



Vol. 24, No. 11

SERVING ALL OF ABERDEEN

March, 2016



MARCH MADNESS!



Aberdeen Country Club News

By: Harry Seaton

Every year about this time an election is held for positions on the Club's Board of Directors. The board makes the policies and rules governing the activities of the Club, whereas the General Manager and his staff implement those policies and rules throughout the year. This year has been no exception. The board has worked tirelessly throughout the year to make the Club the outstanding country club it is today for which we are all grateful. But the composition of the Board is always subject to change for one reason or another. Last month there were five outstanding candidates for three board positions, some running for reelection and all with new ideas and goals for the Club. Voting took place during the month of February. The successful candidates will be joining the board, a board that has been creative and forward-looking to successfully attract new members to our Club. They will be devoting their full time to Club matters on an almost daily basis, sacrificing their personal time to effectuate the enhancement of the Club in all respects. Results of the vote when known will be forthcoming.

What a beautiful season we are having at Aberdeen with the weather up north being so wintry with snow, icy roads and cold winds. Of course we have not experienced near-perfect weather, but what we have had here is relatively good. Everything is popping at the Club; our members have been enjoying a variety of activities that are so easily accessible.

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Ask an Ombudsman

"Aberdeen's volunteers advocating for Florida's long-term care residents answer your questions regarding the health, safety, welfare, and rights of residents in long-term care facilities."

By: Aberdeen's Certified Long-Term Care Ombudsman: Sam Golden, Pauline Ogus, Ronnie Ostrow and Martin Weissman

Q: My father is in an adult family care home. An old friend of his who lives near the facility visits him regularly. The owner of the facility says that every time the visit is over, my father gets agitated and angry. Can I write a letter to the owner telling him not to let this family member visit with my father?

A: Your father has the right to visit with whomever he chooses, even if the visitor makes him agitated or upset. No one can place limitations on who can or cannot visit your father other than your father himself. If he were not capable of expressing whether or not he desires a particular visitor, the decision would then fall to his Power of Attorney or guardian.

Florida Statute states that visitations for residents of adult family care homes can take place between 9 a.m. and 9 p.m. at a minimum. However, special accommodations can be made if necessary.

Q: When my brother went into an assisted living facility, the administrator said that the facility had to be the one who took care of his money. He was an accountant for over 30 years. Are they allowed to do that?

A: According to the Residents' Bill of Rights, residents have the right to "manage his/her own fi-

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ABERDEEN TIMES

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ABERDEEN COUNTRY CLUB NEWS ... (continued from page 1)

The outstanding activity last month and ending early February has been the Aberdeen second Color War, participated in by about 400 + members. It offered friendly competition, teamwork, community spirit and good sportsmanship. Careful planning was evident with activity levels divided for gentle, moderate and very active games with card games, bocce, apache relay, swimming, volleyball, dodge ball, tennis and golf events. Color War started with a torch-lighting ceremony and ended with a closing ceremony dinner. Congratulations to all our participants! Gold won the SING but black won the WAR!

What else did we do last month at the Club? We might have attended the Super Bowl Dinner Party to watch two of the NFL's finest teams fight it out between Carolina and Denver. The Ladies' Bridge Member Guest Tournament was followed by the popular Sweetheart Bridge Tournament and the Valentine's Day Dinner Dance with Center Stage playing. "Play for Pink Day" with separate tournaments for golfers, tennis players and card players engaged members in a multitude of activities for Breast Cancer Awareness Day to financially support Breast Cancer research with very successful results. The novel Adam and Eve Club Championships for full Golf Members and for Limited Play members and the Aberdeen Cup and a Mixed Doubles for tennis members were planned. Family Bingo Night preceded by dinner was a success as always. Showtime with The Turnstiles was

presented featuring the ultimate tribute to the exciting music of Billy Joel. In the latter part of the month, the Club held an Open House for all Club members to celebrate a recent important victory for the Club. Also in the latter part of February, another Children's Holiday Activities Week was held with golf clinics, tennis clinics, game room games, movies and ping pong for resident and visiting young children.

Scheduled for March are the Annual Men's Golf Member/Guest Tournament and the Ladies' Member/Guest Golf Tournament well as the Adam & Eve Club Championship Finals. Tennis players will play in the St. Patrick's Day Mixer Round Robin. A much-heralded event will be "Dancing with the Aberdeen Stars", with club members being required to participate for months in professional dance training at a Boca dance studio with private dance lessons in preparation for the March event. Sounds interesting? The Table Games Fair has been rescheduled for early March for current card players or other to learn games for a fun day at the Club. A new Singles group has been formed at Aberdeen. Again we welcome the Lynn U. Conservatory of Music Concert with its talented musicians for a performance at the Club open to all Aberdeen residents and their guests. Rounding out the month's activities will be the Easter Egg Hunt and the Easter Dinner Extravaganza. And wait until you hear about April's events in the next issue!

You can readily see why we are all so busy and happy here. For anyone who would like to join us, call and speak to our Director of Membership, Rose Cizner, at 738-4903, ext. 325 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.

ASK AN OMBUDSMAN ... (continued from page 1)

nancial affairs unless the resident (or the resident’s legal representative) authorizes the administrator of the facility to provide safekeeping for funds.”

If your father has the ability and desire to manage his own money, he should be allowed to do so.

Ms. Stania Rodriquez is the District Ombudsman Manager for Palm Beach County Long-Term Care Ombudsman Program.

To ask for an ombudsman’s assistance, learn more about the program, or to become a volunteer ombudsman, call Stania at the Palm Beach County District Office at 561.837.5038 or toll-free at 1-888-831-0404.

The Ashford App

By: Sylvia Shaw

As I sit down to write this, my final Ashford App, I would like to thank all of you who have read my column over the past few years, and also for the lovely comments many of you have given to me about it. I’ve really enjoyed sharing both my news and that of your neighbors. It’s been an absolute honor and a pleasure. I wish Leah all the best as she takes over from me, and

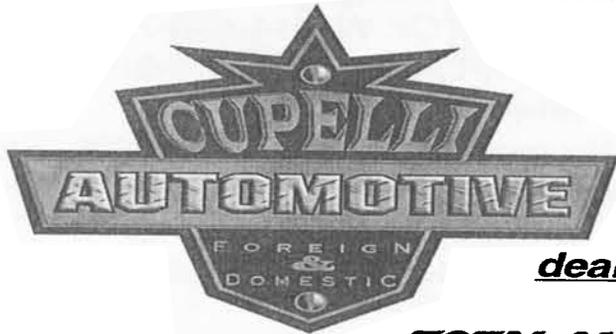
I know I’m going to enjoy reading her contributions every month.

Our house here was sold much sooner than we anticipated, and by the time you read this, Chris and I will have moved into our half-finished home in Sheffield. Much work has already gone into the renovations, but there’s still a lot more to do, and for a while we won’t have a kitchen, which some women might consider a blessing. I guess I’m about to find out the joys of not slaving over a hot stove. Anyway, as long as I have my bedroom, laundry, and bathroom, complete with hair dryer, I think I’ll cope for a short while at least. I’ll probably be spending my days shoveling sawdust and passing tools up to the ‘worker.’

I’m looking out of my window at Mr. A our resident alligator, sunbathing in his reserved spot over at Waterford. He seems recently to have been joined in the lake by 2 other pals, one of whom just cruised past whilst we were eating lunch in the lanai. I’m really going to miss seeing these prehistoric creatures on an everyday basis and also the bevy of beautiful

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THE ASHFORD APP ... (continued from page 3)

birds who often show up for a photo shoot. Miss Rosy Spoonbill arrived here for the season, flaunting her gorgeous pink outfit. She looked a bit lonely and even shy at first, but soon made friends with the Ibis family and had a long chat with Woody Wood Stork, probably about club rules. In fact the other day, there was a big bird convention with literally dozens of birds all congregated on the lawn. Maybe they were holding elections for Mayor of Ashford. I'd say there was no contest at all. Mr. GBH, great blue heron, was sure to win, as he's obviously the boss around here.

The Color War dinner was a lot of fun, and I was very honored to be asked to play piano for the Gold Team's song. Well done to them for winning, and congratulations to the Black Team for winning overall and taking the cup. The spirit of sportsmanship and camaraderie here at Aberdeen is really wonderful. I couldn't think of a better place to live. We're all so very fortunate.

Thank you all for your good wishes as we move over to Sheffield. It's going to be a rather challenging period, as our son and family arrive to stay for 4 nights the weekend before we have to move out on the Thursday. They'd already booked their tickets before our house was sold, and plan to go on to Disney as a birthday treat for little Max who turns 5 on Feb. 15th. I'm trying to stay cool, calm and collected as I methodically go through our belongings, deciding what to pack in boxes and what can be donated to the VVA. It's quite a task, as I'm sure you all know from past experience, but we all get through it.

I received this e-mail from Leah Keitz, your new News Reporter:

"Hello Ashford:

As Sylvia and Chris leave our wonderful village shortly to settle into another, we wish them the best of life in their new home. Of course we are sad that

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they are leaving here but know that we will still see them in our Aberdeen community. Good luck Sylvia and Chris.

Though a hard act to follow, Sylvia passes the baton on to me as the Ashford reporter for the Aberdeen Times.

My email is llkone@aol.com. Feel free to send

(continued on page 5)

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

your news as of Mar. 1 for inclusion in the April issue.

Looking forward to hearing from you.

