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November, 2016



Happy Thanksgiving



Aberdeen Country Club News

By: Harry Seaton

Now that the Fall season is upon us, we want to welcome the return of all Aberdeen Club members who have recently come back or have yet to return. We know that they are looking forward to enjoying all that the Club has to offer. The facilities have been pampered and polished during the summer period, the entire parking area landscaping was replaced with all new palm trees, hedges and bushes, a new water structure is being built in front of the Clubhouse. Summer maintenance also included the FTA Center, our 15 Tennis courts, our always interesting-to-play 18-hole golf course, together with our main Clubhouse.

While everything has been placed in readiness for the fall season for all of our members, Club plans for 2017 call for many improvements including the refurbishing of the lower floor of the Clubhouse and the complete overhaul of the tennis complex to add pickle ball courts. In addition, plans call for the full refurbishing and re-contouring of the golf course to provide expanded tee areas, a course-within-a-course, expanded greens, cart paths and a beautifully landscaped golf course with multiple yardage

(continued on page 2)

Factors Affecting Stock Price

By: Dr. Pat Williams (author of the website profpat.com) (Muirhead)

What causes a company's stock price to rise? Although there are several factors, one of the most important is revenue and income growth. For a company's shares to rise in value, it must continually sell more goods and/or services. In other words, revenue must increase. Revenue is the total amount of money received by a company for goods sold and/or services provided for a specific time period. Companies listed on the US. stock exchange are required by the Securities and Exchange Commission (SEC) to report quarterly and annual earnings. If a company's revenue increases from one quarter to the next, this is viewed positively by investors and will most likely be reflected in a higher stock price.

What is troubling in the current economic environment is that stock prices are increasing as revenue and earnings decline. The Wall Street Journal (WSJ) (8/16/16, C4) reported that the earnings of companies in the S&P 500 have been falling for the last eighteen months. This trend is likely to continue. According to the WSJ (9/3/16) "Third-quarter profits ... are projected to contract by 2.1%."

There are several factors that suggest revenue for

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STOCK PRICE ... (continued from page 1)

many companies will not rise in the coming quarter. First, government reports note a decrease in inventory investment. In other words, companies are not building up inventories to the same extent as in previous quarters. Companies reduce inventory levels when consumers are not expected to buy at past levels. This reduction is true not only in the manufacturing sector but in the housing sector as well. Less inventory available to purchase results in a decrease in the number of items sold resulting in lower revenue and net income.

A second factor that could adversely affect stocks is the current political situation. The market does not like uncertainty. As the elections approach and there is a greater distinction between the economic plans of the candidates, the ambiguity of the results could affect the stock market.

And yet, stock prices are hitting new highs. A WSJ article (8/15/16) suggests the market is overvalued. According to one long-term valuation indicator, the price/earnings ratio of companies in the S&P 500

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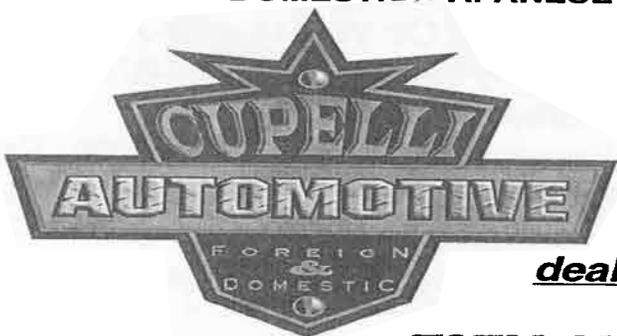
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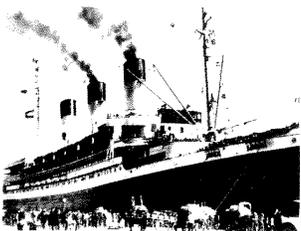
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STOCK PRICE ... (continued from page 3)

index stands at 27.1. This is well above its long-term average of about 16.

So what is driving up the market? It has been suggested that investors seeking higher yields are moving their money from lower-yielding investments (e.g. bonds, CDs) into the stock market. This factor could explain the highly volatile week of Sept. 12. Indications that the Federal Reserve might raise interest rates at its September meeting caused a triple-digit stock decline. The following day when a Fed member suggested rates would stay the same, the market rose nearly erasing the loss of the prior day.

Why does a rise in interest rates significantly and negatively affect the stock market? If bond yields rise many investors will sell their stock holdings to buy bonds, putting downward pressure on share price. Bonds are less risky than stocks and therefore preferred by risk-averse investors.

According to the WSJ, the projection that consumer spending would grow and the market would be stronger in the second half of the year also sent stocks soaring. However, the most recent WSJ projection is that real consumption growth for the third quarter will come in around 2.7%, down sharply from the second quarter's 4.3% rate.

What should an investor do in these uncertain times? Like most investors, I only know 2 things with any certainty: The market will go up and the market will go down. No one can predict what will happen with stocks. However, whatever action you take should be based on sound reasoning and research.

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BERMUDA ISLE BUZZ ... *(continued from page 2)*

swing, with our Ladies' Lunch Bunch about to start up again, and the monthly men's dinner (no fancy name for the guys' night out) has been going strong all through the summer and fall. Lots of new social events are in the planning stages for the upcoming season, too.

Every season brings changes to Bermuda Isle, some happy, some sad. On a happy note, we welcome our newest neighbors, James Culver and Janet Montalvo-Henderson; their 110-pound Malamute adds to the menagerie on the "Shoe." Lenore and Harvey Schwartz have decided that they love life in Bermuda Isle too much to continue to be snowbirds, and they'll be giving up their house up north to be with us full time; they are also looking forward, with great excitement, to the marriage of their first granddaughter in early November. On a much more somber note, we join our neighbor Estelle Halperin in grieving for the unexpected loss of her son, Bruce.

Bermuda Islers are a peripatetic bunch, and the last month or two has been no exception. Art and Sheryl Feuerstein made so many trips that it's hard to remember all the places they've been; New Orleans,

Connecticut, Portland ... and who knows where else? Jake and Diane Kamp and Leon and Juliane Haimes spent long stretches up north. Marshall and Kelty Williams had a busy month. They spent a beautiful weekend in Naples last month, and pass along their highest recommendation for the "Inn on 5th" as the place to stay; they also had a surprise four-day visit from their 6-year-old grandson, Kaeden, and his mom. Ron and Susan Tabin took to the road in an RV, and covered a large swath of the country, including Mt. Rushmore, Chicago, and Colorado, to sightsee and visit family. My wife, Ronnie, and our daughter, Jessica, met in Denver for an extended Labor Day girls' weekend, while I flew up to Wisconsin to drive back here with our son, David, who finished up a several-year stint at Marquette in Milwaukee, where he finished up a JD-MBA program.

On the drive with my son, we meandered through eight states in the midwest and south, catching baseball games in Milwaukee, Cleveland, Pittsburgh and Cincinnati, visiting the Rock 'n' Roll and Pro Football Halls of Fame, and spending some time at the flight museum at Warner-Robins Air Force Base

(continued on page 7)

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BERMUDA ISLE BUZZ ... *(continued from page 6)*

in GA. On our sojourn, we passed a few other sites of significance (the William McKinley Presidential Library in Canton, OR; Jimmy Carter's Presidential Library in Atlanta; the site where Jefferson Davis was captured in Fitzgerald, GA; the William Howard Taft national historical site in Cincinnati; numerous Civil War battlefields) that we didn't have time to stop at, but also many more, shall we say, less significant places that intrigued me, mostly museums and "halls of fame" that I can't imagine attract too many visitors. There were places associated with historical and pop culture figures: the Zane Grey Museum in Lackawaxen, PA (worth it just to tell your friends you were in Lackawaxen); the Daniel Boone Tavern National Monument in Berea, KY (yes, it's hard to believe, but I passed up a historic tavern ... or any tavern, for that matter); and the Colonel Sanders Cafe & Museum, the birthplace of Kentucky Fried Chicken (maybe I'll run into The Donald there, restocking his plane with KFC). Georgia State Cotton Museum in Vienna, GA; and, of course, the "historic downtown district" of pretty much every town along the way. Transportation was represented by an RV

and Mobile Home Hall of Fame in Elkhart, IN (I can sort of understand a museum but a Hall of Fame?); and the Motorcycle Hall of Fame in Pickerington, OH. Sports was another common theme: there was Florida's own Don Garlits' Museum of Drag Racing in Ocala; the Georgia Sports Hall of Fame in Macon; and, not to be forgotten, the Georgia High School Coaches' Hall of Fame in Dalton. Finally, there was the Crime and Punishment Museum in Ashburn, GA; I'm not quite sure what category to put that one in!

