



HAPPY NEW YEAR



Aberdeen Country Club News

By: Harry Seaton (Hampton)

A very Happy and Healthy New Year to all! Enjoy every moment of 2017! December started our club year with the anticipation of a variety of festivities and interesting events coming up! The Golf course is again filled with players both morning and afternoon, our Tennis courts are always busy and our magnificent Fitness Center facilities continue to promote healthy exercises and exciting classes.

December 2016 presented us with many exciting golf and tennis events, all exciting and well-planned and attended.

Festivities not to be overlooked during December were the Traditional Chanukah Dinner, the Christmas Day Brunch Extravaganza, Family Bingo Night with prizes, the Holiday Carnival and the New Year's Eve Celebration. Then there was a Deli Night, an Italian Night with so many tasty selections, and the famous Christmas Day Brunch Extravaganza, ending with the usual super New Year's celebration. The traditional and very popular Children's Holiday included, golf clinics, tennis clinics, game room games, swim meets, pizza parties and many other events.

For the New Year, the January activities will keep

(continued on page 2)

Reverse Mortgages

By: Dr. Pat Williams (Muirhead)

Initiated in 1988, the FHA-insured Home Equity Conversion Mortgage (HECM) or reverse mortgage is a type of home loan for older homeowners that requires no monthly mortgage payment. To qualify for a reverse mortgage, you must meet the following requirements:

- Be 62 years or older.
- Be the legal owner of the home.
- The home must be your primary residence.

If married, at least one spouse must be 62 years or older. If the older spouse dies, the younger spouse, even if younger than 62 years, can remain living in the home without having to repay the reverse mortgage provided property taxes, insurance, and other expenses are paid and the home is well maintained.

In a reverse mortgage, any existing mortgage or liens must be paid off with the proceeds of the loan. Therefore, the funds from the reverse mortgage must be greater than what is owed on the house. Paying off an existing mortgage with a reverse mortgage will eliminate monthly mortgage payments, thereby increasing your cash flow.

How does a reverse mortgage work? The amount

(continued on page 3)

THE ABERDEEN TIMES HAS GONE DIGITAL!

VISIT US AT www.aberdeentimes.org

REVERSE MORTGAGES ... (continued from page 1)

of money you're eligible to receive is known as "the principal limit." The principal limit is the maximum lifetime amount an elderly borrower can take out on a reverse mortgage. This amount is based on the following:

- The appraised value of your home up to a maximum limit of \$625,500--
- The age of the youngest borrower if a married couple, and
- The expected average mortgage interest rate.

Most individuals can expect to receive a principal limit of 50-60% of the appraised value. Thus, for example if the reverse mortgage lender appraises your home at \$500,000, your principal limit will be between \$250,000 and \$300,000.

There are several options in the form in which you may receive the money:

- Lump sum cash payment.
- Monthly payments, or
- Line of credit (similar to a home equity line of credit).

(continued on page 4)

BERT HABER
Cocktail Pianist

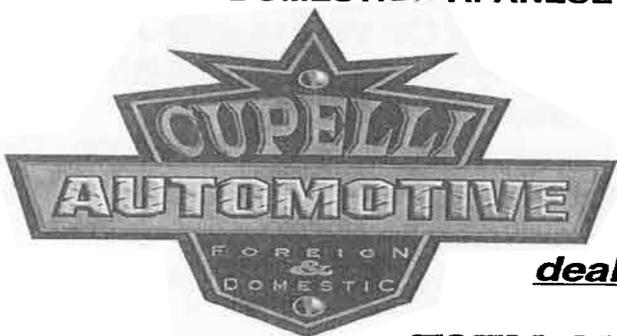


Private Lessons
in Your Home

561.736.9321

**In support of our
advertisers, feel free to
CUT US UP and use the
coupons! When you visit,
let them know you saw it
in THE ABERDEEN TIMES.**

FOREIGN & DOMESTIC SERVICE
DOMESTIC. JAPANESE & EUROPEAN CAR SPECIALIST



We Cater to Aberdeen!

561-963-9744
www.cupelliautomotive.com

***You don't have to go to a
dealership for Factory Level Diagnostics***

- **TOTAL AUTOMOTIVE CARE**
- **WE HONOR ALL EXTENDED WARRANTIES**
- **WE PERFORM ALL FACTORY RECOMMENDED SERVICES**

***"Your warranty will not be affected
if we do your scheduled maintenance."***

- BMW • Mercedes • Lexus • Cadillac
- Jaguar • Infiniti • Acura/Honda
- VW • Nissan • Toyota • Volvo
- GM • Ford/Lincoln Mercury • Mini



**OVER 20 YEARS
EXPERIENCE**

**4511 1/2 LAKE WORTH ROAD
LAKE WORTH FL 33463**

**AFFORDABLE
LEGAL SERVICES
BUSINESS AND PERSONAL**

WABLAWPLC
WAYNE A BROWN, ESQ.

CALL FOR FREE CONSULTATION 561.244.8054
VISIT US AT WABSLAW.COM



Bagels & ...
Wholesale • Retail • Catering

6556 Hypoluxo Road
Lake Worth, FL 33467
(561) 963-3500
Fax (561) 963-0320

6613 W. Boynton Beach Blvd.
Boynton Beach, FL 33437
(561) 732-9595
Fax (561) 732-8757

REVERSE MORTGAGES ... (continued from page 3)

The interest rate may be fixed or variable. A fixed rate can only be applied to a lump sum payment. The funds received are considered a loan and therefore are not taxable. Once you reach your principal limit, you will receive no more money.

When must the money be repaid to the lender?

The funds are due and payable upon the death of the borrower, the sale of the home, or if the home is no longer the principal residence of the borrower. For a married couple, the funds are due upon the death of the surviving spouse.

How much money is owed the lender when the loan comes due? The amount owed is the sum total of the funds borrowed, the interest that has accrued on these funds, and any fees involved. The borrowers or their heirs have several choices for repayment:

- Payoff or refinance the existing balance to keep the home.
- Sell the home and repay the loan with the proceeds.
- Allow the lender to sell the home.

Any remaining equity upon the sale of the home would go to the borrower, if still living, or the heirs. The HECM reverse mortgage is considered a “non-recourse loan.” This means that the home itself is the only asset that can be claimed to repay the loan. Nei-

ther the borrower’s nor the heirs’ other assets (stocks, bonds, rental properties, cars, etc.) can be touched. If the funds received from the sale of the home are insufficient to pay-off the loan, the FHA mortgage insurance fund covers the difference.

What are the pros of a reverse mortgage?

- The homeowner stays in the home.
- The funds can be used to payoff the existing mortgage and eliminate monthly mortgage payments. However, all other expenses (e.g., insurance, maintenance, property taxes) are the homeowner’s responsibility.

- A reverse mortgage cannot get “upside down.”

(continued on page 6)

Classifieds Ads will be accepted to appear in the Aberdeen Times starting with the January 2017 edition. Ads may be submitted to: John Pagliarini, 561-596-1714, email jp8230@aol.com

- 1. Three (3) lines maximum**
 - 2. A description of the item for sale and a price**
 - 3. The telephone number to call**
 - 4. Ads for services or real estate sales or rental will not be accepted.**
 - 5. Ad charge is \$10.00 per month**
- Ads are due by the 1st of the month preceeding the next issue (eg.: February 1st for the March issue).**

ATTENTION READERS

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

Thank you for your patronage and support.



