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May, 2016



## **MAY FLOWERS!**



### **Aberdeen Country Club News**

By: Harry Seaton (Hampton)

Time always seems to pass by so quickly when you are having a wonderful time at the Club! To those members who are here only during the winter season, it probably feels like their sleep-away winter camp with so many activities to keep them busy. A few of our members have already left or are planning to travel shortly to their summer residences elsewhere. Most club activities will continue until they return, hopefully having had a healthy and wonderful summer. For those who are fortunately here all-year-round and able to enjoy all we have here, it's a blessing to remain and continue activities during the summer months.

Another annual Scholarship Fund Concert was recently held at the Club with very special student musicians of the Lynn U. Conservatory of Music attended again by a capacity audience of about 400 music lovers. The evening performances were magnificent indeed! All the performers were outstanding in their offerings, the flutist who played a number of fine pieces, the pianist as well as the obviously very talented and lovely violinist who also sang a number of beautiful opera pieces and brought the audience to its feet on a night to remember. It was the best evening of fine music by the Lynn U. Conservatory

*(continued on page 2)*

### **POA News**

By: Marty Gelerman (Muirhead)

What is it and what does it do?

The POA is the MASTER Association of Aberdeen. Aberdeen has 24 communities or villages (also referred to as Home Owners associations or HOAs) and also has the Aberdeen Golf and Country Club. The POA has a Board of Directors as does every HOA and as does the Country Club. The Aberdeen POA is one of the largest property associations in Palm Beach County. Its membership includes 2407 homes, the country club and some commercial properties that are required to pay POA dues.

There are numerous committees and an approximate \$4,600,000 annual budget. A significant portion of the budget is the Comcast contract.

The POA responsibilities include all common areas and all 43 Aberdeen lakes. It is responsible for all fertilization, landscaping, tree trimming, reclaimed water and Security. (The Palm Beach Sheriff has been hired by the POA.) The POA is also responsible for the Architectural Review Board (ARB), the phone directory, signage, and the management of the East Clubhouse.

In the event of a hurricane, there are gates that the POA can open to allow excess water out and into the canals - with permission of the appropriate governmental authority and also since there are no sew-

*(continued on page 4)*

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

of Music.

The Aberdeen on Stage production of the “The Best of Times” was presented last month at the Park Vista High School Auditorium to an excited audience of club members and guests. It featured a musical Broadway revue of growing up in the 60s, 70s and 80s. The audience of about 700, cheered the wonderful performances of the many performers, exceeding the expectations of last year’s production.

Recently the 2016 Men’s Golf Club Championship Tournament matches and the Ladies’ Golf Club Championship matches were completed, including the Sadie Hawkins Scramble and both end-of season Ladies’ Golf Closing Day Tournament and the Men’s Golf Closing Day Tournament. Also the Par 3 Golf Tournament and the 9-Hole Golf and Wine Tournament were well attended. Tennis members held a successful Tennis Mixer and an Exhibition Barbecue at the Beach Entry Pool with the USPTA Pros competing for the Aberdeen Title, followed by the Tennis Club Championship Awards presentation. Our Tennis Director offered the opinion of scientists that tennis is one of the best sports to play in that participation in tennis, 3 hours a week, will cut the risk of death in half from any cause, that tennis players score higher in vigor, optimism and self-esteem and that tennis outperforms other sports in developing positive personality characteristics. Worth a try?

Following Easter events, a Showtime Concert featuring comedian and musician Jimmy Keys was presented with a high-energy variety show. Passover was celebrated with Seder Dinners. In May, the Club will have a Cinco de Mayo Poolside Party, Mother’s Day Brunch, a 92nd St. Y presentation, a Memorial Day Bridge Tournament and a Memorial Day Dinner Dance. Noteworthy is the Ladies’ Birthday Celebration planned in May to celebrate the March through May birthdays. The ladies of Aberdeen plan to celebrate birthdays every couple of months. They include an all-inclusive dinner with entertainment and, doubtlessly, a great deal of conversation and camaraderie.

For those who are interested in joining us in these events and activities, call the Club and speak to Rose Cizner, Director of Membership, at 738-4903, ext. 325.

**From the Editor**

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

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

**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.

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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” started to be used by the general public, 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

## The Ashford App

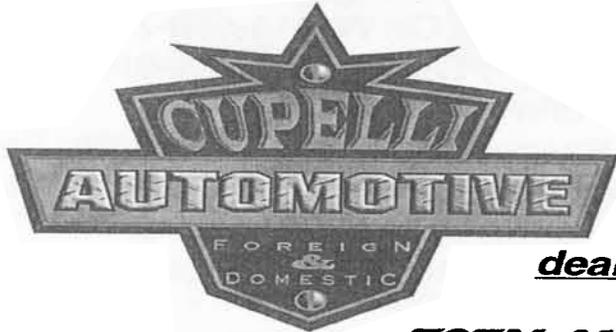
By: Leah Keitz

Spring has sprung here in Ashford. Everyone seems to be tending to their landscaping and our community is looking like a botanical garden.

We welcome our newest residents: Frederick and Frances Grossman, Sarah Levy, Marcia Feinblatt, Louise and Marilyn Gross, Seymour and Ellen Orlinsky, Gilbert and Donna Covey, Bruce and Sharon Sussman and Laurie Wohl.

Shirley Scarf’s house will be put on the market shortly. If you know anyone who would like to join  
*(continued on page 5)*

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**POA ...** (continued from page 1)

ers in Aberdeen, removal of waste is accomplished through Lift Stations which the POA maintains and for which it is responsible.

The POA meets monthly, (except for July and August) and all residents are always invited to attend meetings and, of course, view the website, Aberdeenpoa.com.

## Sharing With Sheffield

By: Ruth Krawitz

It is something we do every single natural day, 365 days a year. We do it habitually, without much thought, instinctively, intuitively. We do it automatically and then we are dismissive and go on to do it again. What is this thing that we do so casually most of the time? We make CHOICES!

These everyday choices seem easy and harmless enough. Should I get up a little later this morning? What do I want for breakfast? Or lunch? Or dinner? Should I believe the weather man and take my umbrella when I go out? Should I go to the mall and buy that top I really don't need?

Should I attack the bills waiting on the desk or wait for tomorrow? Do I really want to go to that meeting? On and on ... no earth-shattering decisions. But what happens when choices are more difficult. Related to significant personal or family or financial consequences? People make foolish or wise ones; some are right; others may be wrong. Many may be really good and others so bad they defy explanation. I would surmise that, over the years, we have all experienced choices we have made in each of these categories. When we have made what we perceive to be good choices ... in career, marriage, family, home-purchase, friendships, retirement, we express satisfaction. But how do we prevent ourselves from making the bad choices, the ones that can cause regrets, disappointment, render families apart? Is there a warning bell in a person's head? Some sign or warn-

ing? None of us is so wise or perceptive, or blessed with a crystal ball - but perhaps these tips will give you food for thought.

Some CHOICE TIPS:

1. If the choice is one that ends in personal disappointment, take ownership for a poor one, shrug it off, and move on.

2. Blessed with a pleasurable choice a book, show, movie, restaurant, recipe, bargain purchase share it with others.

3. When a questionable choice arises, don't lunge at it in haste. Consider the consequences carefully.

4. When a choice is really troublesome, and you are pushed to the wall with no apparent solution, - stop - look - listen. Talk about the problem with a family member, a trusted friend, a discreet colleague, a clergyman to seek help in examining and clarifying your options.

5. When conflicted about a decision to make a choice between two options, develop a list of PROs and CONs for each. Then weigh the length and strength of each list; It will help you see the better choice more clearly.

6. Reflect on the personal and/or extended effects of a bad choice "Look before you leap." If your choice is a selfish one, reconsider the alternatives. If the result of your choice is hurtful, take steps to ameliorate the damage - reach out, apologize, do whatever is possible and appropriate to ease the case or ease the results of the negative effects.

7. When your choice ultimately results in dire consequences for you and your loved ones, accept the fact that you made the wrong choice, and work to rectify the error with remorse, courage and deter-

(continued on page 5)

### 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!*

*Thank you for your patronage and support.*

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

mination

Some choice quotes:

True happiness consists not in the multitude of friends, but in the worth and choice. Ben Jonson

There is small choice in rotten apples. Shakespeare - Lost Labor's Lost

Guess if you can, choose if you dare. Pierre Corneille

Afoot and lighthearted I take to the open road, healthy, free, the world before me. The long path ahead leading wherever I choose. Walt Whitman

Man is affected by all his actions; His heart and his thoughts follow the deeds which he does. Whether good or bad ... Love and fear at all times decide the value of every particular act. Rabbi Abraham Joshua Heschel

You never know how strong you are until strong is the only choice you have left. Unknown

**A Sheffield Tribute**

At the end of March, after a very brief period of illness, Sheffield lost one of its most favorite sons - wonderful friend and good neighbor, Eddie Vogel. The outpouring of condolences from all over Aberdeen was testimony to the way people felt about

(continued on page 6)

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

us here in Ashford let me know. By the time this issue goes to print, the house will be available.

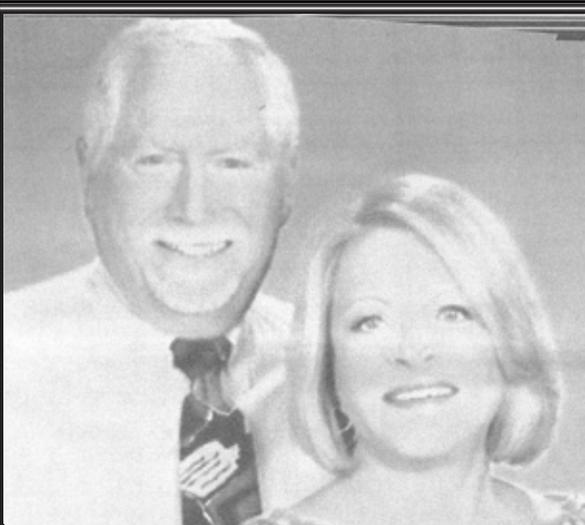
Millie Schultz became a great grandmother for the 6th time with the birth of Addison Golynsky. Two of our residents recently travelled to attend the bar mitzvah's of their grandsons. Jane Casden and Marty Phillips, flew to Huntingdon Valley, PA and Ellen and Butch Melstein to Israel. "Mazel Tov" to all!