Since I like to take "theme" vacations, passing all those odd places in just five days made me start thinking about doing an "unusual sites" road trip around the country. This wasn't my first encounter with strange places like these: in Las Vegas, we've been to the Neon Museum and Neon Graveyard, and to the Mob Museum, and we've driven past such notable places as the Kansas Barbed Wire Museum in La Crosse (not to be confused with the Devil's Rope Barbed Wire Museum in McLean, TX); just recently, we went to the National Croquet Hall of Fame right here in West Palm Beach. With a little research, I found that there are fascinating opportunities every-

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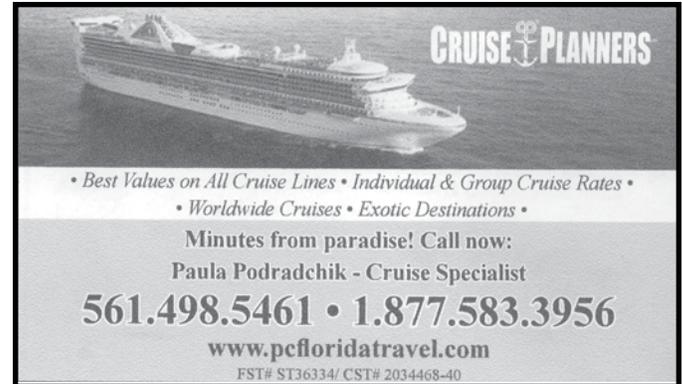
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BERMUDA ISLE BUZZ ... (continued from page 7)

where in the country to indulge my penchant for the odd. In fact, there's something for everyone! For lovers of the fine and performing arts among you, you won't want to miss: Barney Smith's Toilet Seat Art Museum in Alamo Heights, TX (hey, guys, at least we'd get to see the art sometimes); and the National Cleveland-Style Polka Hall of Fame in Cleveland (who knew there was something called Cleveland-style polka?). For foodies, there's: the Idaho Potato Museum in Blackfoot; the International Banana Museum in Mecca, CA; the Spam Museum (yes, Spam in a can) in Austin, MN, the home of Hormel; the Salt and Pepper Shaker Museum in Gatlinburg, TN (something else to do on our next trip to Gatlinburg); and the Beer Can Museum in East Taunton, MA. Then there are the places that are sort of food-related: the Trash Museum in Hartford, CT (how many of you folks from Connecticut have ever been there?); the Cockroach Hall of Fame in Plano, TX (seems like it should be next to the Trash Museum, doesn't it?); and the Moist Towelette Museum in Dimondale, MI (another one that would have been nice to have



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next to the Trash Museum). For sports fans, there's: the Stickball Hall of Fame in NYC; the National Distance Running Hall of Fame in Utica, NY; the Roller Derby Hall of Fame in my hometown of Brooklyn, NY; and its more genteel cousin" the National Museum of Roller Skating, in Lincoln, NE. If you're looking to relive your youth, there are plenty of opportunities for that, too: the Museum of Pez Memorabilia in Burlingame, CA; the Spinning Top and Yoyo Museum in Burlington, WI (what ... spinning tops, but no dreidels?); and the National Toy Hall of Fame in Rochester, NY. Manly men aren't left out: The Bordello Museum in Wallace, ID (that's one that I thought would be in Nevada); and the Burlesque Hall of Fame in Las Vegas (aah, my faith in Vegas has been restored); the Hammer Museum in Haines, Alaska (yes, it's devoted to the tool, and not to be confused with the Armand Hammer Art Museum in Los Angeles); and, of course, the International Towing and Recovery Museum in Chattanooga, TN. Finally, for those of you who have retired, but haven't quite gotten your profession out of your blood, maybe the Insurance Hall of Fame, on the campus of the University of Alabama in Tuscaloosa, the California Social Work Hall of Distinction on the USC campus in Los Angeles, or the National Museum of Funeral History in Houston, TX will satisfy your needs. So many must-see places, so little time! I guess I'll get on to Google Maps and start planning my road trip. Or maybe I should check with my wife first and see if she'll go with me; these are experiences that have to be shared with someone you love, don't you think?

Happy Thanksgiving to our friends and neighbors in Aberdeen from all of us on The 'Shoe'!

(Editor's Note: While lengthy, I left Eliot's travelogue intact since it provides such a thorough, interesting itinerary for all the ardent U.S. travelers out there!?)

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Sharing With Sheffield

By: Sylvia Shaw

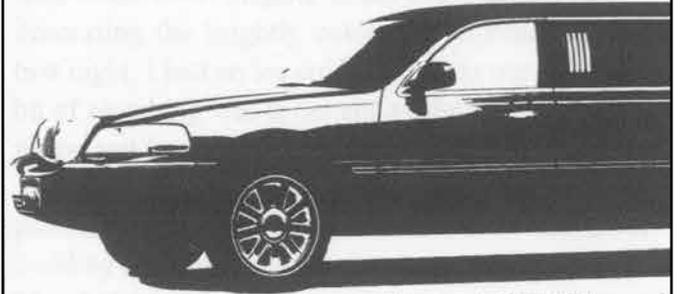
Just as everyone starts returning to Aberdeen for the cooler-weather season, Chris and I will be jetting off to South Africa and England to see family and friends. This has been our first full summer in Florida, and we've stayed here mainly because of the ongoing house renovations which are almost complete. I now at long last have a kitchen, so no more paper plates and styrofoam cups. I remarked to Chris as I was retrieving masses of cutlery and cooking utensils from the packing cases and then trying to find a home for everything, that life was much simpler when we only had 2 knives, forks and spoons to use and then to wash up in the bathroom sink. Now we have to fill and empty the dishwasher and also find a place to put everything. Oh, the joys of being more civilized! I've been unpacking boxes from South Africa which had been in transit and storage for 2 years, so, as you can imagine, there were some happy reunions with favorite bits and pieces, as well as some "Why on earth did I think I would need this"! exclamations. It's just not possible to condense everything from 2 houses into one, so at the same time as I was unpacking our 'stuff', I was busy rewrapping and putting so many duplicate items into the emptied boxes, for the 'Breast Cancer Foundation' pickup.

In between all of this activity, I always have one eye out of the window so as not to miss any wild life activity in the backyard, and one morning in August, I suddenly saw what looked like an owl fly across my field of vision and up into a palm tree. There was a lot of commotion from the smaller birds who were flying back and forth to the tree where Mr. Owl was precariously perched on a palm frond which was swaying madly in the wind. Anyway, the "unwelcome" visitor, who I recognized to be a juvenile Great Horned Owl, was not going to be intimidated by the squawking of the smaller birds, and clung on for dear life. I got a great shot of him staring straight at me through my bathroom window. A week later, he was back again on the same branch and stayed there for many hours. I was curious as to why he was out and about in daylight, as I thought owls were nocturnal creatures. The Ospreys, which circle and swoop around the lake here, have an endless supply

(continued on page 10)

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Blue Heron, who I call “The Boss”, is back presiding over his lake subjects, and who would argue with that beak of his? I read that the Great Blue Heron is the Native American symbol of strength, wisdom and patience, and looking at his elegant profile as he stands statue-like, waiting for a hapless fish to appear within striking distance, I’m not surprised that he was chosen as an example of these qualities.

