Neylon, your body will probably recognize the indulgences ad foreign toxins and work extra hard to eliminate them.

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## **Interesting Facts**

- Jurassic Park, Pulp Fiction, Forrest Gump and The Shawshank Redemption were all in theatres at the same time in October of 1994.
- A bottle of champagne contains 90 pound of pressure per square inch, which is three times the pressure found in car tires.
- The name "Chewbacca" is derived from the Russian word "sobaka," which simply means "dog".
- American school buses are yellow because humans see yellow faster than any other color, which is important for avoiding accidents.
- Neurologists claim that every time you resist acting on your anger, you're actually rewiring your brain to be calmer and more loving.
- A handful of nuts a day leads to a lower risk of death from respiratory and cardiovascular diseases, neurodegenerative disease, and cancer.
- Over 50% of the world's population is under 30 years old.
- It takes a sloth a whole month to travel one mile on the ground.
- An earthquake on Dec. 16, 1811 caused parts of the Mississippi River to flow backwards.
- Flamingo chicks are born gray or white and take up to three years to reach their mature pink, orange or red plumage.
- Some stray Russian dogs have figured out how to use the subway system in order to travel to more populated areas in search of food.
- When elevators fail, they typically don't plummet to the ground like in movies, they go up instead due to the counterweights.
- DNA has a 531-year half-life, which means that genetic material can't be recovered from dinosaurs and "Jurassic Park" is impossible.

## **Slow down, you're movin' to fast ... to eat right**

Michael Roizen, M.D. and Mehmet Oz, M.D.

When you see a photo of the Gisele Bundchen gobbling a slice of pizza before hitting the catwalk or Will Smith spoonin' lunch into his mouth as he walks down the street, they seem like regular folks doin' what you do. ... eating not-so-good-for-you snacks on the run.

Surveys show that most of your grab and go three or more times a day, often instead of having a nutritious meal.

Around 19 percent of North Americans' total food intake comes via dashboard dining, and we bet that just as often you're munching a snack as you run around the office, at home or outside.

Well, put down that on-the-run snack! A new U.K. study found that women who snacked while walking later ate five times as much chocolate as women who snacked while watching TV. (And eating in front of the TV already has been shown to trigger excess eating at your next meal!)

So why does eating while you're running around stimulate hunger? Seems satiety and satisfaction come from a combo of calories and food memory, and you don't make tasty memories when you're preoccupied with walking and not concentrating on what you're munching. We say choose mindful eating.

Mindful eating is recognizing when you're hungry - and when you're not. And when you do eat, whether you're brown-bagging it or having a sit-down family dinner, give each bite your full attention. Experts say that this simple act many reduce the amount of food you eat by one-third. So say "OM" before you say "Yum!"

## **PLEASE SUPPORT OUR ADVERTISERS**

### **Trivia Answers ... (continued from page 24)**

- |                          |                                       |
|--------------------------|---------------------------------------|
| 1. Canada and the U.S.A. | 7. South Dakota                       |
| 2. The North Sea         | 8. Yellowstone National Park, Wyoming |
| 3. Sicily                | 9. Glasgow                            |
| 4. Mississippi           | 10. Hawaii                            |
| 5. Australia             |                                       |
| 6. Argentina             |                                       |

*"Sometimes life knocks on you on your ass. Get up. Happiness is not the absence of problems; it's the ability to deal with them."*

*"When a new day begins, dare to smile."*

*"When there is injustice, dare to be the first to condemn, it."*

*"When life seems to beat you down, dare to fight back."*

*"When someone falls, dare to be the first to extend a hand."*

*"When someone is hurting, dare to help them heal."*

*"When there seems to be no hope, dare to find some."*

*"When a person seems unlovable, dare to love them."*

*"When someone dies, dare to be grateful for who they were."*

*"You cannot do a kindness too soon, for you never know how soon it will be too late."*

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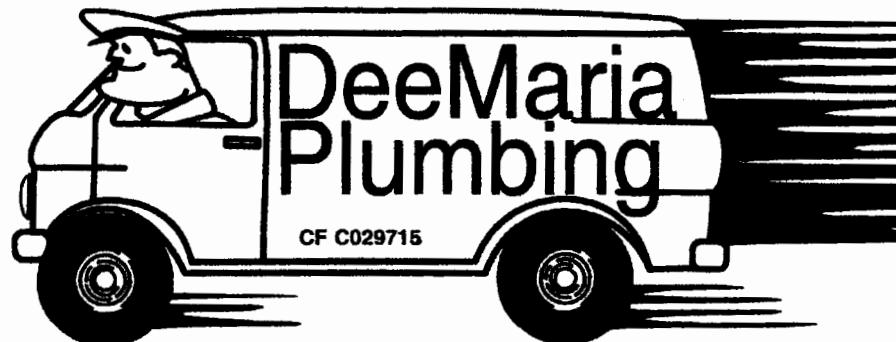
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