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June, 2016



JUNE SUNSHINE



Aberdeen Country Club News

By: Harry Seaton (Hampton)

Lots of new members have been coming to the Club for various reasons, some for social, some for the tennis and others for the golf - because Aberdeen is one of the better country clubs that has it all! Our tennis pro once pointed out the importance of the actual "placement" of the tennis ball on the tennis court to be most effective in playing the game. Isn't it most important for our everyday lives that being a member of the Club establishes our best personal "placement." That so-called "placement" as an Aberdeen Club member will be our most effective strategy to experience a taste of the good life.

Once again, the sounds reverberating throughout the Club were voices of those of our members who were planning to leave for their summer homes or planning trips or exchanging telephone numbers with other members taking their summer trips. For those of our members who have either already left or plan to do so shortly, we wish you all a healthy and enjoyable summer. When you return to the Club, changes will have taken place: the weather will perhaps be cooler, the Clubhouse will have had its annual re-polishing and refinishing and the Fitness Tennis and Aquatic Center will be sparkling, along with our always-challenging 18-hole golf course, and our

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Deals - Good, Better and Best

By: Dr. Pat Williams (Muirhead)

An important concept in financial management is the time value of money. Simply put, a dollar today is worth more than a dollar tomorrow. Why? You can put today's dollar to work for you earning income, such as interest. Consequently, you should try to collect any money owed to you as soon as you can. For example, if you are entitled to a tax refund, file your tax return at the earliest possible date. Conversely, to maximize the time your dollars are working for you, hold onto them as long as you able. Following are three deals that allow you to do this.

The Good Deal

Let's say you need to buy a big ticket item (a refrigerator, a new bedroom set, etc.) Look for retailers that offer zero-interest with a long-term payback period, such as Sears, Best-Buy, and Rooms To Go. For example, at the time of this writing Rooms To Go offers no down-payment and no interest on purchases until Jan. 2020, provided you make equal monthly payments during this period. How good is this deal? Let's say you buy furniture for \$4,000 in Apr. 2016. According to the offer, you'll have 44 months to pay-off the \$4,000 in equal payments of approximately \$91 (\$4,000/44) per month. Rather than pay \$4,000 today, a portion of these funds can be earning income

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

15-tennis court complex.

In the meantime, June is still busting out all over at the Club as many activities during the summer months will continue. May had a most active month of events including, a Mother's Day Brunch Extravaganza, a Cinco de Mayo Poolside Party featuring the live sounds of "Uptown Express," 92nd Street Y simulcast live broadcast featuring Leslie Stahl and Tom Brokaw, a Memorial Day Bridge Tournament, another Ladies' Birthday Celebration for March through May birthdays with dinner and entertainment, for a special evening, followed by the Aberdeen Men's Birthday Lunch and the Memorial Day "Americana" Dinner Dance with the music of "Uptown Express."

In addition, the Memorial Day Golf Tournament is planned as well as a Memorial Day Tennis Round Robin. June events follow along including Come to the Cabaret with "Wayne L," the Father's Day Jazz Brunch Extravaganza, Thursday Night Socials at the Sunset Lounge and a Golf Special Event "Placeholder."

During the summer months the Club has made arrangements for Dining Reciprocity for Aberdeen Club members at a number of fine country clubs in Palm Beach County for those members interested in dining elsewhere. In addition the Club has made arrangements for Golf Reciprocity at about 12 other

prominent country clubs throughout Palm Beach County during the summer period. The Club permits members to bring one guest during the week during the daytime and one guest during the evening between Monday and Wednesday. For those members who do not have computer access at home, broadcast emails are posted at the Bulletin Board in the Communications Room off the front lobby. The Palm Room, which has a beautiful view of the golf course and to sunsets, has activities in ping pong, billiards, soft tip darts and internet cafe with WiFi connection.

To further inaugurate the summer programs at the Club, the Men's Summer League in the South County Men's League for 2016 had their first 2 games, the first being won as the last twosome finished with the winning score for Aberdeen, the second being split as a rainout. The Ladies have started in the South Palm Beach League and with a newly-formed PAR-TEE LADIES LEAGUE, the latter with 7 Palm Beach country clubs participating. Should be an interesting summer of golf.

If you are interested in experiencing an enjoyable life style, come join us at the Club. Information may be obtained from Rose Cizner, Director of Membership, by calling 738-4903, ext. 325.

Brittany Lakes

By: Judit Ungar

Enjoy all that life has to offer.

I want to thank my talented, generous friend, Marcia Byalick, for allowing us to print her article last month. I was glad to see how many of our residents enjoyed her work.

Every morning as we get up, I realize how amazingly fortunate we all are here in Aberdeen. Seeing people in our communities and at the Club. Finding new friends with common goals and interests. Seeing constant smiles and hearing sweet laughter.

I am not saying that there aren't people who put an occasional damper on the day. I can see that they are, for the most part, sad and lonely. Sometimes we try to bring them in to join our activities and get to know our neighbors. I have to admit that often we do not succeed. I have made a promise to myself. - I will never give up. I will encourage them to join the rest of us and feel good about their life in this magical community.

What about my 81-year-old-cousin/friend who takes conversational Spanish so she can be of more help to families she talks to when she volunteers at

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DEALS ... (continued from page 1)

for you over the next 3+ years.

The Better Deal

Currently, credit card companies are issuing blank checks to cardholders that can be used to consolidate debt at a lower rate or to make large ticket purchases. Most credit card companies offer 2 options: (1) borrow for a long period of time at a low variable interest rate, or (2) pay a one-time fee (3%-5% of the amount borrowed) with no interest if the full amount is repaid within a prescribed period of time (generally 6-18 months). Generally, the second option is the better of the two.

Recently, I purchased an appliance for approximately \$2,000. The retailer offered me a 5% discount or a zero-interest, 12-month pay period. A few days earlier, a credit card company had sent me a blank check with zero-interest, a one-time fee of 3% of the amount borrowed, and a payback period of 12 months.

I combined the 2 offers. By paying off the appliance immediately I saved \$100 (.05 x \$2,000). I accepted the credit card terms requiring a fee of \$60 (.03 x \$21000). Net net, I came away with \$40 and a

monthly payout of approximately \$167 (\$2,000/12).

The Best Deal

Southwest Airlines provided me with the best deal. My husband and I needed to fly one-way from Maryland to West Palm. Southwest offers three categories of online ticket pricing: Business Select, Anytime, and Wanna Get Away. On the day we needed to fly, Wanna Get Away tickets were available for \$71 per person.

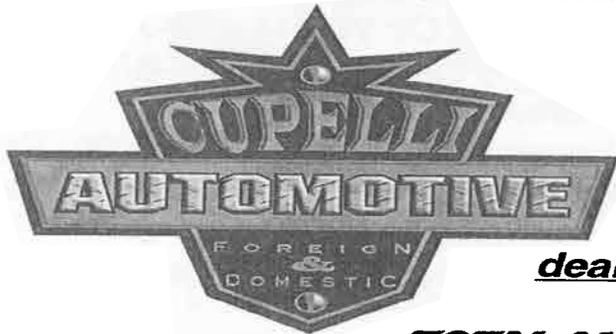
When I went to pay the \$142 (2 x \$71) for the 2 tickets, I was offered a Southwest Credit Card that would immediately give me a credit of \$200 that I could use toward the flight. So essentially, Southwest paid for the flight and gave me an additional \$58 (\$200-142).

The Take-Away

In financial transactions, always keep in mind the time value of money. Look for deals that enable you to hold onto your money as long as possible.

The 3 deals mentioned above are not the only ones in town. If you know of any, please let me know at profpatw@aol.com and I'll pass on the information to readers.

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BRITTANY LAKES ... (continued from page 2)

the local hospital.

How about my other friend who is in her 70s and has taken up painting. With water colors yet, a most difficult media. The 93-year-old who plays duplicate bridge with her amazing 95-year-old- "boy friend."

So, on the days when you feel a little down, join us and learn a new skill, make a new friend and be happy.

From my family to yours, enjoy the summer - where ever you plan to be.

Judith.ungar7@gmail.com.

ACKNOWLEDGEMENT

I want to thank all our friends at Aberdeen for their telephone calls, donations and food, in memory of my husband, Eddy. He loved all his golf buddies and kept looking forward to getting well enough to return to the golf course. Thank you also for the comfort you gave me while he was in the hospital and after he passed away.

Elaine Vogel

The Ashford App

By: Leah Keitz

Spring has definitely arrived with colorful flowers blooming throughout the community. Everyone is taking part in making Ashford the most attractive and well-kept village in Aberdeen. Thank you all for caring.

Several residents have already gone to their summer homes and left on their "world tours." We wish them all a safe and enjoyable time away from Ashford. We look forward to welcoming you back.

We welcomed new residents to Ashford in 2016: Frederick and Frances Grossman, Bruce and Sharon Sussman and Laurie Wohl. This will be a busy summer

(continued on page 6)

Ruth's Note: Sylvia Shaw (a friend and recent transplant from Ashford to Sheffield) has generously agreed to alternate the "Sharing With Sheffield" column with me. She writes beautifully, and will be delighted to hear your news, views and happenings. I will be delighted to fill in every other month with my musings and chatter. How lucky you are, good friends and neighbors. Some villages can't get even one writer; Sheffield has two!