Sincerely,

Leah Keitz"

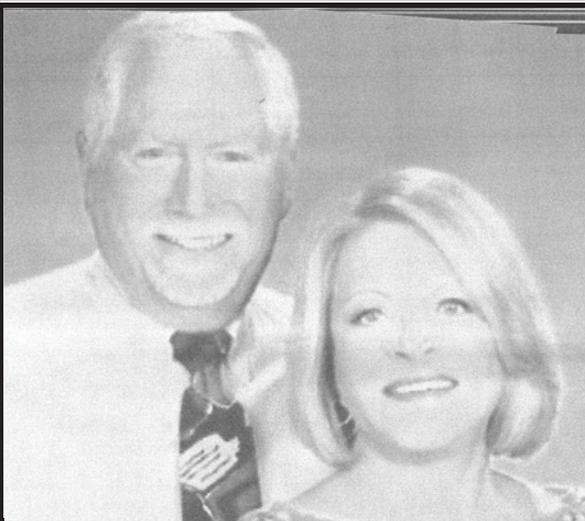
Congratulations to George and Lillian Spiro who celebrated their 73rd anniversary with friends and family on Feb. 7th. George was 19 and Lil was just 18 when they were married in 1943. George went into active service soon after, and the newlyweds were apart for 2 years. When I said that I'd never known anyone who'd been married for so many years, George replied. "Oh yeah, and we're still shooting for a few more." That's the spirit! I'm sure that we all wish this lovely couple lots of good health and happiness for many more years together.

The new owners of 7215 Ashford Lane are Bruce and Sharon Sussman from Westchester County NY, and we wish them much happiness in their new home.

We congratulate our Board of Directors Committees for 2016, and thank them all for the excellent job that they do to keep Ashford running so smoothly and to

such a high standard.

Well all that remains is for me to sign off and say that it's been wonderful to be part of the Ashford community. Almost 5 years ago, you welcomed Chris and myself with open arms as 'sunbirds' from South Africa, in spite of our strange accent. We've had some really fun times together and made many good friends. Fortunately, we won't be far away and I know we'll see many of you at the club from time to time. Thank you so much for all for the kindness shown to us whilst we've been living here. I'll never forget dear Irving Breiter who was president at the time, calling round to welcome us to Ashford on the day we moved in, bearing the traditional Jewish housewarming gift of bread, salt, sugar and a few coins. I'm still using the salt. As my parting shot, here's a quote from Miss Amelia Earhart, "A single act of kindness throws out roots in all directions and the roots spring up and make new trees." The Nobel Laureate, Isaac Bashevis Singer, who was a resident of Surfside, FL, also had something to say on this important subject, "Kindness I've discovered, is everything in life." Such true and wise words. Have a great month of March!



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Turnberry Isle

By: Sherry Morris

Two important events have recently determined the officers for the Turnberry Isle Board of Directors and the Turnberry Isle Women's Club. The annual meeting for our neighborhood was held in January to elect officers and inform the community of our continuing efforts to keep us healthy as an HOA. Two informative presentations were made at this meeting. Deputy John Ledford gave us tips on keeping ourselves and our properties safe. He was an excellent speaker with valuable information, presented in a friendly, engaging speech. We were also fortunate to hear from Elise Brown from the Palm Beach County Fire Department. As a paramedic, she gave us information on the Vial of Life and Yellow Dot programs. If you missed the meeting, all of this information can be obtained from the PBC Fire Department.

Following the business meeting and officers' reports, the annual election of officers was held. The board members for 2016 are as follows: President, Larry Aronow; Vice President, Shelly Kamilow; Treasurer, Rosanne Abelles; and Secretary, Lynn Fernandez. Sam Klein will continue as POA

representative and landscape chair. Rosanne Abeles and Sherry Morris will again represent Turnberry on the Fairway Lakes Drive Board of Directors. We also welcome Jerry Green to our Board as a new director. Thanks were given to Rick Finn, as long-time director, he is moving to Chicago. He will be missed. Also leaving the board is Jason Bolen, who served as Compliance Chair for the past 4 years. Many thanks to those who have served and to those who continue to serve.

Earlier in January, the Women's Club held their very special installation luncheon at Benvenuto. In addition to good food and a beautifully decorated venue, the afternoon's entertainment was provided by Ray and the Raylettes--a Motown style singer accompanied by his 2 young (and precious) daughters. They received a very enthusiastic response from our members.

Installed as officers at this luncheon were President, Anita Ostrow; VP of Functions, Barbara Pearlman; VP of Membership, Diane Mallow; VP of Programs, Maureen Kilar; Treasurer, Pat Cohen and Co-Secretaries, Maureen Kilar and Carole McRonald. Board members-at-large are Joyce Meltz, Good and Welfare; Sheila Van Wyk, Philanthropy and Mitzi

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TURNBERRY ISLE ... (continued from page 6)

Brown.

Book Club met in January to discuss Joshua: A Brooklyn Tale by Andrea Kane. Ably facilitated by Regina Green, the meeting was held at Barbara Pearlman's home. Penny Altman was both facilitator and hostess for our February gathering and discussion of A Man Called Ove by Fredrik Backman. We can always count on Penny to bring her well-researched, knowledgeable perspective to any discussion.

Thanks to all those dedicated members who have kept this group together for seventeen years. Regina Green is the present chair, and we appreciate her leadership.

Finally, the list of activities continues with the Women's Club visit to the Weiner Museum in February, chaired by Sandy Fisher. Next month's article will detail that trip. We are currently gearing up for the annual Progressive Luncheon, planned for Mar. 9. Pat Cohen is chairing this event, which promises to be bigger and better than ever.

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Sharing With Sheffield

By: Ruth Krawitz

Take it from one who knows!

Aging is inevitable, intractable, and for some, frightening! It is a fact of life that needs to be dealt with; some of us do that better than others. For those who deal with it as "a state of mind," aging opens doors to new experiences, new views of the world, opportunities to accomplish things never tried before, new friends, a fresh start ... For those, for example, who become solitary, vegetate in the solitude of their homes after losing a spouse, who refuse comfort or

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

support or advice, life can easily become a trial rather than a triumph. We are given a choice ... move, create, become productive, or wither on the vine. The choice is yours to make!

“This is a new phenomenon. I’m seeing a new breed of people living with vitality at such old ages,” said Gropper, who remains just as vital herself.

A writer, teacher and the former director of the Center for Lifetime Learning at Palm Beach Community College (now Palm Beach State College), Gropper started taking notes on the seniors at her Lantana assisted-living facility who remain vibrant and engaged with the world.

She has a few rules for inspirational aging. Above all, she said, try to view the inevitable losses of aging through a prism of optimism, curiosity and humor.

Here are some more:

Find companionship. “Loneliness is a huge problem in old age,” said Gropper. If you don’t live in a group setting, you have to make an extra effort to find friends through a senior center, library group or religious organization.

Exercise the body every day. Gropper walks whenever she can and takes a yoga class three times



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a week.

Use your brain. “The greatest fear among seniors is not being able to function mentally,” she said. So she and her neighbors go to lectures, concerts and the theater. “After, hold discussion groups and talk about what you’ve seen,” she said.

Keep your sense of humor. At this age, life is tenuous, but “we can afford to laugh,” Gropper said. “Sometimes, we have to see the humor in a situation or sit down and cry, but a quick quip or witty remark is a good defense against depression.”

Plan your day, every day. Filling the day is a great challenge for people at this stage of life, but having the time to explore new adventures is a blessing. Get out of the house as much as possible. “You can have a fuller life than when you were younger because your time is your own now. If you’re not feeling well, get yourself to a comfy chair and read something uplifting.”

But I want to go one step further ... I want to promote the use of your brain power to make your older years exciting and interesting and rewarding. Many of us had high level, successful, productive careers before we retired; at the very least, even if that was not so, we came to retirement after many good years. My aim is now to give back, to be as useful and hard-

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SHARING WITH SHEFFIELD ... (continued from page 8)

working as I was when I worked ... to have people see me perform, not "as good as someone my age," but as someone who is respected as doing a damn good job. And doing that job (or jobs) ... thinking, analyzing, organizing, listening, presenting ... keeps the brain alert. That, to me, is the secret of the aging process. Go out and do something that will stimulate that brain. Volunteer at a meaningful site, join clubs and organizations and take active roles in them, enroll in adult classes, teach your skills to others (knitting, photography, creative writing, computers, etc., whatever you were great at in your former life). Get on a committee, go to meetings, write a book, put together a volume of poems or recipes, start a social group. How about writing a column for the Aberdeen Times! The point is, you must use your brain to keep it alive and healthy ... it will even help overcome some of the physical problems that beset us.

To everyone, best wishes for a happy holiday season and a healthy New Year.

Brittany Lakes

By: Judit Ungar

Recently, Jack and I had the opportunity to drive across the state of FL and visit dear old friends in Naples. The weather has been very unusual - cold and wet, not at all the beautiful warm weather FL is known for.

Driving across Alligator Alley is always an adventure. We were driving over 70 miles an hour looking for alligators. We looked everywhere, trying to find at least one alligator. Of course we did not succeed.

Naples is a beautiful city, full of culture and a haven for foodies. We love road trips. This one met every requirement. We had a lovely time, never missing a meal, walking, exercising, shopping, laughing, talking, taking terrific naps and spending time with good friends.

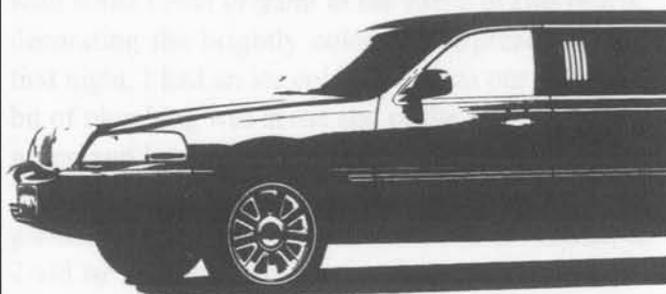
As the weekend came to a close, we packed our car and started our trip back home. Fortunately, the weather cooperated most of the time. We love road trips but there is nothing like going home.

Brittany Lakes has been our home close to 6 years. Driving up to the security gate puts a smile on our faces every time. We are home!

Our community has a small but active board of directors. They take care of our greenery, roofs, trees, driveways and many other issues. Best of all, nobody has to shovel snow.