BETHESDA HEALTH
BETHESDA HOSPITAL EAST • BETHESDA HOSPITAL WEST

MORE Healthcare

MORE Services, MORE Care, MORE Choices

- + Advanced Primary Stroke Center
- + Bethesda Heart Hospital
- + Bethesda Orthopaedic Institute
- + Centers for Advanced Imaging
- + Comprehensive Cancer Center
- + Cornell Institute for
Rehabilitation Medicine
- + Driskill Endovascular Center
- + Women's Health Center
- + Wound Care and Hyperbaric Medicine Program
- + Bethesda Health Physician Group



BETHESDA HOSPITAL EAST



BETHESDA HOSPITAL WEST

Call for a FREE Physician Referral Today! (561) 737-7733, ext. 84499

Feel the Difference at **BETHESDA.**

BETHESDA HOSPITAL EAST 2815 South Seacrest Boulevard • Boynton Beach, FL 33435 • **561.737.7733**

BETHESDA HOSPITAL WEST • 9655 Boynton Beach Boulevard • Boynton Beach, FL 33472 • **561.336.7000**

BETHESDAWEB.COM

REVERSE MORTGAGES ... (continued from page 4)

Borrowers and their heirs can never be liable for more than the home is sold for.

- Borrowers and heirs are entitled to any remaining equity from the sale of the home after the loan is paid off.

What are the cons of a reverse mortgage?

- Loan origination fees can run as high as \$15,000.

In addition to closing-costs, the borrower must pay for mortgage-insurance protection. This insurance is designed to cover any gap between what is due the lender and the proceeds from the sale of the home.

- A reverse mortgage loan does not usually affect eligibility for entitlement programs such as Social Security and Medicare, but some needs based benefits (Medicaid, Supplemental Security Income etc.) can be affected.

- If the borrower decides to move, there might not be enough equity after the loan is paid off to purchase another home.

- The amount owed increases over time as interest on the outstanding principal amount is added to what the borrower must repay. If the home value decreases, this could negatively affect what heirs

would receive.

Before taking a reverse mortgage, be sure you and your family fully understand all costs and benefits. The government mandates that anyone considering a reverse mortgage must participate in a counseling session with an independent, specially trained counselor. For more information on this topic, go to portal.hud.gov/hudportal/HUD and type in "revert mortgage."

Comcast Information

A Comcast representative will be at the ACTIVITIES CENTER from 9:00 - 11:00 a.m. on the following dates:

Thursday, January 5, 2017

Thursday, January 19, 2017

If you need help try the "A" on your remote or call 1-800-XFINITY (934-6489)

Please patronize our Advertisers and
TELL them you saw their ad in the
Aberdeen Times

(561) 364-0600 • Fax (561) 734-1248



Let Benvenuto Plan Your
Private Party • Wedding • Anniversary
Bar Mitzvah • Birthdays • Lunch or Dinner
From 20 to 250 Accommodations

1730 N. Federal Highway • Boynton Beach, FL 33435

SAVE THE DATE

Monday, March 20, 2017
 For the Concert by
 The Conservatory of
 Music at Lynn University

How fortunate Aberdeen is! Once again, we are one of only 51 Clubs to host an "Outreach" concert by the Conservatory of Music at Lynn University.

Only the most proficient artists studying at the Conservatory are chosen to play an "Outreach" concert. This event, as usual, should prove to be one of the highlights of the entertainment season at our club this year. The Conservatory (rated one of the top attached to a University in the country), presently has 113 artist chosen from the finest talent from 21 countries. These students are studying with world-class artist/faculty who concertize throughout the world. The Conservatory has approximately 500 applicants yearly, accepting only 20 to 25. This assures only the top musicians will be invited to attend.

Read the following critique written after a previous concert: "The students of the Conservatory



of Music at Lynn University gave a performance to a large, enthusiastic crowd at the Club. This was nothing like the student recitals you had with your children (and now some of your grandchildren)! These Lynn students may be young but they are super talented, professional, polished musicians. The performance was a treat to the ears and soothing to the psyche. What a great addition to our hectic lives! We suggest that Aberdeen members support the Lynn music team. After all, as Plato said, "If you have two drachmas, spend one for your body and one for your soul. Embracing the Conservatory of Music should

(continued on page 8)

WILLS • TRUSTS • PROBATE

LAW OFFICES OF

JEFFREY S. STEINER, P.A.

**Revocable Living Trusts - Avoid Probate
 Reduce Estate Taxes - Protection from Incapacity**

For Free Consultation Call

1-800-331-5672

2500 Quantum Lakes Drive
 Suite 203
 Boynton Beach, FL 33426

561-988-2540

20283 State Road 7
 Suite 400
 Boca Raton, FL 33498

www.jeffreysteinerlaw.com

The hiring of a lawyer is an important decision and should not be based solely upon advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.

SAVE THE DATE ... (continued from page 4)
be a perfect way to heed Plato's advice."

Remember, this is a charitable event. All donations and ticket purchases and go directly to the Scholarship Fund to help these young, super talented students achieve their dream of making music their lives work. The cost of the tax-deductible ticket, checks made out to the "Conservatory of Music at Lynn" is \$40 and will be available in late December. Call Carol Kayne at 739-9318 or Leslie Roth at 738-9737.

Bermuda Isle

By: Harvey Schwartz

Bermuda Isle - The Center of Our Universe...

Charlie Brown once had to admit a goof-up when Lucy quietly whispered in his ear that he was a serious of tit "block-head." Well, this writer was supposed to keep us all up-to-date by submitting an article for the last issue of the Aberdeen Times. I am sure that you noticed when you received it that our corner of the world wasn't represented by any musings whatsoever. I am this month's Charlie Brown.

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

Board Certified Eye Physician and Surgeon
Fellow, American Academy of Ophthalmology

Specializing in

- Personalized Full Service Eye Care
- Crystalens™ Bifocal Implants/Astigmatism Surgery to minimize your need for eyeglasses for distance and reading after cataract surgery

Complete Eye Exams

Glaucoma Care

In-Office Laser Surgery

Contact Lenses

Licensed Optician on staff

On-site Optical Services

Botox™ Cosmetic and Juvederm™ fillers
for removal of fine facial lines

Medicare Assignment and
Most Insurances Accepted

Emergencies Welcome



561.495.8558

Village at Floral Lakes
15340 Jog Road, Suite 210
Delray Beach, FL 33446

Office Hours: Mon-Fri 8:45 am - 4:45 pm
By appointment
Serving South Florida for over 20 years

CRUISE PLANNERS

- Best Values on All Cruise Lines • Individual & Group Cruise Rates •
- Worldwide Cruises • Exotic Destinations •

Minutes from paradise! Call now:
Paula Podradchik - Cruise Specialist
561.498.5461 • 1.877.583.3956
www.pcfloreatravel.com
FST# ST36334/ CST# 2034468-40

(...and actually enjoying this...) I am, in affect, writing a double article...our writing committee has meted out a pardon to me so I will still be able to carryon this and future writings...

November and December allow us to have a great many celebrations with friends, neighbors and of course family. It was a wonderful time of the year. We had just celebrated a hearty does of "Thanksgiving" and then coming in rapid succession were our different faith-based Holidays followed by New Year's Eve. Some of our residents enjoy traveling to and from destinations far and wide for what many think is the best time of the year. Now we're off to a great start for 2017.

A nice benefit to the calendar and northern weather conditions is that many of our neighbors return to Bermuda Isle from long stays at other homes and destinations - otherwise known as "snowbirds" by the permanent residents of the island. Welcome back!!!

Bermuda Isle is "The Center of Our Universe..." but we are all very conscious of the recent elections - our radios, TVs, computers, wireless devices may finally get relieved of the endless national and local conversation. Some of us are very happy and of course some are very disappointed. Nothing new for that result...It made for lots of thinking and conversation amongst our families, friends and neighbors. How it will all play out and what affect it will have on our country, state, county, city and Bermuda Isle will be witnessed over the coming months. What may be interesting is that we are all from different places, states and even countries and how we will view and judge the results over time. Here's betting that we won't all be agreeing on the results.

Julianne Haimes very successfully planned, or-
(continued on page 9)

BERMUDA ISLE ... (continued from page 8)

ganized and welcomed a fun-loving crowd to last year's Dinner Dance at Benevuto's Restaurant. Fortunately, she is doing the same for this coming Feb. 2017. That's the good news." The bad news is that if you haven't signed up already you may be locked out due the capacity of the venue. Maybe it would be good advice to contact her to see if there are any reservations still available.