Our "Dancing With the Stars" Alice Jay wowed the audience with her superb performance recently. Judi Hirsh writes: "Thank you to our Ashford board for doing a great job this year. Our community has never been run better or looked better. Keep up the good work everyone! We all appreciate the time and energy you put into it."

Neal and I will be traveling west later in May to visit our daughter and family in Scottsdale, AZ.

Please remember to send your news to me @ LLKONE@aol.com.

*Editor's Note: Welcome aboard Leah Keit Keitz. Leah and Sylvia Shaw shared last month's Ashford App column. Now that Sylvia has moved to Sheffield, she and yours truly, will be sharing the Sheffield column.*



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**SHARING WITH SHEFFIELD ...** *(continued from page 5)*

Ed. He was notable for his stories, his passion for golf and tennis, his lingering friendships with everyone he ever met, his love of life, particularly his life here at Aberdeen. Above and beyond all that was his devotion to his wife, Elaine, and the three sons and families he never stopped raving about. He was so loyal and supportive, and kind - a real "mench." He will be missed by all who knew him.

**Turnberry Isle**

By: Sherry Morris

We all recognize the trite expression "Time flies when you're having fun." It's trite but true here in Turnberry Isle. The High Season of 2016 has come to an end, but we managed to fit in many interesting activities in the past 4 months. And we did have fun!

First, there was the incomparable Installation Luncheon in January, where we introduced Turnberry to delicious food and outstanding entertainment by Ray and the Raylettes. In fact, we hear some of our members have followed our lead and hired this group for other area activities.

As we moved into February, many of us enjoyed the Weiner Museum and lunch in Ft. Lauderdale.

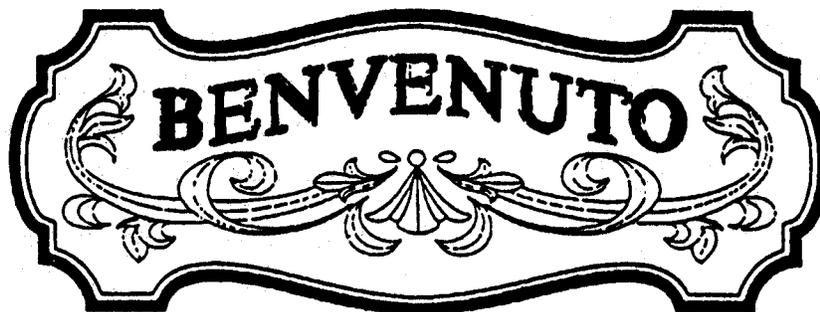
Then came the Annual Progressive Luncheon, which was bigger and better than ever. Special thanks go to our chair, Pat Cohen, and the 7 members who opened their homes for the event. Maureen Kilar prepared a terrific chicken dish for all 30 of us, and it paired beautifully with all the other gourmet treats of the day. And don't forget the wine.

April made some of us smile when we found ourselves at the Aprons Cooking School in the Polo Shops of Boca, sponsored by Publix. It was a hands-on demo followed by lunch. Some of us were surprised when we were told to wear "closed" shoes that day. Aprons must have done their research and discovered that many of us tend to make only one thing for dinner most nights -- reservations. We can only assume they feared that we would spill boiling oil OR amputate a toe when using a chefs knife. Planned by Barbara Pearlman, it was another great event which made the season fly by.

Looking ahead, we will meet at the pool in May to enjoy a complimentary pizza party to end the Women's Club year. At this event, special thanks are always given to our meeting hostess, Rhoda Schwartz, our annual speaker, Maureen Kilar, and our "President for Life," Anita Ostrow.

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**TURNBERRY ISLE ...** (continued from page 6)

In other news, Book Club thrives under the leadership of Regina Green. What makes our club special is that members are also the facilitators. We have discussions and comments that are not as likely in a group led by a professional facilitator. And, most importantly, we work cheap. Recent titles are In the Land of Invisible Women and Florence Gordon. Our final book of the year will be Invention of Wings. And then we flyaway until next September.

Our Turnberry Isle Board of Directors is still being ably led by Larry Aronow. Two new members joined the board during the past season. We welcome Lynn Fernandez and Fred Wolfson. Here's a salute to all the volunteers who help keep our community running smoothly.

Happy summer to all! Hope it flies by!

**Canterbury Communique**

By: Dee Levy

It's been a long while, but we're happy to be back in the fold. We're looking forward to sharing news, interests and ideas with our neighbors and Aberdeen friends.

Congratulations:

• To Dee and Lou Levy, who are celebrating the recent birth of their 4th great-grandchild, as well as the forthcoming bar mitzvah ceremonies of 2 grandsons in Israel.

• To Joan and Arnie Sinkin, who recently celebrated their daughter's and son-in-law's 25th wedding anniversary. Also, and to their delight, their son Joel has purchased a home in Bermuda Isle, and will be moving in this month.

• To Suzanne and Mort Thaler, whose son, Warren, won the Aberdeen Men's Singles Tennis Championship. The family is also looking forward to celebrating Suzanne's mother's 102nd birthday in October.

Welcome to the Neighborhood:

Canterbury offers a hearty welcome to Joyce Petach, Ellen Nessin, Beth Klar, Jeannette and Alana Kugel, and John and Elena Koopman and family. We're delighted to have you as neighbors.

In closing, and in the words of Benjamin Franklin: "Either write something worth reading or do something worth writing about." We plan to do both!

*Editor's Note: Welcome new author, Dee Levy, to the Aberdeen Times. Glad to have Canterbury on board!*

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## Circling The Coves

By: Mary Chuzi

Hopefully April showers have brought May flowers. If so (seeing as this column is being written late March - early April), then East Aberdeen will be bursting with color and beautiful foliage. As we say "Goodbye" to our many snowbird friends, the blossoms of May will help us appreciate the months ahead until their return.

There is much to talk about this month, but I'd like to start with something special. You've probably already done your spring cleaning, but if, when you "tidied your space" and "decluttered," you happened to find a few extra towels, blankets, and unused bedding, you can truly make your hard work "life-changing" for some animals. Coves resident and volunteer Debra Sackin would like to remind us that the Tri-County Animal Shelter is always in desperate need of them. Just think if you suddenly had 40+ house guests and needed accommodations for them all at the same time. The shelter is always filled to capacity. Donating is as easy as setting the items aside and calling Debra at 752-1671, an East Aberdeen resident who works there will take care of



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On a sad note, Coves residents offer their condolences to Marcia Greenberg (Bldg 6) and family upon the recent passing of her husband, Arnold. Our sympathies also to Tina Luciano (Bldg 9) and family upon the death of her husband, Al. The Greenbergs and Lucianos are long-time Coves residents, and we extend our condolences to both families.

As mentioned in the April column, the Coves Board of Directors has been elected and is in place for the coming year. President Rose Romano, Vice-President Bob Cioppa; Treasurer Alan Louzin; Directors Bob Grazioso, Paul Ezersky, Bob Westfal, and in addition new Board Secretary, Fran Garfunkle. The Coves is fortunate to have such a hard-working and accessible B.O.D.

An item of extreme importance: email addresses. More than 100 Coves Unit owners have their e-mail addresses on file with the Coves. This list of addresses is not published, shared, nor sold outside of official business. It is used by Management or the B.O.D. to pass along urgent information, E-blasts, or current notices. Please add your e-mail address to this list if you have not already done so by calling Board

*(continued on page 9)*

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**CIRCLING THE COVES ...** (continued from page 8)

President Rose Romano at 742-4323 and she will see that your address is listed. Thank you.

Last but not least, remember the “3 Ds” - Dumpsters, Dogs, and Duration. Imagine that our DUMPSTERS are your own home cabinet or waste basket area where you throw away garbage and recycle papers and plastic and glass. If you wouldn't stuff it, spill it, make a mess of that area and not clean it up in your own home, then don't do it to any of the 6 dumpsters on Coves property. Take the time to “do it right”; Set an example for your neighbors. “If it doesn't fit you must call Republic for a bulk pick-up!”

DOGS: “You know the drill.” Nine out of 10 Coves dog-owners follow our community guidelines. They own one dog under 20 pounds and that dog is leashed at all times when outdoors and picked up after. Dog-ownership in condominium associations is a privilege Coves Rules & Regulations provides for our residents. Please act within those guidelines. Enough said. Your neighbors appreciate it.

DURATION: I “made this one up”; however, as a member of the East Aberdeen CERT Committee (an offshoot of FEMA) before its demise, I'd like to remind you that the DURATION of time since a hurricane last took a direct hit on Palm Beach County has been over 10 years. Many of you did not live here then and do not realize that, although we live in structures which are up to code, you still need to have an individual plan. During Frances, Jeanne and Wilma, some lost power, experienced water forced in around window frames due to horizontal rain, had ground water pool around first floor lanais and more. Prevent needless damage and major inconvenience BEFORE the next one comes along by making a plan for yourself, your family and your unit. Hurricane season is just around the corner!

Until next month, Happy Spring and Happy Mothers Day. Enjoy the Coves; it's a great place to live!

**It's Happening in Dorchester**

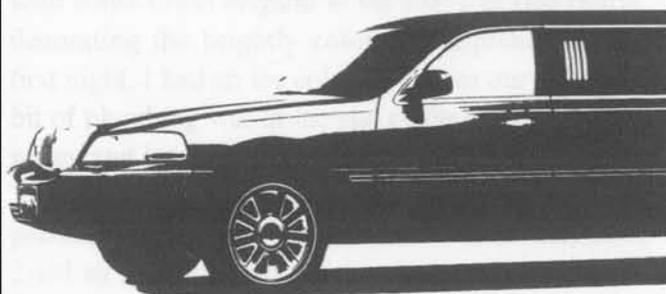
By: Carol Baron

“May” you have a month filled with good health, good friends and good times. Isn't that a good definition for May? We here in Dorchester have had time to look at this year and wonder where the time has flown. But we have great neighbors with great news in their lives.