At the last HOA meeting, I learned that several
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BRITTANY LAKES ... (continued from page 9)

board members plan on leaving the board this year. Allow me, on behalf of our residents, to thank them for their hard work on behalf of our community.

One of the pleasures of coming home is reconnecting with our neighbors and friends, including Joan and Max Weiss, who have lived in and owned their home in Aberdeen since Mar. 2009. As with many of us, they were snowbirds till Mar. 2013. Theirs is a sweet love story. They met as teenagers in Williamsburg, Brooklyn, (NY), got married in 1956, and left their beloved Sheepshead Bay, Brooklyn, for the suburbs of NJ. Their family grew with the addition of 3 children and 7 grandchildren. The family loves spending time together. Joan and Max also enjoyed their professional lives. She as a controller for a real estate firm and Max has been the owner of a mechanical contracting business for over 25 years.

Max and Joan enjoy their home, the wonderful lifestyle, great weather and the friends they have made since becoming a part of the Aberdeen community. The next time you are walking on Brittany Lakes Drive please say "hello" to them.

How fortunate are we to come back to a wonderful place we can call home?

Waterford Watch

By: Rose D. and Pat B.

It's time, once again, to bring you all the good news from Waterford. Since this will be our first submission for the Aberdeen Times, we hope you will enjoy reading our column and help us by contributing any information you care to share.

Lets start off by wishing our community a Happy New Year. We certainly hope it will be the beginning of a good year for all our residents.

We want to welcome our new Property Manager from APM, Amy Higgins. If you need info or have any questions you can call her @561-399-9350 or e-mail her at ahiggins@apm.net. We want to say thank you to Linda Jo Lewis for her many years of dedicated service.

We hope you attended our annual meeting on Tues., Feb. 16, 2016, at the Park Vista Recreation Center.

Sherwood Ginsburg just celebrated his 85th Birthday with his entire family. His daughter, husband and granddaughter 12-year-old Sasha, came in from CA. His NY son and wife, along with Virginia

(continued on page 11)

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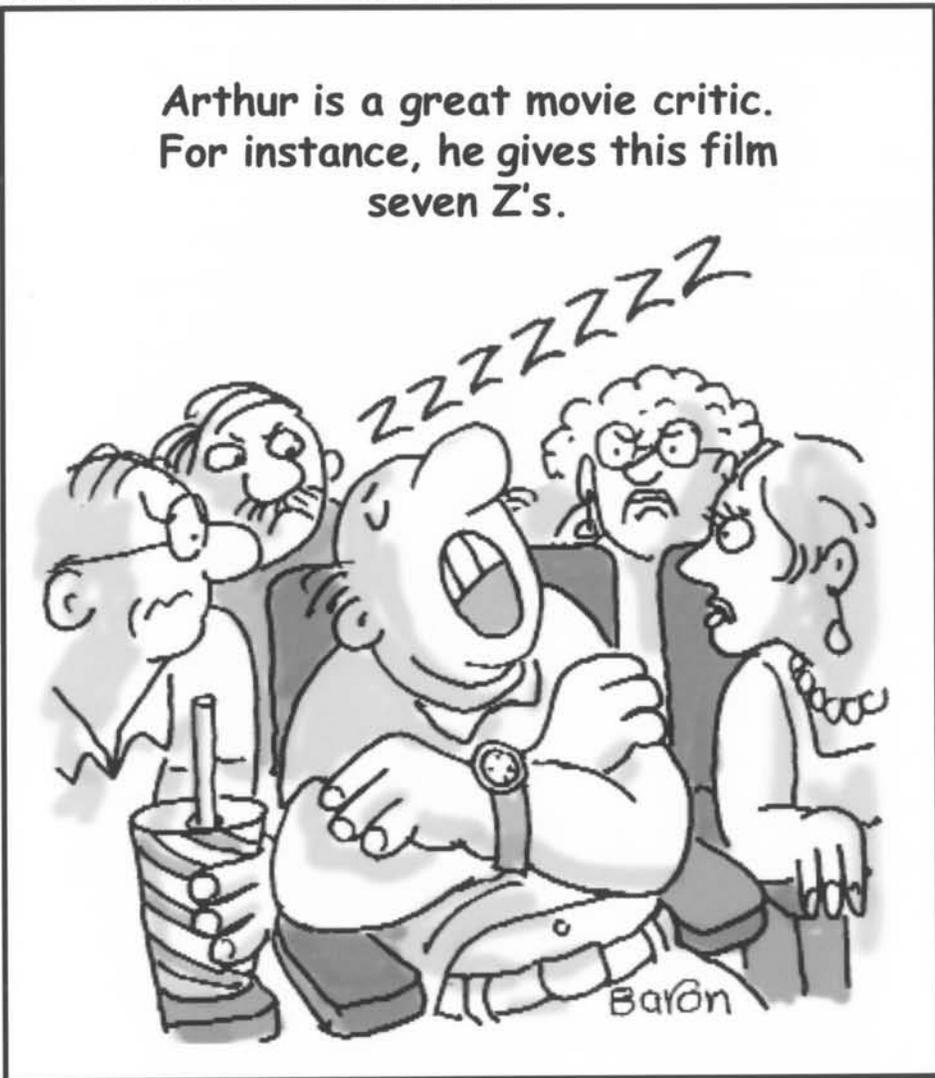
WATERFORD WATCH ... (continued from page 10)

son, wife and 3 grandsons, Brendan, Ryan and Colin, shared the special day.

Save the date: Sun., Feb. 21, 2016. Our community will have a pool party with sandwiches, beverages and more (cost \$8.00 p.p.) to embrace "A New Year and a NEW Beginning."

Nature here in Florida is rewarding, Carol Gins-

Harvey Baron's Early Bird Special



burg spied a new bird wading in her back yard. It's a beautiful pink and white bird and she learned he is a Rosette Spoonbill. The bird is beautiful, neighbors look for him.

We just got word that Patti and Greg Van Bunt's father, Toivo Mickola, passed on, Dec. 31, 2015. He was 10 days shy of celebrating his 95th birthday.

They brought a little joy to their sadness in the form of a new Savannah breed kitten. May it help you to heal from the loss!

Hope you enjoyed our column. We look forward to keeping you abreast of all the news from our community.

Bermuda Isle Buzz

By: Ketly Blaise Williams

Springtime is nearly upon us and what a busy year it's been already! Bermuda Islanders got right into the swing of things on Tues., Feb. 2, 2016, as approximately 40 of our neighbors enjoyed a fun night out at Benvenutos Restaurant in Boynton for a Big Band Dinner Dance. The music was great and very nostalgic of days gone by, but even the younger crowd got up to dance. Nary a soul sat idly by with the swinging sounds of the '40s and '50s rocking the house! In the words of long-time resident Shelly Feld, "Marilyn and I danced our feet off!" Everyone looked spiffy, the food and conversations were good and it all made for a very friendly, companionable eve-

(continued on page 12)

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

ning. A special thanks to our own Juliane Haimen for organizing this festive event!

BI residents will keep the party going with its annual Spring Fling pool party which is being held on Sat., Mar. 13. Catering will be provided by Totally Awesome Subs and the music by Richard Frank. A huge nod of appreciation to residents Timmy & Moe Fried and Judi and Harvey Schwartz (not that one - the other one) for their efforts in making this happen. It's yet another wonderful way for residents on the 'Shoe' to get to bond and know one another better in a casual and fun way!

More Buzz from around the "Shoe"...

Kudos to our very own Lenore Schwartz who has been named Hadassah's 2016 Woman of Valor. What an accomplishment!

Jake and Diane Kamp had a very special reunion with several of their longtime friends as they celebrated their respective birthdays in St. Marten for a glorious week in February. Most of the friendships went as far back as elementary school and they all graduated from the same class!

We tip our hats off to Eliot and Ronnie Ostrow whose son David was sworn in as a member of the Wisconsin Bar in January. He expects to finish up his

MBA at Marquette this summer and then it's out into the real world. Ronnie. Eliot also took a trip to Las Vegas in February to visit with their daughter and with some friends from Aberdeen; lots of fun was had by all on the Strip!

A neighborly 'howdy' to new BI residents Anita Gittleston, Mel Krieger, Michael Souza and Marc Furtado who moved here a few months ago.

Neighbors Armando and MariCruz Alvarez sold their home up north and are now full-time residents of Bermuda Isle.

Congratulations go out to longtime resident Elaine Roth, whose grandson, Eric Fisher, will be getting married this month. Eric is an attorney practicing in south Miami and he and his new bride will be making their home in Coconut Grove, FL. Elaine's daughter, Susan Vidro, who lives with her, is the proud mother of the groom.

From Ketly's Korner:

As previously promised, in addition to bringing you news from our neighborhood, it is my pleasure to add my personal musings under the nom de plume of "Ketly's Korner."

I can scarcely believe that we have already lived in Aberdeen and more specifically, on the FABU-

(continued on page 13)

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

LOUS Horseshoe Bay Road in the Bermuda Isle community for just over two years!

Where on earth has the time gone? I will say that in this case, time has most definitely flown by because we have been having FUN - and lots of it! We continue to look out of our windows at our beautiful view with appreciation and joy. It hasn't gotten old at all!

I started adding walking to my exercise regimen back in Dec. 2015. I intentionally wanted to do this sans making a New Year's resolution lest it fall by the wayside as many resolutions are wont to do! I figured it would become a habit and it has! I love the coolness of the air in the early dawn hours, the opportunity to commune with nature and just to think. It's been so amazing to me that no matter how often I retrace my steps along Hagen Ranch Road, Gateway Boulevard, or Le Chalet, I always find something different that catches my eye or make a new discovery. It's amazing what you "see" when you are really looking!

