



APRIL SHOWERS!



Aberdeen Country Club News

By: Harry Seaton

The Club is always initiating a few new and engaging activities for its members. Recently COLOR WAR attracted the enthusiastic participation of 400+ members in innumerable events over 3 weeks, ending with a super reception and closing ceremony. Coming early next month ABERDEEN ON STAGE will be presenting "The Best of Times!", a musical Broadway review in the 60s, 70s and 80s, performed with our own talented club members. Last year's performances were sold out and we expect the same results this year. We look forward to seeing more productions by ABERDEEN ON STAGE in the near future.

Have you heard of Aberdeen's DANCING WITH THE STARS? You must have! It was the newest fun event at the Club. Three male club members and three female club members, were selected as novices on the dance floor. They volunteered to take months of dance lessons from professionals and then to demonstrate their dancing at the Club event with their professional teacher/partners for the coveted "Mirror Ball Trophy." We will give you the results in our next issue.

Despite the constant bickering and disagreements on television, in our newspapers and the internet about the national political scene, here at the Club peace reigns this time of year when an election is held for positions on our Board of Directors. This year three candidates were elected, to wit: Richard

(continued on page 2)

The Auto Insurance Game

By: Dr. Patricia Williams (Muirhead)

I was shocked but not surprised when I received my auto insurance renewal notice. No accidents, no tickets and yet the premium was 25% higher. This is typical of most insurance companies. They reward good driving records with higher premiums. When you call and ask them why, their stock answer is, "our costs have risen." If you believe this, I have a bridge to sell you in Brooklyn.

Unless a premium is lower (and once this actually did happen), anytime I receive an auto or home insurance renewal notice, I submit it to various agencies for the lowest bid. Currently, I work with 4 agencies. One of the agents who knows me well, will actually shop the insurance policy before sending me the renewal notice advising me that such-and-such company will offer me a lower premium than the company I'm currently with.

This morning I contacted the 4 agencies to ask for an auto insurance quote. All 4 came in with quotes 25% to 27% lower than my current policy. Ironically, 2 of 4 quotes were from the same company I am with now.

Following are other lessons I learned that are part of the Insurance game.

1. Never leave your credit card on file with an insurance company. They will charge your card for the renewal premium and send you the receipt as a fait accompli.

2. Don't sign up with a company that offers only 6-month policies. My experience is that for

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

Haar and Jay Levine were reelected and David Hol-lander was elected. Congratulations with our best wishes for success!

What else has been happening at the Club lately? Club activities have been as busy as ever. Some of the activities not mentioned previously include the Ladies' Golf Member/Guest Tournament (one of the most successful), followed by the Men's Golf Member/Guest Tournament and the conclusion of the Adam & Eve Golf Club Championship. Both of the Member/Guest Tournaments were presented magnificently.

Tennis members had the St. Patrick's Tennis mixer and Round Robin. The Club held a Table Games Fair to assist members to learn or refresh game skills in various card games. The Lynn U. Conservatory of Music held its annual Concert at Aberdeen again with its ever-talented musicians in another exciting evening of fine music. "Play for Pink" Day with golf, tennis and cards dedicated to Breast Cancer Awareness held in February with fantastic participation by our members was the most successful charitable event ever held at the Club!

Late March and April bring the Easter Egg Hunt and an Easter Extravaganza Dinner and the celebration of Passover with a Seder Dinner. Another Show-time Series will be presented with Jimmy Keys entertaining. The Men's Golf Club Championship and the Women's Golf Club Championship Tournaments

will be started with the Finals to be completed. The Women's Closing Day and the Men's Closing Day Tournaments are also scheduled for April. For Tennis players the Battle of the Sexes will be followed by an Exhibition BBQ at the Beach Entry Pool. Clubs and Classes will be continued.

For anyone interested in joining us at the Club, call our Director of Membership, Rose Cizner, at the Club office at 738- 4903, ext 325.

Brittany Lakes

By: Judit Ungar

What is for dinner? A question we hear or ask just about every day.

What is for dinner? What if you did not know where your next meal was coming from. What if you did not have warm clothes, blankets or air conditioning for those very hot Summer days!

What if your children and elderly parents went to bed hungry each day!

As we live and enjoy our life in Aberdeen, hundreds or perhaps thousands of people living close by in our town of Boynton Beach are without food and a place to live. Less than 2 miles from our homes, down Boynton Beach Boulevard is the Soup Kitchen of Boynton Beach. Many of our neighbors and friends are consistent volunteers there.

Dee started volunteering there three years ago. When her husband Ed, saw how good Dee felt helping these families and individuals, he started volunteering once a week as well.

(continued on page 4)

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.

AUTO INSURANCE GAME ... (continued from page 1)

the second 6 months of the year, your auto insurance premium will be significantly higher. Go with a company that offers a 12-month insurance policy.

3. Check for duplicate coverage. For example, if your auto manufacturer or AAA covers towing charges, you can decline your insurer's coverage for this service.

4. Check for unnecessary coverage. The agent for my new policy reviewed my old policy to make sure I would have equivalent coverage. She noticed I had been paying for coverage from work loss. Very interesting since my husband and I are both retired.

5. Ask your insurer if you can lower the premium by reducing coverage on certain items. For example, you might have "stacked" coverage on uninsured motorists. What does this mean? Let's say you insure 2 vehicles and you have coverage if hit by an uninsured motorist of \$250,000 each person and \$500,000 each accident. If your insurance is "non-stacked" the coverage is as specified. If it is "stacked" and you're insuring 2 cars, this increases the coverage to \$500,000 each person (2 x \$250,000) and \$1,000,000 (2 x \$500,000) each accident. You pay a higher premium for "stacked" insurance.

6. If you are a good driver and have not had any claims within the past few years, you might consider increasing your deductible (for example, from \$500 to \$1,000). This will lower your premium.

The take-away message: Treat insurance policies the same way you would if you purchase a car, a home or a pair of jeans. Shop around for the best deal.

BEWARE OF THIS SCAM

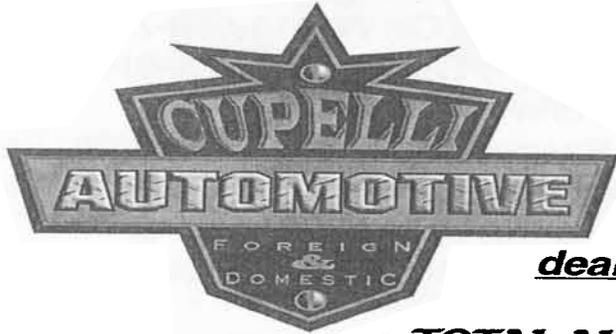
Please be aware there is a scam currently making the rounds. The caller claims to be from the IRS and says there is a lawsuit against you.

This is a lie.

The IRS DOES NOT CALL ANYONE. All correspondence is done by mail, and they do not sue anyone.

Please hang up if you get such a call. Do not talk to them or give them ANY information.

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BRITTANY LAKES ... *(continued from page 2)*

Living in the middle of such affluence we sometimes forget that not everyone is so fortunate. Ed refers to what they do as a "Stress Buster." Now Fred and Linda have also started to help. Many others followed.

Local businesses are very helpful by donating food items, clothes, blankets, and much needed funds.

The Sun Sentinel reported a study that shows the benefit of helping others less fortunate, often having lower rates of depression and higher level of physical wellbeing.

The next time you are asked what is for dinner think of what you can do to help your less fortunate neighbors as well.

If you are interested to talking to Dee and Ed email me and I will put you in touch ... judit.unger7@gmail.com.

Sharing With Sheffield

By: Ruth Krawitz

The theme of this column came to mind recently when I went through some personal disappointments and found myself crying over them. I have cried over many serious losses in my life, but not over something like lost opportunity or regret. Where was the strength I thought I had! And while I chided myself for foolish behavior, the tears flowed. Big revelation; I felt better back in control, hopeful and ready for a second beginning. Conclusion? It is all right to cry - and that applies to men and women.

Misconceptions about crying is that it is a sign of weakness. Crying is stigmatized by both sexes. If she cries it's because she is unstable or weak or seeks attention. If he cries he's a wimp, a pansy, or not manly enough. These generalizations encourage both sexes to submerge and cover up their feelings.

People who ignore sadness, pain, insult, fear, even overwhelming joy and pride, cheat themselves

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of an important facet of life. Crying isn't a sign of weakness; it's a sign that you are human and mindful.

According to an article in the January 2016 "Centennial Quill," crying has several positive effects:

Tears remove toxins that build up from stress.

Crying can elevate mood. It lowers a person's manganese level. Manganese causes emotional disturbance: anxiety, nervousness, aggression.

Crying lowers stress. Suppressing tears contributes to high blood pressure, heart problems, and peptic ulcers - all stress-related illnesses.

Tears release feelings. They release negative emotions as well as happy, joyous ones. They drain the overflow, and create a more stable emotional state of mind.

Crying is therapeutic. It stimulates our brain's endorphin release, the "feel good" hormones that act as a natural pain killer.

Crying helps you connect with others. Being vulnerable is the best way to connect with a partner,

(continued on page 6)

ATTENTION READERS

As you know, the Aberdeen Time owes its existence to its subscribers. It is the money the subscribers pay for their ads that covers the costs of printing our community newspaper. It is important, therefore, that you support their businesses to the extent possible. It is your loyal support that will help us continue to provide us with a newspaper that has been important to the Aberdeen community for 25 years. Take a good look at our ads Try their services... .. You will be pleased!