We are so happy to be able to welcome new

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### **DORCHESTER ...** (continued from page 9)

Dorchester residents. They include Robert Manniello, who is living at 7773 Dorchester Road, also, Ira and Wendy Springer, who are at 7669 Dorchester Road, and, Stanley and Marsha Koolik, are new owners of 8541 Judson Circle. Looks like they have agreed that Dorchester is the place to be here in Aberdeen. Smart people!

Our show biz star, Roz Kern, has informed us that The Original Florida Follies was a huge success for Roz and the company. Many thanks to all the Dorchester neighbors and others who came to support that worthy cause, they have raised in excess of \$780,000 in the past 12 years to help children in need. Bravo, Roz. Now Roz and Steve are off to Maryland to celebrate the 2nd birthday of their youngest grandchild, Samantha Madison Posner.

We too, Harvey and I, managed to take off to Puerto Villarta, Mexico to spend a fabulous week with our son David, his wife, Emily and their 2 daughters, Bela and Ady. While doing that, our son-in-law, Joel Beckerman, the music composer and producer, did it again. He won the award from ASCAP for the 10th year in a row for the most music played on TV during this year.

And for those of you who went to the Aberdeen on Broadway show on April 5th, we know you had a great evening. Among the stars on stage were 3 Dorchester residents: Peggy Urbinato, Oliver Klapper and Stu Suttberg. They certainly helped to make the evening a huge success.

For our neighbors who are heading north this month ... "May" you have a wonderful summer. We will miss you, but will look forward to your return in the fall.

Some of us remember Andy Rooney. He said some terrific things ... among them, we should recall:

"Life is like a roll of toilet paper. The closer it gets to the end, the faster it goes." So let's enjoy each day. And ...

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### Bermuda Isle Buzz

By: Harvey Schwartz

No Fooling!!! Apr. 1st has come and gone and there are no "April Fool's Day" folks around here!!!

It is absolutely amazing how time is flying. Before you know it, spring will be over and we will be looking forward to summer. In the meantime our

community is evolving and in wonderful ways. Many new people are joining the Bermuda Isle community and are living active lifestyles. Some of us will be leaving for other abodes to enjoy other parts of the country and world. Others of us live in this wonderful place and lead happy and contented lives.

We have had several really neat Bermuda Isle events take place this past month and a quick review is in order.

### Harvey Baron's Early Bird Special

**BOYS WILL BE BOYS:**

They haven't talked to each other since they got into a nasty argument over New York hot dogs vs. Chicago hot dogs.



One that deserves extra mention is what has now become the annual "Pool Party". This year's gathering took place on Mar. 13th. A great deal of planning took place and many residents worked hard to make it the success that it was. Some statistics worth mentioning:

- a. This year ninety (90) persons signed up for the event. The previous year was attended by fifty-six (56) people. This is a huge increase in interest and hopefully it was as enjoyable to attend as it was to work on.
- b. A key-board player / singer performed so that live entertainment was there for our listening and dancing pleasure. In previous years we used a music box that had seen its better days.
- c. The menu was changed and subs of many descriptions were served along with wine, cheese, soda and many other tasty deserts.
- d. Plans are being formulated for another celebration of ourselves for next year. A "draft Timmie" project is underway so that she will be convinced to perform this project yet another time.

Another group of residents en-

*(continued on page 12)*

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

joyed a trip to Jupiter to see the Miami Marlins play the Detroit Tigers in an exhibition baseball game. As was the case with the Pool Party, several important facts concerning the outing ought to be made known. They are as follows:

a. The seats were between the 3rd base dug-out and home plate. Truly exceptional seats. In previous outings the seats were not quite as good. The buyer of the tickets went a little overboard in the expenditure but the participants all had their wish for a fun afternoon enjoying baseball.

b. There was a forecast for severe rain, hail, dark clouds and maybe even a tornado for the Jupiter area for that afternoon. Because we are a group of stubborn and enthusiastic people, we drove up in caravan style and met at the appointed time and place to enjoy a great pre-game warm-up for lunch.

c. Peanuts, cracker-jacks and popcorn were found once inside the stadium. No sooner had the group sat down to enjoy the ball game did the weather perform exactly as predicted. (We all knew that weather forecasters have no measure of accuracy in their lives-so this was a complete surprise.) In the first inning, a little rain-the group retreated for cover and waited out the little bit of rain and drizzle and re-settled back into their seats. This process repeated itself a total of 3 times.

d. As one can imagine the 4th time created a river of water in everyone's shoes. Never mind that all clothes and anything anyone was carrying or wearing was deluged with the Niagara Falls like rainfall-everyone kept their sense of humor and squished their way back to the caravan cars to make the ride back to Bermuda Isle.

e. All of the above goes to show that a new baseball organizer is probably warranted - given the stimulating set of circumstances listed above.

The writing group of Bermuda Isle wants to note some additional events, personal notes and general points of interest.

a. Julie Haines will have performed in the Aberdeen salute to Broadway music production.

b. Harvey Schwartz is continuing his recovery from a brush with surgery.

c. Joyce Bosch, Ruth Snyder, Marilyn Ashley and Judi Schwartz will all be celebrating their 39th birthdays. What a coincidence that they are all exactly the same age!!!

d. Joan Pallateri and Tom O'Donnell will be moving and we will miss them greatly. We, who are sports fans, note that the merry months of March and April bring "March Madness", Men's and Women's College Basketball championships, Major League Baseball, College and Professional Hockey playoffs,

*(continued on page 13)*

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

Masters Golf Championship and personal participation in exercise and fitness workout regimens.

f. Many of us have had visitors from other locales - family and friends alike.

g. Many of us are celebrating our children's, grandchildren's and friend's graduations from nursery, elementary, middle school, high school, college and graduate schools.

h. Happy Holidays to everyone of every persuasion.

We are looking forward to seeing one another in the neighborhood and wish all well.

**The Sunny Shores**

By: Estelle Morganstein

I just returned home from our monthly VOE (Villages of the East) meeting which is held at 9:00 AM on the first Wednesday of every month in the card room at the East Clubhouse (which you are welcome to attend). I suspect many of our residents don't realize how much is going on in the "east" and therefore don't take advantage of the varied activities being offered, therefore I am taking the opportunity to spread the word.

Aside from tai chi, water aerobics and tennis, the newest sport everyone seems to be trying is pickle ball. I am happy to report that 2 pickle ball courts have just been added to our repertoire of sports games that the Aberdeen East Clubhouse now offers. Less strenuous than tennis (I'm told) pickle ball is played with a ball and paddle on Tuesday, Thursday and Saturday mornings in the tennis court area where organized play is scheduled. Complimentary equipment is available for learning purposes and if you are interested in learning/playing this new and popular game, give Lisa a call at the Clubhouse Office to gain access to the paddles, etc.

For those of you who lobbied for a bocce court, now is the time to show your interest. It's fun, it's healthy and you don't even have to be Italian to enjoy it!

If you love a good party, the VOE is planning a Memorial Day Pool Bash on May 30th with a DF, karaoke and refreshments - again, call Lisa at the office for more details or to sign up.

A request - some of our residents have been experiencing issues with telephone reception. We are anxious to resolve them so if you are encountering static or lost calls, please keep a log of the dates and times over a 2-week period and get it back to me so I can hand it over to our Comcast rep at our next POA

meeting.

A second request - some of our residents have seen their neighbors walking through their back yards with their pets, leaving their animals droppings behind. Please note that the place to walk your dog is either on your personal property or along the public sidewalk and/or grassy divide between the sidewalks and the roadways, always picking up any droppings to be wrapped appropriately and discarded in your trash. Your neighbors' back lawns are off limits to your animals and their owners.

There have been no closings over the past 4 weeks and there are no properties for sale in The Shores, although I know of at least one prospective purchaser who is actively looking to purchase a unit. Seems they "fly off the shelf" as soon as they are listed. Isn't it nice to know that our units are in great demand!

Apropos our "Thirty Plus" party, you may remember Barbara Ladd snapping pics through the afternoon, well, these photos are now available for your viewing pleasure, just give me a call at 733-4117 and we will make the album available to you. Also mentioned at our party, your board now has on file copies of every floor plan in The Shores. If you don't have one for your unit and would like to get a copy, please call Diane Greenberg.

(continued on page 14)

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### SUNNY SHORES ... (continued from page 13)

#### NEIGHBOR NEWS

Welcome back to Jane Massi and Bill Palmese who returned recently from their honeymoon cruise.

Saul and I spent a week in Orlando in a gorgeous time share, enjoying some R & R time with our daughter and grandson who flew in from Ottawa, Canada.

Sad news - a few days after our "Thirty Plus" party at which we feted our oldest HOA president, we regret to advise that Marty Summit passed away peacefully in his sleep and joined his beloved wife Mollye who preceded him in eternal rest.

Finally: "mea culpa" - in my last article I inadvertently omitted to thank Joan Nicolazzo our newest board member for helping out at our "Thirty Plus" party. Joan worked with Diane at our entry desk and was instrumental in setting up the buffet lunch, making it a delight to the eye. Your help was greatly appreciated.

For the snowbirds on their way back up north - have a safe trip.

There will be one more edition of the Aberdeen Times published before the summer hiatus, so if you have some news you would like to share with our fellow - Shores residents, please email it to me at [esmorganstein@hotmail.com](mailto:esmorganstein@hotmail.com) or call 733 -4117 and I will be pleased to include it in my June copy.

### Waterford Watch

By: Pat B. and Rose D.

At our Mar. 16 HOA meeting, our local police officer stopped by to say "Hello." He was glad to see that our gate was fixed and offered some friendly advise. For our own safety he reminded us to lock our cars when on the street or in the driveway, keep the garage doors down and at the slightest irregularity or suspicious activity call emergency 911 or non-emergency 688-3000.

Have you visited our website: [www.waterford](http://www.waterford)

at [aberdeen.com](http://aberdeen.com)? Have you received a copy of the 2016 telephone directory? If not, speak to the volunteer resident who delivers your Aberdeen Times.

If you did not attend our March meeting or have not received e-mails, please be advised that Waterford Pres., Greg Van Brunt again reminds all residents that trash should be placed in a lidded container (not a trash bag alone) and traffic rules must be observed at the STOP signs and a 20MPH speed limit adhered to.