Now that we are all home, Timmy Fried takes pleasure in announcing that the Bermuda Isle "Pool Party" is again being planned. What is now an annual event will occur Sat., Mar. 18, 2017 from 2:00 PM to 5 PM. We know this much; if it is anywhere near as much fun as last year, it will be a great time. A flyer and email notice will be forthcoming that will describe the event, entertainment, menu and other information. Timmy wants this to be our best Pool Party yet!!

One cannot overlook that a large contingent of our community enjoys and roots for its "home team" in many sports categories. The Major League Baseball season came to a conclusion with the Chicago Cubs defeating the Cleveland Indians in an epic World Series one for the ages. Having said that, the current season of Football, basketball and hockey at the College and Pro levels are more fun than can be explained in the little space for this article.

Harvey Schwartz (the one who belongs to Judi) is planning another adventure to Jupiter Roger Dean Stadium or to the new West Palm Beach Baseball Stadium. For those of us who went to Jupiter last March to the Marlins game cannot ever forget the bright and sunny day enjoyed by all. Well, maybe that is an exaggeration. Most of our shoes didn't dry out until July 4th.

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

a. Bernice and Michael Rudman celebrated their 67th wedding anniversary in June. They also welcomed their 4th great-granddaughter, Juliana, several months ago. Congratulations!!!

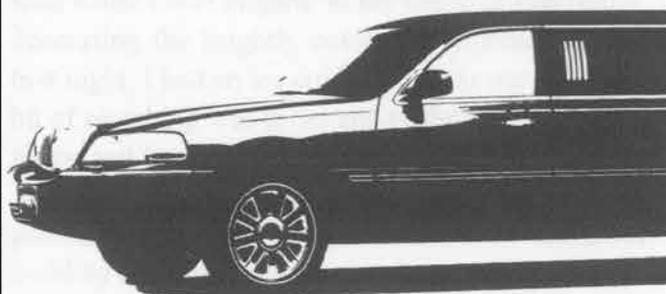
b. A lot of our neighbors have had birthdays and anniversaries this year. We want to congratulate one and all!! This is actually not an unusual circumstance.

c. Many of our neighbors will have birthdays and

(continued on page 10)

NEED A RIDE LIMO

\$5 OFF WITH THIS AD



Licensed #1936 & Insured

- Airports (PBI,FTL,MIA)
- All Cruise Lines
- Night On the Town
- Weddings
- Proms
- Seaports
- Hotels
- Bar & Bat Mitzvahs

VISA MasterCard **561-369-2814**

www.needaridelimo.com

Foot Care Center of Palm Beach



DR. IRA SPINNER D.P.M. FACFS

- Board Certified Podiatrist
- American Board of Podiatric Surgery
- Fellow American College of Foot & Ankle Surgeons



DR. PAULA DeLUCA D.P.M.

- Board Certified Podiatrist
- American Board of Podiatric Surgery

STAFF PHYSICIANS:
Delray Medical Center, Bethesda Memorial Hospital, J.F.K. Medical Center

CONSERVATIVE CARE:
Diabetic feet, corns, calluses, fungal nails, neuropathy, arthritis

SURGICAL CORRECTION:
Bunions, hammertoes, neuromas with early return to activity

HEEL PAIN:
Conservative and surgical correction for permanent relief

WOUND CARE SPECIALIST:
Specialized treatment for patients with acute and non-healing wounds

ALL INSURANCE PLANS ACCEPTED

Boynton Beach

734-4867

10075 Jog Rd. (SW Corner Jog & Boynton Bch Blvd.)

Affordable Living Trusts

Now there's no excuse for you and your family not to benefit from the advantages of a Revocable Living Trust especially if you own your own home or condo.



Single Person **\$295**

Married Couple **\$395**
Plus Additional Incidental Costs

Robert D. Schwartz
Attorney At Law • Certified Public Accountant

Toll Free 1-866-34TRUST • 1-866-348-7878

2240 Woolbright Rd. #411, Boynton Beach, FL 33426
4700 N.W. Boca Raton Blvd., Suite B-204, Boca Raton, FL 33431
2101 Vista Pkwy, West Palm Beach, FL 33411
14255 US Hwy. 1, Suite 270, Juno Beach, FL 33408

(Available by Appointment)

Mr. Schwartz's qualifications include:
Graduate of Univ. of Florida College of Law with honors.
Graduated Cum Laude from Florida State University.
National Speaker on Estate & Tax Planning

"The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about my qualifications and experience."

"The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about my qualification and experience."

BERMUDA ISLE ... (continued from page 9)

anniversaries in 2017. A hearty high five to one and all again!!! We do know that most of the women are stuck at age 39 and the men are at 49. Who said that Bermuda Isle was not a magical place?

d. Why is this seasonal recap different from all other recaps? A very good thing has happened...we have no reports of any serious illness or problems for our community members. Here's a toast and well wishes to those who are nursing continuing ailments.

e. To end on another happy note Lenore and Harvey Schwartz celebrated their Granddaughter's Wedding. Nice going!!

We are looking forward to seeing one another in the neighborhood and wish you well!

Sharing With Sheffield

By: Sylvia Shaw

2016 has been and gone, seemingly in almost the blink of an eye. It was Albert Einstein who coined the phrase, "Time flies when you're having fun." I hope you all had lots of fun times last year, and will

make some wonderful memories during this one.

Chris and I arrived back home just before Thanksgiving, after 6 weeks overseas. We had a big family get-together on our last Sunday in England, when Chris' 103-year-old mom treated all available family members to a slap-up lunch at a local gourmet eatery. The Barn at Alfold in the next village is her favorite place to eat. It dates back to 1590 and the original oak beams are believed to have been fashioned from timber taken from the ships of the Spanish Armada which sank off the English coast.

Ernest Hemingway is said to have frequented this establishment in the 1940s during the second world war, and apparently spent many an afternoon enjoying the Cream Teas at "Gibbs Hatch," as it was then called.

Our month-long seaside "holiday" in South Africa turned out to be not quite as relaxing and carefree as I would have liked. For some months, I'd been experiencing a problem with the vision in my right eye, and thought it was something simple like a bit of scar tissue after my cataract and lens implant op-

(continued on page 11)

NEED HELP WITH PAPERWORK?

DEBORAH REMSON

Personal Bookkeeping Assistance Services

- Bill Paying
- Balancing Your Check book
- Record Keeping
- Organizing Personal Paperwork

FREE CONSULTATION

(561) 969-3240

Cell (561) 818-5835

MEMBER OF

AMERICAN ASSOCIATION OF

AADMM

DAILY MONEY MANAGERS

References

PREMIUM QUALITY
MEATS • POULTRY • FISH • COOKED FOODS
APPETIZING / DELICATESSEN • HOLIDAY FAVORITES
VIEW OUR CATERING MENU



WWW.GLICKSKOSHERMARKET.COM
7351 W Atlantic Ave, Delray Beach, FL 33446

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

eration 3 years ago. I went to see my eye surgeon soon after we arrived, and the scan showed that my eye had developed a small hole in the macular which was preventing me from seeing fine detail. Because of time constraints, I was fast-tracked for a vitrectomy procedure. This operation has a 90% success rate of closing the hole and replacing the vitreous fluid in the space behind the retina with a bubble of gas until the space fills up again. It was done under local anesthetic, and I have to say that feeling something scratching around in the back of my eye for an hour, was a very bizarre experience indeed. I wasn't allowed to move from sea level until the gas bubble

had completely absorbed, so my sister had to drive down the hill to visit me, and our daughter flew down from Johannesburg to spend a few days with us. Anyway, the operation went well and the hole was repaired. My vision isn't yet back to normal, but I believe that it will gradually improve over the next few months. I do hope so, because I'm finding it very difficult to read my piano music. In fact, on our return here, when I sat down to play my beloved piano, I was reminded of this quote, "Please don't shoot the piano player; (s)he's doing the best that (s)he can." I've often wondered where this saying originated, and found that Oscar Wilde saw it written on a sign in a Leadville, CO saloon, when he visited in 1882. He shared this during his "Impressions of America" on a tour of England, and since then it's become a well-known saying.