To yield or not to yield ... however ... that is the question. The most puzzling (and anxiety-ridden) aspect of my thrice-weekly walk is the complete disregard that too many drivers have for that particular red and white traffic sign. I actually had to go back and look up the word "Yield" because I can't understand why so many of the drivers who encounter it at the area roundabouts - totally IGNORE it! So just in case we need a little reminding (though I know Aberdeen residents know this), a yield sign with a white background and a red border means... "Slow down with extra caution," "You must let traffic in the intersection or close to it, go first. Stop if necessary and go only when the way is clear.

Let's be safe out there!

It's Happening in Dorchester

By: Carol Baron

So it's March and before we know it one quarter of this year will be behind us. There's much to do this month, including tax preparation. Therefore, we should all take the time to be grateful for so many people and things that have taken place in our lives to date.

To start, let me (if I have not already done it,) welcome Cathy and Mike Andrasko to Dorchester. If you haven't met them, take the time to do so. Other pluses included Iris and Saul Levine becoming the warm and fun spot for lots of company from NY and CT. While the LeVines were busy with company, Harvey and I were busy cruising to the islands and Harvey was celebrating another fabulous birthday with family and friends. "Birthdays are good for you: the more you have the longer you live." We are celebrating 56 years of making each other feel so special. Can't ask for more than that! In our family, our daughter, Tracy Beckerman, humor columnist and author will be chairing the Erma Bombeck conference for writers from all over the country. It is quite the event each year.

(continued on page 14)

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HAPPENINGS IN DORCHESTER ... *(continued from page 13)*

We would like to take the time to wish Rita Zide a complete get-well and to Maxine Bender, who also had some surgery. Alan Katcher, hope your shoulder is on the mend. They miss you on the golf course.

March brings along the annual meeting of the Dorchester HOA. It is at that time that we will hold our election of officers for the coming year. It is our hope that we will have a large turnout and lots of people who want to participate in continuing to make this a wonderful Aberdeen community in which to live. We will keep you updated as to the results of this election.

Well, as we go through a period of gray skies and lower than usual temperature, which affects our dispositions, we need to remember: "You may be only one person in this world, but you may also be the world to one person." So enjoy every day

Circling The Coves

By: Mary Chuzi

Nearly every evening I actually "circle the Coves" walking the "Figure 8 lane" that connects our community ... the East Circle and the West Circle connected by the "street" between Buildings 6 and 13 (and yes, our entryways as well). I enjoy looking at the well-maintained landscaping and the open green spaces, as well as meeting up with dog-walkers, others out for an evening stroll, friends and neighbors. Because of (or sometimes, despite) the weather, it is almost always pleasant and peaceful. I am always grateful to see so many appreciating this seemingly simple opportunity as well those on bicycles and 3-wheelers, those using walkers, canes, and even wheelchairs show me that fresh air and exercise is important to all of us.

Which brings me to an important topic. Whose job is it to make sure these beautiful surroundings, responsible and cooperative neighbors, and well-

maintained buildings are ours to enjoy? The condominiums, of course, belong to YOU, the unit owners; however, the "buck stops" on the desk of our Board of Directors and GRS Management Team. Boards of Directors sometimes get a bad rap - - like Boards of Education, Corporate Executives, Professional teams' Boards of Directors. Sometimes they are thought of as "Conceited self-important people pretending to be big shots who are out to catch you doing something wrong." This couldn't be further from the truth in the case of the Coves. Our Board of Directors is a group of 7 VOLUNTEERS whose primary job is to preserve the financial integrity and value of your homes as much as possible; they know our documents, rules and regulations which you bought into when you purchased your unit. They guarantee that to the best of their ability they will help the community live up to your expectations. They are responsible for hiring honest and professional vendors; enforcing the rules and regulations which are a part of our by-laws and keeping a balanced budget, and so much more.

Why spend so much time on this topic? Firstly, it's because after many years writing "Circling the

(continued on page 15)



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CIRCLING THE COVES ... (continued from page 14)

Coves,” the number of times I’ve received personal bits of information to share can be counted on one hand, but mostly it is because The Coves Annual Meeting and Election of the Board of Directors is Wed., Mar. 16th. The current B.O.D. will meet at 4:30 (a business meeting open to YOU every month) and the Election Meeting itself will begin at 5:30 PM As of this writing, three terms of office (out of 7) are expiring. Two current board members have submitted intentions to run to keep their seats.

Hopefully at least one other unit owner will have made the decision to run (or be appointed by acclamation) by this time. We are so very fortunate to have had so many willing and able people to serve on the Board over the years. For 2015 and early 2016, Coves residents owe a grateful thank-you to Rose Romano, Alan Louzin, Yvette Keegan, Bob Grazioso, Bob Cioppa, Bob Westfal and Paul Ezersky for their voluntary diligence in looking out for our best interests.

Get to know your board members, or better yet, attend a monthly meeting. Residents may not all be happy all of the time, but you can bet that your

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board and property Manager are well aware of the responsibility of their roles as “safekeepers of the Coves.”

Until next month, Remember this is YOUR column. Submit anything you think others might find interesting to phcmhc@comcast.net and I will incorporate it into the next newsletter. Thanks, in advance, for participating. Don’t forget to set your clocks ahead Mar. 13th for Daylight Savings Time. May the “Luck O’ the Irish” be yours on St. Paddy’s Day, and a Blessed Easter to all who observe this special day. See you next month!

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The Sunny Shores

By: Estelle Morganstein

Mar. 6 is fast approaching! I hope everyone has returned their registration forms and checks for what promises to be a wonderful day - THE SHORES 30-PLUS PARTY - good food, nice neighbors and a great program. I look forward to seeing you there. Unfortunately, we cannot accommodate anyone who has not preregistered and prepaid.

All communities are being asked to vote for the new 2016 POA Executive Board at their upcoming Mar. 3 board meeting. As your POA representative, I will be guided by the wishes of your HOA Board of Directors.

I believe I mentioned the following in an earlier article; in that case this can serve as a reminder. Palm Beach County is promoting a program that can be a lifesaver to motorists. To participate in the Yellow Dot Program, you need only pick up a brochure, fill out the attached form, place it in your glove box, peel off the sticker and put it in your car window. If you are involved in a car accident and can't communicate, first responders can retrieve your information

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NEIGHBOR NEWS

Lots happening in The Shores these days! A hearty welcome home to Ray Crosby who was hospitalized for several weeks this winter.

Congratulations to Jane Massi on the recent arrival of her newest grandchild (her 5th).

Most people plan to go up north during our brutal summers and head down south during their cold winters but your President David Littman and his wife Norma are not most people! Welcome back after spending a month in NYC visiting family.

Many of our residents have very special talents and we love to acknowledge their efforts. Barbara Ladd specializes in bird photography and has just had her first gallery showing at the 4th Avenue Photography Gallery/Studio in Delray Beach of a Snowy Egret taken at Green Cay Wetlands where she volunteers at the Nature Center.

I just learned that Ted Gillan had some health issues this season - happy to hear that they are being resolved.

Remember if you would like to share your news with your neighbors, call me at 733 -4117 or email me at esmorganstein@hotmail.com (identify your

(continued on page 17)

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

mail with ABERDEEN TIMES in the subject line, please).

To our Christian readers, have a wonderful Easter, to our Jewish readers, hag sameach Purim.

Hello From the Hamptons

By: Susan Finer

John and Barbara Pagliarini write that their son John, a practicing lawyer in Tiverton, RI, has won a State Senate election and has been certified by the State Board of Elections as State Senator for District 11. This district encompasses the towns of Portsmouth, Tiverton and Bristol, RI. There are only 38 senators in the RI legislature. Congratulations to John and Barbara.

Marion Drutman has something to "qvell" about too. Her grandson, Jordan, is now an associate producer on the Steven Colbert show on CBS. She tries very hard to stay awake till 12:30 AM to watch the show. Her granddaughter, Makena, is with a well-known advertising company and Nick, the youngest, attends Northwestern University. "ALL IS GOOD"

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ton Community Meeting I have been approached by several residents that are interested in forming a book club. Contact Connie Lamendola (336-4914) if the idea "rocks your boat."

Susan Spillert is looking for year-round canasta players. Let her know if you want to join a game.

Our annual Hampton Luncheon is scheduled for Sat., Mar. 12, 2016. Last year's luncheon was a huge success with 71 Hampton residents in attendance. I am looking forward to seeing all of you on that day.

Wishing all of our Irish and non-residents a most Happy St. Patrick's Day.

Moorings Matters

By: Vincent Marini

"I thought he retired from writing the column."

I did and I will, however, since there was not enough time for someone to step up and prepare a column for this issue, I will take the opportunity for one last hurrah!

Hats off to Marilyn Lubell and all the folks who worked so diligently with her, for producing, what turned out to be an OUTSTANDING CELEBRATION of the Moorings 30th Birthday. Kudos to MC Jack Miller, who is terrific whenever he has a mike in his hand. He did a superb job at this party, as did Eileen Hahn, who we can Crown as Mooring's Historian. Eileen would be the ideal person to by-line future Moorings Matters columns in the Aberdeen Times. What say ye Eileen?

I would be remiss if I signed off without mentioning some folks who contributed mightily to the Moorings'

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MOORINGS MATTERS ... (continued from page 17)

success as a great community for 30 years. A Tip of the Tam is well deserved for past presidents of the Moorings Board of Directors: Irv Albert, Lew Halley, Edith Steindler and Arthur McDermott.

Ciao, for real this time.

Sterling Lakers

By: Sheila Hyman

This has been a very difficult time for me. My husband of 56 years, Stan Hyman, passed away. He was a "most happy fella" and a man with a love of people and animals. I thank, with my whole heart, all my friends and neighbors who have been there for me and my family.

Now for Sterling news: Happy Birthday to Ruth Rabinowitz, Sheila Hyman (me), Carol Finkel and Dot Shaker. We are not all the same age, just the same month.

I am sorry to report that Fran and Robert Lovett lost Fran's father. They had to fly north for burial, but they are back at home now. I think we have had enough sadness in our community. We now need some happy news. If you have any happy news (or news) kindly e-mail me at domino7887@yahoo.com.