Before we leave for overseas, we will have moved out of the master bedroom where we’ve been living since our February move from Ashford, and into our main living area. Hopefully there’ll be no more sweeping up of sawdust in the near future. Chris said to me the other day, “We have a great partnership. I make a mess and you clean up after me.” We will have been married for 50 years in December, and with all his DIY projects over the years, I can vouch for the truth of that statement. It seems crazy that just as we’re about to get some normality back into our lives, we’ll be packing suitcases and leaving our home for 6 weeks. I think Chris is ready for a holiday though, after all the hard work he’s put in here every

(continued on page 11)

SHARING WITH SHEFFIELD ... *(continued from page 9)*

of fresh sushi which they take up into the pine trees to consume. I’m so happy I’m not a fish, as the poor creatures do seem to be right at the bottom of the food chain. Amongst the smaller birds here, we have a beautiful pair of Bluejays, a Northern Cardinal, a Red-bellied Woodpecker, a Northern Mockingbird and assorted Doves.

I’m sure many of you have noticed that there seems to have been an invasion of Iguanas here this summer. Our backyard on most days, looks like a mini-Jurassic park, as the green, scaly creatures congregate to do absolutely nothing except lounge around nibbling on the grass blades and Hibiscus leaves. Chris had to cut down the bush outside my bathroom window, because it was harboring green “Peeping Toms” who would climb up the branches and press their scaly faces and long claws almost up against the window glass. Quite a startling sight to see from the bath tub, I’m sure you’ll agree. A few days ago I spied Ali-Baba, the resident “gator,” cruising past our patch. As long as he stays in the water, I’m always very happy to see him. The Great

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SHARING WITH SHEFFIELD ... *(continued from page 10)*

day. We are renting a beach apartment close to where we used to live, and are looking forward to a very relaxing few weeks.

I wish you all a very happy Thanksgiving celebration. I'm sure we'll have so much to be grateful for; I know that I do. Here's a rather different quote about thankfulness, "If you haven't all the things you want, just be grateful for all things you don't have which you wouldn't want." The author is unknown, but I suspect he may be Irish.

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Circling The Coves

By: Mary Chuzi

It is the third of October as I write this, "the calm before the storm." For those residents who moved to the Coves after the onslaught of Frances, Jeanne, and Wilma in 2004 and 2005, it will most likely be proven that "experience is the best teacher." The Weather Channel, Facebook posts, Tweets, Instagram photos, and news media can say all they want, but until you "live the hurricane experience" firsthand, it is all just talk. Based on past experience, inconvenience goes without saying - the downed traffic lights, the lack of frozen foods and dairy in the grocery stores, no AC, branches everywhere, no lights, no cable - even no mobile phones in some cases as cell towers came down. But bottom line, all that matters is personal safety. The rest can be "fixed." As a past member of Aberdeen CERT before it disbanded, PERSONAL SAFETY and PERSONAL RESPONSIBILITY are what was emphasized.

I urge you, right after you read this, and Matthew is less than a month in the past, to take note of what you individually did right or did wrong in getting through the storm. It won't be the last hurricane in

(continued on page 12)

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CIRCLING THE COVES ... (continued from page 11)

Palm Beach County, and next time you'll feel wiser and more prepared.

In the meantime, "IT" is here! The Fall season! So much available to do, to enjoy, and to take part in and so little time to squeeze it all in. There are several new residents about to arrive in our wonderful community, but since their closings are not scheduled until mid-October, it would be premature to send an "official" welcome by name until next month, but you know who you are. Enjoy! A fond farewell to those leaving us. You will be missed (as well as mentioned in the December issue.)

On another note, we express our sincere condolences to resident, Sandra Bernstein, upon the death of her husband Al. Al and Sandra have enjoyed many years as Coves snowbirds and were involved in several activities. We'd also like to offer our sympathy to Ricki Linnell, Al's sister-in-law. As an avid Bridge player and "landscaping hobbyist," many will miss Al's presence. Sandra hopes to return to her home in the Coves after Thanksgiving.

As mentioned in past issues, power washing of sidewalks will begin this month, and building repairs -- especially of the wood rot, will continue. There may be necessary post-Matthew repairs in

the works' as well, which obviously are not known as of this writing. Don't forget to put the Coves Budget Meeting on your calendar for Nov. 14th. It's important to attend.

One final caveat'. PLEASE submit your e-mail address to B.O.D. president Rose Romano. The Aberdeen East Newsletter, the Aberdeen Times (including this article), and updated news releases and reminders from the clubhouse are ALL available on-line. Important e-blasts are sent on behalf of The Coves as well, and you MUST have an e-mail address on file to be included. The Coves list of e-mail addresses is not sold, shared, nor made public. All e-blasts are sent as blind copies so as to not violate your privacy. It is important to be in the know. Over 100 of your neighbors are on the list; it's time to join them.

While you're at it, Rose also needs any updates to the Aberdeen phone book. Check your listing right now. If you have changes or additions to your address or phone #, call or e-mail her! Otherwise, your entry will be repeated as is.

Until next month, share your news to phcmhc@comcast.net and it will be included in the next column. Happy Thanksgiving!

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It's Happening in Dorchester

By: Carol Baron

Henry David Thoreau once said: "Things do not change, we do."

And that change keeps happening around us. As in Dorchester, that change involves the new members of our community. We wish only the best to those who have moved away for whatever reasons. We are delighted to welcome the following:

- Leslie Waxman at 7821 Dorchester Road
- Neil and Roz Goldberg at 7740 Dorchester Road
- Dennis Cyr and Sylvia O'Keefe at 7621 Dorchester Road.

While we are talking about our neighbors, Walter Areinoff, who has been in Dorchester and a member of the club for many years, is having some health problems. We wish him better days to come. Walter, a former dentist, an ardent tennis player in his day and a wiz bridge player, has also written books in his recent years. His neighbor, Margaret Vitale, says he is the kindest gentleman. It is so nice to have him in our community.

There is more good news that has emanated from our residents. Jan Siders just told us that her husband, Dick, got his 2nd hole-in-one at Elmcrest Country Club where Zach Johnson is also a member. Maybe we should get him in the next Ryders Cup. Congratulations, Dick. We just want to know if that is luck or talent? Two of them must be talent!

Peggy Urbinato got to celebrate with the entire Urbinato family as her daughter, AnneMarie Schieber, got married July 9th to John Dykstra in Grand Rapids, MI. Then, Peggy was off to see her son, David, and his family in Chicago for a vacation. Well, spending fun time with your kids, regardless of

their age, is what it is all about.

More joy moved into the lives of Jill and Jon Shaw. Their first-born daughter, Rakelle, was married to Stephen on Oct. 1st at a sunset wedding on Boynton Beach. They are thrilled to have Stephen join their family as Rakelle's loving husband.

And, "if kvelling" is allowed, Harvey and I want you to be on the alert for when the next movie that stars Melissa McCarthy, "Cook Off," comes out. Our son-in-law, Joel Beckerman, has done the music for the movie. In addition, the next time you go to an IMAX movie, listen to the music that introduces it. Joel did the musical logo for it. And every time you see or hear a commercial for AT&T, the 4 notes that you hear are the sonic logo he created for them.

Well, we have had 2 of 4 streets recently repaved. So take a drive over here and visit someone on Lawson or Judson Circle. No more pot holes!

For those who celebrated the Jewish holidays, we wish you a good and healthy year. And for those who celebrated Halloween, we wish you some delicious days filled with Snickers and Hershey bars and no

(continued on page 15)



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DORCHESTER ... (continued from page 14)
gain in weight. Leave room for some calories on Thanksgiving.

We wish all of you in Aberdeen a wonderful Thanksgiving. Knowing that we are grateful for all that we have, we should remember, at this time of year, that it is all about giving back in life.

Stew and Judy Sutzenberg are so proud of their daughter, Pamela, who came home with a gold medal from the International Adult Figure skating competition held in Vancouver, British Columbia, More than 250 skaters from 17 countries competed.