It's been so great being back here and seeing all our friends and also my gorgeous backyard creatures, but by the time you read this we'll be off on our travels again. For our 50th anniversary celebration on Dec. 17th, we've booked ourselves on a Patagonia and Antarctica cruise which leaves from Valparaiso in Chile, ending in Buenos Aires Argentina. We ar-

(continued on page 12)

\$25
CUSTOMER
REFERRAL REBATE



\$25
REBATE
FOR NEW CUSTOMERS

AIR CONDITIONING ■ APPLIANCES ■ PLUMBING ■ ELECTRICAL

THE BEST WARRANTY AT THE BEST PRICE!

TWELVE (12) MONTHS of SERVICE **PLUS:**
FREE TWO (2) ADDITIONAL MONTHS OF SERVICE
 THAT'S 14 MONTHS OF COVERAGE

SAME DAY SERVICE!
 2 HOUR SHOW-UP

NEVER PAY
FOR A COVERED
HOME REPAIR
AGAIN!

- AIR CONDITIONING/HEATING
- BUILT-IN MICROWAVE
- WASHER/DRYER
- DISHWASHER
- REFRIGERATOR
- RANGE/OVEN COOK TOP
- PLUMBING/EXTENDED PLUMBING
- HOT WATER HEATER
- GARBAGE DISPOSAL
- CEILING FANS/EXHAUST FANS
- DOOR BELL/SMOKE DETECTORS
- CENTRAL VACUUM SYSTEM

CALL 561.819.5103 FOR A FREE OVER THE PHONE ESTIMATE!
FLORIDA STATE CONTRACTOR LIC #CGC1521208 | FLORIDA STATE WARRANTY #18854

SHARING WITH SHEFFIELD ... *(continued from page 11)*

rive back here on 15th January, hopefully with lots of tales to tell. I think I'm going to find myself a bit out of my comfort zone as we trek through snow and ice during the 7 days of our "Antarctic Experience." We do get free parkas, and are renting special boots. I've also opted for walking poles even though Chris kindly said that I could hold onto him, as I don't want us both landing up in an embarrassing heap on the ice.

As the new year begins, I thought I'd share this anecdote from our Nov. 2014 trip to Costa Rica. We visited Tortuguero (Land of Turtles) National Park, and felt so privileged to witness the amazing sight of newly-hatched green sea turtles as they came up out of their nests onto the beach to see the world for the first time. It was just before sunset and there were quite a few of them, but one fearless little fellow who I named "Terrence," really caught our attention as he bravely scuttled across the sand making a bee-line for the safety of the waters of the Caribbean. It must have been really tough and rugged terrain for those tiny new flippers to negotiate. He was undeterred by all the curious onlookers and photographers walking alongside him, cheering him on. His determination never wavered for a moment. He had his goal in sight and nothing and no-one was going to stop him reach-

ing the sea and triumphantly launching himself into the waves. As we all go into 2017 not knowing exactly what lies ahead of us, may we all be as focused and fearless as little Terrence. With this attitude, I'm sure that we'll be able to field any curved balls which may happen to come our way. My New Year's wish to you all is good health and happy times, and may you find many reasons to celebrate.

The Sunny Shores

By: Estelle Morganstein

As we approach the new calendar year of 2017, so too is your HOA board beginning a new agenda. FPL finally approved the new lighting installation under our sign at the west end of our community and the light was turned on - making The Shores brighter than ever!

Your board is now identifying possible upgrades to our community. These may include new signage at both entrances, enhanced landscaping to create a more colorful welcome to our community and power washing and/or painting of our sidewalks and driveways, with repairs where needed. The next board meeting will take place on Jan. 10th at 9 AM in the

*(continued on page 14)***JOSHUA M. BERLIN M.D.**

Board Certified in Dermatology

Specializing in All Forms of Dermatology Care and Skin Surgery

Trained at Cleveland Clinic, Ohio in Dermatology

Also

- Fraxel®
- Chemical Peels
- Micro Dermabrasion
- Facials
- Age Spots

The Berlin Center for Medical Aesthetics*Offering*

Cosmetic & Laser Skin Treatments

- Radiesse®
- Juvederm®
- Perlane®
- Restylane®
- Botox®

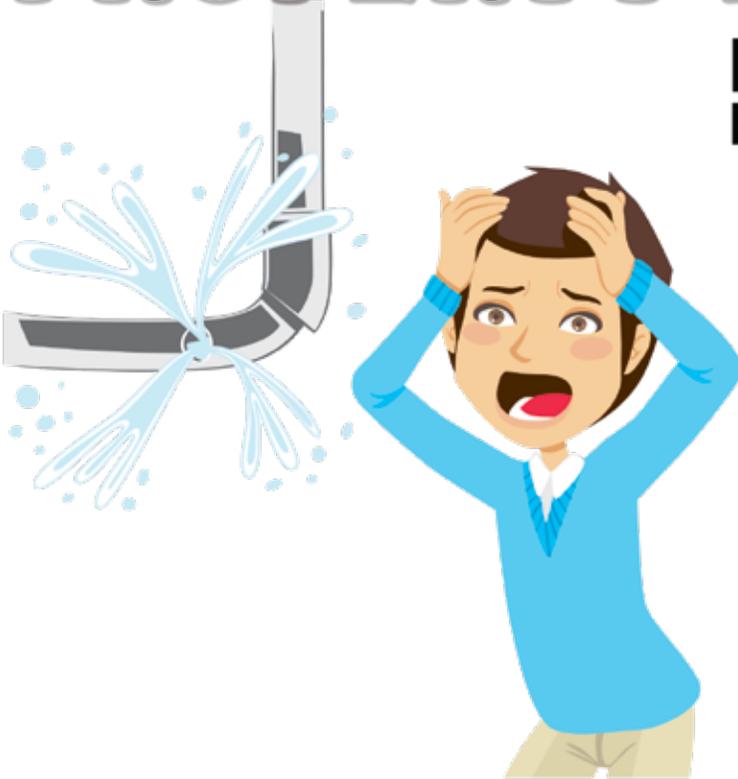
BETHESDA HEALTH CITY / BOYNTON BEACH

10301 Hagen Ranch Road • Entrance "D" – Suite 930

561-739-5252**INTELLIGENT SKINCARE FOR A LIFETIME**

PROPERTY DAMAGE?

FLORIDA'S **BEST** PUBLIC ADJUSTERS



FREE
Inspections &
Consultation

AC LEAKS? MOLD?
ROOF LEAKS?
FIRE DAMAGE?
WATER DAMAGE?
APPLIANCE LEAKS?

WE WORK FOR YOU! Not the insurance company.

We take the worry and hassle out of dealing with your insurance company.

The **insurance company** you have been paying for years is **not your friend.**

We don't get paid until you have been paid by your insurance company.

Claim Denied/Underpaid ?

WE CAN REOPEN A CLAIM ON YOUR BEHALF.

Residential & Commercial

CALL US NOW

(561) 715 - 8986

Licensed by the State of Florida
Stephen R. Lippy - License #P172086

www.FLBestPA.com



A+

THIS IS A SOLICITATION FOR BUSINESS. IF YOU HAVE HAD A CLAIM FOR AN INSURED PROPERTY LOSS OR DAMAGE AND YOU ARE SATISFIED WITH THE PAYMENT BY YOUR INSURER, YOU MAY DISREGARD THIS ADVERTISEMENT.

DRYER VENTS CLEANING

1 House \$69

2+ Houses \$59 each



Fast and Professional Service

Call Boris
Lic & Ins.
561-376-2601

Caring For The Sick and Elderly

JEAN SILVA, CNA

561-305-9051

Home Health Aide
Certified Nursing Assistant
jsilvaflorida@gmail.com

SUNNY SHORES ... *(continued from page 12)*

Card Room at the clubhouse. Everyone is invited to attend.