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Important Announcement For Our Readers

The *New York Times* started in 1851 and for 145 years it only had its print edition. When, in 1996, something called the "internet" starts to be used by the general public and the *Times* realized that it needed to be there as well. So it set up a website. Over the next 10 years, the paper would see a decrease in circulation as more people got their news online. In 2006 the *Times* reduced the size of the paper by 6" to save \$12 million per year.

After 26 years of print-only publication, the *Aberdeen Times* has decided it is time to launch its own web site. This will allow you to read the *Aberdeen Times* wherever you are whether it is on your patio over a cup of coffee, up north during the summer or half way across the world while you are traveling.

With the gracious help of Philip Levine (South Florida Web Advisors), the *Aberdeen Times* is ready to enter the 21st century. On our new website you will be able to browse articles by community / column, view our advertisers' directory, find out who writes the article for your community, and submit feedback

/ questions and perform a myriad of functions.

Philip worked with the staff of the *Aberdeen Times* to make sure we have a website that shines. Some of his local clients include the Aberdeen POA, Ashford Green HOA and COBWRA in addition to many other local organizations and businesses.

We look forward to this new era for the *Aberdeen Times*. Please visit the new website today at <http://www.aberdeentimes.org>.

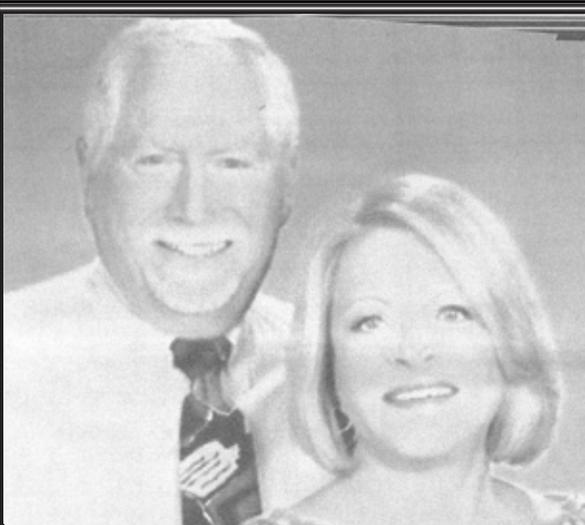
Aberdeen Times Board of Directors

Spotlight Patient

Dr. Stuart Berger was diagnosed with a brain tumor in August of 2015 and as a result, had surgery to remove the tumor. The road to recover was nothing but lengthy, with its share of unexpected twists and turns. A three week stay in UF Health Jacksonville intensive care, a momentary inpatient rehab stay, and 2-3 months of outpatient rehab would be a true test of will and determination towards recovery.

After having the brain tumor removed, Dr. Berger developed memory loss, had difficulty paying attention, difficulty holding conversations with friends and family, decreased balance, strength,

(continued on page 6)



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SHARING WITH SHEFFIELD ... (continued from page 4)

friend, or group. The ones who matter will appreciate how up front you are.

Weeping helps you accept a loss. Losing a family member, friend, partner, or even a pet is one of the worst things a person can go through. Words often do not suffice. But time with dear friends and family do.

Some quotes on the subject:

* "Tears speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief, of deep contrition, and unspeakable love."

* "Tears are the words my heart uses to explain whenever my smile can't cover my pain."

* "Perhaps our eyes need to be washed so that we can see life with a clearer view."

* "God didn't promise days without pain, laughter without sorrow, sun without rain. God did promise tears, strength, and good friends to give us comfort."

* "Ever had a memory sneak out of your eyes and roll down your cheeks?"

* "The deep sorrow or great joy that has no vent in tears may make other organs weep."

* "When you were born you cried. And the world rejoiced while your mother shed tears of joy."

SPOTLIGHT PATIENT ... (continued from page 5)

and endurance of his legs and arms. Dr. Berger participated in outpatient rehab services utilizing speech, occupational, and physical therapy. His personal goals were to return to the sport of golf and improve his short term memory. He was unwavering and diligent with his home program for each service and persevered to get to where he is today. Rehabilitation was not an easy task, but he rarely missed an appointment and would always come into the clinic with a smile, anticipating the next challenge.

Dr. Berger would never complain about challenging tasks and had the drive to continue even if he was frustrated. He exceeded all expectation for recovery and met all the therapy goals that were set for him.

Congratulation to Dr: Stuart Berger for graduating from Rehab Services!

Heather Barksdale, DPT, PT

Sarah Mersch, MOT, OTR/L

Christina Hampton, DPT, PT

Stephanie Davis, MS, CCC-SLP

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Waterford Watch

By: Pat B. and Rose D.

February was an active month in our community and we want to share all the events with you.

Hopefully, everyone enjoyed Valentine's Day and remembered their loved ones. Gloria Ek was fortunate to have her son, Curtis, visit. We always count our blessings when family comes. We would like to take this opportunity to thank Gloria Ek for serving as our community communication liaison via e-mail. She also deserves accolades for her involvement in the COP program for these many years. Thank you, Gloria.

We held our annual meeting on 2/16 and the following residents were elected to our board: Greg Van Brunt-Pres., Steven Ledewitz - V. Pres., Allan Nash-Treas., Howard Weiss-Sec. and David Kennedy-POA rep. We wish our board good luck as it tackles the issues to help Waterford flourish.

Greg Van Brunt, Pres., would like all residents who have any concerns to call Amy Higgins, APM(561-588-7210 ext. 216) or e-mail her at: ahiggins@apm247.net. She will endeavor to resolve the problem within a 24-hour period. She will also be at the front entrance office, at the gate, every Thurs., 1-3PM.



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A big "thank you" to Sidell Levine, Chair, Bernice Friedman, Susan Farber, Karen Rabinowitz, Cathy Goldenberg, Gloria Ek, Pam Koles, Carolyn Ruston and David Kennedy, our social committee, for an excellent pool party on Sun., Feb. 21, catered by Chef Costco.

The food was delicious, the multiple tables and chairs offered a cafe atmosphere and neighbors were happy to share the latest news and gossip with one another. On a sad note, Cathy and Rod Goldenberg are mourning the loss of Cathy's father, Gaetano Romano, after a long illness. Mr. Romano died of Feb. 25th surrounded by his loving family.

(continued on page 8)

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WATERFORD WATCH ... (continued from page 7)

Jack Shilling was feeling poorly but is doing much better, Marilyn Miller, daughter of Gloria, had a fall and is walking around with her arm in a sling and Angela Laskowitz required stitches in her arm from a fall she had as well. Best wishes for a speedy recovery to all.

Please keep us informed of events in your life so that we can share you news with your friends and neighbors.

Our best wishes for a happy St. Patrick's Day, Easter and Purim.

The Sunny Shores

By: Estelle Morganstein

Everyone had a great time at our THIRTY PLUS PARTY! The day began with a complimentary catered deli luncheon sponsored by our Homeowners' Association in honor of our "original settlers," and to welcome our new homeowners. Everyone took advantage of the opportunity to mingle with their neighbors and meet the board. All of our former presidents attended (save one who sent her regards from up north) and our longest-standing former president,

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Marty Summi, regaled everyone with stories of his presidency. Palm Beach County Commissioner for District 3, Shelley Vana, presented each of our first homeowners with a Certificate and a long-stemmed rose, followed by desserts and coffee. Lots of photographs were taken by our resident photographer Barbara Ladd which will be available for viewing shortly. As Chairperson of the Social Committee, I would like to give special thanks to the following homeowners who worked very long and hard to make this get-together a success: Barbara Ladd, Diane Greenberg, Karen Inzerillo, Jane and Bill Palmese. None of this would have been possible without you.

On a more serious note, there was a vote last month to elect a new POA board. I voted on behalf of The Shores in accordance with instructions of your HOA board and following presentations made to our board by the 2 candidates who were seeking the presidency. It was disappointing to note that very few of our residents came out to hear the candidates speak. If you choose not to become knowledgeable of our community's political process, you relinquish your right to provide your input to your governing authority, whether it be over the physical assets we own, the funding priorities of the Association or the services you receive.

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WHAT TO DO IF YOUR WALLET IS STOLEN

Here are telephone numbers to keep handy if your wallet is ever stolen.

Equifax - (800) 525-6285

Experian - (888) 397-3742

TransUnion - (800) 680-7289

Social Security Administration Fraud
Hotline - (800) 269-0271

SUNNY SHORES ... (continued from page 8)

NEIGHBOR NEWS

Congrats to Jane Massi and Bill Palmese who tied the knot recently.

Newcomers themselves, they actually delayed their honeymoon in order to help plan and execute our Thirty Plus Party! All the best in your new life together.

Happy to see that Renee Rosenzweig has returned home after several weeks of extensive physical therapy following her recent accident.

Ray Crosby is undergoing therapy at home as well following his prolonged hospital stay. I know we all wish him a speedy recovery.

That's it until next month. Happy Easter and "Hag Sameach Pesach," a happy Passover.

It's Happening in Dorchester

By: Carol Baron

No, we are not pulling your leg as an April Fools joke. You should have set you clocks ahead and gained some more beautiful Florida sunshine ... and spring will be here very soon! And so will the IRS to get your taxes. Albert Einstein said: "The hardest thing in the world to understand is income tax."

But, among the good things happening here in Dorchester are the following:

- Phyllis and Sy Goldstein's granddaughter, Brook Sabghir, was married Mar. 13th. She married a young attorney from Cleveland who works for a prestigious NYC law firm. Congratulations to the bride and groom and their grandparents.