Pam is 53 years old, and competes in the age category of 35 to 55 years old, all of whom were competitive skaters in their youth. She has been skating since she was 5 years old and has a room filled with medals and trophies. She was a United Figure Skating gold medalist when she was 14

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years old. After college, she took time off to raise her family, for 20 years, but returned to the sport she loved 5 years ago.

Pam has decided to give her back and knees a rest and now is involved in ice dancing, a less rigorous sport.

Harvey Baron's Early Bird Special



Harbour Lights

Greetings from The Harbours!

Fall is in the air and we want to welcome our winter residents back to The Harbours. We have missed you and look forward to seeing you at clubhouse activities, the pool and just walking around the neighborhood.

The Harbours Board of Directors has engaged a new landscaper the last couple of months. We hope everyone is enjoying the much improved landscaping in the Harbours. Looks are everything, so they say.

November is the month of Thanksgiving. We wish everyone a bountiful Thanksgiving. If you have guests who will be staying with you who drive RV's or trucks, they can park their vehicles in the clubhouse back parking lot, with permission from Lisa Stoler, the clubhouse manager.

Nov. 8th is Election Day. It's important that everyone vote for our next President as well as other offices in the Senate and the House.

Nov. 6th is Daylight Savings Time. Don't forget to turn your clocks back an hour.

(continued on page 16)

HARBOURS LIGHTS ... (continued from page 15)

Now for some happy, good local news:

Anita Kaplan visited her children for the Jewish holidays in October.

Congratulations to Mary Pastore, whose granddaughter was married in St. Pete last month. Congratulations to Fran and Mike Caesar on their grandson's bar mitzvah in October.

We had a sighting of our winter residents, Michael and Marion Freedman, who visited The Harbours briefly to be close by for their grandson's bar mitzvah. Congratulations!

Get to know your neighbors:

Shirley Weinstein writes: "I have been volunteering at Ru4Me Pet Rescue on Congress Ave. The cats and a few dogs are fostered during the week and brought in for adoption Saturday and Sunday, although there are a few resident cats in Petsmart, which can be viewed during store hours on weekdays. Knowing the animals are going to good homes is so rewarding. It's personally pleasurable to observe the interaction of the

(continued on page 17)

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HARBOURS LIGHTS ... (continued from page 16)

children who visit and communicate with the cats.”

I mainly work at the front desk where we accept donations and sell cute cat items as well as answer questions about the organization.

Gail Peele reports that she likes to take her darling dog, Roxie, to the malls pushing her in a stroller. She takes advantage of the air-conditioning, the stimulation and the exercise. She tries not to buy on each trip, but she says, “Sometimes I weaken and can’t help myself”. She reports that her next door neighbor spends most of her time taking care of a husband with a disability, and her sick sister. She is smart, funny, generous and beautiful.

The Hospitality Committee would like to take this time to wish Ray Kunkel, who served this community for so many years, a speedy recovery and good health.

Residents who would like to share their news or let your neighbors know a little bit about your interests, please e-mail your information to Wendy Latman: wlatman@bellsouth.net.

Hospitality Committee of The Harbours @ Aberdeen

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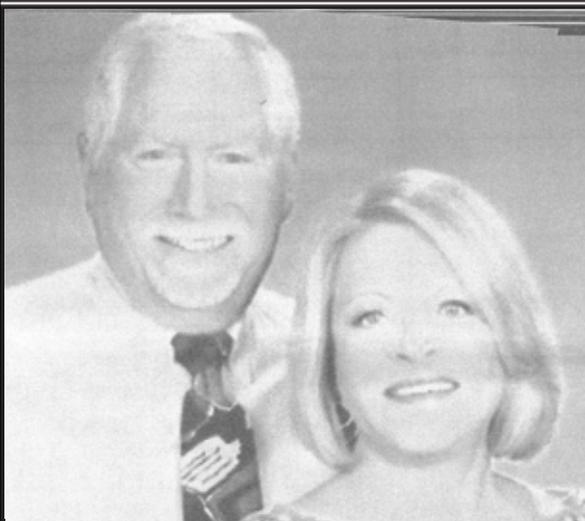
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Canterbury Communique

By: Dee Levy

Greetings from the Canterbury Community! It's already November, and we're looking forward to what promises to be an eventful and exciting month. A new President will be elected on the Tuesday following the first Monday of November, and, hopefully, he/she will be the one of our choice. We'll also honor all of our veterans on Veterans Day (Nov. 11), Daylight Saving Time will end Nov. 6, and we'll celebrate Thanksgiving Day on the fourth Thursday of the month. For sure, it's going to be a stimulating time of the year!

Our newly elected Canterbury Board of Directors continues to work on improvements to the community, and we thank them for their enthusiasm and dedication. We also want to recognize one of our residents, Lou Levy, who was the guest speaker at Book Club II's October meeting. "Molokai'o" a book about leprosy, was the selection of the month. Lou, a retired officer in the U.S. Public Health Service, specialized in the treatment and control of leprosy for most of his career. A medical doctor with a Ph.D. in pharmacology, he did extensive research in the field. He ran a research laboratory in San Francisco, worked in collaboration with the World Health Organization, and, upon retiring to Israel, established a research laboratory at the Hadassah Medical Center in Jerusalem. When asked to tell us about the disease, he submitted the following narrative:

"Leprosy is a contagious disease caused by the bacterium, *Mycobacterium leprae*, a "cousin" of the organism that causes tuberculosis. The infection is transmitted from the patient to his uninfected contact via the respiratory route, much as in tuberculosis. The infectious patient broadcasts the organisms into the environment with every cough and sneeze; the

contact becomes infected by inhaling the organisms. The great majority of people infected with *M. leprae* do not become clinically ill - i.e. they have an "inapparent" or "subclinical" infection, as is the case in infection with the tubercle bacillus. Only a small fraction of those with a positive patch test become ill with tuberculosis.

Leprosy has been controlled (i.e., transmission of *M. leprae* has been interrupted) in most of the world by the administration to the known patients of the antibiotic, rifampin, in combination with one or two other antimicrobial drugs. Each drug acts on the organism by a different biologic mechanism. The treatment, which is reasonably cheap and well-tolerated, and which is self-administered by mouth, is effective. Although deformities that have already resulted from the disease may not be reversed, the patient is rendered non-infectious by the first dose. And he may be considered "cured" after 6 months. Control may fail in third-world countries where access to the patients is often difficult."

In closing, we want to thank Lou for sharing his expertise. We also want to wish everyone a Happy

(continued on page 19)

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CANERBURY ... (continued from page 18)

Thanksgiving holiday. The words of Oprah Winfrey seem very appropriate at this time. "Be thankful for what you have: you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

Moorings Matters

By: Eileen Hahn

October was the month that WAS. It began with Rosh Hashanah, the beginning of the Jewish New Year and for everyone, it continued to remind us of the beauty, the wonder and the miracles of life. This is followed 10 days by Yom Kippur another holy day for the Jewish people of the Jewish faith. One week later we thanked Columbus for discovering America and for all the sales in every retail venue. The coast of Africa gave birth to Matthew, which certainly disrupted our lives. Hopefully, all the trick and treaters received enough sweets to hold them until the marshmallows appear on the Thanksgiving sweet potatoes.

Nice things happened to nice people right here at home. Joan and Vince Marini's son, Richard, a feature writer for the San Antonio Express News, was honored by the American Association of Food Journalists for the "Best Newspaper Food Column in 2016" He was one of 3 finalists competing along with writers from the Washington Post and Mother Earth News. Live long enough and children do give pleasure. It came for Penney and Felix Fischler when their first great-grandchild, Lucian, arrived, putting them in the club of lucky greatgrandparents. Marcia and Jerry Kopelman both celebrated special milestone birthdays locally with family and friends. Up in the air again, Sally Sage and Herb Schwab flew to NC for a cousins reunion at a resort. Jane Bartecki, who doesn't like to fly, arrived at JFK on her way to Malvern LI for a reunion with



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friends of 62 years from elementary school. They had so much fun remembering what wasn't funny in Parochial school back then. Welcome home Millie Kirnayer, but you really didn't have to prove that Bethesda Hospital's coronary unit was up to snuff. So glad you're feeling better. We bid a fond farewell to Elaine and Morty Warshaver who with their furry friend Jazz, will be moving to independent living in Delray Beach; an easier existence. One pet gone and another arrives. Donna Colucci has an apricot poodle puppy named Dolce. In case the dog doesn't know it's sweet, just translate from Italian.