Taking Out the Garbage

By: Bea Lewis (Lancaster)

I was married to Ed for 50 years, and never once was I asked to take out the garbage. After all, everyone knows it's a man's job. So it's no wonder that it took me time to get into the routine of filling the heavy-duty black garbage bags, tying them up with those little thingamajigs, and then tossing them into the large garbage pails to leave out by the curb. And it was also a challenge to remember which days the garbage pails got picked up and which days the recyclables in their blue and yellow color-coded bins are collected.

One thing I do know for sure, however; that this is definitely not a job for a woman who has lovely manicured nails that she carefully polishes on a weekly basis. But in the scheme of my new life, taking the garbage to the curb is probably one of the easiest new responsibilities of my widowhood. (I said easiest, not nicest!)

It's taken me time to get it right, but not without using every foul-mouthed curse word I've ever learned. I'm not proud to tell you that these words - which I would have washed my children's mouths out with soap had they said them - have now become an intrinsic part of my vocabulary whenever I have to do something that I've never done before.

But I guess part of moving on is to learn how to deal with all the things that I never - in a million years-thought I should, could or would ever need to do.

PS. To help myself be more organized, I tacked a big sign on the garage wall to remind me that the days for garbage pick-up are Wednesdays and Saturdays; recyclables are only collected on Saturdays. I made the sign big enough so that I can read it without putting on my glasses. There is only one glitch in this smart plan of mine - I must remember to read the sign.

Bea Lewis is working on a book about widowhood. "Now That He's Gone ... A Widows Journey."

Bridge - Try It, You'll Like It

By: Lew Roth (Sheffield)

Defense ... Choosing the card when returning partner's suit

As we have discussed before, it is very important to return partner's opening lead. However, the choice of which card to return is not always obvious. Let's look at a hand.

	North	
	♠A K 6 4	
	♥4	
	♦J 7 6 4	
	♣A 5 3 2	
West		East
♠10 5 3		♠Q 7 2
♥K 10 7 6 2		♥Q 8 5 3
♦K 8 3		♦10 9 2
♣Q J		♣10 9 6
	South	
	♠J 9 8	
	♥A J 9	
	♦A Q 5	
	♣K 8 4 7	

Let's say the opponents wind up in 3 No Trump. Your partner opens the 6♥. You, of course, play the Q and Declarer wins with the A. Using the Rule of 11 (you, of course, remember that rule from a previous article) ... Right? ... declarer can see that a hold-up will

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BRIDGE ... (continued from page 18)

do him no good. Declarer plays the J♠ and plays low in Dummy so you win with the Q. What do you do next? Of course, you return your partners suit. Now, the card you play is very important. If you lead the 8, Declarer will play the 9 and partner will win with the 10. So partner now knows that the Declarer has the Jack. If you had the J, you would have played it. The question now is does the declarer have the J alone or does he have 2. If the J is alone, he can play his K and run all his hearts to set the contract. But, if the J is accompanied by a lower heart, he had to get back to you so you can lead another heart through South.

The key here is let your partner know how many you have, so he can figure out how many the declarer has. How do we do that? Since you originally held 4 Hearts, the proper play is to return the 3, not the 8. Declarer will still play the 9 and partner will still win with the 10, but partner now knows that you started with 4, so he can lay down the K and the J will fall. Whoever said Bridge was an easy game?

But, interestingly enough, there's more here. So partner knows you started with 4, but how many did partner start with? If he started with 4 also, it doesn't matter which of you has the lead ... but if he has 5 and you have 4, you must play so that he gets his last heart.



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Partner has played his 6, and then his 10, and will now play his K. What will you play? You have played the Q and the 3, so you have to choose which of the 8 or 5 you will play next. If you play the 5, partner will win with the 7, but then your 8 will be the highest Heart and you will not be able to get back to partner. You must play the 8 first on the K, so that you can return the 5 to Partner's 7. Then he will win and be able to cash his last Heart the deuce. In this example it was important to play the correct Heart in every instance to achieve the maximum result.

Another interesting point in this example is how did partner know that you started with exactly 4 Hearts when you played the 3? If declarer had the 5 or the 8, he would have played it instead of the 9. Also it's possible that you only had 2 Hearts. But, if that were the case, the declarer would have to hold 5 and he would have opened a Heart.

There are many clues that allow partner to read your return correctly. But, you must play the right card and pay attention to what your partner plays. Also, the bidding auction will reveal clues, if you're alert enough to remember them.

Didja Know?

Submitted By: Pat Bergrin (Waterford)

1. Police raided and shut down a weekly, \$4-a-round mah jongg game in Tampa played by Lee Eelnick, Bernice Diamond, Helen Greenspan and Zelda King, all between the ages of 87 and 95, because the police said they were gambling.

2. A new study by a Pittsburgh bank revealed that all the gifts listed in the iconic "Twelve Days of Christmas" song would cost a would-be buyer \$34,131 this year.

3. Sushi Zanmai, a Japanese restaurant chain, just paid \$117,000 for a 441-pound blue-fin tuna. That's \$265 per pound.

4. The Playboy Mansion, a 5-acre property featuring 29 rooms, a game house, home theatre, wine cellar and a swimming pool with a cave-like grotto is up for sale for \$200 million dollars. As a condition of the sale, magazine founder Hugh Hefner would continue to live there.

5. The 2016 Olympic Games will be held in Rio de Janeiro and will include rugby, last featured in the 1924 games and golf, last played in the St. Louis Games in 1904.

6. Taiwan elected Tsai Ing-wen, leader of the pro-independence party, as its first female president.

7. For the first time in 7 decades, a new annotated copy of Mein Kampf, banned by the book's copyright holder, will be back in German bookstores. Under German law, a copyright expires 70 years after an author's death. Scholars at Munich's Institute for Contemporary History have spent 6 years correcting the outright lies, half truths and distortions in the 1925 edition.

8. Whoops! Steve Harvey mistakenly crowned Ariadna Gutierrez of Columbia as Miss Universe. Moments after the announcement Harvey returned to the stage to say that Pia Alonzo Wurtzbach of the Phillippines was the winner and Miss Columbia was 1st runner-up.

9. 4 new elements have been added to the periodic table, completing its 7th row. The new elements, which have been temporarily named ununtrium, ununpentium, ununseptium and ununoctium have the atomic numbers 113, 115, 117 and 118.

10. A new study found that the midlife crisis is not a true psychological phenomenon and that most people are happier in their 40's than they were at 18.

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Bleacher Seats Splinters

By: Bob Tanenbaum

Pete Adkins is the greatest football coach you've never heard of. When I tried to tell that to the people who knew him best, boy, did I get in a lot of trouble. The time was 45 years ago. The place was a town in central Missouri not south of any border called Mexico. The population today is close to what it was (about 11,000) and it once proudly called itself "The Saddle Horse Capitol of the World."

As sports editor of the Mexico Ledger, I wrote stories, headlines and captions, took photographs, edited my own stories and pasted the offset printing type on the sports page 6 mornings a week. It's also where I invented my nom de plume: Mexico Moe.

Moe predicted NFL games every Friday and held a contest to see if Mexicoans (that's what they called themselves) could outguess him. Moe's post-weekend wrap-up would lament each of his losses squarely blaming a player, coach or referee for his imperfections. Each Mexico Moe story had a picture of me, shot from behind, sitting with my feet stretched high on the desktop, wearing a fedora to hide my head that was turned slightly to the side so my face wasn't visible but the long stogie in my mouth was. My mother hated that picture.

Mexicoans loved Moe. What I didn't know was how much they hated me.

Mexico High School was a medium-sized school that played in a conference with many bigger schools. They had talent, a small-town, farm-area attitude of not giving up and wonderful coaching, but couldn't compete with perennial state champ Jefferson City, which was bigger, badder and coached by Adkins.

As a preview to the Friday night game, I sought out Adkins, got an interview, put together a story and even got a picture of him from his mother, who lived a half-block away from the newspaper office. Yes, Pete Adkins was a born and bred Mexicoan. It was

(continued on page 21)

BLEACHER SEATS ... (continued from page 20)

a nice article detailing his many accomplishments, his nice thoughts about Mexico and how we wanted to coach there earlier in his career. He said many complimentary things about the Mexico football team and coaching staff.

What could go wrong? By 8 AM the day of the game, less than 3 hours after Ledgers landed on driveways, I knew. The town hated Adkins with a passion. Many readers called the managing editor to complain and alleged Adkins smacked his players on the helmet when coaching nearby Centralia High School earlier in his career. He'd wanted Mexico, but Mexico proudly wanted no part of him.

In the supermarket later that morning and the football field when I arrived at the game, all my small-town friends turned cold. They pretended not to see me. The supermarket's owner, whose son was the team's best lineman, approached me and told me to buy my food quickly and get out of his store.

Jefferson City defeated Mexico that night, but not soundly. The Bulldogs fought proudly and gave the winners a challenge for the first time in 2 decades. As the teams left the field and I went to the Jeff City school bus to interview Adkins after the game, several Mexicoans let me know what they thought of me. At

least, I thought I knew.

I found out the whole truth a year later. When I finally got a new job in Bucks County, Pa., the first person I called to tell the good news was a man who was like a father to me in town. His name was Bud Hotop. He was a kind, jovial man who sold insurance. His two sons, Doug and Chris, were among the better players on the team. Bud immediately asked me to come to his office.

I'd never been there before. I'd been the basement in his house on many, many Saturday nights while his children were out roaming the town square. We watched "Mary Tyler Moore" and drank Harvey Wallbangers. For introducing him to HWs, as we called them, Bud would drive me to all the away football and basketball games so that I could claim the driving expense money. Most of Mexico's road trips were really long and this helped supplement my \$105 (pre-tax)-a-week paycheck.