- Congratulations also, to David Hollander for being elected to the Aberdeen BOD. We know he will be an asset.

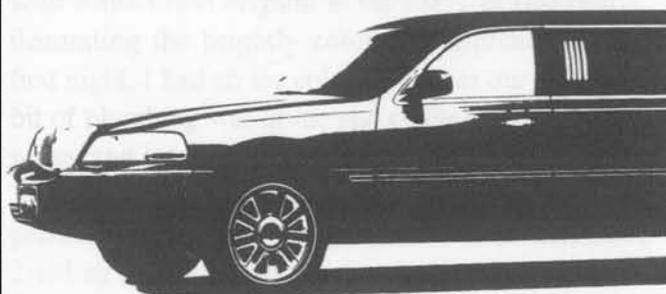
- If you were among those who watched this year's Oscars on TV, you may have seen the Barons daughter, Tracy Beckerman and her husband, Joel, on the red carpet. They were there because Joel is working on a project for the Academy of Motion Pictures Arts and Sciences. He is the celebrated composer for the corporate world with its sonic logos and for so much of what you hear on television every day.

- Dorchester held its annual meeting and election of BOD officers on Mar. 8th. Those elected to the board were Don Applebaum, Carol Baron, David Hollander, Steve Lippert, Jon Shaw, Beverly Zimmerman and Don Zide. The officers of the BOD are: Steve Lippert, President; Beverly Zimmerman, Vice President; Carol Baron, Secretary; Jon Shaw,

(continued on page 10)

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DORCHESTER ... (continued from page 9)

Treasurer; Don Applebaum, Director, David Hollander, Director and Don Zide, Director. They will work to make Dorchester an Aberdeen community that is responsive to the needs of its residents while being cost effective, beautiful and friendly to all.

We would like to take this opportunity to remind all those who live here in Dorchester, as well as our guests and visitors, that there is a 20 mile an hour speed limit here. That is for the safety of all of us. We hope you will follow this rule.

In closing, I would like to remind you of what 90-year-old Regina Brett said and she wasn't talking about tax audits: "Don't audit life. Show up and make the most of it."

The Ashford App

By: Sylvia Shaw

Transition from one editor to another can be challenging. As the new volunteer editor, I apologize, in advance, for a limited entry to the April Aberdeen Times.

It is with much sadness that we report the passing of long time resident, Shirley Scarf.

Most important is our welcoming our newest residents: Marcia Feinblatt and Laurie S. Whol. Kim and Scott Schneider are renting the home of Don and Helen Comer.

As for the established residents:

Jane Casden just returned from celebrating her daughter, Stacy's, special birthday and her grandson Jake's 15th.

Her next trip north will be to attend the bar mitzvah of Grandson, Dylan. Mazel Tov in advance, Jane.

Jane, as our landscape chair, has requested that Ashford residents be patient as we continue our efforts to refurbish and upgrade our common landscape.

As for this editor, the last of our winter season guests is flying out tomorrow (first week of March) and the first of our Spring visitors will arrive at the end of March and will be here when this issue is published. It is a delight to be able to share our paradise with family and friends.

As tax season nears, Neal Keitz will be heading north to see his clients. When he returns, we will begin our season of travel.

Please send your tidbits and news about your life in paradise by the first of every month. LLKONE@AOL.com.

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The Art of Being a Good Listener

By: Vincent Marini (Moorings)

I was cleaning out files last week and came across "The Little Golden Book of Rules," by Dale Carnegie. It was printed in 1959.

Harvey Baron's Early Bird Special



Times change, people certainly change, however, basic rules of decorum do not change nor should they. The foundation of the Dale Carnegie Institute was constructed with 2 agendas: "How To Win Friends And Influence People" and "How To Stop Worrying And Start Living."

Mr. Carnegie suggested the following Fundamental Techniques in Handling People; Don't criticize, condemn or complain. Give honest, sincere appreciation.

Arouse in the other person an eager want.

And 6 Ways To Make People Like You;

- *Become genuinely interested in other people.

- *Smile.

- *Remember that a person's name is to them the sweetest and most important sound.

- *BE A GOOD LISTENER - Encourage others to talk about themselves.

- *Talk in terms of the other person's interests.

- * Make the other person feel important - and do it sincerely.

He also lists his 12 commandments for winning people to your way of thinking:

- *The only way to get the best of an argument is to avoid it.

- *Show respect for the other person's opinion; never tell a person they are wrong.

- * If you are wrong, admit it.

- * Begin a conversation in a friendly way.

- * Get the other person to say "yes, yes."

(continued on page 12)

THE ART OF LISTENER ... (continued from page 11)

- * Let the other person do a great deal of talking.
- * Let the other person feel the idea is his idea.
- * Try honestly to see things from the other person's point of view.
- * Be sympathetic with the other person's ideas and desires.
- * Appeal to the nobler motives.
- * Dramatize your ideas.
- * Throw down a challenge.

Dale Carnegie was an American writer, lecturer and developer of famous courses in self improvement, salesmanship, corporate training, public speaking and interpersonal skills. Today, Dale Carnegie Training is represented in all 50 states and in 90 countries. More than 2700 teachers present Dale Carnegie courses in over 25 languages.

Three of Dale Carnegie's most famous quotes are:

"Develop success from failure - discouragement and failure are two of the surest stepping stones to success."

"It isn't what you have, or where you are or what you are doing that makes you happy or unhappy - It's what you are thinking about."

"People rarely succeed unless they have fun in what they are doing."

Applying Dale Carnegie rules and or principles

in our lives requires attention to detail and the latter mandates being A GOOD LISTENER.

Stay tuned, listen up; in next month's issue of Aberdeen Times, we will discuss Dale Carnegie's 7 Rules For Making Your Home Life Happier and his advice on How To Stop Worrying and Start Living.

Moorings Matters

By: Eileen Hahn

"April Fools Day" and that defines the volunteer attempting to follow in the editorial footsteps of Vince Marini. Everyone knows me, since I'm here 30 years, know that I will follow Frank Sinatra's words and "Do It My Way." The Moorings will have had the elections for the board a week ago and even though we don't have the drama occurring nationally, the results will appear in the next issue. We have received our 2016 phone directories for Aberdeen and eagerly look forward to next year when it is broken down by neighborhoods. With so many new residents, many people don't know last names and find it difficult to find a phone number. In the good & welfare department, we wish good health to Harriet Frishman, Jack Gould, Harriet Safier and Faye Wolkoff and anyone else about whom I am not aware. Best wishes to Ruth Asseal moving to California, Richard & Renee Bond returning to MI,

(continued on page 13)

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MOORINGS MATTERS ... (continued from page 12)

Bob and Sandy Bloom enlarging in the Shores and Ralph & Lynne Luongo traveling to Aberdeen West. To our resident Harold Frishman RIP.

In Cupid's department we have Joan Marini attending her granddaughter's bridal shower in TX and an exciting engagement for Flora & Jack Miller's granddaughter, Blair. Short but sweet, Millie Tencer had her son & his lovely bride, Isabelle & Don Rubenstein had their NY family, Marilyn and Alfred Lubell their Va children and their favorite granddaughter, Rachel, Lola Greenberg had granddaughter, Gracie and Eileen & Joe Hahn their Ga family since grandson Stephen is in a Robotics competition at the Convention Center in West Palm Beach. If you would like to read your name in print please share with me some info that could enable us to share your happiness. Next month many college decisions will be made and many graduations will take place, so give me a phone call; I'm in your directory.

Oxford Place

By: Stephanie R. Baker

By the time this publication goes to press, the new Oxford BOD will have been elected and officers chosen. We say thanks and farewell to Anne Slaker, Mike Ringler and Richard Haar as their terms end. We also welcome new members to the Aberdeen County Club BOD and our Property Owners' Association BOD. It is hoped that this infusion of fresh faces brings continued success, collaboration and new ideas to foster strong relationships among neighbors and friends.

Spring breaks differ all over the U.S. so kids will be joining us throughout March and April, celebrating Easter and Passover. It's refreshing to hear and see them playing in the pools and throughout our neighborhoods.

Florida has held its primaries for the presidential nominations and politicians will be jumping in full force to campaign. This is our first time to experience the politics of Florida and look forward to participating in the excitement.

On a personal note, Jim and I have sold our Delaware beach home (finally) and have become full-timers in Florida! The hot summers will find us traveling to visit family and a big trip to the Canadian Rockies in late July. After a total knee replacement in late March, I plan to resume my exercises and even golf in early summer in preparation for the trekking through Canada!

Sterling Lakers

By: Sheila Hyman

Well, April showers bring May flowers, but we have had plenty of rain all winter long. It seems that we never have the right weather any time of the year. Hope that your holidays will be fun and exciting and maybe even bring family down to visit.

Advancing with our birthday list, our April birthdays are Suzi Cohen and Bobbie Pilnick. Congrats ladies!

We have in Sterling Lakes, a celebrity, by the name of Sandy November. I understand that she had a one woman show at the clubhouse. Her history was very interesting and informative. Unfortunately, I was not able to attend that day, but I had seen the video and also heard her story in person a number of years ago. Way to go Sandy!

Going along with our community we also have had some sad news. Our resident, Lee Hyman, (no relation to me) passed away. Our condolences to the family.

On a happy note, we may be having another new resident. I will not say who or where until it happens, but we wish our "old" resident a wonderful new and happy life.