NEIGHBOR NEWS

A must for all newcomers (and anyone else who would like to attend)! The Villages of the East are sponsoring a Club Showcase and Newcomer Event on Sun., Jan. 29th, from 10:30 AM to 12:30 PM. Representatives from all clubs and groups will be in attendance, along with members from all the East HOA boards and brunch will be served. This is a great opportunity for you to meet your neighbors and learn about the many activities being offered by the clubs and groups of Aberdeen East. We encourage all residents to come out and enjoy an informative fun-filled morning.

Barbara Ladd was thrilled to receive a visit from her son recently.

Saul and I look forward to having our son spend a few days with us this month when he comes down to FL from Canada to participate in a work-related convention in Miami.

Norma and David Littman were up in NYC last month to visit their sons and their families but they tell me it was a welcome relief to return to the warm winds and sunny skies of tropical FL.

Our newest residents - Randi and David Mandelkorn - recently moved into Court "G"; we welcome them to The Shores.

I will close with a wish for a Happy New Year 2017 filled with health and happiness for all.

Please patronize our Advertisers and
TELL them you saw their ad in the
Aberdeen Times

Canterbury Communique

By: Dee Levy

Greetings from the Canterbury community! Yes, it's the month of January ... the name "January" derived from Janus, the Roman god who presided over the gate to the New Year.

Yes, it's the beginning of the year 2017, and the traditional time for making resolutions for self-improvement or helping others. As Oprah Winfrey said, "Cheers to the New Year and another chance to get it right." Hopefully, most of us will remain motivated and committed to achieving the goals we set for ourselves in our New Year's resolutions.

On the local scene, the Canterbury board and GRS representative Jose Armstrong continue to work conscientiously to improve the amenities. The entire length of our street (frontage road) has been repaved and our new landscaping company is working diligently to beautify our surroundings. Additionally, plans to improve the community's exterior lighting are being explored. The 2017 budget has been presented and approved, and a new representative to the POA has been appointed. Kudos to the board and to GRS ... we really appreciate your efforts!

In keeping with our policy of getting to know our neighbors, we asked Barry Lassman, the new POA representative, to share an interest or life experience with us. He submitted the following narrative.

"I've had many exciting experiences in my professional career. There is one, however, that stands out above them all.

"In the early 1980s, the head of a gasoline chain decided to follow a new business direction. I was doing consulting for a major oil company in the Northeast at the time, and he reached out to me. He said his

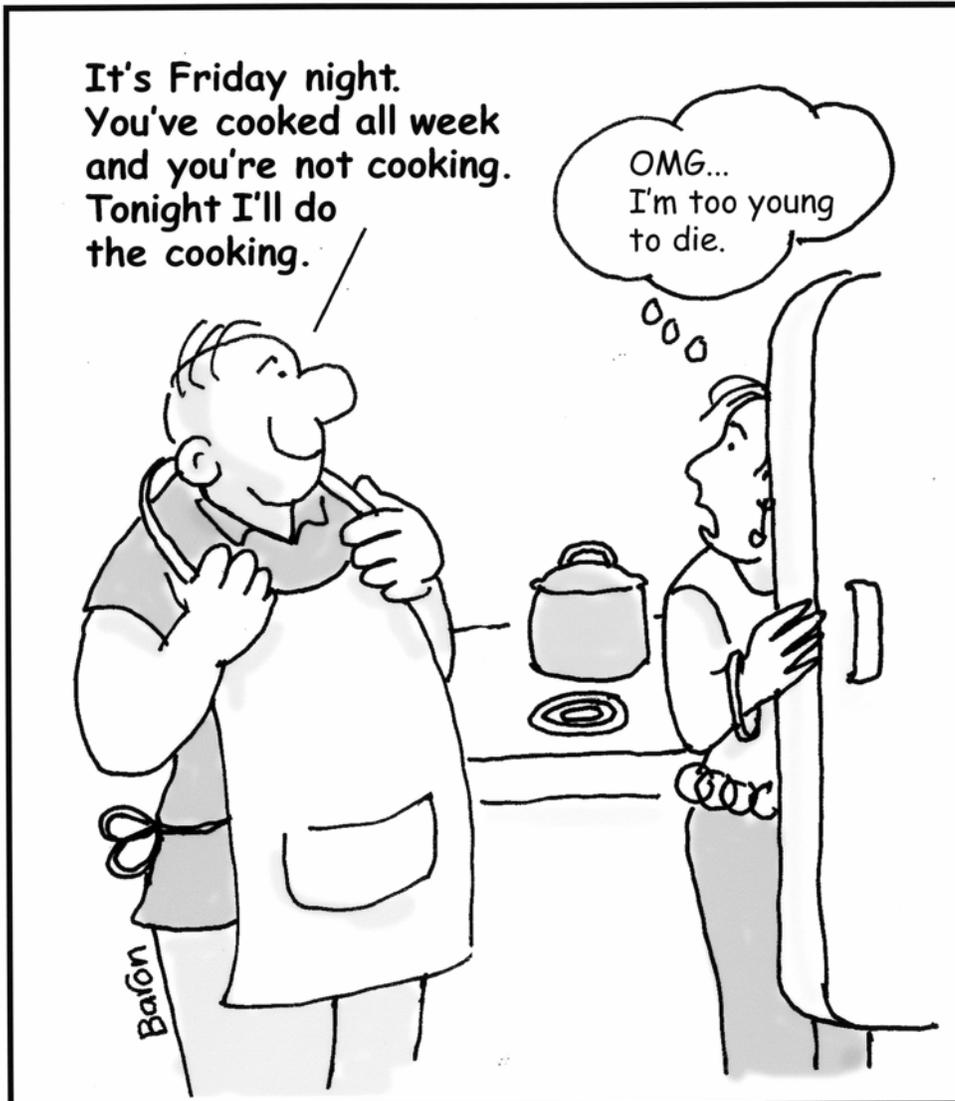
(continued on page 15)

CANTERBURY ... (continued from page 14)

bucket list included going to Africa and transacting business there. He asked if I'd be interested in making the arrangements and accompanying him on the trip. I spent a month in the planning, making contacts, and lining up the right individuals to insure our safety on the trip.

"We flew to Liberia, and were met by the local Sheriff and several of his deputies, who accompanied us on the 4-hour flight, in a single-engine plane, into the bush-country. We landed in a large, wide-open area in the middle of nowhere. All of a sudden, the Chief, a huge 7-footer, walked out onto the field, with a wooden spear in one hand and a bottle of Coca-Cola in the other. My first thought was "what the heck is a kid from the Lower East Side of NY doing here?" We shook hands, and then he signaled the entire tribe to come out of hiding.

Harvey Baron's Early Bird Special



**AFFORDABLE
LEGAL SERVICES
BUSINESS AND PERSONAL**

WABLAWPLC

WAYNE A BROWN, ESQ.

CALL FOR FREE CONSULTATION 561.244.8054
VISIT US AT WABSLAW.COM

"Business was done that day, a deal completed, and we came home safely. To look back on this now, I shudder to think what could have happened. No-one in his right mind would do this today!"

In closing, we thank Barry for sharing with us, and congratulate him on his appointment. We also extend a hearty welcome to Lenore and Barry Kalen, our

new Canterbury neighbors. Once again, we wish all our Aberdeen friends and neighbors a Happy and Healthy New Year and success in all their endeavors!

Hello Waterford Neighbors

By: Cathy Goldenberg

I must shout out a big Thank You to my Waterford neighbors, particularly the ones in my cul-de-sac. You helped this past year. Some of you came over to welcome us. While Others, who were snowbirds, decided to live here year'round. Now we meet and greet in our cul-de-sac and speak quite often. Why the thank you? Well, let me tell you my story. I started looking for a property in June, 2015 and took my husband on a buyer's adventure -- 20 properties in one weekend.