(continued on page 20)

MOORINGS ... (continued from page 19)

All humor aside, please remember to vote; the lines at Aberdeen are never long. This is a privilege as an American citizen that many have risked their lives to obtain. An abstained vote is a vote for the candidate that you hope doesn't win!

Hampton Highlights

By: Nancy Rosenstein

Hi Hamptonites!

We just returned in time for Hurricane Matthew and are so lucky that we had so little damage. It was our first hurricane in Florida and of course we were apprehensive, especially when we kept hearing the updates. It was good to see how prepared the state was.

Hope you all had a good summer; I know a lot of us were away on vacation.

Speedy recovery to Bart Cherry; he is recovering nicely. Good health wishes to all residents of the Hamptons who are ailing.

Our calendars are getting full! Our annual budget

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meeting is coming up. Let's hope for a balanced budget to take us into a new year.

Next month, this column will list our neighbors who recently passed away. It is always sad when long-time residents who were here from the very beginning leave us. Rest in peace.

Club members have a cocktail hour planned for Oct. 20, at 4:30. We welcome all new members who have bought in the Hamptons.

Again, we wish all of you a happy, healthy and prosperous New Year.

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Sterling Lakers

By: Sheila Hyman

I am so happy to let everyone know that we have new Lakers. Welcome to Charlotte Fernandez, formerly of Switzerland and Joanie and David Lacher, formerly of Long Island, NY.

Our condolences to Judy Noar on the passing of her hubby, Bucky. I have been living here in Sterling for 15 years and I just found out his name was Bernard. He was a special man.

We send get well wishes to Ellie Newman, Renee Engel and Janet Trapani. Hope you all get better fast.

Some of us have been fortunate to have taken vacations during the summer. I went to the middle of our country on the Mississippi paddlewheeler, the American Queen Steamboat. It was wonderful! Fran and Robert Lovett traveled to Israel to celebrate their 35th wedding anniversary. The one comment was, "enough old ruins"! Carol and Mike Wallace went up north and were so happy to return home. Janet and Tim were able to go north to visit family before she had her surgery. Ruth Rabinowitz traveled to the

middle of our country as well. Carol and Herb Kayne returned from their usual summer vacation.

Happy birthday wishes to Sandy November, during this month of November. I guess you just had to be born during this month.

Our community had a luncheon to meet and greet our 2 new residents. They now have so many names to remember, I am glad I moved in before them.

I also think I caught a glimpse of Eva Citron during the summer, but only for a short time.

Come on back all you birds! We miss you!

Bleacher Seats Splinters

By: Rob Tanenbaum

Sports has given me a career, an unbreakable bond with my son, moments of joy never to be forgotten, catastrophic gut-punches of defeat that (immaturely) fracture the soul like losing a family member and a very special friendship that's lasted a decade and spanned an ocean.

This tale starts outside Bologna, Italy at Gianni Falchi baseball stadium in August 2007. A young

(continued on page 22)

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BLEACHER SEATS ... (continued from page 21)

Italian man takes a photo of my son after the first game. But something about this Italian and his slightly-fractured English draws me to him immediately. He is, I determine quickly, the most knowledgeable sports fan I've ever met as we talk about all American sports, international auto racing and, of course, soccer.

When game 2 starts at 9 AM that Saturday, the young man pulls out a baseball scorebook and keeps score, something I rarely see in U. S. parks. When the Fortitudo (home team) pitcher strikes out a batter, he is prepared with laminated forward and backward

Ks that he tapes to a nearby railing.

I point to the several hundred other fans in the stands and say, "Afro, do these people understand what these [Ks] are for?" "They don't understand anything," he shoots back at me and I realize he has a NY sense of humor on top of everything else.

We exchange email addresses and Afro, my son

Andrew, and I have been teammates in love with sports ever since. Afro and I co-manage an NFL fantasy team. He taught us to love soccer and we're immaturely over-passionate about his Inter Milan team that the three of us talk and text endlessly about.

He visited us a year later and we took him to Shea and Yankee stadiums, Fenway Park, games in Philly and Baltimore, museums and Blue Man Group. He was there to witness a classic moment in family history. On the way to Fenway, we stopped at Dunkin Donuts for breakfast. We ate in the car and when I peeked at the receipt and saw a 79-cent charge for a Plain Bag. I had a monumental temper tantrum about the ridiculous cost. As I threatened to sue Dunkin for every donut hole they had, my wife Bonnie grabbed the receipt, read and bellowed over my whining, "That's not a Plain Bag, idiot; that's for a Plain Bagel."

The laughter that filled the car, including my own, lasted all day. When relating the incident that night to his sister, Andrew was literally rolling on the floor and Afro was roaring as well. This young man who mostly learned his English from American TV and sports on TV understood the nuance and the comedy.

In 2011, we made our way back to Italy to see our beloved Inter play soccer at Milan's Giuseppe Meazza Stadium. Afro was our guide from Lake Como to Parma for 9 days that couldn't have been better.

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(continued on page 23)

BLEACHER SEATS ... *(continued from page 22)*

Afro came to Aberdeen in late September. That we went to two Mets-Marlins games should be of no surprise. He went to his first college football game and even three lightning delays in the Ball State at Florida Atlantic contest didn't sap his enthusiasm for the event. We also went to a Park Vista High School football game, where the highlight wasn't the dramatic victory for the home side against Atlantic but the amazing halftime performance by the Park Vista Performers. Afro and I urge you to go out to a Friday night game to see the wonderful band, dancers and cheerleaders.

The athletic highlight of his visit belongs to my Bermuda Isle neighbor/Marshall Williams, who invited us to go bowling in Greenacres. Afro, in his second bowling experience, and I watched in awe as Marshall strung together 12 strikes from the middle of the first game to the middle of the second. A virtual 300 game! What Afro couldn't understand on the way home, and I don't think it was trouble with his English, was why Marsh insisted he needed a new bowling ball an hour after that magnificent feat.

Afro loved Aberdeen and South Florida and best of all, we did some online research and discovered that as an NAV software programmer he could earn enough money to move here with his girlfriend fulfilling a lifelong dream of becoming an American.

It was sad to take the young man, who I think of as my Italian son, to the airport after 12 wonderful days. But the three of us will be together again soon. Just before Christmas, Andrew and I are flying to Florence, where Afro will pick us up and we'll head immediately to a Fiorentina-Napoli soccer game. Then we'll spend Christmas Eve Mass, Christmas Day and a few days at Afro's 90-year-old grandfather's apartment, his father's butcher shop and his mother's restaurant in or near the tiny town of Baragazza, in the hills of Tuscany midway between Florence and Bologna.

I can't wait to meet them, learn more about Afro and pray to the sports gods for what they've given me.

*Happy
Thanksgiving*

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The Sunny Shores

By: Estelle Morganstein

By the time you read this article, the hard work of your board should be evident. After several months of identifying suppliers, reviewing quotes and examining products, new mailboxes were ordered. Unfortunately, there have been some setbacks due to scheduling issues with the manufacturer and installation holdups due to the inclement weather not being conducive to the pouring of the concrete bases. However, we were promised that the installation would take place by the time you read this article. The board thanks everyone for their patience during this process.

At the September HOA meeting, the board started to look into various other upgrades to enhance our properties and will compile its list of priorities for the new year.

SAVE THESE DATES:

Nov. 8 - Although the club house is being used for voting purposes, The Shores will be holding its regular November board Meeting at 9:00 AM in the card room. Everyone is welcome to attend.