Remember, no news in, no news out!

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Circling The Coves

By: Mary Chuzi

Shakespeare penned these words for Juliet to speak in one of his most famous plays ... "What's in a name? That which we call a rose by any other name would smell as sweet." ROSE ... It is a beautiful flower and a beautiful name. There have been many famous "Roses" throughout history, including Rose Fitzgerald Kennedy. Just GOOGLE the name; the list is very long. We would like to congratulate the Coves' own Rose Romano whose name was just given to her 10th grandchild ... Ellie Rose. Ellie Rose, the third child of Rose's daughter, weighed in at 7lb 13 oz in NY. As of this writing, Rose is with her family in NY for 2 weeks to help out as only a grandmother can. Congratulations on this namesake family addition!

In other news as we begin the month of April, the March elections are behind us, and Bob Grazioso and Alan Louzin have retained their seats on our BOD. Also behind us is the 2nd Annual Coves Block Party, which was held the last Sunday in February in front of Building 5. After a chilly week, Mother Nature surely graced the party-goers with beautiful weather, and a great time was had by all. Hopefully there will be a "3rd Annual". We look forward to it.

The dryer vent cleanings have also now been completed, and hopefully everyone took advantage of this important maintenance. The annual cleaning is covered by your monthly Association dues. In addition, landscapers have spread mulch during the month of March, and it has beautified the already existing landscaped areas. Mulch both beautifies and protects the loss of our valuable topsoil.

MARK YOUR CALENDARS NOW TO ATTEND A VERY IMPORTANT AMENDMENT MEETING at the Clubhouse on Mon., Apr. 18 at 7:00 PM. You should have already received the 5 amendments proposed for passage in the mail. Scott, our lawyer, will officially tabulate the votes the

amendments require for passage. These amendments have been worked on for over a year by our B.O.D., legal team, and have been open to interpretation (translation of legalese) at various meetings where residents have had a chance to ask questions. Your YES VOTES are extremely important for our community.

More information regarding sidewalk repairs and wood rot (which will be repaired by a professional contractor) will be forthcoming. Despite withstanding the test of time, and being one of the most attractive, well-maintained, low-density communities in the area, we must continue to keep up with repairs as the buildings and property age. We are now nearly 30 years old as a community.

One only has to look around at many other communities which appear to be one large parking lot to appreciate the treasure our ample green space really is!

Last but not least, as we bid a fond farewell to many of our resident snowbirds (hurry back!), let us welcome new residents Ira and Patricia Chinsky from NC. Hope you enjoy our wonderful friendly community.

(continued on page 15)

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

Easter was less than a week ago, and now, at the beginning of April, we wish a Happy Passover to those who observe it at the end of April. Until next month, be well and enjoy our beautiful spring here in The Coves.

Hello From the Hamptons

By: Susan Finer

March was a busy month for the Hamptons! We started off with the community luncheon on Mar. 12th. Forty-seven residents, as of this date, enjoyed a lovely afternoon of socializing, eating and winning prizes. My thanks and appreciation go out to our social committee whose effort and hard work helped to make the day a huge success. - JANET FRIEDMAN, JOYCE HIRSCHMAN, CORINNE SCHLEIFMAN, ALYCE SIMONS.

Mar. 15th, gave Hampton residents an opportunity to meet the candidates running for board positions. Mar. 22nd. was our annual community meeting and election of board directors. Election results will be posted at the pool as well as in the May edition of

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the Aberdeen Times. Thank you to the nominating committee who gave of their time to interview all potential candidates. - JOE ROSZKOWSKI, CONNIE LAMENDOLA, GERRI GLAZER.

On a very sad note we regret to inform you of the passing of Lawrence Greene on Friday, February 12, 2016. Larry was a longtime resident (1987-2016) and former Board Director of the Hampton HOA. He will be fondly remembered by all who knew and loved him. Our condolences are sent to Selma and the entire Greene family.

I would like to take this opportunity to wish all a most joyous Easter and a happy Passover.

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Cinnamon and Diabetes

By: Jerry Finkel (Sterling)

The following is in response to last month's article "Spice Rack Remedies", which stated, without reservation, that "Taking less than a half teaspoon (of cinnamon) daily can decrease blood sugar by 25 percent".

The article below is from WebMD, which provides a more complete and accurate account of the effect of cinnamon on reducing blood sugar level.

Does Cinnamon Help Diabetes?

It's fine to sprinkle cinnamon on your oatmeal or use it in baking. Go ahead and enjoy it if you like its taste. But if you hope that it will help you manage your diabetes, you might want to pause before you head to your spice rack.

It's not yet clear if cinnamon is good for diabetes. Research findings have been mixed, and the American Diabetes Association dismisses cinnamon's use in diabetes treatment.

Several small studies have linked cinnamon to better blood sugar levels. Some of this work shows it may curb blood sugar by lowering insulin

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resistance.

In one study, volunteers ate from 1 to 6 grams of cinnamon for 40 days. (One gram of ground cinnamon is about half a teaspoon.) The researchers found that cinnamon cut cholesterol by about 18% and blood sugar levels by 24%. But in other studies, the spice did not lower blood sugar or cholesterol levels.

Didja Know?

Submitted By: Pat Bergrin (Waterford)

1. The Buffalo Bills of the NFL broke the league's gender barrier when they promoted Kathryn Smith to be their special teams quality control coach. She is the first female full-time assistant in the League.

2. Pope Francis had an historic meeting in Cuba on Feb. 12, 2015 with the leader of the Russian Orthodox Church. This is the first meeting between a pope and the Russian patriarch in nearly 1,000 years.

3. Staff members and friends of the Palm Beach Zoo said a tearful goodbye to one of the zoo's oldest animals, Taco, the parrot. Known for her plume of green, blue and red feathers, she had a friendly disposition and would greet passersby with, "Hi, Taco!".

4. There are new signs when entering Boynton from the south and the north on Federal Highway.

(continued on page 17)

DIDJA KNOW ... (continued from page 16)

Blue in color with sailfish, waves and landscaping surrounding them, at a cost of \$240,000, the signs read, Welcome to Boynton Beach.

5. For the 17th year in a row, Atlanta had the busiest airport in the world. More than 90 million passengers passed through Hartsfield-Jackson Atlanta International Airport. A total of 6.7 billion passengers passed through airports worldwide.

6. Police in St. Louis arrested a man for trespassing at the Budweiser Brewery, and discovered that his name was Bud Weisser. Weisser, 19, smashed up his car and vaulted over a fence onto brewery grounds and refused to leave when guards told him to.

7. Conventional wisdom holds that men and women's brains are "wired" differently. A detailed new study, however, has found that most brains have a mix of structures associated with traditional male and female traits and behavior, making a person an individual mosaic of gender-related characteristics.

8. It was a bad week for some 30 incoming cadets who suffered injuries --- including concussions, split lips, and broken limbs-at West Point's annual morale-building pillow fight for freshmen. The cadets had stuffed their pillows with helmets and other hard objects.

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9. More college students in the U.S. are giving up cigarettes, but more are smoking marijuana instead. Anti-smoking campaigns have apparently convinced undergrads that smoking is dangerous but the legalization of marijuana in some states may have sent the message that smoking weed is safe.

10. A cleaning crew at an Italian museum mistook an exhibit for garbage and threw it away. The piece was restored after its contents-empty champagne bottles, cigarette butts and confetti-were found in a recycling bin.

Bridge - Try It, You'll Like It

By: Lew Roth (Sheffield)

By far, the best book ever written on this subject is called, "The Play of the Hand at Bridge" by Louis Watson. The first edition was published in 1934 and is as useful today as it was then. Because bidding styles have changed dramatically over the years, some of his bidding examples are somewhat outdated, but having arrived at the proper contract, his play of the hand is still fundamentally the best way to go. I would highly recommend this book to anyone interested in learning to play or improve their bridge.

In Chapter VII, Watson lays down 5 principles of success in playing bridge. His first principle is to make a plan. If you are the declarer, do not play a single card after the opening lead until you have studied the Dummy and formulated a plan to fulfill your contract. Many beginning students of the game will take Aces and Kings and then sit back and wonder what to do next. Better players will try to develop tricks which are not so obvious by forcing out the opponents Aces

(continued on page 18)

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BRIDGE ... (continued from page 17)

and Kings, so they can make their smaller cards good. Conceding tricks early in the hand will often lead to the development of tricks taken by smaller cards.