Sharing With Sheffield

By: Sylvia Shaw

Hello new neighbours! Chris and I have been happily living in your lovely community since mid February when we were more or less catapulted out of our Ashford home by a very quick sale with closing only 2 weeks later. As many of you know, 7884 Bridlington Drive had been standing empty for a few years with the roof leaking in many places; it took a lot of vision and optimism, mostly on Chris's part, to imagine what it could look like with lots of creativity and hard work. The new roof was put on whilst we were over in South Africa, and when we returned in Sept. 2014, Chris started work single-handedly on gutting the whole of the interior, including walls, floors and ceilings. We got a very good company in to replace all the windows and sliding glass doors with hurricane proof double glazing, and then after filling three dumpsters with rubble including all

(continued on page 5)

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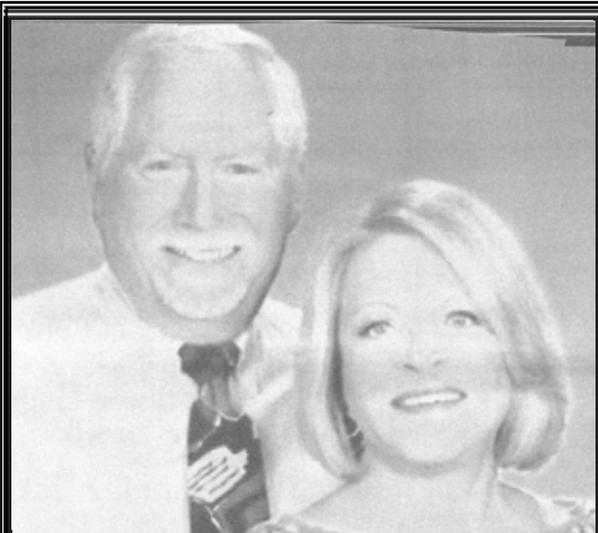
SHARING WITH SHEFFIELD ... (continued from page 4)

bathroom and kitchen fixtures, we were able to get to work remodeling the whole house. At the moment, we are living very comfortably in the huge main bedroom which holds everything we need for now. All the bedrooms and bathrooms are finished and work is in progress in the main living area. There's so much wood in there with all the framing for walls and ceiling, that it looks like a small forest without leaves. Whilst Chris is busy with his handiwork and when I'm not shoveling sawdust, I prowl around the backyard with my camera looking for the wildlife living here. Sheffield has many different creatures to those which I saw in Ashford, although I'm told by my good friend Jane Casden that a couple of members of the Iggy family have migrated across there recently. Some of the iguanas here are almost 6-foot long and I never know what I'll see from my bathroom window when I pull up the blind of a morning. Sometimes it's just Sammy squirrel busily scurrying around doing whatever it is that squirrels do, but one morning I saw a red fox being chased by an otter. On other occasions, I've been greeted by a green scaly critter with long claws, closely resembling a mini dinosaur

climbing up the palm tree almost within arm's length. I'm so glad that the bathroom window doesn't open and is well sealed. I remember at Ashford once sharing the shower with a smallish lizard. I didn't see it looking at me until my hair was full of shampoo suds, but I can assure you that I didn't take my eyes off it for one second, willing it not to move, and I finished my shower in double-quick time not even stopping to dry it out.

We will be taking some time off during the summer, visiting family and friends in South Africa and England and I'm sure many of you will be traveling up north to escape the heat and humidity of Florida. The climate here is very similar to the one we got used to when we lived at the coast in South Africa, but the seasons are of course reversed, so we'll be going back in the winter, which is cooler and much more pleasant.

A very warm welcome to our lovely new next door neighbors Al and Sheila Tannenbaum. I'm sure you are going to love it here at Aberdeen. I wish all of you a very pleasant summer and safe travels. See you again in the autumn.



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

for many of us as we celebrate happy family events. Stan and Marilyn Gilman will celebrate in MA in May on the occasion of their granddaughter's bat mitzvah as well as their 50th Anniversary. In June, they will travel to Philadelphia to enjoy the bar mitzvah of their grandson.

Neal and I will be traveling later this summer from one end of the country to the other to celebrate with our grandchildren who will become bar and bat mitzvah, respectively.

The pool area at Ashford and Ashford Green has been refurbished from top to bottom and end to end, including the new blacktopping of the parking lot. The Ashford Maintenance Board is responsible for this beautification and we all appreciate its efforts. It has also updated security devices at our entrance gates.

FYI: Old and unused medication should never be thrown in the trash or flushed away. The proper disposal of medications is an important issue and protects us all from substances that are harmful if they get into our water supply. The nearest official DEA disposal site is: Ocean Ridge Police Department, 6450 N. Ocean Blvd., Boynton Beach, FL 33435. The green collection box inside the door to the right is open 24/7.

Have a happy and safe summer!

Canterbury Communique

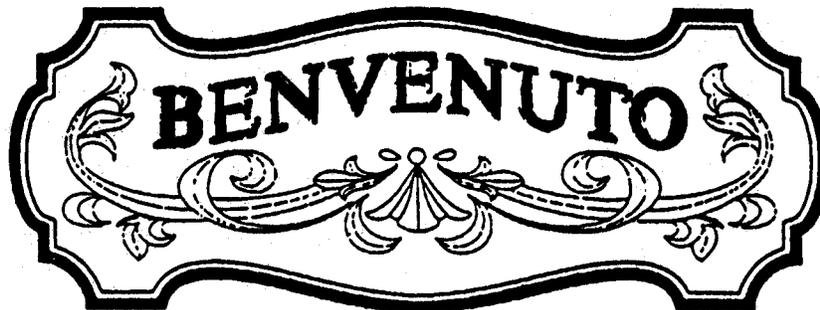
By: Dee Levy

Greetings from the Canterbury community! It's hard to believe that June, the month of the summer solstice, is already upon us. As promised in the last issue, we'd like to share some of our residents' life-experiences, present and former careers, and significant happenings.

Yvette Camulli, a long-time resident of Canterbury, is currently a transportation coordinator for the Palm Beach County Jewish Family Services. Yvette is in charge of the enlistment of volunteers to transport senior citizens to their various appointments. The program is called "Kibitz and Ride," and its catchment area includes Delray Beach, Boca Raton and Highland Beach. Volunteer drivers use their own cars and are reimbursed for mileage. Fingerprinted and background checked, the volunteers are scheduled to drive at times based on their availability and personal preference. "Kibitz and Ride" has been in place since 1999, and is open to all seniors, regardless of race or religion. For those interested, be in touch with Yvette, or call JFS at 561-852-3333. Yes, volunteering is a truly a way of giving back!

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CANTERBURY ... (continued from page 6)

Ellen Nesin, new to the Canterbury community, taught primary school in Monticello, NY, for many years, and is presently serving on the Monticello Central School District Board of Education. Her daughter, Jessica, recently graduated from the Conservatory of Music at SUNY Purchase with a Bachelor's degree in classical piano performance. During spring break, Jessica met with the head of Collaborative Piano at Lynn U.; the appointment had been arranged by a professor to whom she was introduced at the Lynn U. Scholarship Recital at Aberdeen in March. According to Ellen, Jessica's plan is to complete her Master's degree in piano performance, followed by a degree in Collaborative Piano. There is a strong possibility that she will audition for admission to the graduate program at Lynn.

In closing, we wish everyone a happy and healthy month of June. "What is so rare as a day in June? Then, if ever, come perfect day". (James Russell Lowell).

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The Sunny Shores

By: Estelle Morganstein

By now our snowbirds have all returned to their homes up north, probably looking forward to cooler weather than the unusually hot and humid days they have experienced in the last month or so and which we normally only see during the summer season. We look forward to their return next fall but in the meantime let's enjoy shorter lines, less traffic and 2-for ones!

If you are a regular reader of this column, you may remember that a few months ago I delineated the steps that our HOA was taking to foreclose on one of our properties. Since obtaining possession of the unit, it has been completely renovated and recently rented out to a couple with relatives in our community.

By now everyone should have their new Comcast system up and working. If, for any reason, you have not had your new telecommunications access installed, please call Comcast immediately to set up an appointment at your convenience. Do not delay. Your HOA monthly maintenance fee has been adjusted to take into account the new costs and you

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SUNNY SHORES ... (continued from page 7)

should now be enjoying the enhanced service provided in our new contract.

In Feb. 2013, the board undertook a Reserve Fund Study to ensure that The Shores was on the path to financial stability, now and in the future. The board is happy to report that monthly contributions by all homeowners are in keeping with the recommendations of the financial analyst and that a committee has been established to review these guidelines and create a Strategic Plan to implement the maintenance and repairs our development requires.

NEIGHBOR NEWS

We have a celebrity in our midst! Barbara Ladd recently took third prize in the Point and Shoot Animal Category at the 2015 Green Key Nature Center and Wetlands Amateur Photo Contest. Barbara is also on our HOA board, responsible for pest control, in addition, she works with Diane Greenberg to process applications from prospective new homeowners. Way to go - Barbara!

We have no new residents to welcome this month and no homes for sale at the time of publication, although I personally know of people who are looking to buy as well as snowbirds seeking seasonal rentals.

Jeffrey E. Siegal, M.D., P.A.

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Seems we are a very popular community!

Saul and I are currently touring to Canada to see our families and attend the bat mitzvah of our granddaughter, Jordana, in Toronto. I will elaborate further in my next article which will appear in October, since the Aberdeen Times does not publish during the summer hiatus.

In the fall, I will be revising the format of this article to include a section highlighting some of our residents. I will be calling upon you to ask for your input over the next few months and hope you will assist me in this endeavor.

Until then....

It's Happening in Dorchester

By: Carol Baron

Good-bye Mother's Day. Good-bye Memorial Day Weekend. Good-bye to so many of our friends who have gone north for the summer months. We miss you already. Hello to the many people and things we have not been able to get to, but now is the time.

We are working on our community to beautify it and repair that which needs some work as a result of years of our traffic. The roads on Lawson and Judson Circles are being repaved so that cracks and holes

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WHAT TO DO IF YOUR WALLET IS STOLEN

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DORCHESTER ... (continued from page 8)

will be a thing of the past. It would be nice if we could do the same for our bodies. Oh well!