Location, location, location! Everywhere you walk in Waterford there's a view. Lake views, golf views, garden views and breathtaking sunrise views. Nice, yes. Beautiful, undoubtedly. The view from the villa

(continued on page 16)

HELLO WATERFORD ... (continued from page 15)

patio was great. It was on the lake overlooking the 16th hole. The home needed our personal touch. Okay, the microwave and oven were original along with some other items in the property. I said it. I tried to say it nicely. Some parts of the property needed work -TLC.

Strike one for me with my better half. "It needs too much work," he exclaimed. "But, honey, LOOK at the view, look at the layout," I bantered back to him. He came back at me with, "where is everyone? You want me to move here without anyone to talk to?"

Strike two, where are the people in the community?" Every time we came back to look at the home in Waterford, the cul-de-sac was quiet. Silence is a more applicable word. No cars, no neighbors. Well, we found out some were snowbirds, some were on vacation and some do not venture out during the daytime. No, not vampires. It was summer and it was hot! Three visits later, the home was ours.

Sometimes, just viewing a property doesn't portray the essence and camaraderie of the community.

(continued on page 17)

Ray-Jack's Plumbing, Inc.
Ray Ritter Need a Plumber? Call Us!
 Owner Operated
 LICENSED &
 INSURED *All phases of plumbing*



Cell: 561-436-3607
 Office & Fax 561-965-1662

No extra charge for Saturday

Back Flows - Repair, install & certify

- Sewer & drain stoppage
- Hot water heaters
- Toilets
- Faucets
- Tubs & shower valves
- Leaks of all kinds
- Shut off valves

COMPUTER-MARK
OVER 10 YEARS SERVING THE AREA
"OFFERING THE HIGHEST STANDARD IN COMPUTER SERVICE"

CALL: MARK SINGER
 Cell: 954-629-0978 Home: 561-732-7791
 E-mail: computermark@live.com

~ Aberdeen Resident ~

- Fast Reliable Computer Repair
- New PC Set-up by a Microsoft Certified Solutions Associate
- Windows 10 Setup & Training
- New Mac Set-up
- Computer Tune-up
- FREE Phone Consultation
- Virus, Adware, Malware & Spyware Removal
- Many more services, Just Call!





Sand & C[®]
TRAVEL



Trust Your Precious Vacation With Our Travel Professionals

(561) 736-3880 or (877) 736-3880
www.sandctravel.com www.preciousvacation.com

APPOINTMENTS SUGGESTED. Business Hours: Monday to Friday 9:00am-6:30pm, Saturday 9:00am-1:00pm

FULL VACATION PLANNING SERVICES
 Cruises - Tours - River Cruises - Independent Travel - Escorted Tours -
 Resorts - Airline Tickets - Land Packages

Vacations are precious!
 Book with an experienced, objective, local professional who can get to know you personally and plan a great vacation customized to meet your needs!

Sand & C Travel offers amenities such as discounts, Shipboard Credits or transportation to the airport or pier on most bookings
 NAMED BEST TRAVEL AGENCY BY THE READERS OF THE JEWISH JOURNAL IN 2015!

WHITWORTH FARMS (just to the right of Publix)
 Northwest corner of Hagen Ranch Road & Flavor Pict Road
 12393 HAGEN RANCH ROAD, SUITE 301, BOYNTON BEACH, FL 33437





AMERICAN SOCIETY OF TRAVEL AGENTS
 PROUD MEMBER SINCE 1987




Fla. Seller of Travel Reg. No. ST38489

HELLO WATERFORD ... (continued from page 16)

My husband and I found warm, loving, supportive friends in our microcosm. It's 16 months later and we love it. We love Aberdeen, we love Waterford ad we love our neighbors. The microwave and oven were replaced and we have painted and tidied up a bit. We have joined our community board and committees and are enjoying a wonderful lifestyle.

The 2016 holidays have come and gone. It was delightful to play with the grandkids and grand puppies. We have two of each now. So now it's 2017. May this new year be the best year of our lives.

On to the next adventure for the residents of Waterford. The Waterford Social Committee has been diligently planning for this year's Annual Pool Party to be held this month. Along with our active website, waterfordataberdeen.com. Waterford has an email address that our Board of Directors utilizes to communicate with all property owners. It's quite effective to send important up to the minute information to existing and new residents.

We would like to welcome and say "hello" to our

(continued on page 18)

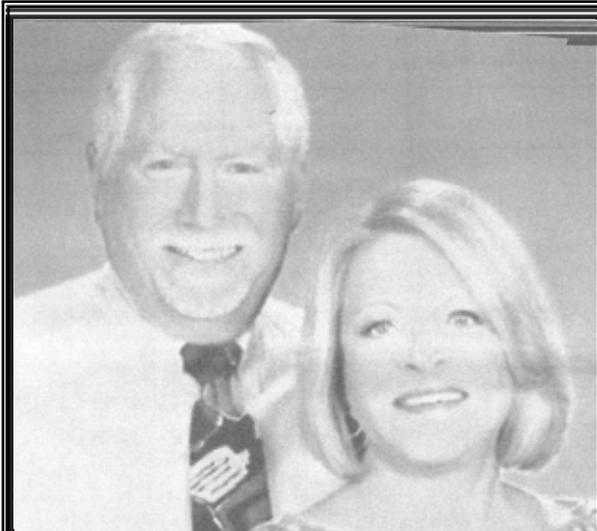
SEYMOUR M. BIGAYER, D.P.M., P.A.
 PODIATRIC MEDICINE & SURGERY

BOYNTON TRAIL CENTER
 9770 MILITARY TRAIL, SUITE B-12
 BOYNTON BEACH, FLORIDA 33436

(561) 734-0690
 www.BIGAYERPODIATRY.com Fax (561) 734-7117



GNS GENERAL CONTRACTORS
 Phyllis Gray 561-523-3898
 President CCG152413
 GNSCONTRACTORS15@GMAIL.COM
 GNSGENERALCONTRACTORS.COM



Sheila and Albert Aron

*Aberdeen Golf & Country Club
 Preferred Resident Specialist!*

Call Sheila at 870-4949

Aberdeen Golf & Country Club
Where We Choose to Live!

- Global Internet Advertising
- My websites highlight Aberdeen
- My vast referral network
- Award-winning Realtor® in South Florida since 1982

We live, work and play in Aberdeen
We support Aberdeen Golf & Country Club
We are just a phone call away
We give you our word,
you won't be disappointed

Lang Realty

*Call Sheila for all of your
 real estate needs!*
561-870-4949

www.AberdeenComeHome.com
 absheil@bellsouth.net



Transfer tapes to DVD

Copy your VHS tapes to DVD
Copy your audio cassettes to CDs
Transfer your digital pictures to CDs

CALL: 954-530-0561
FOR A PRICE QUOTE.

* MULTIPLE TAPE DISCOUNTS
* SENIOR DISCOUNTS

EMAIL: San.Multimedia.Services@gmail.com

HELLO WATERFORD ... (continued from page 17)

new residents in Waterford: Kulchalisa and Michael Magyar.

Congratulations to Gloria Miller. She is a great grandmother for the 5th time. Benjamin Paul was born on Sept. 20, 2016, in Jersey City, NJ.

Ashford Greenery

By: Tony Casselli

I can't believe we are in 2017! The Ashford Green Board of Directors wishes you all a happy and healthy New Year!

I hope you all enjoyed our beautiful holiday light display. Many thanks to Leah Keitz from Ashford for the beautiful design. Great job, Leah!

Our community is looking beautiful with the help of Danny and Sharon from Bug-A-Way. Thanks and keep up the good work.

Congratulations to Elliott and Marlene Baskind on the bat mitzvah of their granddaughter, Jada Broomberg. The happy event took place on Oct. 1st in Alexandria, VA.