Lets look at an example: the contract is 3 No Trump. The opponents have been silent (they Passed at every opportunity) and you are the Declarer:

Dummy

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

So, the first question is ... How many tricks do I need to fulfill my contract? Answer 9. Next question How many top tricks do I have? Answer 4. So, where will I get the rest? There are 4 potential tricks in the

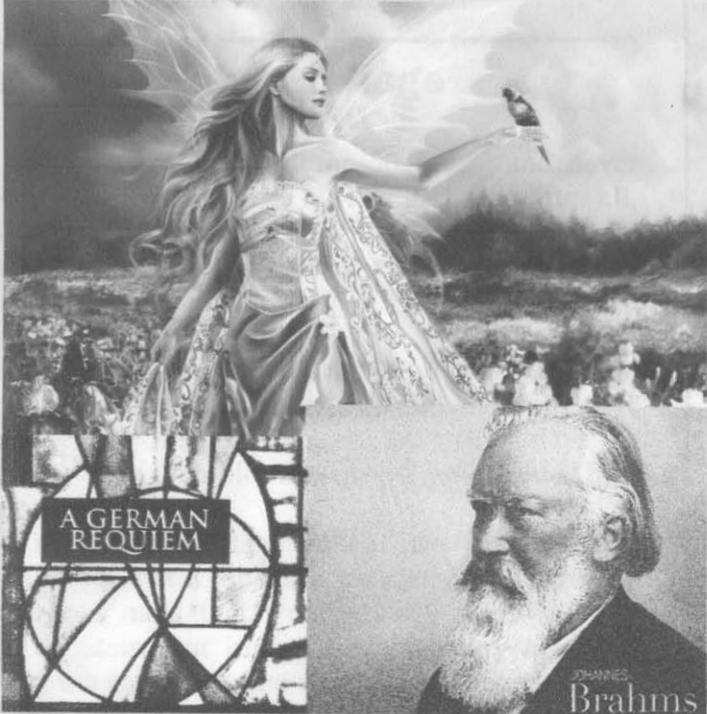
Diamond suit after we drive out the Ace and one in the Heart suit once we drive out the Ace. But we have to do this before the opponents get 5 tricks. So let's make a plan.

Let's assume the opponent leads the ♦4 which is 4th from his longest and strongest suit. You play the Q from Dummy and play another diamond to try to get rid of the Ace. Whether he takes the Ace or not doesn't matter, because you will keep playing high Diamonds until he does.

After he takes the ♦A what will he do next ... probably play the ♣J. You take your K and now you must get rid of the ♥A. You play small to the ♥Q and whether or not the opponent takes his A, you have your 9 tricks.

You can see how important it is to get rid of the Aces in the opponents hand before you start taking all your tricks in the other suits. If, after getting rid of the ♦A, you start taking your other tricks, the opponents will develop winners in the other suits and then when you try to cash the ♥K, they will take the A and the other tricks they have established. You will be left

(continued on page 19)



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BRIDGE ... (continued from page 18)

with only 8 tricks instead of the 9 you need to fulfill your contract.

Now, let's assume that West leads his fourth club, the ♣7. An important question here is did West start with 5 clubs or 4 clubs? If West started with 5, we must be careful not to let him in twice. If he started with 4, it doesn't much matter.

If West started with 5 clubs and both missing Aces we are doomed. However, in all likelihood, if he had 2 Aces and 5 clubs he probably would have entered the bidding at some point ... but he didn't. So we need to assume that, at worst, the Aces are divided. So the worst case scenario is that West has 5 clubs and one Ace. We need to get rid of the Ace that West holds so he cannot get in to play the rest of his clubs.

We can take the ♣A and play the diamonds. If West has the ♦A, he can take it and play another club. We can take the ♣K and play a Heart with some assurance that East has the A, but either he has no more clubs to return or does have one and West can only take 2 club tricks (a total of 4 clubs). In either case we can make our 9 tricks and fulfill our contract.

What if East has the ♦A and West has the ♥A? In that situation it is vital that we give up a club and not take our ♣A right away. Again, if East only has 2 clubs, then when we take the Ace, East is out of clubs and cannot get to West except with the Heart Ace



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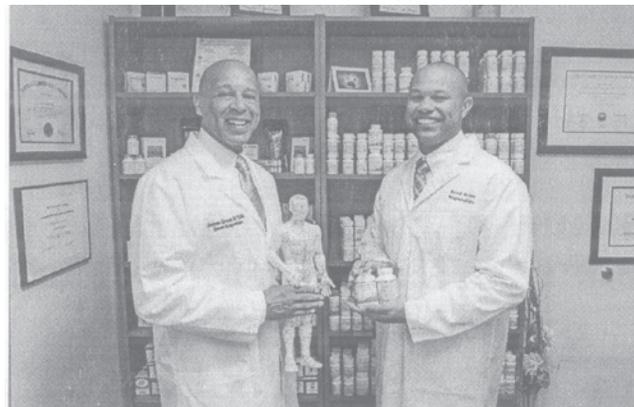
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which is fine with us because we still have control of the clubs.

I know this sounds very complicated, but you can see that the planning at the beginning is very important. You must plan the hand before you play a single card. If you just start playing your winners, you will not make your contract.

A Golf Funny

Submitted By: Toby Wolberg (Oxford Place)

Three men are playing in a golf tournament: one is an eye surgeon, one is a priest and the other is an engineer. The club captain comes through checking the field and asks if everything is going alright.

"No", they say. "Those men ahead are dreadfully slow and holding up the field." "Oh, be patient with them," says the captain. "They're blind."

"That's terrible," says the eye surgeon, "Send them to me and I'll see if there's anything I can do for them." The priest says, "I'll pray for them." The engineer says, "Why can't they play at night?"

Exercises to Stay Strong and Steady

Submitted By: Luis A. Torres (Ashford)

Pilates:

Why it's good: Done on a floor mat or machine, Pilates stretches the spine and strengthens muscles.

Do it Safely: Try a one-on-one session with a certified teacher or find a class that addresses arthritis needs. Always move within a pain-free range, and work at your own pace.

Cautions: If you have osteoporosis, don't bend forward with a curved back as it could up your risk of fracture, says Rebekah Rotstein, a Pilates instructor in New York City who offers classes specifically for people with bone and joint issues.

Yoga:

Why it's good: A slow-paced class that emphasizes proper form, as Iyengar yoga does, improves flexibility, strengthens muscles and reduces stress.

Do it Safely: Learn a comfortable resting pose to do in lieu of those that might cause discomfort. If you have severe arthritis, consider a chair yoga class.

Cautions: Certain moves can strain affected joints; if you feel discomfort, modify the pose or assume a resting pose.

Tai Chi:

Why it's good: This mind-body martial art improves balance and reduces stress and arthritis pain.

Do it Safely: Wear comfortable footwear with support. If your range of motion is limited, ask the instructor for modified moves.

Cautions: Although tai chi is suitable for almost everyone, doing the moves while standing might not be best for people with severe arthritis or balance issues

Strength Training:

Why it's good: Gentle strength training builds bone and strengthens muscles around joints, improving your stability.

Do it Safely: Consult a personal trainer or physical therapist to learn the proper way to lift free weights or use resistance machines, and to learn how much to start with. If you strain muscles easily, try resistance bands or simply contracting and then relaxing different muscles.

Cautions: Using the wrong technique or too much weight can worsen arthritis pain or cause injury.

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your lower body.

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Cautions: Upright stationary and outdoor bikes can aggravate back or knee problems. The solution might be a recumbent bike, which supports your back with your legs extended.

Published by: The Arthritis Foundation - *Arthritis Today*, Sept./Oct. 2011 Issue Author: Catherine Winters, a freelance writer in NYC.

Bleacher Seats Splinters

By: Bob Tanenbaum

I'm starting to breathe easily again. At last, blood is flowing to my brain. The fog is lifting. In other words, baseball's almost here.

I die every November and am resurrected on or around the eve of Opening Day. Fifteen box scores to digest almost every day. Now that's living. How much do I love baseball?

Well, my son and I have been to every major league park and one in Italy. I own 50+ baseball ties. I have a piece of the Shea Stadium wall in my garage. I have a mascot bobble head doll for each team and use them to keep up-to-date standings throughout the season.

Also, I know everything you need to know for the

(continued on page 21)

BLEACHER SEATS ... (continued from page 20)

upcoming season and I'm willing to share.

I've grouped the teams in 5 tiers - starting with the most likely to be playing into early November (and, for context, compared them to the contenders for November's other major contest).

Group 1:

The Front Runners (AKA the Clinton/Trump Division) The **Chicago Cubs** haven't won a World Series since 1908 (some of you may remember it; if not read "Crazy '08" by Cait Murphy) but Vegas thinks this is their year. Chicago has wisely added quality veterans (OF Jason Heyward, 2B Ben Zobrist, SP John Lackey and P Adam Warren) to his collection of young homegrown superstars.

Yikes!

The **Los Angeles Dodgers** didn't go on their usual spending spree even after losing ace pitcher Zach Grienke to Arizona. Sure, they bought Scott Kazmir as a rotation replacement and re-upped Howie Kendrick at \$20M for two years. Why not spend more? LA has three can't-miss rookies (SS Corey Seager, 2B Jose Peraza and SP Julio Urias, 19, who has a left eye that's partially shut and a left arm that shuts down batters.) Double Yikes!!

The **New York Mets** make this group thanks to

a starting rotation that carried the team to the World Series last fall and now has rookie Stephen Matz for a full season and will welcome back ace-quality starter Zach Wheeler in midseason. Re-signing September hero Yoenis Cespedes was a must. The Cuban refugee outfielder owns a collection of outlandishly expensive cars that you should watch for on 1-95 since he keeps some of them at his Bocaire CC mansion in Boca. One Yikes.

The Mets blew past the **Washington Nationals** in the stretch but the Nats will rebound with baseball's best player Bryce Harper carrying the team despite the loss of quality starters, Jordan Zimmerman and Doug Fister. Management wised up and dumped dunderhead manager Matt Williams and hired a real skipper in Dusty Baker. The move is worth 5-10 wins.

The reigning-champion **Kansas City Royals** are too solid and complete a franchise to underrate. Their key move was re-signing OF Alex Gordon. They have a knack at rehabbing pitchers and will try again with SP Ian Kennedy and RP Joachim Soria. One Yikes plus.