Lila Nash is recuperating from knee surgery. We wish her well and happy, painless miles in the near future.

Cathy and Rod Goldenberg have suffered another major misfortune following the loss of Cathy's dad. Cathy's mother, Joan, had a stroke and passed on Mar. 13. Cathy and Rod, please know that your neighbors grieve with you and are ready to assist in any way they can.

Gloria Miller's granddaughter, Mattea Marks, a 5th grade Science teacher at Golden Trace Elementary School, a Title 1 school in which 93% of the students are economically needy, entered 7 of her students in the Odyssey of the Mind competition and they placed 2nd at the region level. The students have

(continued on page 15)



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**WATERFORD WATCH ...** (continued from page 14)

now been invited to compete at the state-wide level in Orlando on Apr. 9th. A dedicated teacher is the inspiration all children need to succeed. Congratulations and thank you, Mattea.

We were sorry to learn our former neighbors Rikki Cass and Fran Scala are having medical problems. We wish them both good health and a speedy recovery.

Thomas Clare III, grandson of the late Elaine Clare, has been accepted at Notre Dame. He follows in the family tradition for the Clares are all alumni of this University.

At its annual Lincoln Day dinner at the Trump Mar-a-Lago resort, Waterford's Vice Pres., Steven Ledewitz, was awarded the Palm Beach County Republican Party's highest honor, the Jean Pipes Award. Lt. Gov. Carlos Lopez-Cantera made the presentation before an audience of 660 people. Congratulations, Steve.

We hope you enjoyed your Passover with family and friends.

Please call us with any news you would like to share with the community.

Happy-Peaceful Mother's Day.

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**Hello From the Hamptons**

By: Susan Finer

Elections for Hampton Board directors were held at the annual community meeting on Mar. 22nd. A hearty congratulations to the following:

President: Pat Brown

Vice President: John Pagliarini

Secretary: Susan Spillert

Treasurer: Milt Lipson

Directors: Bart Cherry, Steven (Shuey) Green-span, Irene Bolnick

(continued on page 16)

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**HELLO FROM HAMPTONS ...** (continued from page 15)

On Mar. 12th. 45 Hampton residents had a luncheon get-together at Nicole's' Restaurant. We laughed, ate and just had a great afternoon. Plans are in the works for a Hampton book club and other social activities.

It is with deep regret that I inform you of the passing of Alice Kasarsky. Alice was a long-time Hampton resident (1987-2016). Our condolences are sent to the entire Kasarsky family.

After many years of writing Hampton articles for the "Aberdeen Times," I am passing the baton to someone other than myself. I have enjoyed being the recipient of good news and unfortunately, the barer of bad news. Such goes with the territory.

I wish you all good health and to our Jewish residents, a most Happy Passover.

## Changing of the Guard at Hampton

By: Nancy Rosenstein

I am writing this month's article. All of your events will be noted and written about. I hope to have lots of

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messages from our Hamptonites. We have a lot of new residents in the Hamptons, and hope they will contact me with their occasions and recent activities.

We unfortunately had some losses in the past month - Renee McKible, and Alice Kasarsky. They had many good years in our community and will be missed.

Ellen and Arthur Gold had a great trip to Dallas to see their grandchildren, and celebrated their kid's birthdays.

Also happy to see Dave Price up and around after an illness. Judy keeps a uniform in the closet just in case.

Harry and I wish to congratulate Shuey Greenspan on being elected to the Hampton board. Also, welcome back to the members that were reelected. I am sure that they will put forth their best efforts to assure us of financial security and amiability.

We wish to thank Bill Whitelaw for his long-time service of 17 years, his tireless efforts and amazing acumen trying to keep us in the black while maintaining an excellent rapport with our community. We will miss our elder statesman and of course we all know that his door is always open.

Arthur Gold has to be thanked for being the voice of reason. His knowledge of working with

(continued on page 17)

**CHANGING GUARD ...** (continued from page 16)

our community has been unshakeable. He has great credentials and always tried to keep us on the right path. He is definitely not a face in the crowd. We wish him luck on being on the board of Aberdeen Country Club, and our loss is their gain.

We hope you all had a great visit from the Easter Bunny, and didn't eat too much matzo on Passover. Many of us are returning up north for the summer. Have a safe trip and return to our little spot in Paradise.

All articles sent to nancyrosent@aol.com.

*Editor's Note: Welcome Nancy Rosenstein to our roster of community writers for the Aberdeen Times. We will look forward to reading the news about Hampton each month.*

**Sterling Lakers**

By: Sheila Hyman

If April had showers then we should now have beautiful flowers, but first you must plant them. Some of our lakers have done that, but if you are like me, I wait for the higher power to make the flowers appear and then water them. Oh well!

Our representative to the POA has let us know that the PBSO has asked us all to be aware and alert



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of anything suspicious in our neighborhoods. There have been some home break-ins and we are to report anything questionable to the police. Call 911 or 561-512-0090 to have local authorities check it out. DO NOT, DO NOT confront people by yourself - even if they are kids.

Now for good news. Dot and Burt Shaker now have a new great-grandson, Itimar. Itimar lives in Israel with his parents and grandparents and older brother. We hope to meet him when his family brings him to Florida in the near future. We also have other grandparents telling us that their tribe has increased. The latest addition to the family of Carol and Mike Wallach, is Abigail Rose Wallach, born 3/15/06, to Matthew and Lauren Wallach. Abigail has big sisters, Issey (8-years-old) and Maddie (5-years-old).

Now for our birthday ladies for May and June, Janet Ashley, Renee Engel, Janet Trapani in May and Bobbie Bibicoff, Adele Miller, Fran Lovett, and Mimi Freedman for June. We wish you all a most happy birthday and many returns of the day.

By the time you read this our snowbirds will have flown back to their northern nests. We wish them a most happy summer and we will welcome them back when they return. BUT, do not rush back! I love not waiting on line at a restaurant, and I love fewer cars are the road, and ... and ... and.

We wish our friend and neighbor, Zina Issacs, good luck in her new abode. We will miss her here on the block, but she will be nearby-in Aberdeen East.

Any news please call me or e-mail me at [domino7887@yahoo.com](mailto:domino7887@yahoo.com). Your local reporter does not want to make up news.

**Around Oxford Place**

By: Ann Slakter

Three HOA board directors were elected to 3-year terms at Oxford's 2016 Annual Election meeting on Mar. 18. Re-elected were Sam Singer and Ann Slakter.

(continued on page 18)

**AROUND OXFORD PLACE ...** (continued from page 17)

Andy Edson will replace Mike Ringler on the board. Mike gave many years of service to Oxford - as vice-president of the board, representative to the Fairway Lakes Drive Association, Director of Landscaping, and volunteer for the gate decal program.

New Oxford Board of Directors  
 President Ed Scherer  
 Vice Present Sam Singer  
 Treasurer Bob Rothman  
 Secretary Ann Slakter  
 Director Richard Haar  
 Director Norman Graboyes  
 Director Andy Edson

Andy Edson and his wife, Marilyn, have lived in Oxford Place for over 12 years. He spends part of the year, notably the summer months, on Long Island where he has operated a public and investor relations practice since 1996. Previously, he was a managing partner with a top 30 PR firm in NYC and served in executive communications posts with Citibank, Anaconda and two international PR consultancies.

He enjoys tennis, golf and bicycling and is active in the Aberdeen Golf and Country Club. Andy also serves as president of a NYC co-op and is familiar with the needs and desires of residents. He holds a BA degree from Fairleigh Dickinson and an MA from Memphis.

**Reconsidering Florida**

By: Marcia Byalick

For the first 50 years of my life whenever I thought about Florida, I pictured a Buick lumbering down Interstate 95 with its left blinker on from Brooklyn to Boca. The soft occupants of the car, able in the 20th century to retire in their early 60s, were annoyingly referred to as snowbirds ... or worse, snowflakes. They headed toward the land of hurricanes and hanging chads and alligators and coupons where the state bird was the 'early bird' and a good parking space had less to do with distance from the store than it did proximity to the shade.

When I visited my parents, I snickered at the "condo commandos" who talked way too much about how much they paid for their prescriptions and constantly complained about how chilly 70 degrees feels. I joked about the cars seemingly driven by headless people. And winced at the bumper stickers decorated with decals proclaiming loyalty to the NRA and the Confederacy.

Cynthia Ozick had a friend in me when she said,

'The whole peninsula of Florida was weighed down with regret. Everyone had left behind a real life.'

But the years have shaken me out of my seat at the cynical kids table. Now my husband and I spend a half dozen winter weeks in the apartment we inherited in Hollywood FL. While I don't foresee living there full time, I can no longer deny its virtues. The never-crowded beach where we sit in sand chairs with our feet in the mesmerizing water. Time... unscheduled and unhurried ... to notice the sky ... the wild changeable weather ... the spectacular sunsets filling our living room window. Even the treat of grocery shopping in Publix, the beloved seemingly everywhere supermarket with its well lit wide aisles and huge selection.

When I briskly walk the 5-mile Boardwalk right outside my door each morning, those in their 80s regularly leave me behind. My husband plays golf at 7am with guys who were friends of my father. Growing older where you can spend much of the year outside is definitely life enhancing. So are the tennis tournaments and card games and lectures and day trips on which I once passed judgment. Not for me perhaps, but for those enjoying them, they are the fruits earned from decades of less selfish times.

(continued on page 19)

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**RECONSIDERING FLORIDA ...** (continued from page 18)

I don't believe my husband and I are wired for a life of 100% leisure, but I've been wrong before. Luckily we have careers where age and experience and wisdom make us better at what we do. If we're blessed with good health, we can maintain our working life for as long as we want to. Yet suddenly bragging about working till 90 sounds arrogant. The idea is to make the most of each day ... which may or may not include hard work. Even I, a list-making Type A should allow that slowing down and sleeping till 8:00 is not a sign of sloth. What's my problem? Am I trying to impress my uninformed 40-year-old self that baby boomers still rule the universe? Or my children that I am still relevant?

What I've recently figured out is that there is almost another generation between my parents and me. Time enough to carefully plan, without trepidation or fear, the next stage of my life. And if I am lucky, I can relax into warming my bones in Florida the same way I enter the cold ocean water ... slowly. I can work on a plan for growing older without growing old. I can see the value of days spent producing nothing more than an appreciation for a life spent well enough to get me to this place. I can lose the attitude.