Harvey and I spent Mother's Day in NJ with our daughter, Tracy, and her family. If you haven't had the pleasure of reading her work, she is an award-winning national humor columnist who writes her column each week in over 400 U.S. newspapers. While there, I told her we would be coming back up north for the summer to spend more time with her, her family and siblings. At that point she was told me how every summer they have this duck couple who come up to their pool. They named the couple Loretta and Larry Mallardstein. The same ducks come up every single year. So my daughter decided that they must be "snow birds" who fly up from Florida and make their summer residence here in their pool. She said that "we much prefer having our parents come from Florida because they do not poop in the pool!"

And so everyone should be excited if they are flying north and being with those they love during the summer. And for the many of you who remain here in Aberdeen ... do whatever pleases you most.

Before I say "Good-bye" for the summer I would like to quote Andy Rooney, once again: "I've learned that it's the small daily happenings that make life so spectacular."

So take each day one day at a time and we wish you all a spectacular summer. All Dorchester Happenings will all be here again to celebrate life with you in the fall.

Bermuda Isle Buzz

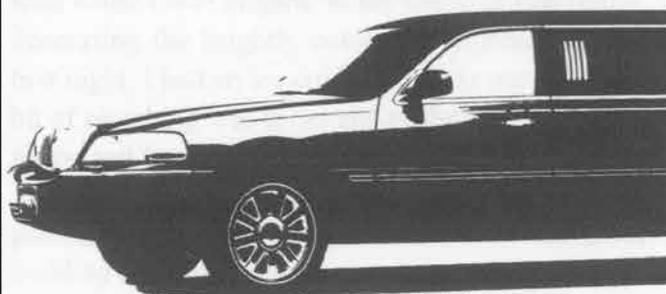
By: Lenore Schwartz

Spring turns into summer, the days get hotter and less hectic and that makes it a good time to reflect on the pleasures of being in Bermuda Isle. Up north, the land awakened and bloomed, but here, although it's always beautiful, we too, get the blooming of many trees and other foliage.

As you walk around the island you'll see numerous Bougainvillea's ablaze with purple or red flowers, a Gardenia bush with fragrant white flowers, Dorrie Haikens' 2 Magnolia trees (though alas their massive blooms have withered) and colorful Hibiscus trees at the homes of Ketly and Marshall Williams, Judy and Peter Friedman and Ronnie Appelbaum. Helen Rose just put an unusual multi-colored hibiscus bush in her yard. Continuing on your walk, you will note that Flo and Jerry Sosniks' beautiful pink potted Mandeville plant, Marilyn Cohen's outstanding Bird

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BERMUDA ISLE BUZZ ... (continued from page 9)

of Paradise and yet another one at Anita Gittleson's place. White Jasmine can be seen at the homes of Bobbie and Neil, Susan and Ron Tabin and Richard and Joann Murphy, small Pentas adorn the front of Joel and Sandy Wenacurs' colorful flower bed with a yellow Shrimp plant and a gorgeous backyard complete with an exotic tropical garden. There's a Desert Rose and a Lantana plant at Timmie and Moe Frieds' abode next to Judy and Harvey Schwartzs' big showy pink Frangipani along with a Blue Plumbago.

In the median, as you pass through the gates coming into B.I., there is a huge Plumbago along with plenty of bright Impatiens. I understand our conscientious neighbor Don Buesking waters them regularly. Thanks Don! Newly planted colorful Kalanchoe decorate the home of Bruce Frieman and Lynn Sauve. And check out the Firecracker plants at Ruth and Phil Snyders' and in Helen and Sid Roses' tropical garden. Many people have colorful Ixoras in front of their houses (nice ones Mark and Mike) as these were planted some 20 odd years ago by the builder.

Stroll by the home of Helen and Sid and you'll see every imaginable flowering plant flourishing here. Helen's green thumb was nurtured in Australia.

It's June, so where are the roses? I asked Marge Adler, who loves this flower and has tried numerous times to grow them here however, without success. She says it's too hot in Florida and they don't survive. Anyone want to challenge her?

Our expert horticulturist, Helen, who had pointed out all the above-mentioned plants in Bermuda Isle, has recommended some small annual plants for color this summer. The following will do well in this climate: petunias, wax begonias, portulucas, salvias, pentas, gerba daisies, geraniums, and impatiens. (When the winter ones fade, plant the New Guinea impatiens which tolerate the heat). If you're really observant, you'll realize that Bermuda Isle is both colorful and filled with pleasant aromas.

Looking at the lakes, you'll spot more birds and many ducks following mama duck in a perfectly straight line. Don't you wonder how they are so well trained? On the golf course across from our homes are the beautiful Egyptian ducks who seem to gather in particular around dusk ... happy hour perhaps? Someone counted 18 of them with all the babies. They're friendly with the golfers, sometimes peck-

(continued on page 11)

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ing on the carts when they see their reflections in the shiny painted sides.

This year has brought many new neighbors to our community. Though many have already been greeted, I'd like to list all who joined us this past year as this is the last issue of the Aberdeen Times until October and the start of a new season. In July, we welcomed Don and Anna Buesking, Steve and Susan Kaolik,

Rob Tannenbaum and Bonnie Lappin, Bruce Friedman and Lynn Sauve. Anita Gittleson and her companion Mel Krieger, along with Michael Souza and Marc Furtado. Since the beginning of this year, we have welcomed Emily Schultz and Brian Enriquez, Lloyd and Leslie Zide and last, but not least, Joel and Kathleen Sinkin. We hope that all of our new neighbors become involved in the community and enjoy living here for many years to come.

Harvey Baron's Early Bird Special



By now most residents have become familiar with the new electronic directory at the gate, and are finding it more efficient than the old one with very convenient guest cards. Many thanks go out to the board for a job well done, with outstanding work by Don and his wife, Anna, with additional help from Jake Kamp.

There are quite a few original owners and for them we feel an update on former friends is warranted. Anna May Ervolino is in touch with Mary Lou Blute. She and Ed (a great golfer) moved to Texas. Ed passed away 10 months ago. Her brother, Msgr. Jim Balint, a former B.I. resident, came to visit in Boynton Beach and was killed in a tragic car accident on Mar. 11th. Our hearts go out to the family...

Recuperating on our island lessens the pain: Marge Adler, from a fractured foot, Ruth Snyder, recovering from a back operation and Harvey Schwartz is still gaining some of his strength following an unexpected operation.

(continued on page 12)

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

Good news from Marge Adler -- 2 of her great-grandsons celebrated bar mitzvahs (Sean in May and Elijah in June) and her granddaughter, Amy, became engaged to Dan Oran with a November wedding planned. Marilyn and Shelly Felds' granddaughter, Leah Reiner, was married to Ben Mayhew on May 15th. Congrats to all!

Waterford Watch

By: Pat B. and Rose D.

Where did the month go??? We are back to share some of the Waterford happenings of the month with you. Before we start, we hope everyone enjoyed the holidays (Easter and Passover) with family and friends.

Roz Klein had surgery and is recuperating at home and Patti Van Brunt is feeling better after her recent illness. Our best wishes for your good health, ladies.

We learned that Dick and Judy Weiss have sold their home as has Charlie and Terry Marino. We wish them good luck and happiness in their new dwellings. It is always difficult to see old friends leave but life goes on and we do what we must.

We are sorry to inform you that there have been some recent break-ins (the Hamptons and Cam-

bridge). We were advised by the Police Dept. to keep our garage doors closed and make sure our doors are locked at all times. Another suggestion was to LOCK CAR DOORS when they are parked on the driveway. The thieves help themselves to garage openers, cell phones, coins and/or anything of value unattended in the car. Please be vigilant.

We want to welcome our newest homeowner, Joseph Giangreco; hope to see at the pool.

Bernice Friedman and Sidell Lavine report that the social committee's trip to the movies of Del Ray to see "Don Quixote" was most successful. The movie was outstanding and enjoyed by all. A late lunch at the Terra Fiamma restaurant followed. Thank you, social committee.

Bobby Zdatny is pleased to share with us her grandson, Sam Zdatny, has graduated from the U. of Edinburgh, in Scotland. Her other grandson, Alex, graduated for Ryder College in N.J. Congratulations to the graduates and proud grandmother.

Selma and Charlie Goldstein traveled to Cape Cod to attend the destination wedding of their grandson, Joel Singer, to Sara Peck, in April. Sara is a Mathematics teacher in Fairfield Wade H.S. and Joel is pursuing his doctorate at UMASS, Dartmouth. FLASH - just received word that Joel has successfully defended his dissertation and we can now call

(continued on page 13)

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WATERFORD WATCH ... (continued from page 12)

him, Dr. Joel Singer. Congratulations. Best wishes to the young couple and their families.

Mattea Marks, Gloria Miller's granddaughter, has created a Social Media Awareness program for the elementary schools. Her dedication and ingenuity was recognized with the Award for Outstanding Contribution, presented to her by the Collier County School District. Well done! We share your grandmother's pride.

Sharing is caring we wish our Waterford family a **HEALTHY, HAPPY SUMMER!**

P.S. Correction: Please! Best wishes for a speedy recovery to LIZA Nash.

Hello From the Hamptons

By: Nancy Rosenstein

Hi Hamptonites!

Barbara Whitelaw has a beautiful gardenia bush that she planted from a baby 22 years ago. Bring your own scissors and take a sample. The fragrance is unbelievable. Put one behind your ear and play Billie Holiday.

The Whitelaws have a string of great news and accomplishments regarding their family. Grandson Maxwell Levinson is graduating from George Washington U. Grandson Elias Levinson has a gig at the U. of Vermont. Grandson Philip Ruderman continues his studies in China. Granddaughter Stephanie Whitelaw is attending the U. of Barcelona. Grandson Asher David of Monsey, NY will be attending Yeshiva Shaarei Arazim H.S. in Spring Valley, NY. Willie IV is graduating from a school in Little Rock, AK and best baby, David Whitelaw, has hit his eighth-month birthday. What great news and nachus for the Whitelaws!