Nov. 15 - Board Elections will take place at 7:00 PM. Sign-in is 6:30 PM. Please come out and support your HOA.

Please note that there will not be an HOA Board meeting in December.

NEIGHBOR NEWS

Not much to report over the summer months.

We do extend a hearty welcome to new neighbors Evelyn and Gary Amber and Ava and Eric Curkin.

If you would like to contribute any information to our articles, please contact me at emorganstein@hotmail.com or call me at 733-4117.



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I Am Thankful

- ...for the taxes that I pay because it means that I am employed.
- ...for the mess to clean after a party because it means I have been surrounded by friends.
- ...for the clothes that fit a little too snug because it means I have enough to eat.
- ...for my shadow who watches me work because it means I am out in the sunshine.
- ...for a lawn that needs mowing, windows that need cleaning and gutters that need fixing because it means I have a home.
- ...for all the complaining I hear about the government because it means we have freedom of

Trivia

Submitted By: Pat Bergrin (Waterford)

1. What important event did the premiere of the opera "Aida" commemorate?
2. On what show were "The Not Ready for Prime Time Players"?
3. In the comic strip "Lil Abner" what was the day that the girls chased the guys?
4. Who said, "Money is better than poverty if only for financial reasons"?
5. What instrument did Tommy Dorsey play?
6. What American dancer was strangled when her long scarf caught in the wheel of a car in which she was riding?
7. What was Scarlett O'Hara's favorite expression?
8. Who said, "Smile first thing in the morning and get it over with"?
- 9 "Star Trek" made its television debut in what year?
10. Who did the voice of Darth Vader in "Star Wars"?

(answers on page 34)

speech.

- ...for the spot I find at the far end of the parking lot because it means I am capable of walking.
- ...for the lady behind me in church who sings off key because it means that I can hear.
- ...for the piles of laundry and ironing because it means I have clothes to wear.
- ...for weariness and aching muscles at the end of the day because it means I have been productive.
- ...for the alarm that goes off in the early morning hours because it means that I am alive. !
- ...for getting too much e-mail because it lets me know I have friends who are thinking of me.

... Anonymous

Bridge - Try It, You'll Like It

By: Lew Roth (Sheffield)

Find the Mistake

Last month I promised you we would have some fun this season. To that end, I am using some ideas which come from a book given to me by my good friend, Clara Sinrich of Turnberry. This book, Bridge Hands for the Connoisseur, has some very interesting hands, but because of copyright laws, I can't reproduce them exactly. I can, however, discuss concepts suggested by the hands. By the way, the book was written in 1947, but the concepts are just as valid today as they were then.

One of the chapters is called "Find the Mistakes." Here's a hand, not the hand from the book, but a hand with similar attributes.

South is the dealer.

East/West is Vulnerable.

North

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

West

- ♠ A J 6
- ♥ 5
- ♦ J 10 9 7
- ♣ Q J 9 6 2

East

- ♠ K 10 9 5 2
- ♥ 8 6 4 2
- ♦ Q
- ♣ K 10 7

South

- ♠ Q 8 4 3
- ♥ A 9 7 3
- ♦ 6 5
- ♣ A43

(continued on page 25)



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BRIDGE ... (continued from page 24)

The bidding goes as follows:

| | | | |
|-------|------|-------|------|
| South | West | North | East |
| Pass | Pass | 1♦ | Pass |
| 1♥ | Pass | 4♥ | Pass |
| Pass | Pass | | |

West leads the ♣Q. South wins and draws 2 rounds of trump. On the second round, West plays a club. Declarer then tries ♦A winning and then a safety play of a low diamond. West wins and now plays ♣, forcing declarer to trump. This leaves declarer without a second entry to his established diamonds, so he must go down. What did the declarer do wrong???????

South should not touch the trump at all. He needs to play ♦A and then the ♦K. When East trumps, he leaves himself with only 3 trump. No matter what East does, Declarer can now trump 2 more diamonds, establishing the remaining 2 diamonds for spade discards. Do you see how this works?

When East trumps, he will take his good club and give his partner a spade trick. What can West do at this point? His best play is to make Declarer trump by leading either a club or a spade. In either case, declarer trumps and plays a diamond. He trumps the diamond and plays a heart to his Ace reducing both himself and East to 2 trumps each. He then trumps another diamond forcing West to give up his last diamond. Finally, he draws both of East's trumps with his 2 top trump and discards his remaining spades on the good diamonds.

What's My Label?

By: Bea Lewis (Lancaster)

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When you are single, it's Ms.

When you get an engagement ring, you're known as somebody's fiancée.

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If you are in a gay relationship, you're someone's partner.

If you're going with a college frat boy - they say you are pinned.

If you are dating different guys, they say you are playing the field.

If you are only dating one man - you are going steady.

But in the senior dating world, the labels can be quite different. Take a friend of mine, who, as of this writing, is 77 years old. She is dating a man who is 91. If she referred to him as her boyfriend, she thinks her grandchildren would howl with laughter. But, she explains, should she refer to him as her gentleman friend, she would feel like a stodgy old lady.

The 91year-old boyfriend, too, says he feels young and spry when he refers to her as his girlfriend, although he often wonders if it isn't politically correct - at his age - to say he has a lady friend.

Not long ago, a friend said she had a lovely man she wanted me to meet. "I'm sorry," I said, "but I'm seeing someone." My friend who is my contemporary,

(continued on page 26)

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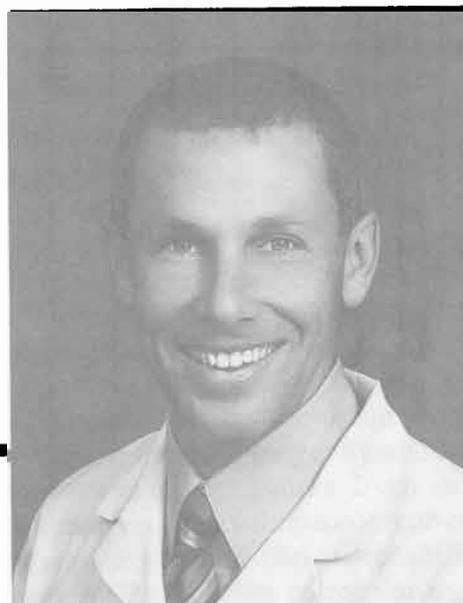
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WHAT'S MY LABEL? ... *(continued from page 25)*

knew exactly what I meant. But if I had said that to a person decades younger, they might have wondered if I had a vision problem.

One step beyond dating is living together. In days gone by, such a couple would be considered living in sin. But in the senior dating world, this is a perfectly acceptable way of life. For no other reason than when 2 people share the household expenses, there is more money to spend to go on cruises.

And what if you are living together only on weekends? I have a friend who lives part time with her significant other, as she refers to him, because, she explained, she can go to her own house whenever he got on her nerves!

I've dated somewhat. One man I labeled Cheap Bob because he considered going to Wendy's as a perfectly acceptable dinner date. Another I referred to as Deaf Man because he never heard a word I said. Looking back, I wonder if he really couldn't hear me, or was so used to tuning out whatever his wife talked about, that not responding to anything I said was just a habit! And the most accurate label I ever gave to a

man was reserved for a gentleman who thought he could drive at night. Unfortunately, his vision was so impaired that he was really a danger on the road. My name for him became Near Death, and frankly, I only went out with him once - for obvious reasons. In retrospect, as far as I'm concerned, he was a "blind date" in more ways than one.

Bea Lewis is the author of the recently published "A Widow's Journey: How I Went From Loss to Learning to Moving On." It is available on Amazon.com, both in the paperback and Kindle versions.

Didja Know

By: Pat Bergrin (Waterford)

1. For a mosquito-bite itch, try pressing a warm spoon on the welt. Run a spoon under hot tap water and apply. Heat relieves the itch in 5 to 10 minutes.
2. Meditation and yoga can help reduce stress, but consider this faster fix --- sniff an orange. Citrusy and floral aromas help to lower anxiety.
3. Researchers at the U. of Auckland in N.Z. have

(continued on page 27)

DIDJA KNOW ... (continued from page 26)

found that Honey reduces healing time significantly when applied to wounds because of its antibacterial and anti-inflammatory properties. Simply spread it over the area, then carefully apply a bandage.