For now I enviously admire the healthy body image the women on the beach, a surprisingly cosmopolitan mix of Canadians, Europeans and South Americans, exhibit in their two-piece bathing suits. I go to dinner in exotic Miami, which one of our neighbors calls Northern Cuba. And visit lifelong friends, happy campers relocated a bit farther north. Yet tipping my hat to my impatient DNA, I still roll my eyes at the DWO (driving while old) putting on his right signal 5 miles before he turns.

"Marcia Byalick teaches Writing the Stories of Your Life at Hutton House, part of LIU CW Post."

Editor's Note: This month, Judit Ungar, author of the Brittany Lakes column, chose to publish an article by her author/friend, Marcia Byalick, instead. You



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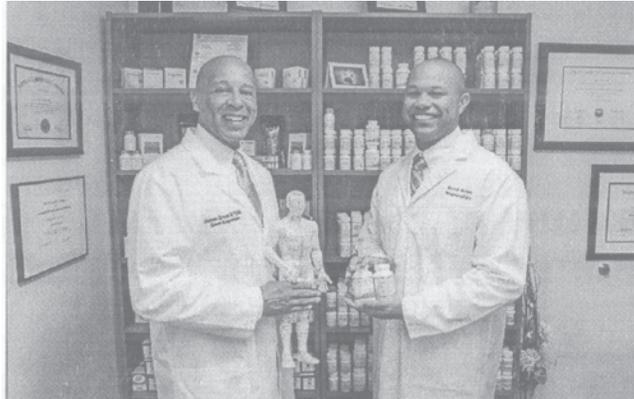
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will agree that Marcia's contribution was relevant to all of us!

Correction: Judit's email address is:  
Judit.ungar7@gmail.com

**Should You Lease or Finance Your Next Car?**

By: Dr. Patricia Williams (Muirhead)

A reader asked the following question: "I'm in my 80's. Should I lease my next car or should I finance it like I've done before?"

- There are advantages to leasing.
- Less hassle. You can turn the vehicle in at the end of the lease period, pay any end-of-lease payments, and walk away.
  - Lower initial costs. Usually there is little or no down payment.
  - Lower maintenance costs. Many leases last about three years, the same as the typical length of many new-car warranties.
  - Lower monthly payments. Lease payments

(continued on page 20)

**SHOULD YOU LEASE ...** (continued from page 19)

cover the estimated depreciation of the car during the lease period not its full value. Since monthly lease payments are lower than monthly finance payments, you can afford to drive a nicer car.

- Lower sales tax. You are taxed only on the depreciated value during the lease period, not on the total price of the car.

There are also some disadvantages to leasing.

- Lack of flexibility. You can't add a rear spoiler or repaint the vehicle tomato red. The car must be returned exactly as received.

- Penalties for early lease termination. If you need to opt out of the lease early there is often a large penalty involved. If the lessee dies, the estate is responsible for the lease contract. The estate can break the lease, but this generally involves considerable costs.

- Lack of equity. Unlike a financed car, the lessee has no equity in the vehicle. Once the lease terminates, you must either lease again or buy another vehicle.

- GAP insurance needed. You need to purchase additional auto insurance to cover the difference between what you owe on the lease and what the vehicle is actually worth if destroyed in an accident or is stolen.

- Extra Costs at Lease Termination.

- Most leases limit the number of miles you may drive (typically between 9,000 to 15,000 per year). You pay mileage charges for exceeding these limits.

- Most leases hold you responsible for any wear and tear exceeding what the lessor determines is normal.

I know some lessees who garage their cars near the end of the lease period. They are concerned about exceeding their allotted mileage. Each additional mile costs around \$0.20. Rather than pay an extra \$500, I know of one lessee who decided not to drive to see his grandchildren.

Speaking of grandchildren and other heirs, if you can afford it, the easiest method for your heirs is to purchase your vehicle outright. This will avoid them having to deal with loan and lease companies.

So at 80-years old should you lease or buy? There is no one answer. It depends on your personal situation and other considerations. If you usually drive a car for seven plus years, want greater flexibility and an equity position, buy your next car. On the other hand, if you plan on driving the car for 3 years, want a nicer car for the money, lower payments and easy turnover, leasing is the better option.

So if you think this might be your last car, instead of buying a Chevy why not lease a Cadillac?

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**Katie's Corner**

By: Joyce Hirschman (Hampton)

I have worked with dogs for many years and now have been lucky enough to be trusted to care for many of my furry friends in and around Aberdeen. I have always enjoyed my research about dogs and love the wealth of knowledge that's on the internet these days as well as the seminars and classes I have attended.

I would love the opportunity to create a place to share your dog stories and mine with a laugh or two and a helpful hint here and there as well. After all, besides grand children, what's more spectacular than our own pets!

Katie is my ten-year-old Yorkshire Terrier and has been the hostess with the mostest and my best furry friend since she was 11 weeks old. She runs around the culdesac and immediately rolls over on her back for a belly rub greeting from everyone including the landscapers and the mailman. She's quite a character.

Walking a dog in Hampton is like going to a party. The lush lawns are the perfect place to meet your neighbors at any time, day or night. It's an odd day to go for a walk and not pass someone walking a dog with a kind word and an excited woof.

At home on a quiet day we practice basketball, bowling, jumping through her hula hoop and of course her signature trick of closing every door in the house. My friends are convinced that I have too much time on my hands but it's really just so much fun. Katie is extremely food-motivated, so I can teach her basically anything with food. Keeping her weight down is another story for another day.

Is there any better expression of unconditional love than the one on your dog's face? It's written all over her/him. She loves everything about you: the sound of your voice, your smile, the way you smell. She instinctively knows when its time for you to

(continued on page 21)

**KATIE'S CORNER ...** (continued from page 20)

make dinner, when you usually shut the lights at night and she will even start pacing if you're late. Doesn't she start barking before you open the garage door upon your return home? If you are fortunate enough to belong to one of these marvelous creatures you will probably agree that her tail wagging greeting is a heart warming experience to share and that there would be a great void in your life without your furry friend.

My goal is to bring people in Aberdeen together in an open circle of pet-people with stories and perhaps photos of our four legged friends. Any cat lovers and bird parents, please feel free to join me.

Joyce Hirschman  
[katies.corner222@gmail.com](mailto:katies.corner222@gmail.com)

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

By: Lew Roth (Sheffield)

The Play of the Hand    Hold Ups

As we discussed last month, the key to success in Bridge is making a Plan. First we need to count the top winners and then plan a way to get the rest that we need before the opponents get what they need. Three ways to get additional tricks (or avoid losers) which are not so obvious are called "Hold Ups", "Unblocking", and

"Ducking". This month we will discuss Hold Ups.

Hold Up simply means just that. When you see the possibility of losing too many tricks before you have a chance to develop your own tricks, you might want to consider holding up. There are times to hold up and times not to. We can examine each here. Let's look at an example.

**NORTH**

♦ 8 5

**WEST**

♦ K Q 9 4 2

**EAST**

♦ J 10 7

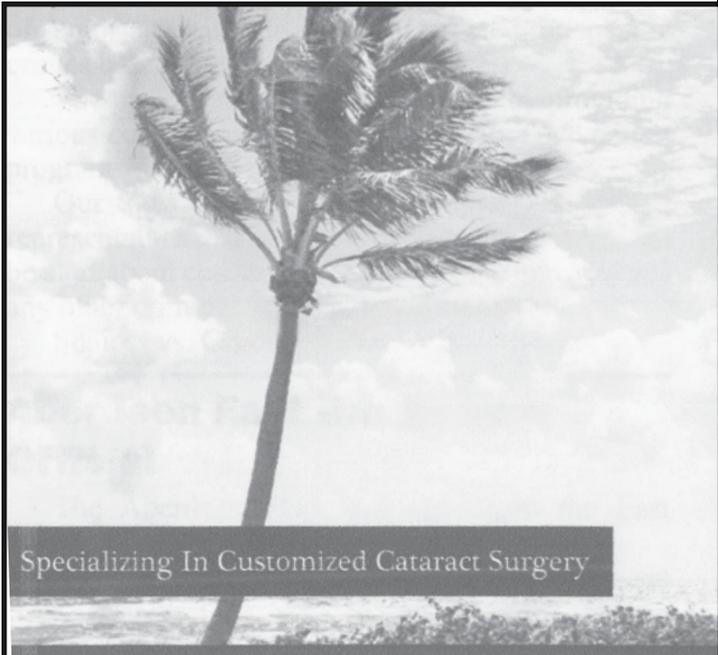
**SOUTH**

♦ A 6 3

You are South, the Declarer, in 3 NT. You have plenty of tricks in the other 3 suits, but you must first get rid of the opponents ♥A.

West leads the 4, fourth from his longest and strongest suit. The rule of 11 tells you that his partner has 3 higher than the 4. This is important, because now you know the partner has at least 3 Diamonds and you must "Hold Up" twice. So, if you take your Ace right away, whoever has the missing Ace will play Diamonds and the opponents will get 4 diamonds and the Ace of hearts and defeat the contract.

(continued on page 22)



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

Well, there are 2 ways to prevent that from happening. One is to pray that the diamonds are divided 4-4 and the opponents will only get 3 diamond tricks and their ♥A. The other is to hold up and hope that the opponent with the Ace has no more diamonds to return to his partner.

Holding up in this situation has no disadvantages. If the diamonds are divided 4 and 4, the opponent with the Ace will have a diamond left to return to this partner, but they can only take 3 diamond tricks and you can still make 3 NT. If the opponent with 5 diamonds also has the Ace in question, there is nothing you can do and you will go down ... but so will everyone else playing this hand. Holding up gives you a 50/50 chance, you do not have if you take your Ace right away.

With that said, let's now talk about situations where the "Hold Up" should not be employed.