Congratulations to Nancy Rosenstein for once again hitting the mark in *Aberdeen On Stage*. She closed the show with a rendition of "If you could see me now" from *Sweet Charity*. This is her third performance in an Aberdeen show, this time was held at the Park Vista Theater at Park Vista H.S. There were 700 people in attendance and we had rave reviews.

There are more Honor Flights leaving from Palm Beach. They honored the World War II Veterans, and have started with Arlington Cemetery, the Tomb of the Unknown Soldier, and then on to the Korean Veteran Monument. Harry Rosenstein will be joining them sometime in the fall, as he was a Tank Commander in the Korean conflict, and served honorably. He is too modest to tell people that he was awarded 2

Bronze Stars. Good luck to all who served!

I understand that the Hampton Social Committee is planning some great events for the upcoming season; as soon as I am notified, you will hear about it.

I am asking one and all to please send me any events or newsworthy items so that you can make our Hamptonites aware of what's happening.

Have a great summer - everyone!

Circling The Coves

By: Mary Chuzi

Yet another successful, bustling, activity-filled "season" has passed in The Coves. I will miss my many "seasonal friends"; however, as is always the case, the lazy, hazy days of summer arrive with bonuses. There is less traffic, and premier seating in restaurants is available, Morning tee times are easier to reserve. More best sellers line the shelves at the library, and even Walgreens has items in its weekly brochure well-stocked on the shelves. All that and more is our reward for enduring the heat and humidity.

Year-round residents don't sit idle, however. H & H haters just head to indoor card games, family gatherings, deliciously cool movie theaters, libraries,

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CIRCLING THE COVES ... *(continued from page 13)*

galleries, cultural centers. They enjoy these wonderful 3 months at a less chaotic pace. Outdoors people love cool early mornings on the courts and the links and at the pool; also, now that daylight continues far into the evening, it's a perfect time to wind down at those same venues. Trying on year-round residency "for size" are our new residents: Shelia Talbert (Bldg. 4), Blase and Joanne Capasso (Bldg. 1), Theodora and Gregorio Cervantes (Bldg. 1) and Gary and Tracy DiBelardino (Bldg. 3). We welcome them and hope they enjoy our friendly community.

As we take our summer hiatus at the Aberdeen Times until October, I'd like you to think about the fact that, aside from the Isles, which was not part of the original East Aberdeen master plan (original documents platted that area as a passive park), the Coves is the youngest community in Aberdeen East; however, since construction was completed with Bldg. 8 in 1990, even WE are over a quarter century old. We continue to have our share of "growing pains", (or aging pains), which is a good thing, because if we were not growing and changing, we would not be as valuable to our heirs nor new buyers and residents. We are comprised mainly not of apartments nor rental properties, but instead we are ONE OWNERSHIP ENTITY -- The Coves of East Aberdeen. The rules and regulations apply to all, as do the benefits of shared expenses. Please treat all entities from dumpsters to dogs, speed limits to signage, and parking to plantings as affecting YOU. Help others enjoy the benefits of condo life by "playing fair," and living within our few guidelines.

A few reminders as summer approaches. Our nearby students and skateboarders who enjoy all the facilities of Park Vista, and the Skateboard Park at West Boynton are OUT OF SCHOOL. To avoid any vandalism issues, park your locked cars in your designated spots FACING your building so that Sheriff's deputies can see your rear license plate as they drive through. This is a regulation throughout

the area; it is not a frivolous request. Also, due to the many guests and new residents, if you own a second vehicle, please park it facing the east or west berms so residents can permit their actual guests to park in nearby guest spots. Your cooperation is appreciated. Last, but not least, hurricane season has arrived. In addition to having a plan for when torrential rain and wind lash your unit or for possible power outage of several days, those of you who have placed plants, pots, wind chimes, lawn decorations and solar lighting outside your units, **MUST REMOVE THEM** when a Hurricane Warning is issued for Palm Beach County. These personal items can become projectiles and a liability to our homes during a hurricane and can cause severe damage to other units as well as your own.

In the meantime, enjoy your summer, patronize our advertisers, stay active yet cool, and look forward to the Aberdeen Times again in October. The publishing staff, under the experienced leadership of long-time editor, Ruth Krawitz, continues to do a fantastic job. Submit your summer doings to me at phcmhc@comcast.net, and have your experiences highlighted in the Fall issue.

Until October, Happy Summer everyone!



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Moorings Matters

By: Eileen Hahn

Is there a message here? My first article was the April fools issue and my second article after editing became invisible ink. Of course, I do not have a copy, because the minute the printer works, my greatest pleasure is hitting DELETE.

The political season ended in the Moorings with a dance called the "shuffle" as Jane Halley became vice-president and John Unger assumed the presidency. Alfred Lubell was re-elected treasurer, while he and Marilyn were testing another cruise for stability. Jack Miller was appointed to the board, replacing Richard Bond.

Our snowbirds have slowly flown the coop, but Linda Pagoulatos and Carol Hyndman were soaking up our Florida's Sunshine at the Isles pool to take north with them. Happily next year, our renters, Cheryl and Mike Kreps will return and Eve and Milt Goldshein will be permanent residents in July. Travel has begun and Mitzi Licht and Simon Glastein had a short jaunt to Aruba to be with his family and Helen and Joe Fradella flew to NY to see their kin.

Harriet Fishman had a farewell party before her

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daughters whisked her off to California for R & R. May our long-time resident, Ralph Chalmers, RIP.

Since this is graduation season, I had asked for more input in last month's invisible article, so anyone omitted, I would still like to hear from you. Jane Halley's granddaughter is graduating and off to college. Laura and John Unger's grandson, Jacob, is going to the U. of Arizona in Tuscon and Sally Wallet's granddaughter, Kayla, will be at the U. of Virginia. Eileen and Joe Hahn have a double occasion, grandson, Peter, is graduating from Tulane medical and beginning residency at Long Island Jewish and

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MOORINGS MATTERS ... (continued from page 15)

grandson, Stephen, is beginning at Tulane on an academic scholarship. Marcia and Jerry Kopelman's grandson has so many scholarship that he can't decide whether it's Alabama or Tennessee, but meanwhile, Marcia has enrolled at Palm Beach State College going for her AA degree. Lola Greenberg has the best of both worlds for her granddaughter, Gabrielle is graduating from UCF and she was lucky enough to have her great granddaughter visiting here.

Have a wonderful summer and remember it gets hot all over and we will cover vacations in October, so keep me informed - I'm in your directory.

Sterling Lakers

By: Sheila Hyman

We won't be having summer bulletins, so I'd like to wish everyone the best summer. If we are lucky, we will not have any unfriendly hurricanes. Those who vacation in the summer, have safe goings and returnings.

Our summer birthday list includes Leah Bulger for July, Ruth Katz, Sandy Simelson and Carol Wallach

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for August.

I am so happy to tell you we will have 2 sets of new neighbors. The family that bought the Pollacks home hail from Canada. They have a cute dog: watch out Sophie, you have competition! And we have Amy Hastings and Eric Strom from Binghamton. They too will be snowbirds. Some families are very lucky that their children wish to move near them. Amy's parents live in Aberdeen. Amy and Eric bought Zina's home, but Zina will still be nearby, in the east of Aberdeen.

I am pleased to see that the tree trimmers are here taking off loose limbs and pruning the tress. I understand that we have a new irrigation company for our community. Hope this one works better than the last one.

Congratulations to Rachel Levy Montalbano, who will be attending Ohio State U. in Columbus, OH after graduating from Syracuse U. in May 2016. Her master's degree program will be in medical nutrition. Her proud grandparents, Renee Engel and Isaac Levy, are happy to share this info with all of you.

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Bleacher Seats Splinters

By: Rob Tanenbaum

As my passion and occupation, sports has been a dominant element in my life. Yet the transformation of sports from live entertainment to big business evaporates much of the joy.

Every sport has been affected by dollar signs. Every level of every sport suffers. It's not just professional sports anymore. College sports are cancerous. International soccer is a shameful example of how money tarnishes athletics. The Olympics are a sham of individual and national cheating and have been since Hitler and Avery Brundage poisoned them in 1936. And high school and youth sports are being corrupted by money as well as overzealous parents looking to produce superstar kids and live off them.

As a fan, I remain seduced by the often-compelling human drama that often evolves. This spring's Masters golf tournament is an example. I'm still hooked on baseball, European soccer and golf. But I rarely watch basketball, tennis and hockey anymore and I really hope to cast aside football.

My biggest gripe is with baseball. My attitude is that baseball should know better. It's the team game that led the sports revolution in the 1920s when



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boxing and horse racing were the major competitions. Baseball gave us the World Series so America could always think it was best. Baseball gave us Jackie Robinson so America could always think it wasn't racist. Baseball gave us numbers like 56 and 60 and 511 and 714 that became ingrained in Americana and set metrics for our lives well before we knew the word "metrics."

Now what does baseball give us? Mostly cheaters. Yes, there were cheaters 100 years ago too. The pitchers threw spitballs. The batters altered their bats. The runners sharpened their metal spikes. But those were insider deceptions and the players governed themselves -- mostly by pitchers throwing beanballs or an occasional free-for-all fracas on the field.

Today's cheaters alter their bodies and dishonor the game, its numbers and themselves. And, of course, they could care less. They still get more money each year than most of us see in a lifetime.

The most recent cheater to be unmasked is Dee Gordon. South Florida baseball fans, no matter whom they root for, know him well. He plays second base for the Miami Marlins. We all were so proud of him on the last day of last season when he beat out bad-boy superstar Bryce Harper for the National League batting championship. Yes, Dee, the son of major league pitcher Tom Gordon from Avon Park, FL, which is about two hours away by car, took performance enhancing drugs (PEDs) so that his 170-pound body was strong enough to win a batting title. Then he signed a \$50 million contract during the off-season and, having scored the big money, foolishly continued to cheat, thinking he couldn't get caught.