Last, and least of this group, is the **New York Yankees**. While swearing off on big-time contracts, they couldn't resist adding a third closer - legally

(continued on page 22)

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BLEACHER SEATS ... (continued from page 21)

challenged (domestic violence) 100 MPH thrower Aroldis Chapman -- to their overcrowded bullpen and almost All-Star quality infielder Starlin Castro to the lineup. The key could be a rookie outfielder named Aaron Judge. He's about 6-foot-7 and drawing comparisons to Dave Winfield. If that happens and A-Rod continues to cheat without getting caught, give 'em a half-Yikes.

Group 2:

The Secondary Contenders (AKA The Sanders/Cruz/Rubio Division)

The **Toronto Blue Jays** because they are the best-hitting team in baseball.

The **St. Louis Cardinals** because they always rebuild into a better team with an amazing farm system and clever trades -- this time former Padre 2B Jedd Gyorko.

The **Pittsburgh Pirates** have been knocking on the door for a half-decade now in the NL Central and now they'll have two doors to blow down: Cubs and Cards. But don't say it can't happen. Phenom rookie starter Tyler Glasnow could be the catalyst.

Count the **San Francisco Giants** in this group, if

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only because of history. The Giants have won it all in 2010, 2012 and 2014. Get the pattern? Injuries have blown apart a solid rotation so they brought in starters Johnny Cueto and Jeff Samardzija to return to glory.

No person has had a greater impact on the game over the past 25 years than Tony LaRussa. The former manager now pulls strings as the Chief Baseball Officer of the **Arizona Diamondbacks**. LaRussa pushed the mostly homegrown Snakes to sign the winter's No.1 free agent SP Zack Greinke from LA. They'd be a favorite for the NL West crown if not for LA and SF.

Based on a strong starting rotation you've heard little about (2014 Cy Young winner Corey Kluber, Carlos Carrasco and Danny Salazar) the **Cleveland Indians** will be this season's dark horses du jour.

Group 3

"So You're Saying There's A Chance?" (AKA the Carson/Kasich Division)

Last place; last place; World Series Champions; last place. That's what the **Boston Red Sox** have accomplished the last four years. Based on offseason moves that equal or surpass the Cubs, Beantown could be rocking again. Arriving is ace starter David Price and baseball's most consistent closer Craig Kimbrel. If offensive and defensive inconsistencies are solved, we may have to give them a Yikes!

The **Detroit Tigers** have a solid offensive nucleus and have added SP Jordan Zimmermann and OF Justin Upton.

The surprising **Minnesota Twins** missed the playoffs by only three games last year. They could make up the difference if rookies OF Bryon Buxton and SP Jose Berrios live up to expectations.

(continued on page 23)

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BLEACHER SEATS ... (continued from page 22)

The **Houston Astros**, last season's division champs, are loaded with young talent, suspect starters and a possible black hole at first base.

The annually underachieving **Los Angeles Angels** surprised by not spending big on free agents but brought in Andrelton Simmons, a defensive genius at shortstop, to bring cohesion to a star-dotted lineup that's lost its way. The **Texas Rangers** could be the surprise of the bunch based on rookies 3B Joey Gallo and OF Nomar Mazara.

Group 4:

Never Taken Seriously (AKA the Jeb/Christie/Fiorina/Huckabee Division)

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This group of teams has little chance at a playoff spot, but they might have hope for relevance. Not the **Chicago White Sox** despite adding slugger Todd Frazier. Not the **Miami Marlins** despite the league's No.1 slugger, Giancarlo Stanton, and arguably No.1 young starter, Jose Fernandez; not the **Baltimore Orioles** despite re-signing stars 1B Chris Davis, C Matt Weiters and RP Darren O'Day. Not the Seattle Mariners despite pitching ace "King" Felix Hernandez; not the **Tampa Bay Rays**, who have sold or traded almost all their young stars; not the **San Diego Padres**, who spent a fortune last season and are left with a manager and players we've never heard of.

Group 5:

Why even show up? (AKA the Pataki/Chaffee/Jindal/O'Malley Division)

These teams are worse than the Padres. They have no shot at a .500 season. If you root for them, you can start waiting for next year now. **Philadelphia Phillies; Atlanta Braves, Oakland Athletics, Colorado Rockies, Cincinnati Reds.**

Final Predictions:

So what will happen? I want what I wanted last year. Blue Jays vs. Mets in the World Series. Best hitting vs. best pitching with lots of errors when the ball's in play and not blasted into the seats. Mets in seven.

Cleaning Out the Closets

By: Bea Lewis (Lancaster)

Is it crazy that I didn't want to clear out Ed's closet? After all, wouldn't any woman want an extra closet, so she wouldn't have to stuff all her clothes and shoes into just one small space?

It took me about 6 months before I could even think about it. As long as I could see Ed's jackets and slacks lined up so neatly - hanger--by-hanger - in his closet, I felt connected to him.

(continued on page 24)



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CLEANING CLOSETS ... (continued from page 23)

A friend told me that there are many men who would benefit from having some of his sweaters, his dress slacks and sports jackets. It's sort of selfish, she said, to hang onto his belongings-especially those lovely, colorful Tommy Bahama shirts he so loved to wear.

My friend was right, but I just wasn't ready to empty out his closet. Because if I did, I would have to face the harsh reality that Ed was gone-forever. And frankly, I didn't think I could ever pass his empty closet without feeling terribly sad and missing him all over again.

Some friends, who are fellow-widows, cleared

Trivia

Submitted By: Pat Bergrin (Waterford)

TV nostalgia:

1. What was Fonzie's first name?
2. What show included in its intro: "Return with us now to those thrilling days of yesteryear"?
3. What 8 words followed: "Look Up in the sky---"?
4. What show introduced Jose Jimenez to the world?
5. Who were Rob and Laura Petrie's next-door neighbors?
6. What did Barney Fife carry in his left shirt pocket?
7. What song did Tom Jones use as the theme for his TV show?
8. Who once noted: "We lost a daughter, Edith, but we gained a meathead."?
9. What character had T-negative blood type?
10. What M*A*S*H character's' 1st two names were Benjamin Franklin?

(answers on page 34)



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Gary J. Drucker

their husbands closets within days of the funeral. I know others who asked their relatives to do the job for them.

Still others - actually one other friend - told me that she felt safe whenever she sat on the floor of her husband's closet, and smelled his clothes. At the time, I thought she was a bit weird. But who am I to judge anyone else's timetable for getting past the oh-so-grim grieving stage.

Deciding when to do this job is akin to standing on the edge of a diving board, but not quite ready to jump into the pool. It's that heart-pounding, fearful feeling that you know you have to do it, but what you really want is to turn around and go down the ladder and get safely back on the ground.

What motivated me to finally tackle this painful chore was the fact that friends were coming to visit, and I needed to make room for their belongings. This was my long-overdue incentive to at least get started, and begin to take the slacks and shirts off the hangers and the sweaters and sweatshirts out of his drawers.

(continued on page 25)



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CLEANING CLOSETS ... (continued from page 24)

But what if I give one of his favorite sweaters away, and then later regret that I should have held onto them for a little bit longer? How could I so freely toss out his navy blue cashmere, double-breasted jacket that he proudly wore at our grandson's bar mitzvah?

I must say, however, that there were a few items I was glad to toss out. For example, that his too-tight-fitting black shirt, which I absolutely detested. I used to think that he wore it just to annoy me. (Oh, how I'd love to have that "annoyance" back again!) I was also glad to get rid of the flashy ties he loved to wear, and-oh yes-the frayed jeans that were so baggy in the rear.

Grief counselors tell us that the process can be agonizing because each little item we toss out signals memories of when and where it was worn. But several friends - who had been there before me - offered some suggestions that helped me cope with this most stressful experience. For example, before you being to sort and toss, get several boxes, permanent markers and garbage bags, they advised. Mark one box "donations," another box for items your family will treasure and plenty of garbage bags for all the junk that accumulated over the years.

There will be, of course, some things that you will never want to part with. For example, I will always cherish the letters and cards we gave each other over the years. Ed had saved them in a box that he kept on a shelf in his closet. (From time to time, I would take these out of the container, read our inscriptions, and-with a bunch of tissues-have myself a good cry.)

Ed's closet might be empty now, but my heart will be always filled with the wonderful memories of the things we did together, what we meant to each other, as well as all of the clothes that he used to wear.

(P.S. Bea is writing a book on her journey through widowhood.)