1. When it is apparent that the partner of the opener has more of the suit than you do.
2. When it is apparent that the partner of the declarer will never get the lead.
3. When holding up can do more damage than

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good. Let's look at an example:

**NORTH**

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

**WEST**

♠ Q 9 7 3  
♥ 9 8 6 2  
♦ 8 7 6 5  
♣ 7

**EAST**

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

**SOUTH**

♠ A 8 5  
♥ A K Q 4  
♦ 4 2  
♣ 10 6 4 2

(continued on page 23)

**Aberdeen Interclub Bridge  
Team Wins Trophy**

The Aberdeen Bridge Team has captured the Interclub Bridge League Trophy for the first time. The 2015-2016 team successfully challenged and defeated 6 other bridge teams from country clubs all over Palm Beach County. Although Aberdeen was trailing early in the season, a powerful penultimate match and a thrilling last match gave the victory to Aberdeen.

Members of the team included (In Alphabetical Order):

Phil Freedman	Joe Menkes
Harris Galley	David Merson
Dan Geffen	Ziggy Quastler
Burt Gursky	Diane Romm
David Lack	Lew Roth
Joyce Lack	Judah Schachter

**BRIDGE ...** (continued from page 22)

South is the declarer at 3 NT. West leads the ♠3. North plays the J and East plays K. By the rule of 11, East has 4 Spades higher than the 3. So, East must have 4 and West must have 4. Therefore, there is no danger of an opponent having 5 and no reason for the hold up. Also in this situation you want to get in quickly, so you can establish your clubs before the opponents establish their diamonds.

Finally, you should not hold up when winning the trick might develop an additional trick in that suit. For example:

**NORTH**

♥ 10 2

**SOUTH**

♥ A J 8

Whatever West leads, North plays the 2 and East must play the Q or the K, if he has one of them. It would be foolish to hold up and take only one trick when you can take the Ace and later the J. The 10 in the North hand will force out the other honor and the Jack will take a subsequent trick.

**Didja Know?**

Submitted By: Pat Bergrin (Waterford)

1. On average, a woman's earnings decreases 4% for each child she has, while a man's pay increases more than 6% when he becomes a father.

2. After spending nearly a year in space, astronaut Scott Kelly is hanging up his spacesuit. The 52 year old Kelly, who spent 340 days in orbit on the International Space Station, will undergo tests to see how the human body holds up for long periods of time in space when compared with his twin brother, Marc, who remained on the ground.

3. New York City police cracked down on costumed characters who aggressively hassle tourists for tips in Times Square, arresting Capt. America, Jesse the cowgirl from Toy Story and at least 2 Spi-



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der Men.

4. English is rapidly becoming what the creators of Esperanto had envisioned: a language spoken on every continent and the primary medium for communication among different nations. Linguists estimate in 2115, only about 600 of the 6,000 language spoken around the world will remain.

5. A man in the U.K. paid \$465 for lifesaving surgery for his constipated goldfish. "The actual surgery is quite straightforward," said the vet. "Administering the anesthetic is quite complicated."

6. A police department in Northern CA decided to equip officers with nunchakus-wooden sticks connected by a chain and featured in many martial arts films - to better subdue unruly suspects. (All they need now is Bruce Lee to instruct them.)

7. A new study revealed that college football players who practiced without wearing helmets were 30% less likely to suffer potentially dangerous head impacts during games because they learned to stop using their heads as weapons while tackling.

8. A report, prepared by the Sustainable Development Solutions Network (SDSN) and the Earth Institute of Columbia University named Denmark as the happiest country in the world, followed by Switzerland, Iceland, Norway, Finland, Canada, Netherlands, New Zealand, Australia and Sweden. The U.S.A. came in at #13.

9. Agnes Gonxha Bojaxhiuborn Aug. 20, 1910 in Skopje, Macedonia joined the Loreto order of nuns in 1928. This woman, known world-wide as Mother Teresa, cared for the poorest of the poor, founded the Missionaries of Charity order, won the Nobel Peace Prize in 1979 and will, deservedly, be elevated to Sainthood on Sept. 4, 2016.

10. About 20% of women who married in recent years chose to keep their birth names, according to an analysis of wedding data. Another 10% chose either to hyphenate their name or to legally change it while continuing to use their maiden name professionally.



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## Bleacher Seats Splinters

By: Bob Tanenbaum

The drives are grueling. The days are long and very hot. The nights are endless and sometimes uncomfortable. Yet, the reward at the end of this road is incalculable.

I'm urging you, actually imploring you, to hit the road this summer and take a baseball road trip with your children, grandchildren or both. I've done it numerous times and collected adventures and memories along the way. Best of all, I forged an unbreakable bond with my son.

Our baseball trip adventures took almost a decade to complete.

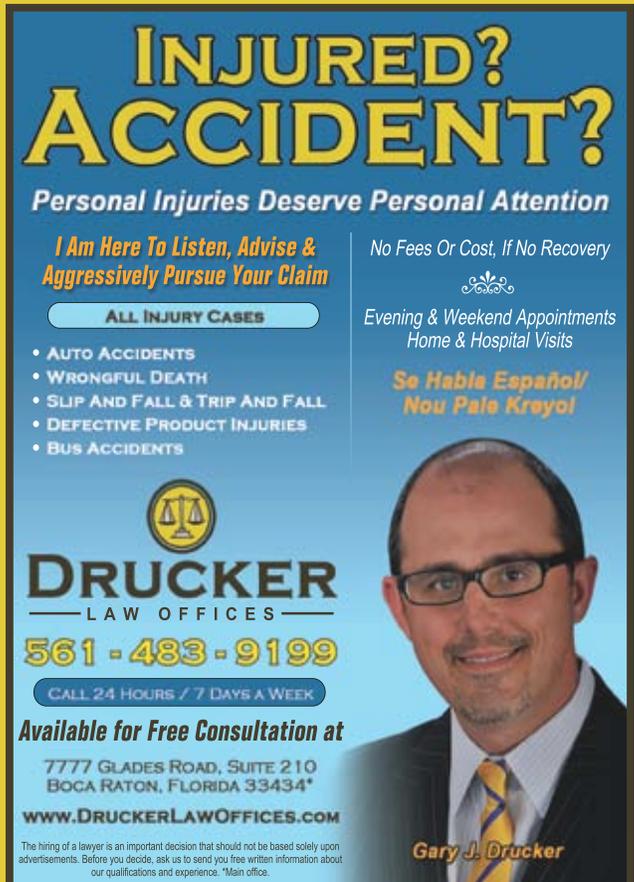
We've been to every Major League Baseball park,

## Trivia

Submitted By: Pat Bergrin (Waterford)

1. How many seconds must a cowboy stay aboard a rodeo bronc?
2. What is the traditional hour for a bullfight to begin?
3. Who was the 1st major league baseball player to have his number retired?
4. How many strokes are tournament golfers penalized for slow play?
5. How many sets are there in a full-length men's championship tennis match?
6. What heavyweight champion was known as The Brockton Bomber?
7. What distance is the Kentucky Derby run at?
8. How many points is a ringer worth in horseshoe pitching?
9. What sportscaster graduated Phi Beta Kappa from law school?
10. What are the 2 categories of harness racing?

(answers on page 34)



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**Gary J. Drucker**

about a dozen minor league parks and one in Italy. We've traveled by auto, airplane, train and boat to get to the parks.

It started with my wife justifiably cursing at me. I showed her the details of the first multi-ballpark trip I planned in 2002 that started in New York, with stops in Philadelphia, Pittsburgh, Cincinnati, Chicago, Detroit, Cleveland and Binghamton (minor league game) before ending at Shea Stadium back in New York. My wife's reaction! "You've made me plan every summer vacation for the last 15 years and never helped once, but this you can do," she said with indignity that still makes me shutter. "I'm sorry. I won't go," I said ashamedly, "we don't have the money anyway." "Oh yes we do and you are going. End of discussion."

We called her from every stadium just before the National Anthem to check in. I got teary-eyed at every "Take Me Out to the Ballgame" thinking of her sacrifice. But my son and I made the most of every minute. We listened to books on tape along the way. We collected mini bats and pins from every stadium and had a photo taken of us with the scoreboard in the

(continued on page 25)



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### BLEACHER SEATS ... (continued from page 24)

background. All are on display in my den in Bermuda Isle. We visited state capitals, national parks, museums and major college campuses when there was time.

We met many colorful characters on the road like the grandfather sitting next to me in Pittsburgh who'd played college football against Johnny Unitas and Mike Ditka at the University of Cincinnati but who quit the baseball team after one training session because he knew he'd never beat out another left-hander for a starting pitcher's spot. The other pitcher was Sandy Koufax.

Oh, the memories. I remember sitting in left field during batting practice in the Minneapolis ball park called the Homer Dome while home runs fell in every section except ours. We lamented never getting a ball in the stands and estimated we'd been to 100-120 games together. Soon we were in our third baseline seats. The 20 seats to our right were still empty. This was important because Toronto first baseman Lyle Overbay sliced Matt Garza's pitch foul about 10 seats to my son's right. It bounced twice and then right into his hands. The Holy Grail was ours! And I can still feel the hug that they showed on the huge stadium scoreboard.

So go and make memories like that this summer. And here I am to help. It took about an hour to research and design a super trip for this July right after the All-Star break. What I put together is a maximum see-it-all 17-day driving trip to 14 parks in the east and midwest. That's almost half the MLB parks. Here's your Triptik beginning Fri., July 15.

The calculations: 4,060 miles at 59 hours, 8 minutes in stadium-to-stadium distance and driving times, according to Google Maps. At 27 miles per gallon, you'd use 150 gallons of gasoline. If the summer price rises to an average \$2.25, figure about \$350 for fuel. Fifteen hotel rooms at \$150 would come

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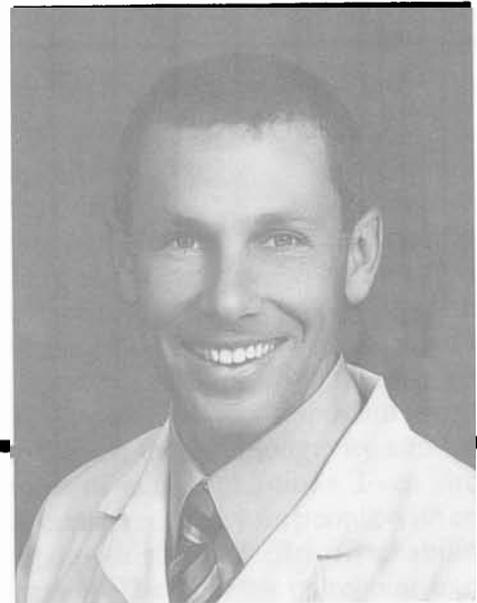
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to \$2,250. Fourteen tickets for three getting \$30 seats would be \$1,400. Total without food, souvenirs, etc. rounds out to a \$4,000 trip for 2.5 weeks. Of course, you could add a game in Baltimore on Day 19 and continue to Atlanta, Tampa and Miami on the way home to Aberdeen.