Gordon, in reality, ain't so stupid. He'll be docked a pittance for the standard 80-game suspension. Current major leaguers Nelson Cruz, Jhonny Peralta, Melky Cabrera and Bartolo Colon also signed enormous contracts after being outed as PED-users. When Gordon returns to the Marlins lineup on or after July 28, he'll be greeted as a hero as were Alex Rodriguez,

(continued on page 18)

BLEACHER SEATS ... (continued from page 17)

Barry Bonds, Mark McGwire and Sammy Sosa, all among the large group of superstar cheaters.

The baseball owners and the union talk a good game about stamping out cheating but, in fact, they condone it, allowing these players in the game and a path to the Baseball Hall of Fame. Baseball also offers a convenient excuse for the players to cheat. Did you realize that baseball squeezes each team's 162-game schedule into a 183-day date range? And the scheduling also includes many multiple-time-zone road trips without a day off. Man, doesn't your heart bleed for these entitled brats - especially considering that the average baseball salary today is above \$4 million?

This situation of cheating-pays is going to get far worse in sports. In fact, it's already a disaster in pro football. Who's going to do something about it? The players and owners? No way. They're making too much easy money. The government? Well, Congress has stuck its nose in big business sports in the past but just enough so be repelled by the hideous odor and duck into a dark corner.

There's only one group that can save sports from itself and it's you and me. Enough fans have to be a Howard Beale and raise the window and shout, "I'm mad as hell and I'm not going to take it anymore." Enough fans have to stop going to games, watching games on cable or buying licensed gear so the money-grabbing Ivy-educated MBAs and lawyers in the Commissioner's office and the sports networks get the message.

The odds of that happening are greater than me taking PEDs and winning a batting title. Yet, if such a grassroots movement of angry, aware fans was started, I promise you I'd be the first to join. Passion be damned.

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(continued on page 19)

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Bridge - Try It, You'll Like It

By: Lew Roth (Sheffield)

The Play Of the Hand Unblocking

Three ways to get extra tricks are called "Hold-Ups," "Unblocking," and "Ducking." Last month we talked about Hold-Ups. This month we will discuss Unblocking. Next time, we will get into Ducking.

Unblocking is all about being in the right place at the right time. As Declarer you want to be able to take all the tricks you are entitled to without getting stuck in the wrong hand. Let's take a simple, but familiar, situation to begin with. Disregarding the rest of the



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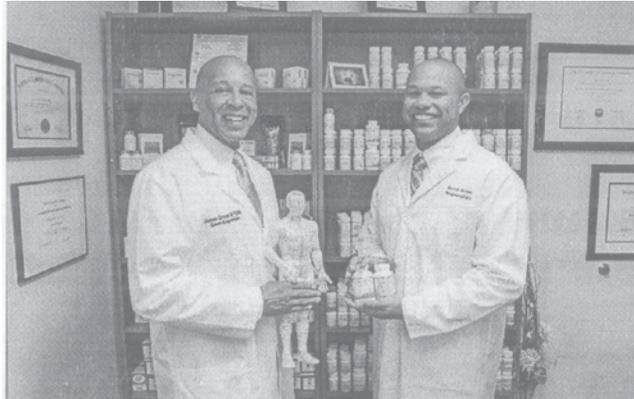
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hand, lets assume you have the following in clubs:

- Dummy
- ♣K Q J 3
- Your Hand
- ♣A 7

You must play the A first and then the 7 or you will be stuck in your hand with no way to get the rest of the Clubs. This type of Unblocking should also used in the following situation:

- Dummy
- ♣A K J 4
- Your Hand
- ♣Q 6

In most situations where you have a solid or nearly solid suit divided between you and the Dummy, it is critical to plan the play so that you exhaust the hand with the shorter number of cards before getting to the hand with the longer number of cards in that suit.

Another interesting use of Unblocking is when you have a singleton honor Let's look at the following

(continued on page 20)

BRIDGE ... (continued from page 19)

hand:

DUMMY

- ♠ 10 3
- ♥ A 8 2
- ♦ 7 5
- ♣ A K Q 9 5 2

WEST

- ♠ K Q J 7 6 2
- ♥ 7 3
- ♦ Q J 10
- ♣ 8 7

EAST

- ♠ 9 8 5
- ♥ K 9 6 4
- ♦ 9 8
- ♣ 10 6 4 3

YOUR HAND

- ♠ A 4
- ♥ Q J 10 5
- ♦ A K 6 4 3 2
- ♣ J

You are playing 3 No Trump. West opens the K of spades. You can duck, but it won't make any difference if you or don't. If you do, he will simply play the Q next and you will have to take it with your Ace.

You now have to decide if you want to establish

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the clubs or the diamonds. You have 8 diamonds and only 7 clubs. But, the clubs, if properly planned, can give you 6 tricks. The diamonds at best can only give you 5. Look again at the Diamonds. You must give up one diamond to establish the rest. Because you have 8 there are 5 outstanding all of which are higher than yours, after you take the A and the K. When you give up that diamond, the opponents will take their spades and you will go down. So, we need to establish all the clubs.

(continued on page 21)

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BRIDGE ... (continued from page 20)

Immediately, you must play the J of clubs. Now, how do we get to the rest of the clubs. Well, the A of Hearts looks like a good entry ... but look at all those heart tricks you can get of the K is onside. Well, if you're an optimist, you can finesse the K of hearts by playing the Q and letting it ride. As it happens, East will win the K and start in on the spades and down you go.

Or, like me, if you are Unlucky Louie, you take the Ace and play down all the clubs and make your contract. This assures the contract but is not always the winning board.

Another "Unblocking" technique is unblocking by discarding. Let's look at the following situation. Assume you have no other entries in the Dummy except those in this suit:

	Dummy	
	A K 8 6 4 2	
West		East
J 5		Q 7
	Your Hand	
	10 9 3	

You must be careful to start off by playing the 10 and not the 3. You might need it later to get to the

Dummy. The 10 is covered by the J and you win with the Ace. East, of course, plays the 7. Now you play the K and the Q falls. You must be careful to discard the 9 or you will stuck in your hand with no way to get back to the Dummy.

Do not be a careless player. Don't get caught in the wrong hand at the wrong time. Unblock!

Didja Know?

Submitted By: Pat Bergrin (Waterford)

1. A leap second was added to the world's clocks on June 30. The Earth takes 0.002 seconds longer than 24 hours to make a full rotation, so an extra second is added every few years to keep real-world clocks in sync with atomic clocks.

2. A wannabe thief chose the wrong victim when he snatched Serena Williams' phone from a San Francisco restaurant-only to be chased down by the tennis superstar in the street. "He began to run but I was too fast," she reported. On her return to the restaurant, she got a standing ovation.

3. Scottish-born Rabbi Mendel Jacobs unveiled the first kosher Jewish tartan registered with Scottish authorities. The plaid, made without linen to avoid

(continued on page 22)



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DIDJA KNOW ... (continued from page 21)

rabbinic prohibitions on mixed garments, is made up of colors from the Israeli and Scottish flags.

4. Beginning on Sun., Apr. 10, the price of a first-class stamp drops 2 cents, to 47 cents. The reduction is the result of an expiring surcharge that had been put in place in Jan. 2014 to help the Postal Service recoup \$4.6 billion in losses dating to the Great Recession.

5. The U.S. now has the 2nd highest number of Spanish speakers in the world. There are nearly 53 million Spanish speakers in this country, putting it ahead of Columbia (48 million) and Spain (46 million) and 2nd only to Mexico (121 million).

6. Kobe Bryant of the L.A. Lakers, ended his Gear career on Wed. night, Apr. 13, 2016. In his final appearance on the court, he scored 60 points.

7. A Japanese maglev bullet train has broken the all-time speed record for rail vehicles, hitting 366 mph on a test track. By comparison, the fastest train operating in the U.S. is Amtrak's Acela, which tops out at 150 mph and averages 68 mph on its Washington-to-Boston run.

8. French homeowners, in France's Toulouse region, thought they'd fix their leaky roof which led to

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an amazing discovery. A painting, believed to be the work of Italian master Caravaggio, was found in a sealed off part of the attic. If authenticated, the painting worth could be estimated at \$136 million.

9. Franchising isn't cheap. It costs as much as \$263,000 to open a Subway franchise, plus a \$15,000 franchise fee. Taco Bell, which plans to open 2,000 new franchises by 2023, requires anywhere from \$1.2 million to \$2.5 million in total investment to get started.

10. Americans spent \$70 billion playing lottery games in 43 states. At an average of \$300 per adult, that's more than was spent in all 50 states on sports tickets, books, video games, movie tickets and recorded music combined.

The Brisket Brigade

By: Bea Lewis (Lancaster)

I must confess, I never cared much for brisket, the fatty part of the cow that for centuries Jewish home cooks have embraced for holiday dinners and celebrations.

Still, I knew - well before I became a widow - that in order to win the heart of a potential mate, significant other or lover, I would need to be a brisket-making maven. But, I wondered, where did this written-in-stone tradition come from? Especially since (these days) we are well aware that eating too much artery-clogging cholesterol should be off limits for any potential partner beyond a certain age.

According to legend, the tradition comes from the Eastern European "shtetls." When a widow learned that a man in her town had lost his wife, she'd swiftly go to her stove to cook up a pot of care and concern. You could compare this activity to a fisherman who tosses his rod into the waters with the hope that he will reel in a big fluke or tuna.

The difference, however, between the fisherman and the widow who cooks a brisket, is that a fisherman

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BRISKET BRIGADE ... (continued from page 22)

can afford to be patient. But unlike the fisherman-who can sit and wait - speed is of the essence if the widow wants to beat out her competition. Even back during "shtetl" days, the ratio of widowed women to men was way out of balance. And today it's even worse. In fact, a recent US census, reported that of the 13 million widowed-folk over the age of 65 - 11 million are women.