On a sad note, we lost a good friend in Ashford Green - Marty Weiner. Our deepest sympathy goes out to his wife of over 60 years, Marilyn, and to his entire family. He will be truly missed.

As always, please submit any material for next month's article to me.

It's Happening in Dorchester

By: Carol Baron

It's time to look forward to a new year filled with good health, friends, love, understanding, patience, fun and finding a way to give back to others as recognition of what we have in our lives.

Most of our neighbors have returned to their

homes here and have been busy fixing up, repairing and beautifying their environment. The community looks terrific because the people who live here, newer and older residents, are taking the time and interest in their surroundings and in their neighbors.

Perhaps belatedly, but, Donna Seftel wanted us to be aware that her mother, Roslyn Seftel, celebrated a special birthday recently. Everyone is invited to stop by to 7620 Dorchester Road to wish Roz much happiness and many more terrific birthdays.

And speaking of special birthdays, the entire Baron family, children and grandchildren ... those from CA, NJ and CT, got together over the holidays so that they could celebrate the upcoming birthday for their father and grandfather, Harvey. Wow, what a fantastic time shared and enjoyed by all!

The Benders also had a great family occasion over the holidays to honor Maxine and Murray on their anniversary. They celebrated a lot of years together (they probably got married when they were just kids) and are looking forward to many more fun-filled ones.

So in closing the first article from Dorchester for

(continued on page 19)

Dominic's III

Charleston Square
6566 Hypoluxo Rd.
SW Corner of Hypoluxo & Jog Rd.
561-641-1110



There is no Substitute for Quality and Great Service!!!

Early Bird Specials available daily from 4:00-6:00p.m.
*Prices and promotions subject to change without notice.

Visit our website dominics3.com
Please Like us on Facebook and follow us on Instagram

50 % Off Any Dinner Buy one dinner entrée at regular price and get a 2nd entrée of equal or lesser value for 50 % off. Only at Dominic's III. One coupon per couple <small>*Least expensive entrée at table will be discounted. Upgrades extra.</small>	Dine in Only-With coupon Not valid with any other coupons or specials. Exp. 2/28/17
\$2.00 Off Large Pizza Dine In or Take Out Cannot be combined with any other coupons or specials	Only at Dominic's III Exp. 2/28/17

DORCHESTER ... (continued from page 18)

2017, we leave you with the following:

“Life is too short to sit on the sidelines: it is much more fun to give it your enthusiastic best.”

Here’s to 2017!

Harbour Lights

By: Wendy Latman

Happy New Year! It’s January in Paradise. We didn’t have a white Christmas (thank goodness), but we do have the best weather of the year to enjoy every day. 2017 promises to bring about lots of changes locally, nationally and internationally. Our new president will be inaugurated, and with that we all know there is going to be lots of change. Right here in The Harbours, we will have an election for several Board of Directors members coming up in February. More change. But let’s enjoy the height of our season with, so much, indoor and, outdoor entertainment from which to choose. There’s never enough time to experience all of it. Have fun!

What’s going on at The Harbours?

In every walk of life there are people who talk about what needs to be done and there are the “doers.” This article features one of those “doers” - Tony DeMunno. A ten-year resident of The Harbours, Tony became part of the Board of Directors a year and a half ago. In that time, applying his 42 years of experience as an industrial engineer, it quickly became apparent that we have infrastructure issues that have developed over 25 years that will require expensive repairs and ongoing maintenance. Two of those issues, and how Tony has addressed them, will be highlighted below.

Some residents were experiencing flooding in their lanais whenever we had a heavy rainstorm. Upon further investigation, it became apparent that there is soil erosion around our buildings causing damage



MINUTEMAN PRESS® Delray Beach

PRINT • MAIL • DESIGN

Since 1986

561.495.7898
F: 561.495.8171

15108 Jog Road delray@minutemanpress.com
Delray Beach, FL 33446 www.delray.minutemanpress.com

Green Acupuncture

Mention Aberdeen for a no obligation consultation

- Double Board Certified
- Pain Specialists in Acupuncture
- In network Cigna/UHC
- Accept: Horizon BCBS Federal BCBS

www.greenacumed.com Close to Jog and Le Chalet

561-244-5424

VOTED BEST OPTICAL STORE 2014
By Readers of Jewish Journal

CRYSTAL CLEAR OPTICAL Since 1996
A good old fashioned family owned & operated optical shop

561-963-0099
6338 Lantana Road • Pinewood Square
SE Corner of Jog & Lantana, Next to TJ Maxx & Chris Taverna
www.CrystalClearOptical.com

COMPLETE EYEGLASSES
FRAMES - LENSES (Selected Group) Restrictions Apply

SINGLE VISION
Only **\$69** Includes Frames
2 Pair for \$99

BIFOCALS
Only **\$99** Includes Frames
2 Pair for \$139

PROGRESSIVE
NO LINES! **\$139** Includes Frames
Only 2 Pair for \$199

FRAMES 25 - 75% OFF
STARTING AT \$20
*Cannot be combined with any other sale, coupon or vision plan
Maximum Discount \$85 • Expires 8/31/16

FENDI Crizal GUCCI Ray-Ban MICHAEL KORS VARILUX®

High Quality, Unhurried
Cataract Check • Glaucoma Test
Refraction • Dilation
Exam by Independent Board Certified Optometrist
Present coupon at time of exam • Expires 8/31/16
CONTACT LENS FITTING ADDITIONAL

No "Free Exam" Gimmicks!

No other discounts allowed • Expires 8/31/16

to our foundations. A survey was conducted by an outside contractor and Tony, which concluded that our downspouts were positioned incorrectly causing water to collect around our foundations. To correct this situation, the downspout situation has been corrected in 7 of our buildings so far.

Where there is a direct to a lake, trenches were dug and hoses were attached to the downspouts to direct the water directly into the lake. Where there is no lake access, trenches were dug to extend the downspouts at least ten feet away from the foundation with a “pot” (as Tony calls it) to collect the water, which can spill out through a grate.

(continued on page 20)

HARBOUR LIGHTS ... (continued from page 19)

When our new landscapers came on board, they brought with them an irrigation specialist who evaluated our sprinkler systems. These systems are 25 years old and required immediate upgrading of panels that control the spouts.

Sprinkler heads have been replaced and ongoing "wet checks" are conducted monthly throughout the community. In the past few years we have had multiple breaks in pipes, causing flooding and lack of watering in many places. Tony, together with John Laird, continue to oversee the maintenance of our various systems in the most safe and inexpensive way it can be done.

A proud owner in The Harbours, Tony would like to see everyone get involved in collectively maintaining "our home."

And now for some local news:

Thank you, Anita Kaplan, for being on the committee to decorate the clubhouse and the ballroom for the holidays. You did an outstanding job.

Adele and Bernie Dienstag live a real live

THE COMPUTER MAVEN



Irv Steinberg
561-738-1216
isteinb@bellsouth.net

FIGHTING WITH YOUR PC?

LET ME HELP YOU WIN:

E-MAIL
INTERNET
WORD PROCESSING
SPREADSHEETS
PHOTO EDITING

OTHER SERVICES AVAILABLE

"Same Time Next Year" visit with a couple they met from London, England about 35 years ago, while vacationing in Miami. Every year, these friends spend 3 weeks finishing out the old year and bringing in the New Year in together.

"Mazel Tov" to Judy and Myron Santo, who were present for their grandson's bar mitzvah on Dec. 10th, in Rockville, MD.

What fun for Judy and Larry Kaminski to spend the Christmas Holidays with family in Denver, CO!

(continued on page 21)

REFRESH THE AIR YOU BREATHE INSIDE YOUR HOUSE

24/7 AC Repair



- Tune-up **\$39** includes 1 lb. of Freon
- Off Season Special Prices on New A/C System
- Maintenance Plan Agreement
- Pool Heaters • Ultra Violet Bulbs

Air Duct Cleaning

- Unlimited # of Vents per A/C **\$89**
- Filter Replacement Plan
- Dryer Vent Cleaning **\$69**
- Air Duct Seals

Appliances

- Hot Water Heaters
- Garbage Disposals
- Dishwashers

Lic. # CMC 1249345 Ins.