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In WW II

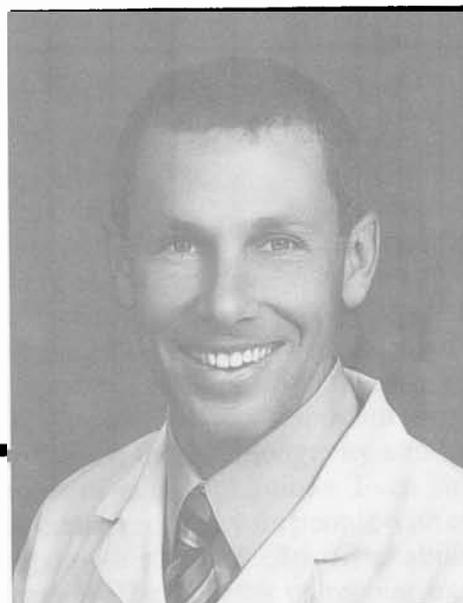
By: George Spiro (Ashford)

ASHFORD'S GEORGE SPIRO IN WWII

In 1943, at age 19, I enlisted in the Army Signal Corps and at Ft. Monmouth, NJ, trained on the maintenance of radio receivers and transmitters. I shipped out to England in Jan. 1944, 6 months before D-day. I was assigned to Patton's Third Army (3rd) which was deployed on the south coast of England preparing for the assault on German-occupied Europe. The 3rd was 100% mechanized with heavy tanks and support elements; the infantry rode. The Normandy Beach landings included water drop-offs so the 3rd had to depend on dry landings. The French ports of LeHavre and Brest were sabotaged by the Germans with sunken ships and mines. D-day was June 6, 1944, my 21st birthday. The 3rd was delayed a month while barges were floated in and attached to form a pier anchored at Omaha Beach at Avranches. The 3rd landed dry. Remnants of the pier can still be seen. I was assigned to a Signal Service Company and a section for maintaining its radio receivers and transmitters and portable power generators. The mission of the Company was to monitor radio transmissions to identify and locate enemy units. The moni-

(continued on page 26)

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tors were fluent with most European languages and Japanese. The Germans were expected to use foreign talkers the way the U.S. Army used Native Americans. But the Germans spoke in clear voice. The 3rd moved rapidly across France liberating villages, towns, and cities bypassing Paris, leaving that honor to the French Army. Many times the 3rd had to halt and wait for supplies. By Nov. 1944, the 3rd reached Nancy, France on the Alsace/German border. The 3rd was ordered to head North to relieve troops trapped in Bastogne during the Battle of the Bulge. The 3rd then proceeded through Germany to arrive in Pilsen, Czechoslovakia on May 7, 1945. This was the furthest penetration east of any U.S. troops. The next day, May 8, 1945, was declared VE-day. The Russians were coming to occupy so the 3rd was ordered to move to Bavaria, Germany for occupation duty. General Patton was appointed Governor of Bavaria and he died there after an automobile "accident." I was recently awarded a medal and title of Chevalier of the French Legion of Honor for my role in the liberation of France. I was discharged from the Army in Jan. 1946. I took advantage of the G.I. Bill to achieve 2 engineering degrees, attending NYU at

night. I worked for the Bell Telephone System for 40 years; 12 at NY Tel, 22 at Bell Labs, and 6 at Western Electric and AT&T. I retired in 1985 and moved to Florida with my wife, Lillian, and on to Aberdeen in 1990.

Why Am I So Awake?

Submitted By: Toby Wolberg (Oxford Place)

Could the wake system in your brain be causing your insomnia? Understanding the 2 systems that affect your sleep --

You know you have insomnia, but what does that really mean? Our understanding of how our brains regulate sleep and wake has evolved. As a result, we've gained greater insight into insomnia and what causes it.

Scientific discoveries about insomnia have shown that your brain actually has 2 systems. One helps you sleep; the other helps keep you awake. The wake system sends out signals that put your brain into an alert, or more active state. This helps you wake up in the morning and stay awake during the day. The sleep system sends signals that help you fall and stay asleep at night.

(continued on page 27)

WHY AM I SO AWAKE ... (continued from page 26)

When your 2 systems function as they should, they complement each other, taking turns being in charge and sending signals at the right times. But that's not always the case. If your wake system stays active when it's time to sleep, it's considered to be in an overactive state and insomnia may be a result. The feeling of being trapped between wake and sleep has more science behind it than you may think. When you wake in the morning, your brain sends signals that move it into an alert, or active state. This helps you stay awake during the day. If these signals don't slow down at night, and you stay in an alert state, your brain is believed to be in a position of over activity. If this happens, your sleep system may not be able to take over - this may be what's causing your insomnia.

Talk to your health care professional about your wake and sleep systems and what may be causing your insomnia.

Facebook for Seniors

For those of my generation who do not, and cannot, comprehend why Facebook exists, I am now trying to make friends outside of Facebook while still applying the same principles. Therefore, every day, I walk down the street and tell passers by what I have eaten, how I feel at the moment, what I have done the night before, and what I will do later and with whom.

I give them pictures of family, my dog, and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch and doing what anybody and everybody does every day.

I also listen to their conversations, give them the 'thumbs up' and tell them I like them.

And it works almost like Facebook. I already have four people following me: two police officers, a private investigator and a psychiatrist.

Neighborhood News, Mar. 2016

Airlines Auctioning Seat Upgrades

More than 30 airlines around the world now hold auctions to sell seat upgrades to first class or business class. Some even auction off the chance to have an empty seat beside you in coach. Airlines know who their frequent travelers are and which ones pay for the most expensive seats. Those very elite fliers have typically had the right to upgrade using cash or miles.

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That is starting to change as airlines experiment with auctions, giving people a chance at upgraded seats for less money. Mobile app Seatboost.com offers passengers an auction right at the gate. Passengers on the flight bid against each other via the app to win the upgrade.

Virgin America uses SeatBoost auctions at the

(continued on page 28)

AIRLINES ... (continued from page 27)

gate an hour before boarding on Las Vegas flights. Bidding starts at \$10, \$30 or \$50, depending on the length of the flight and whether passengers are also bidding on extra leg-room seats in coach or a first-class seat. Meanwhile, Virgin Airlines and many others use Plusgrade to offer passengers a path to an upgrade 72 hours before a flight. This works right from the airline web site.

Neighborhood News, Mar. 2016

The Best Doctor

(From the Internet)

This is the wisest doctor I've ever read about!

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take water out of fruit so you get even more of goodness that way, Beer is also made of grain. Bottoms up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have body and you have fat, your ratio is one to one. If you have two bodies, your ratio two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry, My philosophy is: No pain ... good!

Q: Aren't fried foods bad for you?

A: YOU ARE NOT LISTENING! Food is fried these day in vegetable oil. In fact, foods are permeated by it. How could getting more vegetable be bad for you?!?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

Q: Is getting in shape important for my life-style?

A: Hey! 'Round' is a shape!

Well... I hope this has cleared up any misconceptions you may have had about food and diets.

And remember:

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and

(continued on page 29)

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BEST DOCTOR ... (continued from page 28)

well-preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming “WOO-HOO, what a ride!!”

AND For those of you who watch what you eat, here’s the final word on nutrition and health. It’s a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans..
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

CONCLUSION:

Eat and drink what you like. Speaking English is apparently what kills you.

Interesting

(From the Internet)

If you yelled for 8 years, 7 months and 6 days you would have produced enough sound energy to heat one cup of coffee. (Hardly seems worth it.)

The human heart creates enough pressure when it pumps out to the body to squirt blood 30 feet. (O.M.G.!!)

Butterflies taste with their feet. (Something I always wanted to know.)

Right-handed people live, on average, nine

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years longer than left-handed people. (If you’re ambidextrous, do you split the difference?)

Elephants are the only animals that cannot jump. (Okay, so that would be a good thing.)

A cat’s urine glows under a black light. (I wonder how much the government paid to figure that out.)

An ostrich’s eye is bigger than its brain. (I know some people like that.)

Starfish have no brains. (I know some people like that, too.)

Polar bears are left-handed. (If they switch, they’ll live a lot longer.)

Diet, Exercise Can Reduce Heart Disease Risk

By: Dr. Keith Roach - To Your Health

Question: I recently had a heart scan, and the calcium score for one of my arteries was 145. I have no symptoms. My results showed two lesions in the left anterior descending artery, with a calcium score of 154.4. The other arteries’ calcium scores were 0 to 6. My overall cholesterol was 167, HDL 57, triglycerides 52, LDL 100. I’m 57. My father had several heart attacks and died with the last at 57. I

(continued on page 30)

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DIET AND EXERCISE ... (continued from page 29)

never smoked, and my blood pressure is 130/80 on treatment. How serious is this, and can it be reversed with a better diet and more exercise. - Anon.

Answer: Coronary artery scanning is a way to look for coronary artery disease without performing a stress test or a catheterization of the heart. It uses a CT scanner to look for calcium in the walls of the arteries in the heart. Not everyone with detectable calcium in the artery (any score above zero) has blockages. The higher the score, the more likely there is a blockage.

In men 50-60, the average score with no blockage was 56, and the average for men with blockages was 217. Your result is in a gray zone, where we can't tell for sure if you have a blockage.

I calculated your risk of heart attack in the next 10 years based on the Framingham risk calculator (available at cvdrisk.nhlbi.nih.gov) and the information you gave, and found a result of 7 percent. Although you may have a slightly increased risk because of your calcium score, I can't precisely estimate how much more risk. Your risk is below the usual cutoff for treatment with statin drugs; even so, some physicians might choose to treat you.

But your specific question is about diet and exercise, and I am happy to say that most people can significantly reduce heart disease risk through better diet. The optimum diet for reducing risk for heart disease is hotly debated, but most authorities agree that these are key components of a heart-healthy diet:

Lots of fruits and vegetables (five or more servings per day.)

Very little or no refined grains; any grain consumed should be whole grain.

Two to three servings of protein-rich foods daily, favoring nuts, legumes and fish, and limiting or eliminating red meat;

Minimal or no refined sugar.

Palm Beach Post

Take a Healthy Break

By: Leslie Pepper

During these lazy days of summer, it's hard to resist slacking off on healthy eating and exercising habits. Well, it turns out you might not have to harness your willpower: The latest research shows

(continued on page 31)



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TAKE A HEALTHY BREAK ... (continued from page 30)

that going easy on yourself when it comes to certain habits can actually be good for your health. Consider this your doctor's note!

Go ahead and ...