But why a brisket? Well, back in the olden days, when meat was scarce and expensive, bringing a brisket to the grieving widower meant that, when it came to his well-being, no expense had been spared. The money the widow spent on the meat was kind of like an investment we'd make in today's world. It's like the once-safe bet of purchasing a tax-free interest-bearing bond. It's an even better idea, some would say, to invest in our children's education with hopes that they will (and will be financially able to) take care of us in our old age.

While I now understand where this brisket-roasting tradition came from, I needed to know why the custom is so often referred to as the "Brisket Brigade." I think I finally found the answer. One day, as I sunbathed in my backyard, a swarm of ants came crawling to feast on the crumbs I'd dropped on the patio from my oversized Dunkin' Donuts muffin. They marched swiftly-methodically in lockstep formation - and knew exactly what they were doing. They were organized and determined, much like well-drilled soldiers who were out for the kill. These little guys knew (like the savvy widows of today) that the first in line had the best chance of beating out the others.

But these days, just bringing a widower a cooked brisket might not be enough to defeat the competition. You need an edge. A friend of mine who is a widower, told me recently that along with the directions about how to reheat his meal in a microwave, one widow had added her phone number along with a picture of herself that had (obviously) been taken decades



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earlier.

Since I don't like making brisket (never did - never will), I guess I need to find another way to make my mark on a man. I could bake a batch of my marvelous nut-studded Jewish cookies called "mandelbread" (but, for the men who wear dentures, I would leave out the nuts).

If neither my cooking nor baking skills would fit the bill, I guess I will have to depend on my good looks, warmth, charm, wit, charismatic and fun-loving personality - to hopefully - win the heart of a very special man.

Ask an Ombudsman

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

Sponsored by: Sam Golden, Ronnie Ostrow and Pauline Ogun Aberdeen's Certified Ombudsman

Q: Who runs the Ombudsman Program?

A: Florida's Ombudsman Program is administered by the Florida Department of Elder Affairs. The State Ombudsman is responsible for the overall functioning of the program. He does so through 17 district offices located throughout the state. A District Ombudsman Manager runs each local office. However, the Ombudsman Program relies on volunteers to carry out the program's mission of advocacy. The Ombudsman Program has over 300 certified volunteer ombudsmen ready and willing to advocate for long-term care residents.

For more information about the Ombudsman Program, visit the program's website at <http://ombudsman.myflorida.com>

Q: Can I volunteer with the Ombudsman Program? Are there any prerequisites to become a volunteer ombudsman?

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ASK AN OMBUDSMAN ... (continued from page 23)

A: ABSOLUTELY! The Ombudsman Program is always seeking volunteers to help advocate for residents! Interested applicants can submit an application, which is found on the program’s website, or by calling 1-888-831-0404.

Although prior professional experience is beneficial, one does not need experience in any particular field to become a volunteer ombudsman. You will receive all the information you need to know about advocating for long-term care residents during your certification training. As a certified ombudsman, you will also have the support of your local district office at any time.

Ms. Stania Rodriquez is the regional manager for Palm Beach Council Long-Term Care Ombudsman Program.

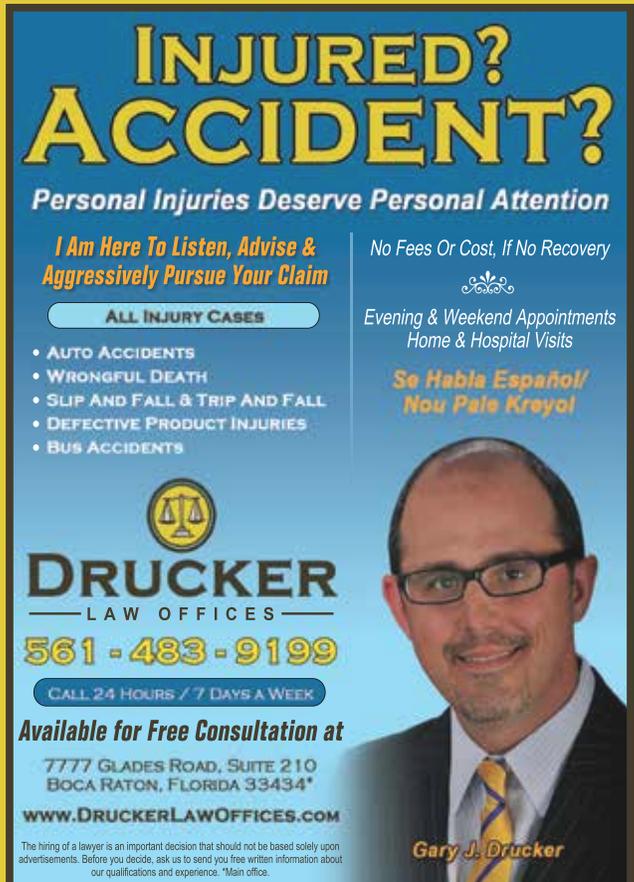
To ask for an ombudsman’s assistance, learn more about the program, or to become a volunteer ombudsman, toll-free at 1-888-831-0404.

Trivia

Submitted By: Pat Bergrin (Waterford)

1. Which of the Wright brothers flew their plane based on the toss of a 50-cent piece?
2. Who was the 1st man to orbit the Earth?
3. Who was the 1st U.S. president to appear on TV while in office?
4. What’s the smallest bird in the world?
5. Who said: “When I’m good, I’m very good, but when I’m bad I’m better”?
6. Who was the Sarong Girl?
7. How many were in attendance at the Last Supper?
8. What’s the basic flavoring of Kahlua?
9. What are the 4 railways in Monopoly?
10. What does a horologist measure?

(answers on page 34)



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Historic Event: Part 2. Opinions on Sinking of Battleship MAINE

By: Mickey Gussow (Waterford)

At 9:40 PM on the night of Feb. 15, 1898, the American battleship USS MAINE exploded and sank quickly in the harbor of Havana, Cuba. The sunken ship was standing upright on the bottom. Its stern superstructure was above the water with the mainmast nearly vertical; amidships was a twisted wreck; and the forward part, about one third of the ship’s length, was completely below the water.

There were 2 possible explanations for the disaster: the ship had been sunk by an accident or by a deliberate act. If it were an accident, the commanding officer Captain Sigsbee had to explain how it occurred on board since he was responsible for the safety of the ship. If it were a deliberate act performed by the crew, Sigsbee was still responsible. However, if the act had been carried out by the Spanish authorities in Cuba, by dissident Spaniards acting against their government, or by Cuban insurgents, Spain then was

(continued on page 25)



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HISTORIC EVENT ... (continued from page 24)

at fault because she was responsible for the safety of the ship in the harbor provided the ship obeyed port regulations.

If the explosion originated inside the ship, then the sinking was probably accidental and Spain was guiltless. If the explosion originated outside the ship, then it probably was deliberate and Spain was to blame. Given the strained relations between the U.S. and Spain, determining the cause of the disaster was a very serious matter.

Politics became rampant as to what sunk the MAINE. The Spanish Minister of Colonies cabled "...it would be advisable for Your Excellency to gather every fact you can to prove the MAINE catastrophe cannot be attributed to us." Captain Sigsbee cabled Secretary of the Navy, John Long: "Probably the MAINE destroyed by mine, perhaps by accident. I surmise that the berth [moored to a buoy] was planned previous to her arrival, perhaps long ago. I can only surmise this."

In Washington, people were taking positions even when there were no technical facts upon which to base a conclusion. Some who felt the U.S. should stay out of Cuba were certain that the MAINE was destroyed by an accidental explosion. Their view was that the Spanish did not have an opportunity to sink the ship. And others who believed the U.S. should intervene were convinced that the Spanish had destroyed the ship. They were confident that adequate precautions were taken by the Navy to make an accident impossible. With no knowledge of technology, Secretary Long was inclined that the cause was an accident because he viewed that a modern warship with explosives was liable to sudden destruction.

Popular opinion was fanned by inflammatory articles blaming Spain printed in the "Yellow Press" by William Randolph Hearst and Joseph Pulitzer. The

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phrase, "Remember the MAINE, to Hell with Spain," became the rallying cry for action. Yellow Press is considered unprofessional journalism by presenting little or no legitimate well-researched news and instead using eye-catching, sensational headlines to sell more newspapers.

The sinking of the MAINE was the dominant topic of discussion in the Navy bureaus. Possibility of an accident seemed to have the most adherents. Lieutenant Frank Fletcher on duty at the Bureau of Ordnance wrote that "...Everybody is gradually settling down to the belief that the disaster was due to the position of the [ammunition] magazines next to the coal bunker in which there must have been spontaneous combustion." Engineer-in-Chief George Melville suspected a magazine explosion.

Phillip Alger, the Navy's leading ordnance expert, in an interview published in the Washington Evening Star on Feb., said: "When it comes to seeking the cause of the explosions of the MAINE's magazine, ...the most common cause of these is through fire in the bunkers...I shall again emphasize the fact that no torpedo to our knowledge can produce an explosion

(continued on page 26)

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of a magazine within." He also pointed out that a fire on board the CINCINNATI's coal bunker actually set fire to the fittings and wooden boxes within her magazine. He predicted that if the fire had not been discovered in time, the result would have been an explosion similar to one on the MAINE.

Assistant Secretary of the Navy, Theodore Roosevelt, was upset. He was convinced that there had been no accident. Roosevelt, therefore, considered Alger's comments very disturbing because he was taking the "Spanish side."

Roosevelt was concerned that such views would weaken the Navy's standing before Congress. He was shocked to hear some Republican congressional leaders state that the MAINE disaster demonstrated the U.S. must stop building battleships. Roosevelt argued that the advanced naval powers also had accidents and that the loss was the price the U.S. paid in its role as a great naval power.