4. American skydiver Luke Atkins completed the first-ever successful skydive without a parachute, plunging some 25,000 feet into a large net suspended 20 stories above the ground.

5. The federal government approved the 1st private space mission to the moon. Moon Express, a FL-based co., hopes to put a lander on the moon surface in 2017, and eventually plans to mine the moon for rare elements and metals.

6. A Michigan woman, attending a courtroom-ordered class on smart decision-making, was arrested while trying to escape through the ceiling of the courthouse women's room.

7. A new study found that Millennials born in the 1990's are more than twice as likely to be sexually inactive than the previous generation, partly because they find social media and other on-line activities

more interesting.

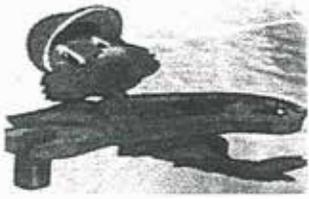
8. Pres. Obama has officially chosen Chicago's Jackson Park as the location of his presidential library. The park, site of the 1893 World's Fair, is on the city's South Side and short walk to the U. of Chicago.

9. A Utah couple was billed by a hospital for the privilege of holding their newborn baby. The Grassleys were asked if they wanted "skin-to-skin contact" after delivery. They were shocked to later see a charge of \$39.95 to cover "the additional staff" needed to put the baby securely in the mother's arms.

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Bye Bye CS - Hello CP

By: Vincent Marini (Moorings)

The wonderful article in the October issue of the Aberdeen Times about Pearlman's Candy Store woke up a memory in this Bronx boy's mind. It had been asleep for many years since Candy Store Communication was long ago replaced by Cell Phone Mania.

Back in the day, if you were fortunate enough to hang around in a neighborhood Candy Store you were part of the "in group." It was your meeting place, your town hall, your comfort zone. You were there with your friends, since it was the place to go. You were also there to meet new friends. Substitute "friends" with "girls" or "guys."

Jerry's Candy Store, at the corner of 183rd street and Beaumont Avenue, in The Bronx, was where our crowd hung out during our teen-age years. Jerry and Louise Fortunato were our away-from-home parents who allowed us to share their Candy Store as our second home. A side agenda to their generous hospitality had something to do with their lovely daughter, Jeanne, being one of the sisters in our crowd.

Jerry's store had an alcove with 4 booths that were always occupied by the Clovers or the Cloverettes; the name of our baseball team and the beautiful young ladies who supported the team. It was a team to support and be proud of since it had a winning record every year. Another activity that occupied our crowd was the softball games played on concrete across the street at the PS 32 school field. On Sundays, the games were watched by as many as forty or more folks from the neighborhood.

The crowds were even larger at the stick ball games played on the street, where your talent was determined by the distance you hit the Spaldeen, which was determined by how many sewers the ball traveled. The Spaldeen high bounce ball has been referred to by some as the Rosetta Stone of Urban Childhood Fun.

Jerry (& Louise) made the best egg cream in The Bronx. For those unfamiliar with our Champagne Cocktail, an egg cream consists of milk, carbonated water and chocolate syrup. There is no egg and no cream in this wonderful beverage.

(continued on page 29)

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BYE BYE ... (continued from page 28)

Jerry permitted us to use his back room to play cards (yes, for money). Some of our card games lasted for hours except when a guy heard his code knock on the door, which informed him his girl friend had arrived. My code knock from Joan was 2 knocks followed by a single knock.

I would like to pay tribute to a quartet of my friends who attracted crowds when they harmonized outside Jerry's in the evenings. It is more than 70 years ago but I remember Rocco (Black) and Frank (Stogie) Balazano, Joe (Cat) Miele, and Sylvio (Chip) Mastroanni being referred to as Little Italy's version of the Ink Spots. Didn't y'all have nicknames growing up?

Our group of guys and gals deserve high fives. We came together from different neighborhoods, enjoyed each other, grew together and never were faced with problems that required police attention.

The Importance of Exercising
Palm Beach Post Special Section

As a Physician in Florida since 1990, I have witnessed the benefits of exercise in my mostly senior population of patients. Many of my patients have either stopped or decreased both anti-hypertensive and diabetic medications. They have improved their circulatory and cardiovascular system, which has the added benefit of improving endurance. Not only does regular exercise improve bone density and muscular strength but also improves joint flexibility and weight loss. Seniors who exercise regularly have reduced stress and depression and have increased self-esteem. Remember a sedentary lifestyle is one of the top risk factors of heart disease. Fortunately, it is a

(continued on page 30)

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IMPORTANCE ... (continued from page 29)

risk factor that can be changed with a well-balanced exercise program. Remember not only is increasing muscular strength possible it is imperative to your health.

I would like to leave you with a list of exercise side effects.

- Strengthen your heart and cardiovascular system
- Improve your circulation and help your body use oxygen better
- Improve your heart failure symptoms
- Increase energy levels so you can do ore activities without becoming tired or short breath
- Increase endurance
- Lower blood pressure
- Improve muscle tone and strength
- Improve balance and joint flexibility
- Strengthen bones
- Help reduce body fat and help you reach a healthy weight
- Help reduce stress, tension, anxiety, and depression

- Boosts self-image and self-esteem
- Improves sleep
- Make you feel more relaxed and rested
- Make you look fit and healthy

Memory Lane

I Remember When

Editor's Note: Are you ready for another trip down Memory Lane? Those of you who grew up in the boroughs of NYC, will identify with this trip!

Arnold Fine, a"n, passed away on Sept. 5, 2014 at the age of 90. The Jewish Press continues to feature his timeless columns that have warmed the hearts of readers for more than fifty years.

Some Excerpts:

Some of us old timers were children of the Depression years. We knew how to live without many of the luxuries kids have today. We collected things that didn't cost us a cent.

The bottle caps we saved became our checkers. If you pried the cork center out of the bottle cap and

(continued on page 31)



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MEMORY LANE ... (continued from page 30)

then pressed it into another cap, that cap became our “shooter” when we played Skelly in the street. To play Skelly all you needed was a piece of chalk to draw a box with a certain pattern and you were in business.

Saving cheese boxes was also a big thing. You could get a cheese box from the grocer; it was always clean white wood. You could save marbles in them - or keep them for old pencils. They made wonderful planters we kept on the fire escape.

Some of us also saved rubber bands. Whenever we found one we would twist it along with many others into a rubber ball. Remember those rubber-band balls? The big trick, of course, was to see how big a rubber-band ball we could make. It wasn't easy! The wide rubber bands were the best and the easiest - the little skinny ones would always manage to slip off the edge of the ball.

Some of the kids made rubber-band balls that were the size of a baseball. When you bounced it, it would go up almost three or four stories. But who



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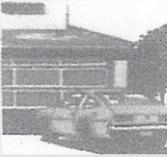
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played in the street with a rubber-band ball? You kept it in the house to impress friends. It was like a paperweight.

Saving matchbook covers was also a big thing in those years. We would walk along the street looking for discarded matchbook covers. In those years so many different companies advertised on matchbooks, and if you ever got a matchbook from out of state, you were almost a celebrity in our neighborhood.

Another thing saved in those years, especially as we grew older, - were Playbills. You know, the programs you get when you see a show. If my sisters went to a show they would come back with a dozen Playbills. They would save them and give the extras to their friends. who did the same for them.

A big item in those years was a song sheet. They sold for 10 cents. Most of them were the size of today's pennysavers and the front cover would proclaim, "500 of the Top Songs of Today!" True, those sheets did have the words to the top tunes of the day, but they never had 500 songs in them. To fill out the sheets they included the words to the national anthem, some old dance numbers, and a few of the songs we learned in school.