Sleep late. Turning in and waking up at the same time every day does help you fall asleep faster and stay asleep. But if you're up late at a barbecue Friday night, your body definitely benefits from turning off your alarm and getting some extra z's the next morning. "Making up sleep in the short term does work," says Christopher Winter, M.D., medical director of the Martha Jefferson Sleep Medicine Center in Charlottesville, Virginia. You can also bank some extra shut-eye beforehand if you know you're going to spend a late night out.

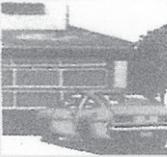
Skip a workout. A new study shows that you can give your running shoes a rest for a day or two. Researchers found that women who exercised twice a week became as fit (and lost almost as much body fat) as those who worked out six days. Even more astounding: The twice-a-week exercisers burned more calories daily than the six-a-week group.

Treat yourself at breakfast. One study found that dieters who ate a high-carbohydrate, high-protein breakfast that included something sweet felt less hungry, had fewer cravings, and lost more weight over 32 weeks than those who ate a low-cal, low-carb breakfast. Experts think it might be because levels of ghrelin, a hormone that prompts hunger, dropped much more in people who indulged at their a.m. meal. Go for something decadent but nutritious - like one or two strawberries dipped in dark chocolate with one cup of vanilla yogurt, suggests David Katz, M.D., director of the Yale University Prevention Research Center and author of *Disease Proof* (Hudson Street Press, due out September 26, 2013).

Enjoy that second cup of coffee. If you're feeling guilty for downing two coffees in less than an hour, maybe this will perk you up: In a National Institutes of Health study of more than 400,000 people, researchers found that the more coffee people drank, the longer they lived. Drinking up to six cups daily (caffeinated or decaf) was associated with a lower risk of dying from heart disease, lung disease, stroke, diabetes, and infections.

Sip a glass of wine nightly. Enjoy your Cabernet regularly with no remorse! Wine, particularly red, is loaded with naturally occurring antioxidants, which can help prevent damage to the cells in your body. Research has shown that red wine may help lower your risk of heart disease, cancer, and various types of dementia.

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Don't Get Sick From a Plane Flight

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

This holiday season, if you end up on a flight infested with snakes, like the 2006 action thriller "Snakes on a Plane," the last thing you're going to worry about is bacteria that is lurking on tray tables or seats. But since snakes aren't going to show up on your flight (no one showed up at the movie, either) and Samuel L. Jackson won't be there to help you get rid of potentially infectious microbes, it's bacteria in the airline cabin that you should be concerned about.

Most airlines do a pretty good job of keeping passenger jets clean, and the Environmental Protection Agency requires airlines to periodically test for coliform and E. coli bacteria. But considering how many people fly in every cabin, every day, and considering that bacteria can survive for days on an airplane, it's a good idea to have a plan for dealing with Bacteria on Your Plane.

Always bring alcohol-based hand sanitizer (only 3.4 ounces of carry-on liquid is allowed) and wipes. Use them to clean your hands after touching the seat

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."

pocket. Also, wipe down tray tables. You never know when they were last used as a baby-changing station. Sanitize before and after eating meals. In the restroom, super-flush toilets can spew germs (especially on a bumpy flight), so sanitize after you visit.

Remember to sanitize kids' hands too.

Other smart moves: Accept drinks only from a sealed container. And if you get stuck sitting next to someone who's sneezing or coughing, create a barrier between you by using the vent airstream from the panel above your seat.

Heart Disease

By: Palm Beach County Chapter of the American Heart Association

The nation's No. 1 killer of women and men.

February is American Heart Month, and it is in full swing in Palm Beach County, as well as around

(continued on page 33)

Precautionary Measure

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Victor Napoli

the Ohio State University Wexner Medical Center (and this month's Healthy Living cover subject), truly understands the impact of heart disease on women. She has dedicated much of her career to researching women's heart health. She is also an enthusiastic supporter of Go Red for Women - and sees great things on the horizon in terms of curing heart disease with stem cells.

As she told the Columbus Business First in 2014, "I think ultimately stem cells will change heart disease treatment in the future. Just in the last few weeks we have seen how stem cells can be grown from adults (not from an embryo or fetus, which has so much controversy embedded into it), so this likely will impact how we treat patients with heart failure or with coronary artery disease. So this is an exciting time in medicine and I think in a short time, we will see this become a treatment we offer. But as a cardiology preventionist (or early interventionalist, as I like to call myself), I don't think we can minimize the knowledge we have gained about heart disease and how preventable it is. We can prevent over 80 percent of heart disease; we just don't do it well, particularly in women and minorities."

Spices Help Fight Prostate Cancer

By: Dr. Melanie Bone - Surviving Life

Dear Dr. Bone: I just read the article about turmeric, the brilliant-colored spice used in Indian food, and understand it has anti-cancer properties. What other spices might be good for cancer, in particular, prostate cancer. - H.D. Jupiter

Dear H.D.: There are many spices that have medicinal properties. Here are a few that seem to be most closely linked with prostate cancer prevention.

Fenugreek - First used in ancient Greece and Rome, this is a main ingredient in curry. Johns

(continued on page 34)

HEART DISEASE ... (continued from page 32)

the country. February marks how far we have come with heart health research but is also a reminder of how far we have to go. Heart disease is still the top cause of death of Americans. It is the No. 1 killer of both women and men.

Earlier this year, we learned that stroke had dropped to the No. 5 cause of death and while that is great news, there is still much to accomplish. That's because stroke is still the top cause of adult disability. The American Heart Association has big plans to combat these diseases and that is why the organization is striving to, by 2020, to improve the cardiovascular health of all Americans by 20 percent, while reducing deaths from cardiovascular diseases and stroke by 20 percent.

Women's Heart Health:

Heart disease, for years, was known as a men's disease. This is no longer the case. One in three women dies of heart disease. This alarming statistic proves the severity of the situation. An estimated 43 million women in the U.S. are affected by heart disease, and approximately one woman dies every minute from this epidemic.

Dr. Martha Gulati, Director, Preventive Cardiology and Women's Cardiovascular Health at

SPICES ... (continued from page 33)

Hopkins did a study in 2010 demonstrating this spice inhibited the growth of prostate cancer cells (and breast and pancreatic cancer cells as well). It contains selenium and is similar in properties to turmeric. Fenugreek seeds are ground and added to foods, or the sprouts are enjoyed in salads.

Garlic - Long touted for its many health benefits, the antioxidant properties of garlic are beneficial for the prostate gland. It promotes the formation of glutathione, one of the most potent natural anti-inflammatory molecules in the body. If you love the taste, eat it raw, and often. If not, capsules or extracts are available, some odor-free.

Saw palmetto - Well known for treating benign prostatic hypertrophy (BPH) and slow urine flow, this herb may be less applicable for malignant conditions. Lab studies indicate palmetto slowed the growth of prostate cancer cells, but this evidence did not translate to a significant reduction in cancer in men who used it regularly for BPH.

Beta-sitosterol - Found in soy and flaxseed, this is another natural remedy for BPH. Studies are lacking to prove that it is helpful in preventing prostate cancer.

Many other anti-oxidants such as tomato lycopene, Vitamin D, beta carotene, red wine (in moderation), and green tea extract were mentioned as beneficial for the prostate.

Here's the best way to think about it: What is good to maintain heart health is good to maintain prostate health. While BPH generally is not considered a precursor to cancer, there is evidence they might have similar causative factors. A Danish study of 3 million men found that men with BPH had a high chance of developing cancer, but the BPH itself was not the cause. It makes sense herbs that promote prostate health and decrease prostate swelling might also protect the gland from malignant change.

Lastly, and most fun for the patient, is frequent

sex to prevent cancer. To be specific, frequent ejaculation helps to keep the prostate gland healthier. A study published in the Journal of the American Medical Association reported that ejaculating 12 or more times per month, either by sex or masturbation, was associated with a lower risk of prostate cancer.

- I Believe ... That we don't have to change friends if we understand that friends change.
- I Believe ... That you can do something in an instant that will give you heartache for life.
- I Believe ... That you should always leave loved ones with loving words. It may be the last time you see them.
- I Believe ... That my best friend and I can do anything or nothing and have the best time.
- I Believe ... That sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel.

Trivia Answers ... (continued from page 24)

1. Arthur	6. His bullet
2. The Lone Ranger	7. "It's Not Unusual"
3. It's a bird! It's a plane! It's Superman!	8. Archie Bunker
4. The Steve Allen Show	9. Mr. Spock
5. Jerry and Miller Helper	10. Hawkeye Pierce

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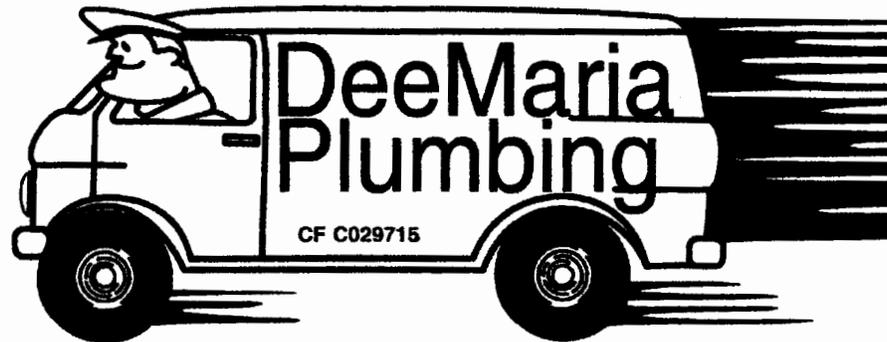
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