Note: Primary reference is HOW THE BATTLESHIP MAINE WAS DESTROYED by Admiral Hyman G. Rickover, 1976.

Be Active to Avoid Spinal Problems

Submitted By: Luis A. Torres (Ashford)

Exercise gives you the muscle tone needed to support your back and keep it pain-free. Your bones are suspended in air and need the strength of your muscles and ligaments to keep them in place. Keeping your back tight and strong with exercise will help you avoid back pain.

Cardio-vascular and strength exercises are great, but don't forget yoga and stretching, which are also important. Performing abdominal and back exercises will go far in helping to keep your spine healthy. These exercises are simple and can be performed in 20 to 30 minutes as part of a daily routine.

If your back and abdominal muscles are not in good shape, additional pressure can be put on the spine, which is already under the stress of supporting your entire body. When these muscles are well-maintained, they help support the spine and minimize the chance of injury. According to the American College of Sports Medicine, exercise is therapeutic.

Neck stretches, including bending and extension/range-of-motion exercises, are just a series of simple

(continued on page 27)

BE ACTIVE ... (continued from page 26)

side-by-side, up-and-down and ear-to-shoulder stretches that can dramatically improve the health of the cervical spine.

Using light weights to improve posture and performing some yoga poses like downward dog, which opens up the chest and stretches the spine, can also improve spine health.

Push-ups can strengthen the spinal and postural muscles as well. Through awareness of posture, exposure to exercise, people can strengthen and condition their spines and create overall well-being in the process.

By Dr. Charles S. Theofilios, Board Certified Surgeon at The Spine Center, Palm Beach Gardens Published in the Palm Beach Post, 1/17/16, Health and Beauty Section

Life is Good

Submitted By: Lew Roth (Sheffield)

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The people I hang around with are not scared of getting pregnant.

And I don't have acne.

Life is great.

I have more friends I should send this to, but right now, I can't remember their names.

Safe Fun in the Sun This Summer!

Special Edition of Palm Beach Post

Check out these safety tips so your fun-filled season doesn't include a trip to the hospital emergency room.

Keep your cool, and drink lots of water to avoid heat-related illness.

Don't wait until you're thirsty to drink. Heat cramps, often caused by dehydration, can progress to heat exhaustion and potentially fatal heat stroke.

To protect yourself against the heat, stay indoors as much as possible, wear loose-fitting, lightweight clothes; eat well-balanced, light meals; and avoid

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Be water wise.

At the pool, swim under lifeguard supervision and obey all rules. Stay away from water intakes, drains or filters in pools and hot tubs since long hair or clothing could become entangled. At the lake, river or beach, swim only in designated areas.

Don't dive into shallow water and risk neck injuries or paralysis. If you get caught in an ocean current, swim parallel to shore and wait for the current to lessen. Remember that alcohol and water

(continued on page 28)

SAFE FUN ... (continued from page 27)

don't mix when it comes to swimming, diving and boating.

Bake a cake - not your skin.

Try to limit sun exposure during peak times (generally 10 a.m. to 4 p.m.) and apply sunscreen at least 20 to 30 minutes before you hit the beach or pool and reapply every two hours. If you do have sunburn, try taking a cool bath or shower, applying aloe gel or other soothing lotion, or taking aspirin or ibuprofen to reduce inflammation.

Redness and pain associated with sunburn may not appear immediately, but you could feel the effects of blisters and peeling skin for days. Severe reactions, which can include fever, chills, nausea or rash, may require medical attention.

Have fun throwing the ball, not throwing out your back or shoulder.

Before you start exercising to get in swimsuit shape, check with your doctor, then make sure you have the right equipment, including properly fitting shoes.

Start slowly to avoid overuse injuries such as tendonitis and be sure to drink lots of water.

Don't forget warm-up and stretching exercises. And, if you overdo it, first aid begins with the acronym P-R-I-C-E.

- Protect the injured area by not using it
- Rest the injured area
- Ice the area to limit swelling
- Compress the injured area with a wrap
- Elevate the injured body part

Next, pass the salad please - but hold the salmonella, shigella and E. coli.

Food poisoning can ruin a good time, so watch what you eat. Cook meat, poultry, fish and shellfish thoroughly and make sure prepared salads (such as egg, tuna, potato or chicken) are not left out at room temperature for more than two hours. Don't eat raw oysters or undercooked mussels, clams or other seafood. Wash fruits and vegetables carefully. Avoid eating raw or undercooked eggs. Common signs and symptoms of food poisoning include abdominal cramps, diarrhea, nausea, vomiting and fever.

Enjoy a juicy slice of watermelon, dive into a cool pool and build your best sandcastle. You can't remove all the risks, but by putting safety first and following a few simple steps, you can enjoy your summer and make lots of happy memories.

And if an accident does happen, emergency rooms at Tenet Florida hospitals are available 24 hours a day to get you and your family back on track for summer fun.

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The Alzheimer's Conference

By: Sheila Hyman (Sterling)

We are very lucky here in south Florida to have learned and proactive people in our government positions. At the recent conference, we heard from Matt Hudson the speaker pro tempore of the FL State House of Representatives. He has been personally affected by A.D. and he has been our champion for the Alzheimer cause in our state government. He told us that our state has allotted \$5,000,000 for Alzheimer help this coming year.

We also heard from Samuel P. Verghese, who is the Secy. of the FL Dept. of Elder Affairs. We are so privileged to know this organization is helping us in so many ways. There is a R.V. going around Florida to low income areas to help in diagnosing people with A.D., and to begin in their care if so diagnosed.

Almost 2/3 of Alzheimer patients are women. A.D. is the 6th largest cause of death in the U.S.A.

One is three seniors die from A.D. or dementia.

If anyone is interested in going to the Alzheimer Community Care Educational Conference in the future, you can call ACC at 561-683-2700, or visit www.alzcare.org.

We are so fortunate here in south Florida to have ACC in our own backyard. This organization has day care centers and support groups and nurse consultants. There is a 24 hour crisis line 1-800-394-1771 for emergencies. They can also provide an ID locator bracelet for a lost member of the family. And their newest endeavor is lo is lost on foot. If your loved one walks away and gets lost or drives away, they can be located.

Please avail yourself of their help if you are in need.

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Be Vigilant for Signs of Basal Cell Carcinoma

By: Dr. Keith Roach - To Your Health

Question: I am fair-skinned and have had sunburns in the past, so I have been diligent about looking for rough, scaly skin patches that might be melanoma. But I had not read anything about watching for a pore that bleeds, heals and bleeds again. I have a place like that on my nose and just thought it was thin skin. There was no bump, no redness, no scaling; just occasional bleeding. Then it would heal and everything seemed fine. Now I find out from my dermatologist it is basal skin cancer. It grows down into the skin, and I will have to have Mohs surgery to remove the cancer and plastic surgery to repair it.

I want everyone to know to watch for this kind of symptom and get to a doctor immediately if the have it. - W.R.

Answer: A basal cell carcinoma is a skin cancer, probably the most common among light-skinned people. As you note, sunlight is the major risk factor, although sunburns aren't necessary to develop BCC.

BCCs can appear in several different forms. They
(continued on page 30)

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BASAL CELL ... (continued from page 29)

often appear as a nodule on the face, with dilated blood vessels that can bleed and ulcerate (causing a shallow pit). On the trunk, they can appear as a superficial red patch. They also can appear as firm, deeper, scar-like lesions.

Because they can appear in such a varied manner. ANY new skin lesion, especially in a light-skinned person with sun exposure, should be evaluated by a professional.

Although BBCs are rarely, if ever, spread outside the skin, they can grown locally and be disfiguring. Once one has occurred, additional skin cancers are much more likely.

Q: My daughter recently was operated on for a large tumor in her head. They called it a paranasal sinus cancer, and said it was very rare, with only a few other know cases. Can you help me know what caused this? - F.W.

A: paranasal sinus cancers usually have no symptoms until they get large enough to invade other structures, and so can be very advanced when diagnosed.

Treatment depends on the type of tumor cell, but

it usually involves surgery and may include radiation and chemotherapy.

As far as what caused it, factors that increase risk for paranasal cancers include air pollution, tobacco smoke and occupational exposures, especially for leather, textile and wood workers. Human papillomavirus may be the cause in some people.

New Ways to Reverse Fatty Liver Disease

By: Drs. Michael Roizen & Mehmet Oz - Palm Beach Post

Morgan Spurlock made his documentary "Super-Size Me" by eating nothing but food from McDonald's for a month. The consequences? His weight and LDL cholesterol zoomed up, he felt lethargic and depressed and, said one of his doctors, his liver turned into pate. Now, that might not be the standard definition of non-alcoholic fatty liver disease, but it sure paints a vivid and accurate picture of a condition that afflicts around 30 percent of Americans.

(continued on page 31)



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REVERSE FATTY LIVER ... (continued from page 30)

NAFLD is the infusion of liver cells with fat, caused by insulin resistance, obesity, diabetes, elevated triglycerides and poor nutrition. You see, as you put on weight, your body becomes insulin-INSENSITIVE. Then you can't use insulin efficiently to shuttle sugar into your cells for energy. Instead, sugar gets stored in the liver as fat - and you've not NAFLD. Although most folks with fatty liver don't develop cirrhosis or liver cancer, the risk is there.

Making lifestyle changes, such as avoiding fast food (remember Morgan!), losing weight and becoming less insulin-resistant often can reverse fatty liver. Now researchers at the University of Haifa found that there's another way to restore liver health: Doing several sets of resistance exercises using your arms, chest and legs for 40 minutes, three times a week. It measurably reduces the fat content of the liver by reducing inflammation and lowering blood sugar levels.

So get some stretch bands and hand weights, and let your liver live.