In the office, Bud got right to the point with me. "Remember the weekend of the Jeff City game last year?" he began, "well, you don't know how close you came ..." And his voice trailed off.

"You were going to be tarred and feathered. Really tarred and feathered. I'm not exaggerating. The night after the game there was a quickly called

(continued on page 22)



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BLEACHER SEATS ... (continued from page 21)

town meeting. It was like a lynch party. Many of them wanted to get you. They finally settled on tar and feathering you. That's when I got up and spoke. Several of the other football fathers (including the supermarket owner) backed me up and everyone settled down and nothing happened."

I was so in shock that I'm sure the magnitude of what almost happened never really settled in my mind as Bud was talking. Before it did, he continued. "I've lived my entire life in small towns," Bud continued, "in fact, Mexico is by far the largest town I've lived in. And if I learned something about life in a small town it's that once your name is mud, once you've made your way into the gutter, no one gets out. I mean no one. "Until you," he said. "You are the first person who got a bad, bad reputation in a small town and within a year did so much that the people in this town love you. Many are going to be upset when they hear that you are leaving. I can't wait to go to the coffee shop tomorrow morning and tell the people who wanted to tar and feather you and see the sad looks on their faces. You earned their trust by writing about their children with warmth and appreciation like we haven't seen

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before and we'll never see again. "You did something I never thought I'd see happen. You should be really proud."

Bud hit me with a gut punch that almost floored me and followed with a blow to the head that woke me up. Looking back at it I wonder what kind of a reporter I was to not know that I was a) hated so much and b) admired so much. (Aside: I did call Adkins the week after the game and said the Centralia story was a lie that grew out of proportion because he went to Jefferson City instead of Mexico.)

What might have changed the tide was a couple of weeks after the Jeff City loss, Mexico went to Columbia Hickman High School and pulled a major upset. After the game, Hickman students threw eggs at the school bus as it pulled away. I included that in the game story and the headline was: "Mexico upsets Hickman; the yolks on them."

After I left Mexico, I didn't go back until a baseball stadiums trip I took with my son in 2006. On our way from St. Louis to Kansas City we spent an afternoon in Mexico. At the office, a football field from the former home of Pete Adkins mother, I stared in awe at the place that hadn't changed and met the current sport editor who had replaced me 35 years earlier. He told me the stories about all the players and coaches I could remember and some that I didn't. Bud had moved away about 8 years earlier to live with his older son, and died a couple of years later.

But Chris, who I got named to the All-State team, was managing the Sears store next to the Dairy Queen we'd already chosen for lunch. We stopped by and told Chris the whole story. He'd never heard it. He promised to tell it to his brother and sister and to let

(continued on page 23)

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BLEACHER SEATS ... (continued from page 22)

them know that for 3 decades I'd carried the goodness of their father within me.

My son and I went to the Dairy Queen, ordered and sat down in a booth opposite each other. A minute later we were both sobbing, just like I am now.

Pete Adkins facts: retired as winningest high school coach in U.S. history with a record of 405-60-4. Currently he's eighth all-time. Centralia 51-12-2; Jefferson 341-18-2 from 1958-93 with 14 perfect seasons, one losing season and eight state titles.

Mexico, Mo., facts: Founded as New Mexico in 1836 as a stop for settlers heading to Texas. My boss at The Ledger was Robert M. White, who was

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MacArthur's press liaison during WWII, one-time editor of New York Herald Tribune and accompanied Nixon on ground-breaking trip to China. His father said this about the naming of the town: "The first settlers found a wooden sign along the trail. It pointed southwest and on it had been painted Mexico. To avoid unnecessary labor, the sign was left in place. "It was easier to call their town 'Mexico' than to take down the old sign." Let's talk sports! Contact me at mexicomoe@gmail.com.

Historic Event: U-2 Incident and the Proximity Fuze

By: Mickey Gussow (Waterford)

On May 1, 1960, Francis Gary Powers piloted a U-2 spy plane on a mission planned by the Central Intelligence Agency to assess Soviet military strength before an east-west summit conference scheduled to be held in Paris. The 9-hour flight plan had Powers taking off from Peshawar, Pakistan, to Bodo, Norway, which included a 2,900 mile incursion into Soviet airspace. Russian ground radar system began tracking the U-2 15 miles before it even reached the Soviet border with Afghanistan. Thirteen MIG-19 Russian fighters were scrambled to intercept the U-2, but they were unable to come close in altitude because it was flying 70,500 feet above the Ural Mountains.

A salvo of 3 surface-to-air missiles fired from the ground battery produced a fiery display that prompted cheers from the ground crew. One missile had exploded just behind Power's plane. The wings ripped off the plane causing it to spin out of control. Powers bailed out and was captured. He confessed and was sentenced to 10 years in prison. In his prison journal, Powers wrote: "A tremendous orange flash lit the cockpit and the sky. I remember saying to myself, maybe aloud, I don't know, Good Lord, I've had it

(continued on page 24)



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HISTORIC EVENT ... (continued from page 23)

now.”

What was the secret that enabled the Soviets to down a 13-mile high U-2 “spy-in-the sky”? The secret was a device within the missile that contained a tiny radio transmitter and receiver that allowed the missile to explode in the proximity of the target rather than requiring a direct hit. The device is called the proximity fuze. A fuze is a device used to detonate an explosive charge in an artillery shell, a missile, or projectile. The Johns Hopkins University

Trivia

Submitted By: Pat Bergrin (Waterford)

Literature:

1. Whose autobiographical masterpiece was entitled “Long Day’s Journey into Night”?
2. What Shakespearean play features the line: “A plague on both your houses”?
3. What was the biggest selling American novel before “Gone with the Wind”?
4. Who chases Ichabod Crane in the “Legend of Sleepy Hollow”?
5. What playwright’s works include “The Glass Menagerie” and “The Rose Tattoo”?
6. What British author created “Gunga Din”?
7. What detective debuted in “A Study in Scarlet”?
8. What country is home to Shakespeare’s Hamlet?
9. Charlotte Bronte wrote “Jane Eyre” and Anne Bronte wrote “Agnes Grey.” What is the name of the 3rd Bronte sister who wrote the classic novel “Wuthering Heights”?
10. What did Mark Twain put last on a 27-item list of things to be rescued in the event of a boarding house fire?

(answers on page 34)

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Gary J. Drucker

Applied Physics Laboratory (JHU/ APL) invented the concept of the proximity fuze, designed it, constructed prototypes, and field tested them. The design proposal faced many technical challenges: one was that the fuze components had to be ultra-rugged enough to withstand the crushing acceleration force of being fired from a gun. The Laboratory integrated the technical efforts of the many contractors during its production and gave guidance to the Navy, Army, and England for its deployment.

The first successful use of the proximity fuze in combat occurred on January 5, 1943, just south of Guadalcanal, when two Japanese dive bombers attacked the light cruiser USS HELENA (CL-50). Both were shot down by 5-inch (diameter) projectiles armed with the proximity fuze. Notable achievements of the fuze included (1) defense from Japanese kamikaze attacks in the South Pacific, (2) neutralizing the German V-1 buzz bomb attack on England, and (3) killing Germans on the ground during the Battle of the Bulge in Dec. 1944. General George Patton remarked: “The new shell with the funny fuze is devastating.”

(continued on page 25)



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HISTORIC EVENT ... (continued from page 24)

How did the secret of the proximity fuze get into the hands of the Russians? American spy Julius Rosenberg, better known for his theft of the atomic bomb secrets, cleverly smuggled it out of the Emerson Electronics plant where he worked as an inspector for the Army Signal Corps. Emerson was contracted by JHU/ APL for manufacturing the fuze. Rosenberg handed the proximity fuze in a package over to his Russian contact, Aleksandr Feklisov, as a Christmas present in 1944. Feklisov, in turn, handed Rosenberg a package containing an Omega stainless steel watch for him, a crocodile handbag for his wife, Ethel, and a teddy bear for their only son at the time, Michael.

The U-2 incident and capture of Powers was a propaganda coup for the Soviets. At first the U.S. government tried to cover up the plane's mission. However, it was forced to admit its military nature when the Soviets revealed the U-2's intact remains and the captured pilot as well as photos of military bases in Russia taken by the U-2. The result was that the summit meeting was canceled between Soviet Premier Krushchev and President Eisenhower.

In 1962, two years after the U-2 was downed, Powers was released in a prisoner exchange for Colonel Abel, a Soviet spy, on the Glenicke Bridge in Berlin. This episode was dramatized in Steven Spielberg's movie "Bridge of Spies."

Unlike radar and the atomic bomb, the proximity fuze was truly the number one secret weapon of World War II. The story of the proximity fuze is one of the great classic achievements of America. It was placed in combat in less than one year from the time APL was tasked to develop it. The fact that the fuze was perfected and available by the time it was needed was the crowning achievement of APL's contribution. [I retired as Principal Staff from the Laboratory after 25 years of service, but the work on the proximity fuze predated my stay.]

Yet, after the information on the proximity fuze

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became declassified, few people ever heard of it. Generals, politicians, and historians have described World War II in profuse detail but hardly mentioning the proximity fuze.

The ironic backlash to the success of the American secret proximity fuze is that it led to the destruction of the U-2 spy plane by the Russians in 1960, an event that occurred 17 years after the first successful combat use of the fuze in 1943.

Note: Major source of information is an article, A "Bridge of Spies Back Story," appearing in the New York Times, Nov. 26, 2015.