My son and I recall the details of the trips, games and players frequently. It's part of our shared experience. He met friends I reconnected with in St. Louis, Minneapolis, San Francisco and Seattle and family in Philadelphia and Los Angeles. He saw where I went to college and had my first job. We argue about which was the best ballpark and the worst. The best ballpark food and the worst. And we enjoy the irony that when we finished our "cycle" of major parks in 2009 at Coors Field in Denver, the Rockies' shortstop Troy Tulowitzki paid homage by getting for a "cycle" (single, double, triple and a home run in same game).

I'm not finished with baseball road trips either. My son and I will go to the new Miami park this season and I'd like to tour the Florida State League parks this summer and next. But the real treat will be when my grandsons are old enough to go on the road. Let the bonding begin.

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## **Realistic Goals Lead to Better Activity Habits**

Submitted By: Luis A. Torres (Ashford)

For anyone, some activity is better than none. By starting at a pace that is a little challenging for you, whether it's adding a 10-minute walk to your day or working up to an hour of walking a day, you can get stronger and reduce your cancer risk.

Setting goals - even small ones - is essential to making physical activity part of your daily routine. Set a goal for a week, write down the physical activity you do for how long, how vigorously, where and when. Afterward, you'll be able to judge what activities work best for you. Use the "SMART" system. The letters stand for:

**Specific:** A specific goal describes exactly what you must do to reach your goal. What will you do to be more active?

**Measurable:** A measurable goal allows you to track your progress. How often will you be more active?

**Achievable:** A goal can be as high as you want it to be, but make sure you know it is possible. Will that type of activity be something you can do now?

**Realistic:** Goals should be realistic considering

your resources and time. How can you fit your goal into your budget and schedule?

**Timely:** Give yourself a specific time frame. When do you aim to reach your goal?

A SMART goal example would be: "I will take the stairs instead of the elevator 3 times per week over the next month."

More ideas are:

Take a 5 minute activity break once every hour during the day, even if it's just standing to stretch your legs.

Stand up and pace while you're talking on the telephone.

Before or after a meal, take a 15 minute walk. Offer to walk a neighbor's dog.

Lift hand-held weights anytime you're sitting, even while you watch TV.

Borrow a beginner's exercise video for stretching, aerobics or tai chi from the library and try it out at least once this week.

At least two days this week, spend 15 minutes doing some form of aerobic exercise, like brisk walking, vacuuming, bicycling, rowing, swimming laps or following a low-impact aerobic exercise video.

*(continued on page 27)*

**REALISTIC GOALS ...** (continued from page 26)

At least two days this week, spend at least 15 minutes doing some form of strengthening exercise, that may include: lifting free weights or doing resistance band exercises, doing wall push-ups or doing sit-ups.

Get social smart - You may feel more motivated with a friend or neighbor to walk or cycle with. Or consider a club for hiking, boating, cycling, dancing, and walking. All offer ways to become more active.

American Institute for Cancer Research - Winter 2016 Issue 130

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Pauline Ogus, Sam Golden, Ronnie Ostrow and Marty Weissman

Q: What is a Long-Term Care Ombudsman?

A: An ombudsman is a specially-trained and certified volunteer who has been given authority under federal and state law to identify, investigate and resolve complaints made by, or on behalf of, long-term care facility residents. Ombudsmen respond to resident complaints and concerns ranging from issues with medication and care administration to matters of dignity and respect. It is the ombudsman's role to protect the legal rights of residents and assure that they receive appropriate treatment and quality care.

The experience of being helped by an ombudsman is often comforting. Our volunteers offer direct assistance to those who need and request it, and strive to resolve concerns with warmth and professionalism.

Q: What if I have a concern about Long-Term Care?

A: Anyone can report a concern, including residents, relatives, friends, facility staff, legal representatives and other concerned citizens. Complaints may be related to the facility, its employees, or any agency or person that threatens or violates the rights, health, safety or welfare a resident.

Complaints filed with the Long-Term Care Ombudsman Program are kept completely confidential, unless permission is given by the resident or complainant to disclose related information. Details of the complaint are documented and the case is assigned to a local ombudsman for investigation. The

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ombudsman contacts the complainant or resident within seven calendar days and begins a thorough investigation. Once all facts are verified, the ombudsman takes appropriate action by advocating for the best possible solution that satisfies the resident.

Ms. Stania Rodriguez is the District Manager for the 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 the District Office at 561-837-5038 or toll-free at 1-888-831-0404.

## Communication With an Aging Parent

By: Bea Lewis (Lancaster)

My widowed father prides himself on being independent. But during my recent visit I noticed his medications (he takes a number of them) scattered in different parts of the house. Some bottles were on the kitchen counter, others by his nightstand. I'm concerned he's getting confused and could hurt himself, but I don't know how to tell him this. Any suggestions?

Answer:

Almost half of adult children surveyed in a research project conducted by Home Instead Senior Care, Inc., expressed concern about their parent's medication management. Other worries, according to the survey, include the parents' finances, living alone, driving habits, their health and what plans they have for late life choices.

For many boomers, however, these are sensitive subjects to discuss with their aging parents, said communications expert, Dr. Jake Harwood who acknowledges such talks are especially difficult when the parent is still dealing with his or her grown child like a child, rather than as an adult. However, such conversations are important to initiate before a situation reaches a crisis stage.

To that end, Harwood, author of *Understanding Communication and Aging*, offers tips for conversation starters for sensitive senior subjects in a pamphlet published by Home Instead Senior Care titled *The 40-70 Rule*. (For a copy, call 954-505-7957.)

For the medication quagmire, Harwood suggests in the booklet, to begin the conversation with something casual like "How the heck do you keep all these pills straight, Dad?" If his response is sensible like the meds kept in the kitchen are those taken with meals, and the ones by his nightstand are what he takes at night - there's no need to worry.

If, however, said Harwood, dad seems confused, the situation warrants attention. Offer to buy a pill organizer (available at pharmacies) and set up a week's worth of meds to get him started.

Check often to see if he's doing OK. Be sensitive when talking to your dad as he may feel embarrassed and resistant to help. Check your tone of voice, don't nag. Approach it as a conversation, not as a scolding or lecture. Remember, he's your dad, not your child.

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## Historic Event: Part 1. Sinking of Battleship MAINE

By: Mickey Gussow (Waterford)

On the evening of Feb. 15, 1898, the American battleship USS MAINE exploded in the harbor of Havana, Cuba. The harbor was lit by the massive explosion that ripped through its forward section, sinking the ship. In the morning, only twisted parts of MAINE's superstructure could be seen protruding above the water. 226 men lost their lives out of a crew complement of 354.

What events brought MAINE to Havana? Between 1868 and 1898, the Cubans rebelled several times to end Spanish colonial rule. To crush the latest rebellion, Spanish General Valeriano Wyler began a brutal campaign against the Cuban people, leading to the death of over 100,000 Cubans. To cut off the rebels from food and supplies, he had the rural population herded into concentration camps. The American public outraged at these atrocities imposed pressure on President William McKinley to intervene. Concerned for American citizens and business interests, especially large investments in sugar, McKinley elected to send MAINE from Key West to Havana. Arriving on Jan. 25, 1898, she moored to a buoy in the middle of its harbor. Though the ship's arrival had a calming effect on the situation in the city, the Spanish remained wary of American intentions.

MAINE looked impressive as a warship, easily dominating the harbor scene with its 2 tall stacks and 2 high masts, each with fighting tops; and a main battery of 4 10" guns, divided equally between 2 turrets,

and 6-inch guns.

Because of the tension in Havana, the commanding officer, Captain Charles Sigsbee, a Naval Academy graduate in 1863, ordered certain precautions. No visitors were allowed to be unescorted and no small boats were permitted to approach the ship without challenge. All the ship's marines carried small arms ammunition in their belts. Boxes of 1-pounder and 6-pounder ammunition were stowed close to the guns, and sentries were posted above the decks.

When the explosion occurred, Sigsbee was at his desk reading letters. Believing the ship was under attack, he immediately ordered posting sentries to repel boarders. As Sigsbee wrote in 1912, "I surmised from the first that the explosion initiated from outside the vessel."

To investigate the loss of MAINE, the Navy swiftly formed a board of inquiry in Key West. The investigation was not thorough because of the condition of the wreck and the board's lack of technical expertise. Nevertheless, on Mar. 28, they declared that the consensus was that MAINE was destroyed by an external explosion from a mine.

*(continued on page 30)*

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**HISTORIC EVENT ...** (continued from page 29)

The board's finding elicited public outrage and shouts of REMEMBER THE MAINE stimulated calls for war. President McKinley ordered a naval blockade of Cuba. This final step led Spain to declare war on Apr. 23. The U.S. followed suit on the 25th.

In 1898, the Navy had limited familiarity with the explosive effects on the steel ships introduced recently into the Fleet. Some believed that the cause of the sinking was an underwater explosion external to the ship. Others believed that a more likely reason was an explosion within the hull or as the result of a furtively placed explosive device. Not everyone agreed then or agree today that the riddle of MAINE's sinking has been answered once and for all.

The next article will describe the investigation by Admiral Hyman Rickover who was convinced by engineering analysis that he had solved this riddle.

The sinking of MAINE as one of the causes of the Spanish-American War was an historic event. Between the declaration of war and the signing of an armistice, 110 days elapsed. Within that brief time,

the Americans were dramatically triumphant. Cuba assumed independence under the scrutiny of Washington. Puerto Rico became an American possession. The U.S. annexed the Hawaiian Islands. It acquired from Spain the island of Guam and the Philippine archipelago. The American flag flying over Manila indicated the sudden emergence of the U.S. as a new world power.