Another item we saved in those years were

(continued on page 32)

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MEMORY LANE ... *(continued from page 31)*

empty Prince Albert tobacco cans. They were great for storing nails, nuts, and dozens of other items.

Chocolate tins were always saved, for stationary. Mama and my sisters' always kept stamps in purple chocolate boxes.

Ice cream sticks were also a big thing in those years. We would walk around the street and look in the gutter for discarded sticks. They were great for weaving little fans during hot summer nights, and every so often if we found a stick that said "Free Good Humor" on it, we could get a free ice cream from the Good Humor man, when he came around the neighborhood.

We also saved Bungalow Bar ice cream wrappers. The company had a promotion in those years where if you saved enough wrappers you could get a baseball or a doll or even a bat. I remember saving 75 wrappers to get a bat. I had ice cream coming out of my ears but I was so determined to get the bat that I just ate and ate and became a blimp that summer. But I got a bat!

The Genetics of Nicotine Addiction

Johns Hopkins Health Review, 2016

(ADDICTION)

Whether your first cigarette is a one-off rite of passage or one of thousands you'll smoke in your lifetime may depend on your genes.

By studying the earliest stages of nicotine dependence, researchers at the Johns Hopkins School of Medicine have determined that "there are definitely some people who are nicotine avoiders and others who are nicotine choosers," says addiction researcher Roland Griffiths.

Genetic and metabolic vulnerabilities likely lead some people to become nicotine choosers, a finding based on the behavior of nonsmoking volunteers in a recent small study. Over time, the volunteers were able to distinguish between two seemingly identical pills - one with nicotine, one without - and then say which one they preferred and why.

Nicotine choosers cited improved concentration, alertness, stimulation, energy, and mood. Nicotine avoiders chose the placebo because the other pill made them feel light headed, dizzy, or sick. Knowing that this predisposed preference exists may lead to new preventive measures and smoking-cessation options.

A Boost for Aging Brains

Johns Hopkins Health Review, 2016

(EXERCISE)

Exercise energizes the brain, and understanding how this happens may lead to therapies for age-related neurological degeneration and diseases. As we age, our brain cells may stop producing enough energy to remain fully functional, and diseases like Alzheimer's can complicate matters. A team of scientists at Johns Hopkins Medicine and the National Institute on Aging's Intramural Research Program studied mice as they ran on wheels and found that the rodents had increased levels of a protective enzyme in their brains, which may subsequently boost energy levels in brain cells.

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."

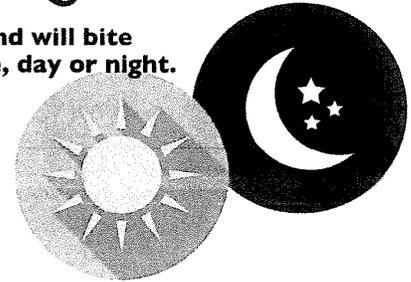
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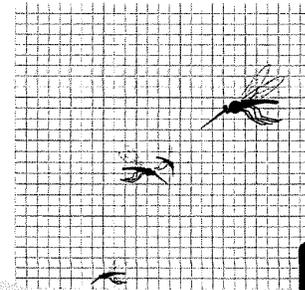
MOSQUITOES

can live indoors and will bite
at any time, day or night.



Keep doors and windows shut.

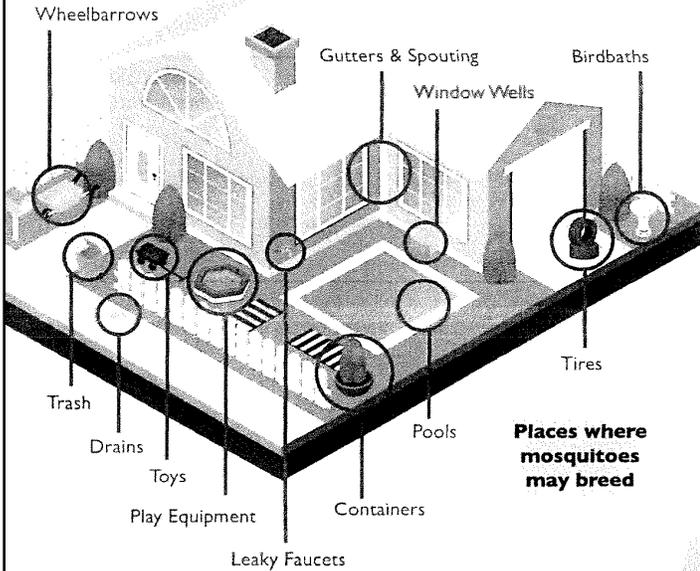
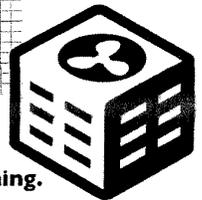
Keep mosquitoes **outside.**



Keep screens on all windows.

Repair holes in screens.

Use air conditioning.



Places where mosquitoes may breed

Preventing the spread of mosquito-borne illnesses is a two-step approach:

- 1. Protect yourself from getting a mosquito bite** using methods outlined on the right.
- 2. Prevent mosquitoes from breeding** around your house by eliminating sources of water they can live in. Spraying with insecticide does not eliminate "container mosquitoes," the type of mosquito that could carry Zika Virus, Dengue Fever, and Chikungunya.



Cover Skin with long-sleeved shirts and long pants. The arms, legs and heads of babies and small children. Cribs, strollers or baby carriers with mosquito netting.

Use EPA-approved **insect repellents**

- Follow package label instructions.
- Do not use on babies younger than 2 months.
- Do not put on a child's hands, mouth, cut or irritated skin.
- Do not spray onto a child's face—spray repellent onto your hands and then smooth onto the child's face.
- Spray clothes and gear with an EPA-approved insect repellent like permethrin for extra protection.



Check around your home and yard to remove any standing water that is accumulating in containers.

Florida Code

Submitted By: Toby Wolberg (Oxford)

When giving directions in Florida, you must always start with the words, "take I-75," "take I-4" or "take I-95."

When crossing the border into Florida forget all driving rules you ever knew.

If you're a snowbird or a non-working retiree, you absolutely cannot drive between the hours of 6 A.M. to 10 A.M. and 4 P.M. to 7 P.M. This IS considered to be RUSH HOUR and you are not in any rush. NO EXCEPTIONS. But you will drive anyway.

Freeways can only go north and south ... Not east and west except Alligator Alley.

Tolls are a fact of life, the state has to make money, so deal with it.

I-275 (Tampa area) will always be under construction ... that's the law and there is nothing anyone can do about it, period!

'A1A' and 'Alt. A1A' are the same road.

Traffic lights are not timed and never will be.

We measure the distance we travel in time - not miles.

If you travel more than 5-10 miles on any road in any part of Florida without seeing an orange barricade, you're lost!

If you miss your exit on I-75, I-4 or I-275, its perfectly acceptable to BACK UP!

Every street in Florida has both a name and a number (i.e. Adamo = Rt. 60) just for the heck of it - and also for the pleasure we get from reaction of visitors when we given them directions.

Once the light turns green, only 3 cars can go through the intersection eight more go through on the yellow, and 4 more on red.

Know the difference between SunPass, SunFest, SunSentinel and SunTrust.

Your car's signal blinker means nothing. It should be left on at all times.

English is our first and second language.

Trivia Answers ... (continued from page 24)

- | | |
|----------------------------------|----------------------|
| 1. The opening of the Suez Canal | 6. Isadora Duncan |
| 2. Saturday Night Live | 7. Fiddle-dee-dee |
| 3. Sadie Hawkins Day | 8. W.C. Fields |
| 4. Woody Allen | 9. 1966 |
| 5. The trombone | 10. James Earl Jones |

Can you figure this out!

Submitted By: Lew Roth (Sheffield)

I am sending this only to my smart friends. I thought I had figured it out and had a look at the answer only to find I was wrong. See if you can figure out what these words have in common.

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
6. Uneven

Are you peeking or have you already given up? Give it another try. Look at each word carefully. (You'll kick yourself when you discover the answer.)

Answer: In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same.

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