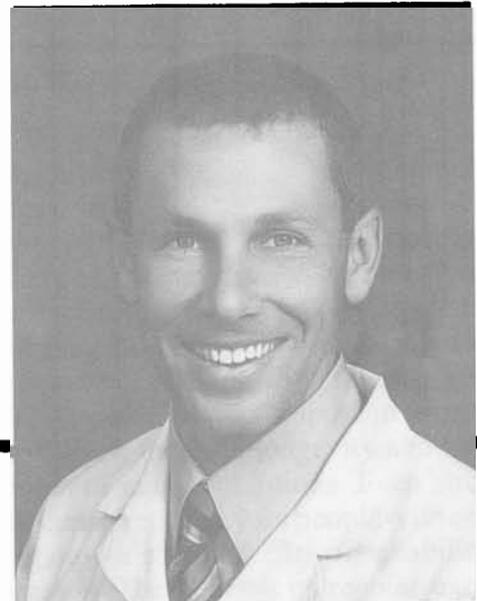
Weight Training For Whole Health

Submitted By: Luis A. Torres (Ashford)

A well-rounded physical-activity program that combines strength and weight-resistance training with aerobic activity is good for your heart and your overall health. Strength training gets results fast--do it twice a week for a few weeks and you'll start to see and feel your body change, compared with three times a week with aerobics. Working out with weights can also reduce blood pressure, improve insulin

(continued on page 26)

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sensitivity, protect against bone loss and reduce the risk of falls. Your quality of life will improve and you will be able to live independently for longer.

“The idea that people with certain heart conditions should completely avoid weight training is false,” says Kerry Stewart, director of clinical and research exercise physiology at Johns Hopkins University. “Exercise is for everybody. If you can do aerobic activity, you should be able to do resistance (weight) training.”

Strength training strengthens the heart as well as other muscles. The biggest benefit of strength training is that it dramatically increases muscle mass, which aerobic activity does not do. More muscle mass makes you stronger and increases your basal metabolic rate. Muscle cells, even at rest, burn more calories than fat cells.

Muscle strengthening can help prevent and limit heart disease by reducing some risk factors. There is good evidence that resistance training reduces total body fat. Weight training increase lean muscle mass and maintains body strength, so you’re able to do more or perform higher levels of aerobic activity. Multiple studies show that strength training lowers

blood pressure an average 3mm of mercury, which is enough to reduce your risk of a stroke or of dying of a heart attack. Blood pressure does increase slightly just as you lift a weight, but this fleeting stress on the heart is less than it would be with aerobic activity, Stewart says. A bigger metabolic engine allows you to process glucose better or, if you have diabetes, to control blood sugar levels.

Research shows that muscle strengthening will protect you against bone loss and reduce your risk of dying from all causes. “Muscle strengthening helps prevent frailty and falls,” says Stewart. “Most people think weak bones cause fractures, but actually, its falls.” Weight training can help prevent falls and improve bone mineral density so that your bones are less susceptible to osteoporosis.

Resistance training can help improve your quality of life and allow you to maintain your independence. Stronger muscles, for example, will make it easier to climb stairs or lift a bag of groceries.

To maintain your health, exercise guidelines suggest you do two days of strength training each week, in addition to moderate aerobic activity for 30 minutes, five days a week. A regular regimen of eight

(continued on page 27)

WEIGHT TRAINING ... (continued from page 26)

to 10 resistance exercises using the major muscle groups, on two nonconsecutive days, allows time for your muscles to adapt, which reduces the potential for excessive muscle soreness and injury. Once you start lifting weights, you will gain self-confidence and be able - and want - to do even more, Stewart says.

Author: Mark Fuerst is a Brooklyn-based health and medical writer

The American Legion Magazine -Apr. 2011

Lynn Conservatory Concerts - In the Beginning ...

By: Carol Kayne (Sterling)

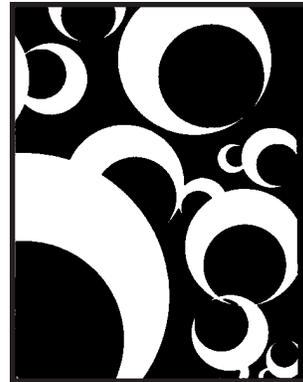
Many times thru the past 16 years people have stopped me to ask how these very special Lynn concerts at Aberdeen actually came to be. So - the explanation.

Upon moving to Aberdeen 21 years ago, Herb and I became active attendees of the Harid Conservatory of Music in Boca Raton. At that time there were 31 exceptional music students and a handful of professors in residence, all sponsored, along with a ballet school, by a single sponsor. The sponsor subsequently withdrew his support of the music division concentrating his sponsorship on only the ballet school.

Luckily, Lynn U. which abuts Harid, needed a music department and gladly took all 31 students and their teachers. Thus, the Conservatory of Music at Lynn U. was born. The need for scholarship money to help Lynn support the students was obvious. Herb and I looked for ways to assist.

Seventeen years ago, a number of Aberdeen residents desired more culture here at the Club. At that time Herb was an executive on the Board of the Aberdeen Golf and Country Club and at my request he asked the Board to allow us to bring a concert by Lynn musicians to the Club. It was approved as long as there would be no expense to the Club. Leslie and Lew Roth, Una and Sol Elman, Herb and myself sponsored the first concert paying all costs and charging \$18 per ticket. We begged our friends, their friends and their friends - friends to buy tickets and attend. Then as now, all checks for tickets were made out to The Conservatory of Music to be used for their Scholarship Fund helping the school continue to educate these fine young people and allowing them, if they so desired, to make music their life's work. There were about 90 attendees the first year.

This year we have a sold out house and 10 spon-



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sors supporting the concert.

Due to the success at Aberdeen we have brought this concert to other Country Clubs and Communities and presently raise over \$70 thousand dollars a year.

The most wonderful part of this adventure is working with the young, super-talented musicians. The most difficult part for Herb and myself is watching our students graduate and leave the fold. Though we are very much in touch with many of the students we mentored over the past 16 years we feel the loss. I'm sure you can understand.

(continued on page 28)

LYNN CONSERVATORY ... (continued from page 27)

This has been “give back” time for Herb and myself and it gives us great satisfaction to have watched the Conservatory of Music at Lynn U. grow to 113 young artists and 26 world class performers on their teaching staff. Truly a labor of love!

Talking Heads

By: Vince Marini (Moorings)

Rodney Dangerfield born, Jacob Rodney Cohen on Nov. 22, 1921 in Deer Park, Long Island was the son of Jewish parents, the vaudevillian performer Phil Roy Cohen and Dotty Titelman. Rodney, who left us on Oct. 5, 2004, for the big stage in the sky, was an American stand-up comedian and actor known for his catch phrase, “I don’t get no respect” and his monologue on that theme. His 1980 comedy album, “No Respect,” won a Grammy Award.

If Rodney lived in Aberdeen, there are times he might consider changing his catch phrase to “They don’t show no respect”. The “they” he would be referring to, are the “talking heads.”

I think he’d be talking about the few folks who cannot control the opening and closing of their mouths when someone else is speaking from the Bully Pulpit; whether it be the President of the Board of Directors, a member of the Board, the president of the POA, a member of the POA, the president or Chairperson of a Club or the Leader of a band, or anyone, who at that time, should have the complete attention of the audience, he or she is addressing.

We are referring to being “QUIET” for 10 or 15 minutes, when information being communicated is significant, important or interesting. We suggest “talking heads” show RESPECT for the person talking to them, and the folks who are trying to listen.

Some Things to Think About

Submitted By: Lew Roth (Sheffield)

1. What starts with a T, ends with a T, and has T in it?
2. What do you throw out to use and take in when you’re done?
3. What can be written forward and backward and upside down and still be the same word?
4. There are 2 in a whole, 4 in a pair, 6 on a trio, and 8 in a quartet. But, what name is just one of me?
5. A boat full of people just went under a bridge

(continued on page 29)

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SOME THINGS ... (continued from page 28)

and now not a single person is on it. How can this be?

6. Say my name and I disappear.
7. Why is the letter T like an island?
8. What gets wetter as it dries?
9. What is in seasons, seconds, centuries, and minutes, but not in decades, years, or days?
10. What always runs, but never walks ... often murmurs or babbles, but never talks ... has a bed, but never sleeps and has a mouth, but never eats?
11. What is special about the following series of numbers 8, 5, 4, 9, 1, 7, 6, 10, 3, 2, 0.
12. Forward I'm heavy ... backwards I'm not.
13. How far will a blind man walk into the woods?
14. The more you have of it, the less you see.

(Answers on page 31)

Spice Up Your Plate and Your Mind Too

By: Drs. Michael Roizen and Mehmet Oz Palm Beach Post

When Herb Alpert released "Taste of Honey" in 1965, the song and the album went straight to the top of the Billboard charts. And if you want a taste of flavorful treats to jazz up your brainwaves the way "Taste of Honey" jazzed up the airwaves, well, here's something that's at the top of our healthy-brain playlist: Concentrated in red pepper, thyme, parsley, chamomile and celery root, the flavonoid apigenin (we've mentioned it before as an inflammation fighter that attacks cancer cells) has been found to

encourage human pluripotent stem cells to develop into neurons (building a better brain) and to improve synaptogenesis that helps the sharpness of neural pathways.

In fact, the flavonoid is so brain-boosting that a recent study by scientists in Rio de Janeiro says apigenin compounds could be developed for preventing and treating neurodegenerative disorders such as depression, schizophrenia, Alzheimer's disease and Parkinson's disease.

So you want to make sure you're getting a good dose in your daily -- diet. Hint: It also can be found in fruits and vegetables, such as oranges and grapefruit, regular celery, onions and artichokes.

But we don't recommend buying apigenin extract supplements (made from chamomile or grapefruit). They're not regulated in the same way that drugs are by the Food and Drug Administration, so the dose isn't determined as carefully. Plus, you get more overall goodness from dietary forms of apigenin, because of its interaction with other phytonutrients in food and spices. Now, that's sweet enough news to be called a Taste of Honey.

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Temptations Rise When Eating Out

By: Drs. Michael Roizen and Mehmet Oz Palm Beach Post

Country singer/song-writer Rockin' Robin Miller knows what he wants and doesn't want:

"Don't want no high-class restaurant bill. Don't want no fast-food drive-thru girl. Now, I know what rocks my world: home cooking."