**Alzheimer Disease and Nutrition**

By: Sheila Hyman (Sterling)

One out of three people will get Alzheimer disease. 60% of AD patients have type 3 diabetes. Nutrition plays a big roll in preventing AD or delaying it. People can have a blood test to see if they have a propensity for AD. The test is the AT04EG test. Many people choose not to have this test for fear of learning the results. Brain arteries can clog the same way as other arteries in your body. So, if you want to avoid AD if at all possible, there are 3 things for you to do.

1 - Lose weight if you are heavy. You can do this

(continued on page 31)



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**ALZHEIMER DISEASE ...** (continued from page 30)

by using the Mediterranean diet.

2 - Exercise about 3 hours per week, not necessarily all in the same day.

3 - Stretch - get your body limber.

Nutrition is so important. Here are a list of nutrients to help delay AD and for general good health. Chinese Orchid, Magnesium (found in milk of magnesia) this also good to fight migraines and PTSD, Amino Acids, Ginko biloba, this is an anti-inflammatory that increases oxygen to the brain. This is something that you should begin taking before you have signs of AD. I truly took this about 40 years ago, but stopped taking it when I forgot to take it. Oh well.

Phosphotodylserene increases memory. Omega 3 oils are also so important. These decrease inflammation in the brain and helps to improve diabetes by decreasing insulin resistance. It stops the ageing of blood vessels. Omega 7 oils are also important. The best teas for your body are black and white teas. Curcumin is good for releasing inflammation in the brain and body. Walnuts are now the newest nuts to take to reduce AD. They are loaded with good things for you. Pomegranates are the most important fruit for the body. Do not ask me why!

Please add VitaminD3 to your diet, 5000 units/day. This gets absorbed best when taken with food, If you have a low level of Vit.D3 in your blood, you have a 3x greater chance of getting AD.

**How to Stop Worrying and Start Living**

7 Rules for Making Your Home Life Happier

By: Vincent Marini (Moorings)

Some of the fundamental rules for overcoming worry are:

- Live in “day tight” compartments.
- Ask yourself, “What is the worst that can happen?”
- Prepare to accept the worst.
- Try to improve on the worst.
- Remind yourself of the exorbitant price you will pay for worrying, in terms of your health.

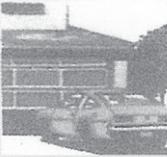
Basic Techniques In Analyzing Worry are:

- Get all the facts.
- Weigh all the facts - then come to a decision.
- Once a decision is reached - ACT!
- Write out and answer the following questions:
  - a) what is the problem?
  - b) what are the causes of the problem?

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c) what are all possible solutions?

d) what is the best solution?

Seven rules to follow in order to make your home life “happier”:

- Don’t nag.
  - Don’t try to make your partner over.
  - Don’t criticize,
  - Give honest appreciation (Ed note: often, if war-rented).
  - Pay attention - Listen!
  - Be courteous.
  - Read a good book on the sexual side of marriage. (Ed note: if it’s not too late)
- \* Source: Dale Carnegie

**Demolition of Blighted Properties**

By: Shelley Vana (The Vana Brief)

In an ongoing effort to clean up abandoned, blighted and/or dangerous properties in Palm Beach County, The Board of County Commissioners (BCC) approved a contract renewal to BG Groups LLC at the March 1, 2016 meeting. Over the past 5 years, 62 demolitions have been completed throughout Palm Beach County; the total cost of these demolitions was \$889,349.59. County-wide, there are currently

(continued on page 32)

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### **DEMOLITION ...** (continued from page 31)

35 additional demolitions in process; 17 of which are within Commission District 3.

Funding for demolition comes from the Community Development Block Grant program as well as the Neighborhood Stabilization Program. These programs are overseen by the Department of Economic Sustainability (DES), the Department of Risk Management and the Department of Development and Operations (FDO) facilitates the demolition of prioritized properties.

Priority properties are established by municipalities and supports community policing efforts of the Palm Beach County Sheriff's Office to increase community safety by targeting vacant buildings that are a haven for criminal activity.

Demolition removes vacated structures to prepare properties for reinvestment and redevelopment. By eliminating structures that are dilapidated, unsafe, or too expensive to repair, demolition often lowers the costs of maintaining vacated properties. Empty lots are less expensive to maintain than blighted property and have increased potential to become assets to the community.

### **Questions for Prof Pat**

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

### **Some Clever Definitions**

From the Internet

**CIGARETTE:**

A pinch of tobacco rolled in paper with fire at one end and a fearless fool at the other!

**MARRIAGE:**

An agreement wherein a man loses his bachelor degree and a woman gains her master

**LECTURE:**

An art of transmitting Information from the notes of the lecturer to the notes of students without passing through the minds of either

**CONFERENCE:**

The confusion of one man multiplied by the number present

**COMPROMISE:**

The art of dividing a cake in such a way that everybody believes he got the biggest piece

**TEARS:**

The hydraulic force by which masculine will power is defeated by feminine water-power!

**CONFERENCE ROOM:**

A place where everybody talks, nobody listens, and everybody disagrees later on

**ECSTASY:**

A feeling when you feel you are going to feel / a feeling you have never felt before

**CLASSIC:**

A book which people praise, but never read

**SMILE:**

A curve that can set a lot of things straight!

**OFFICE:**

A place where you can relax after your strenuous home life

(continued on page 33)

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**CLEVER DEFINITIONS ...** (continued from page 32)

**YAWN:**

The only time when some married men ever get to open their mouth

**EXPERIENCE:**

The name men give to their Mistakes

**DIPLOMAT:**

A person who tells you to go to hell in such a way that you actually look forward to the trip

**OPTIMIST:**

A person who while falling from EIFFEL TOWER says in midway "SEE I AM NOT INJURED YET!"

**MISER:**

A person who lives poor so that he can die RICH

**FATHER:**

A banker provided by nature

**BOSS:**

Someone who is early when you are late and late when you are early

**POLITICIAN:** One who shakes your Hand before elections and your Confidence later

**Life Hacks for Better Living: 5  
Easy Steps to Help You Address  
Hearing Loss**

Special Section of P.B. Post, Apr. 2016

Life's "To Do" list can be pretty daunting. And often, getting started on something is the hardest part. This can be especially true for addressing hearing loss.

In fact, most people wait roughly seven years to do anything about it once they realize they have hearing loss. And that's too bad - research shows that when people treat even just mild hearing loss, their quality of life goes up. Plus, when people with hearing loss use hearing aids, they get more pleasure from doing things and feel more engaged in life.

Conversely, non-hearing aid users are more prone to feel down, depressed or hopeless, a Better Hearing Institute (BHI) survey found. They're also more likely than hearing aid users to say they find themselves becoming more forgetful.

Groundbreaking studies, in fact, discovered that hearing loss is linked to cognitive decline and dementia. Add to that, BHI research showing ... that untreated hearing loss can take a significant toll on earnings - up to \$30,000 annually.

Luckily, the vast majority of people with hearing loss can benefit from hearing aids - which are now cooler; sleeker, smaller, more powerful, and work better than ever before. They've transformed dramatically, even in just the last couple of years.

So if you're tired of turning up the TV volume, missing what people are saying at work, asking family and friends to repeat things, or are simply worn out from coping with a neglected hearing loss, do something about it. This may be your monumental moment. Make the most of it.

To help, these five easy, achievable steps will get you started. The road to better hearing - and a better quality of life - is a single step away.

1. Take a convenient online hearing evaluation at [www.HearUSA.com](http://www.HearUSA.com).
2. Visit a local hearing care professional.
3. Information gather.
4. Window shop.
5. Let it all sink in and make a plan.

## Histamine and Your Genes

By: Suzy Cohen

A food allergy causes an almost immediate reaction to what you just ate. With food intolerance, a reaction occurs later. Why later? Because the blood levels of histamine need to spike for the reaction to take place. You are reacting to histamine, not the food itself. See the difference?

A true food allergy results in symptoms within a few minutes, including lip swelling, itchiness, sneezing, hives, diarrhea and possibly anaphylaxis.

In contrast, high blood histamine levels can cause chronic health conditions, which could be lifelong.

A problem with histamine breakdown can cause many disorders that you would never connect to histamine (since many associate it with sneezing and a runny nose). You may suffer with migraines, clusters, Hashimoto's, anxiety, asthma, irritable bowel syndrome, dermatographia, vertigo, abnormal menstrual cycles and more.

You could have a problem with your genes, for example, and this would cause histamine levels to rise. Or you may be taking a medication that increases histamine.

Histamine isn't a bad guy. It's needed to create stomach acid and to perfect your gut motility so that you can get food through properly. DAO, or diamine oxidase, is an enzyme that is outside the cell (termed extracellular) and it breaks down histamine. Supplements are sold at health food stores nationwide, and you should ask your physician about them.

The following foods are high in histamine or provoke excessive release from your mast cells:

Farmed seafood, including shellfish

Smoked meats and bologna

Eggs and fermented dairy products, including buttermilk, yogurt, cheese and kefir

Citrus fruits and dried fruits, such as apricots, cherries, cranberries, prunes, currents, raisins and dates

Tomatoes and tomato sauce

Spinach (it's high in oxalates anyway, so keep this to a minimum)

Vinegar-containing foods like salad dressing, pickles and relish

Finally, people with hypothyroidism, Hashimoto's thyroiditis or any other autoimmune disorder such as multiple sclerosis may have been misinformed about a "healthy" diet. Fermented foods may not be wise for you after all, as these foods are super-high in histamine and can increase your symptoms. Symptoms should resolve within a month, and if not, you can take DAO supplements.

I have a longer version of this article, which I can send by email if you sign up at my website.

This is not intended to treat, cure or diagnose your condition. Go to [SuzyCohen.com](http://SuzyCohen.com).

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

- |               |                         |
|---------------|-------------------------|
| 1. 8 seconds  | 6. Rocky Marciano       |
| 2. 5 P.M.     | 7. 1 and ¼ miles        |
| 3. Lou Gehrig | 8. 3 points             |
| 4. 2 strokes  | 9. Howard Cosell        |
| 5. 5 sets     | 10. Pacing and Trotting |

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