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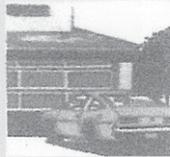
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Health Briefs

Kiwis Boost Heart Health

A multi-center study from the University of Salamanca, in Spain, has found that consuming even one kiwi fruit (*Actinidia deliciosa*) per week will significantly boost cardiovascular health. The researchers tested 1,469 healthy people throughout Spain. The volunteers were given dietary questionnaires and underwent testing for cholesterol lipids and inflammatory markers for heart disease.

The researchers determined that those that ate at least one kiwi fruit per week had significantly lower triglycerides and fibrinogen (a marker for inflammation), and higher HDL-cholesterol levels. Higher levels of HDL-cholesterol are associated with reduced incidence of atherosclerosis.

The researchers concluded: "Consumption of at least one kiwi a week is associated with lower plasma concentrations of fibrinogen and improved plasma lipid profile in the context of a normal diet and regular exercise.:

Nature's Colors Aid Focus and Accuracy

Researchers from the University of Melbourne determined that taking a quick break and looking at natural colors can significantly increase attention,

(continued on page 32)

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HEALTH BRIEFS ... (continued from page 31)

focus and job performance. The researchers texted 150 university students that were randomly selected to view one of two city scenes consisting of a building with and without a flowering meadow green roof.

The two views were experienced as micro-breaks, a 30-second period that can be taken every 40 minutes. Both groups were tested before and after viewing the scene for sustained attention spans, along with a performance test upon completing a task. Subjects that looked at the scene with the verdant roof had significantly longer attention spans and fewer errors in doing their tasks.

Mercury Use Linked to Dentists' Tremors

A study of thousands of dentists found that the absorption of mercury is associated with an increased risk of tremors, Published in the *Journal of the American Dental Association*, the study followed 13,906 dentists for a 24-year period.

The research tested the dentists' urinary mercury levels to estimate their individual exposure. The incidence of tremors - the involuntary shaking of hands, arms and other parts of the body - among the dentists was then compared with their exposure to

mercury.

Higher exposures to mercury increased and the risk of tremors among the entire population of dentists studied by 10 percent, the increased risk among the young dentists was 13 percent.

Long, Long Healthy Living Palm Beach Post

Connie Sawyer, now 103, the oldest member of the Screen Actors Guild, appeared in a recent episode of John Oliver's "Last Week Tonight" on HBO: "I had to get to 102 not to have to audition - for once," she told the Hollywood Reporter.

What can you do to stay as on-the-ball as Connie? New research indicates that cultivating a positive outlook and using the Internet to stay in touch, learn and even exercise can make a big difference.

One recent study from the University of Toronto discovered that "people's feelings about getting older influence their sensory and cognitive functions." In other words, if you think aging is about falling a party, chances are you'll experience unnecessary problems with memory and hearing. And a Yale University study says a negative attitude about aging earlier in life increases your risk for memory-impairing brain changes when you get older.

On the positive side, another study found that older folks who use the Internet are more connected to friends and family, and are more engaged in learning - easing heart and brain-damaging loneliness and keeping cognition sharp.

Our Suggestion: Cultivate optimism by practicing mindful meditation (it relieves stress), doing for others (generosity fills the heart with positive emotions) and exercising regularly (it beats depression). And if you're not Internet-savvy, sign up for a class about getting online.

Questions for Prof Pat

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

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Senior Fitness Advice for Staying Healthy in Your Golden Years

Pre-workout nutrition

When and Why?

First, optimum nutrition requires eating the right foods at the right times. You must give your body ample energy to suffice its needs during a workout (and then after, too!) If you don't eat, how will you have enough energy to last through your exercise routine? It is true that you have energy stores in your body from food you have previously taken in; however, eating is important for maintaining proper blood-sugar levels and warding off hunger during a workout. If you get hungry during a workout, chances are you'll want to opt out and go home to eat some food! Pre-workout meals should be consumed between one and two hours before a workout to insure proper digestion. If needed, a quick snack should be eaten about 30 minutes before a workout.

Participating in exercise programs at any age require LOTS of water intake! You need proper hydration to sustain energy levels, prevent cramping,

and hydrate your body and muscles.

Senior fitness pre-workout

What to Eat?

Regardless of consuming a meal 2 hours before or a snack 30 minutes prior to a workout, you should eat a mix of carbohydrates and protein to ensure energy during your workout. The carbohydrate snacks 30 minutes before should be simple carbs. For example, fruits and vegetables are good sources of simple carbs. An easy way to add protein is to create a fruit and yogurt parfait with the fruit and yogurt of your choice. Other examples of some combinations could be hummus and vegetables, an energy bar (depends on its content!), fruit and cheese, or a fruit smoothie made of yogurt/milk and fruit. You have lots of options to get the proper nutrition before your workout; now you just have to make smart choices!

How to cope with common sports injuries?

If you engage in sports or a favorite workout at the gym, you have probably twisted an ankle or pulled a muscle at some point. These types of injuries are due to overuse of a part of the body when participating in a certain sport - runner's knee or tennis elbow, for example. Other types of injuries are caused by trauma - hard contact with something, perhaps resulting in a broken bone or torn ligament or tendon.

Treating sprains and strains

The gold standard of care for sprains and strains is known as "R.I.C.E." therapy. The acronym RICE stands for:

- Rest: Don't put weight on the injured area (this includes not lifting with an affected wrist or elbow) for 24-48 hours, to guard against aggravating the injury further. If you physically cannot put weight on an injured knee or ankle, see your doctor.

- Ice: Put a bag of ice on the injured area for 10 minutes - at a time, and then take it off for about 20-30 minutes over the course of the first 24-48 hours. Ice should not be applied directly to the skin. The cold constricts blood vessels and slows down: the inflammatory process, easing pain and swelling. Too much time can cause injury, however, so don't leave the bag on too long.

- Compression: You can either wrap an injured wrist, ankle, knee or elbow in an elastic bandage, or buy a compression sleeve at any drugstore. Like ice, compression helps to decrease swelling.

- Elevation: By placing the injured area on a pillow and elevating it above the level of your

(continued on page 34)

SENIOR FITNESS ... (continued from page 33)

heart, you keep fluid from collecting in the area and decrease swelling.

RICE therapy is particularly important during the first 24-72 hours after a sprain or strain occurs. During this time, you can also take medication to alleviate pain if you wish.

As your pain and swelling subsides, you can decrease the RICE therapy, beginning to use the affected area again and applying the ice and compression less frequently (often at the end of the day, as swelling and pain tend to flare up after use).

Prevention

Warming up before the game, staying hydrated and wearing the proper protective gear can help minimize sports injuries.

Ice or heat?

Many patients ask which is better initially after an injury - ice or heat?

In general, ice helps to reduce swelling, inflammation, and pain for the first 48-72 hours after an injury. Afterwards heat may be applied, especially to bruised muscles as needed.

Tips on Dealing With Skin Conditions

By: Suzy Cohen (Palm Beach Post)

We need to keep our skin beautiful and healthy. Here are possible solutions for some common skin conditions.

Acne: Kids with chronic acne may be zinc-deficient, or they may be low in natural vitamin A, though usually the cause is related to hormonal imbalances. It usually doesn't matter if you avoid chocolate. However, junk food and refined sugar add to the problem. Don't pop the zits, that only makes it worse. I suggest you dab tea tree oil on problem areas. Get routine facials to help gently exfoliate your skin and balance pH.

Eczema: Dry, cracked skin and blisters can become very painful. Eczema has been associated with sluggish detoxification, autoimmune conditions

or reduced intestinal flora. A recent study found that the strain Lactobacillus rhamnosus GG is Particularly protective against eczema, so make sure your probiotic contains this strain. Some people have eczema flare-ups in response to nickel or metal sensitivities.

Rosacea: This is a full-body inflammatory condition that causes redness and pustules, mainly around the nose and center of the face. Avoiding alcohol, direct sunlight and spicy foods will help, but stress is a major player. Stress sparks more proinflammatory cytokines, and those need to be reduced. Conventional doctors often prescribe prednisone or steroid creams. Probiotics, digestive enzymes supplements and antioxidants can help, and do not interfere with medicine. Grape seed extract and Ester-C also have been shown to help.

Scars: Some people rub raw garlic cloves on their scars (or their pimples), which is thought to reduce bacterial invasion. Taking vitamin E by mouth each day can help, as well as vitamin E oil applications. Drink orange juice daily to ramp up vitamin C, and keep an aloe vera plant handy. Rubbing aloe on your skin can work wonders in the beginning stages. Small keloid scars can be easily frozen off with liquid nitrogen by a dermatologist.

Trivia Answers ... (continued from page 24)

- | | |
|-----------------------|-----------------------|
| 1. Orville | 7. 13 |
| 2. Yuri Gagarin | 8. Coffee |
| 3. Franklin Roosevelt | 9. B&O, Pennsylvania, |
| 4. The Hummingbird | Reading, Short Line |
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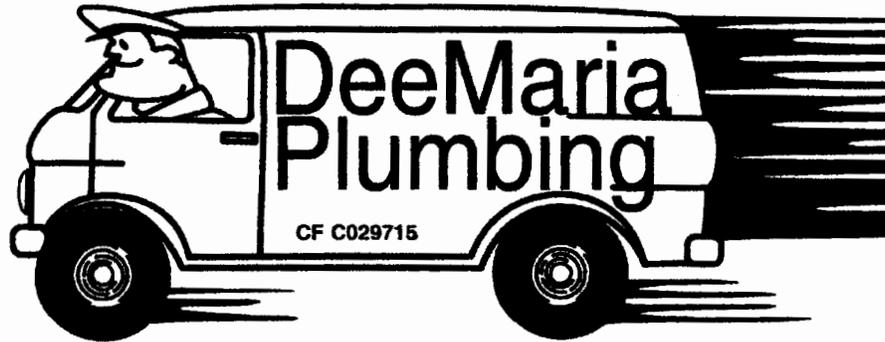
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