There are many studies that point to the benefits of home cookin' compared with restaurant/fast-food dining. But the most recent, released at the annual American Heart Association meeting, examines data from the Nurses' Health Study and the Health Professionals Follow-up Study and concludes that folks are eating at home less frequently than ever. Along with this increase in restaurant dining, there's been a sharp increase in obesity and Type 2 diabetes.

That's no coincidence. First, when you eat at a restaurant, it's easy to make unhealthy choices: fries with that extra-large soda; ice cream and chocolate sauce on that slice of pie - choices you wouldn't or

couldn't make at home.

Second, if you opt for inexpensive food, chances are you're not getting the best-quality ingredients; fat and sugar are used to bolster flavors; often meats are from animals raised with antibiotics or growth hormones; preservatives, emulsifiers, texturizers and more all are added to keep food looking appetizing.

So if you and your kids want to have more energy, spend less money and have more quality time together, get everyone involved in home cookin'.

Tulsi tea may help you de-stress

By: Suzy Cohen

I have favorite teas. Tulsi with a little lemon and ginger is one of those great teas that help me de-stress when I feel overwhelmed. Commonly known as holy basil, tulsi is a sacred and medicinal plant of India. It's known to ease pain, improve breathing (like for asthma) and reduce inflammation. It is a strong antioxidant, too.

I don't know about you, but I feel like we have more stress nowadays than we did 20 years ago. The stress

(continued on page 31)



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TULSI TEA ... (continued from page 30)

may be mental, emotional, behavioral or physical. The stress makes you feel like you can't cope with your situation. As a result, you may feel beat up, burned out, tense, irritated, overwhelmed, or just plain mad.

You may not sleep well either. If I've described you, then it's safe to say you need some kind of stress soother before illness develops.

Researchers studied holy basil's effect on stress reduction in a recent randomized double-blind, placebo-controlled study of 158 highly stressed individuals. Participants had classic symptoms such as frequent headaches, exhaustion, heart palpitations, gastrointestinal problems, irritability, and a habit of avoiding people; they also reported insomnia, forgetfulness and low sex drive.

Half of the group received 1,200 milligrams of holy basil (tulsi) extract, while the rest of them received a placebo. After six weeks, and no other variables, the tulsi group showed symptom improvement.

Adaptogenic herbs give your body an adrenal vacation. Holy basil (tulsi) in particular allows you to rest The internal homeostasis and ensuing "peace" occur because adaptogenic herbs interact at the level of your HPA axis, which stands for hypothalamic-pituitary-adrenal axis. What about your brain? Research suggests that tulsi helps maintain catecholamines like epinephrine; norepinephrine and dopamine. Serotonin levels may improve, too. All of these neurotransmitters are primary targets by prescription antidepressants.

This is not intended to treat, cure or diagnose your condition. Go to SuzyCohen.com.

Senior Health

By: Dr. Arnold Needleman

When I was approached with the opportunity to write an article on senior health, I realized that as a physician practicing in a Primary Care Internal Medicine setting, I certainly see many seniors on a daily basis. However, as I began formulating ideas

(continued on page 32)

Some Things Answers

- | | |
|---------------------------------|------------------------|
| 1. Teapot | 9. The letter N |
| 2. Anchor | 10. A river |
| 3. Noon | 11. They are in alpha- |
| 4. Half | betical order |
| 5. They all were married | 12. Ton |
| 6. Silence | 13. Halfway, then he |
| 7. It is in the middle of waTer | starts to walk out |
| 8. A towel | 14. Darkness |

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SENIOR HEALTH ... (continued from page 31)

to write about, it became apparent that the concept of what "senior" means has evolved over my 29 years of medical practice. After all, senior discounts can be used if you are as young as 55!

While only a few years ago it was unusual to see someone over 90 years of age in the office, it is now a daily occurrence. As this trend continues and accelerates as Baby Boomers age, it seems to me that both the physician and the patient need to think about and possibly modify the way we approach health care for people who are truly senior-80+ years.

The decision to screen for various diseases in older patients is often complicated by limited life expectancy, the presence of many illnesses and a scarcity of information that demonstrates benefits of screening in later life. Most clinical trials exclude patients greater than 80 years old.

The common causes of morbidity and mortality in advanced age are still atherosclerosis, cancer, falls, dementia, and adverse drug events. Addressing certain actions we know to be beneficial at any age (smoking cessation, lowering cholesterol in at risk populations, weight training and aerobic exercise) is paramount and should be encouraged.

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 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."

From my clinical perspective, the priorities when considering senior health would be: preventing injury and disability, addressing polypharmacy, maintaining function and discussing advanced directives (living wills and health care surrogates) - with patients and their families.

As we age our body's physiology changes and the way we react to medications can change. It is extremely important that your primary physician knows all the medications and other DTC supplements you are taking. Always bring them to your office visit and discuss with your physician whether any medications can be discontinued or reduced.

If you have any issues with your balance or coordination from weakness or pain, address them with your doctor. Above all else, use a cane or walker if needed to stay active. Don't feel self-conscious about it - BE SMART!

(continued on page 33)

Precautionary Measure

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SENIOR HEALTH ... (continued from page 32)

Motor vehicle accidents are much more prevalent with advanced age due to many factors such as declining visual acuity, hearing impairment, diminished reflexes as well as memory impairment that can affect your ability to get to your destination. While driving means independence for many seniors, be realistic, get an objective evaluation and understand that you may be posing a risk not only to yourself but to others as well. There are alternatives means of getting where you need to go that may seem inconvenient, but in the end are safer for everyone.

I have tried to touch on a few issues that don't always get the attention they deserve. Make sure you address them with your physician - don't only be concerned with what your latest blood test showed.

While I frequently hear the phrase "The Golden Years ain't so golden," I believe that by physicians and patients concentrating on the things that truly impact ones quality of life, together we may add a little alchemy to our lives.

Dr. Needleman is an MCCI doctor at our Boca Raton location. 9030 Kimberly Boulevard, Boca Raton, FL 33434.

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Spice Rack Remedies

By: Nicole Frehsee

Your kitchen counter might already hold the cure for what ails you.

Since time immemorial, humans have used spices to better their food - and their bodies. Our ancestors knew which spices would settle an upset stomach, relieve inflammation, and more. Now a spate of studies has finally proved that whether you've got achy muscles, a cold that just won't quit, or a case of the blues, reaching for a natural healer may be just what the doctor ordered.

Coriander - good for you. Coriander (known as cilantro in its leafy form) is a powerful bacteria fighter. A recent study found that oil from coriander seeds - which destroys dangerous cells by damaging their membranes and interfering with cellular respiration - is effective in wiping out strains from E. coli to salmonella.

Tastes great, too: Add the seeds to everything from fruit salads to pasta. Or try culinary nutritionist Tricia William's trick of steeping toasted coriander seeds in olive oil, then tossing quinoa in the flavored

(continued on page 34)

SPICE RACK ... (continued from page 33)
oil.

Cinnamon - good for you. Cinnamon may lower your diabetes risk. By triggering enzymes that stimulate insulin receptors and inhibiting enzymes that deactivate them, it can improve cells' ability to absorb glucose from the blood. Taking less than a half teaspoon daily for 40 days can decrease blood sugar by 25 percent. Cinnamon has also been found to reduce triglycerides and harmful cholesterol.

Tastes great, too: Most of us associate cinnamon with baking, but it also pairs well with savory dishes like lamb chops and tomato soup, says Lior Lev Sercarz, owner of New York City boutique La Boite Biscuits & Spices.

Turmeric - good for you. Turmeric is thought to have cancer-thwarting properties. UCLA researchers have found that curcumin, an antioxidant in the spice, can help prevent and treat head and neck cancers by blocking a protein that promotes tumor growth. That same protein causes joint inflammation, so curcumin could also reduce arthritis risk.

Tastes great, too: Sercarz stirs a half teaspoon of turmeric into lemonade for an extra dash of tartness; Williams adds it to hummus for a sunny burst of color.

Garlic - good for you. Garlic helps protect your immune system by boosting production of infection-fighting white blood cells. In a British study, 70 people who took daily garlic supplements for 12 weeks came down with 24 colds, versus 65 colds in a placebo group of 72 people. Allicin, garlic's main active component, is thought to block enzymes that lead to viral infections.

Tastes great, too: Try Sercarz's tip of drizzling a head of garlic with olive oil, roasting it, then squeezing and spreading the cloves on crostini or sandwiches.

Senior Personal Ads

- **FOXY LADY:** Sexy, fashion-conscious blue-haired beauty, 80's, slim, 5'-4" (used to be 5-6), searching for sharp-looking, sharp-dressing companion. Matching white shoes and belt a plus.
- **LONG-TERM COMMITMENT:** Recent widow who has just buried fourth husband looking for someone to round out a six-unit plot. Dizziness, fainting, shortness of breath not a problem.
- **SERENITY NOW:** I am into solitude, long walks, sunrises, the ocean, yoga and meditation. If you are the silent type, let's get together, take our hearing aids out and enjoy quiet times.
- **WINNING SMILE:** Active grandmother with original teeth seeking dedicated flosser to share rare steaks, corn on the cob and caramel candy.
- **MEMORIES:** I can usually remember Monday through Thursday. If you can remember Friday, Saturday and Sunday, let's put our two heads together.
- **MINT CONDITION:** Male, 1932, high mileage, good condition, some hair, many new parts including hip, knee, cornea, valves. Isn't in running condition, but walks well.

Trivia Answers ...

 (continued from page 24)

- | | |
|--------------------------|--------------------|
| 1. Eugene O'Neill | 7. Sherlock Holmes |
| 2. Romeo and Juliet | 8. Denmark |
| 3. "Uncle Tom's Cabin" | 9. Emily |
| 4. The Headless Horseman | 10. Mothers-in-law |
| 5. Tennessee Williams | |
| 6. Rudyard Kipling | |

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