Florida Kool A/C

561-202-4774

YOUR AIR CONDITIONING AND APPLIANCE CONTRACTOR

HARBOUR LIGHTS ... (continued from page 20)

Brrrr! It must have been cold outside. We're happy they are back and well thawed out.

Joan and Tony Demunno celebrated Joan's ??th birthday in New Orleans, LA. They had a great time.

A couple of vacant units have recently been sold. We should be looking forward to welcoming some new neighbors in the near future.

Submitted by the Hospitality Committee of The Harbours @ Aberdeen

The Hamptons

By: Nancy Rosenstein

Welcome back to all our snowbirds. You are going to have a great winter being here instead of shoveling snow.

Congratulations to Alex and Julie Forster on the birth of a granddaughter. Luckily, they live close by so they can have the pleasure of seeing her often. She has a big sister, who I'm sure is playing with her new toys. That makes 4 grandkids for the Forsters and that'll keep them busy.

We want to wish a speedy recovery to David

Price and Sheila Cherry. Happy to see them back on Cassia Drive.

Guess what, you lucky campers!

We are having a Social Get-Together on Sun., Feb. 11, 4:30-6:30 PM.

Our wonderful Social Committee is as follows:
Irene Bolnick

Janet Friedman

Ellen Gold

Joyce Hirschman

Connie Lamendola

Alyce Simons

Becky Stauffer

Our Hampton Book Club is once again meeting on Tues., Mar. 7th. The book to read is The Color of Lightening by Paulette Jiles. The meeting is at the home of Connie Lamendola, 8224 Cassia Drive. RSVP 336-4914.

Congratulations to Judy Price, the new President of the Simcha Hadassah Chapter of Aberdeen. Judy's tireless efforts for Hadassah is to be greatly admired.

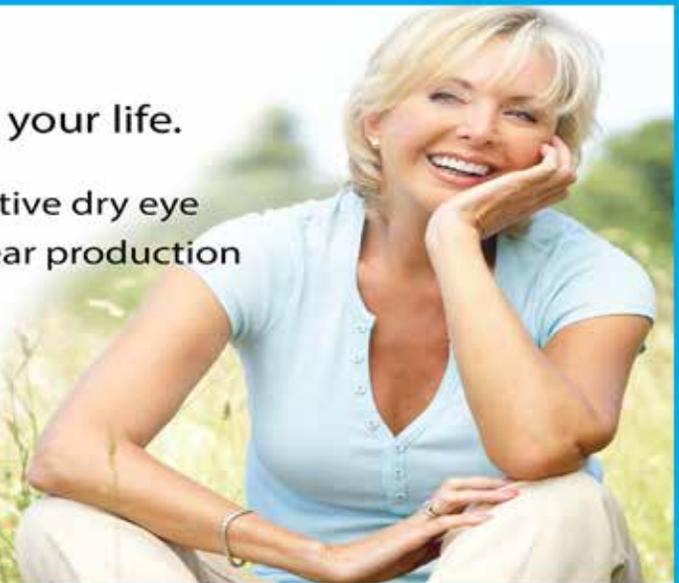
(continued on page 22)

Finally, a dry eye treatment that will bring tears to your eyes.

At work, at home or outside,
LipiFlow can bring comfort back to your life.

- ✔ 86% of Dry Eye patients have evaporative dry eye
- ✔ The root cause is oil production not tear production
- ✔ Lack of oil causes tears to evaporate
- ✔ Oil production can be restored

SOUTH PALM
EYE ASSOCIATES
www.southpalmeye.com



Make your appointment today at SOUTH PALM EYE ASSOCIATES
for your Dry Eye assessment. (561)-737-4040

Learn more about how LipiFlow treatment can bring comfort back to your life

Law Office of
Sherilynne Marks, P.A.
 1325 S. Congress Ave. Suite 202
 Boynton Beach, FL 33426

Telephone: (561) 732-8323
www.SherilynneMarks.com
SheriMarksLaw@yahoo.com

Wills: Single: From \$50, Married: From \$75
 (Includes Free Living Will)

Ask us how you may be able to avoid Probate!

Revocable Living Trusts: Single From \$300
 Joint From \$500 A/B From \$1,000
 (Includes Free Living Will and Powers of Atty)

Fees Exclude Costs
Other Services: Probate

Free Consultations - By Appointment Only

The hiring of an attorney is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.

THE HAMPTONS ... (continued from page 21)

She has been a member since 1967 and hails from Philadelphia, where she was also a member. She's only been a resident for 20 years so this is a long time coming. All the best and isn't the chapter lucky!

All of you pool-lovers at our beautiful Hampton Pool, we are about to get new furniture. We have one of the nicest satellite pools in Aberdeen and it's about to get even nicer. Thank you to Pat Brown for giving us a heads-up on this.

Wishing all of you Happy Holidays and a Happy and Healthy New Year!



FYZICAL®
 Therapy & Balance Centers
561-701-8925

Physical Therapy Fitness & Wellness Hand Therapy
 Balance Programs Sports Rehab Workers Comp

www.FYZICALpbc.com

Moorings Matters

By: Eileen Hahn

The last bell has jingled and the last candle turned to melted wax, but we get to see the lovely Xmas lights a little longer. It feels like "Christmas in July" when I'm typing this before all the gifts and merriment have even begun. Welcome snowbirds! It's wonderful to see all the homes occupied.

Florida flights to NY had Joan and Vince Marini and Helen and Joe Fradella aboard going to spend the holiday with their children. Jane Halley's daughter and family landed from Denver, and the whole family celebrated together. My children drove from Atlanta for the week and like Carol Carleton we spent New Years eve at the Orange Bowl when Michigan played FL State. Our sons are both U. of Michigan graduates. Best trip of all goes to Dolores and Jerry Esposito, who spent a week on the brand new cruise ship, "Harmony," biggest and best of Royal Caribbean. Living in FL, away from children, no matter what age they are, encourages trips and visits. Millie Tencer was off to CA, as were Bea and Charley Cornell and Ginger and Mitch Weiser spent time in Rhode Island. Sally Sage and Herb Schwab were up in the air again on their way to Chicago for a 1st birthday. That's our help to the economy.

Happy to hear that Cliff Antis with a little mechanical mechanism is up and roaring to go. Our deepest sympathy to Beverly Weiner on the loss of her husband. Roger.

Now for the important news -- Our new mailboxes are ordered and the repair of the driveways and homeowner walks is scheduled. This took months of deliberation and planning by a very dedicated board.

Please note also that is unwise and prohibited to feed the ducks or any other wildlife. If you need someone to help or communicate with, try your neighbors!

*Caregiver
 Companion*

- 10 years experience
- Private duty individual providing companionship & homemaker services
- Clean driving record
- Like "renting a daughter"
- Reliable and dependable
- References on request

❧

Ellen Stephens
 Waterford at Aberdeen
 Cell 732-841-8453
ejstephens2201@gmail.com

Circling The Coves

By: Mary Chuzi

I don't know about you, but I've always viewed January as a fresh start, a clean slate, or even a blank sheet of paper ready to be etched with whatever dreams, thoughts, ideas, or resolutions one has in mind and are physically and mentally possible. The New Year is one "life event" we ALL share. It is not peculiar to just old or just young, just wealthy or just poor, just healthy or just ill. We all are presented with a new calendar page on which to write something that will make us a wiser, saner, healthier, more interesting, more generous, and happier person. "Carpe' Diem" this January 1, 2017 and beyond. Seize the day to try something new. Challenge yourself to make 2017 even more satisfying than the year that preceded it.

Speaking of new, the first thing on our list is always welcoming new residents to The Coves. You may have already met Stuart and Gail Burton who moved in to Bob and Pam Brier's previous condo in November, but recently they became "official owners." We wish them many years of enjoyment here in our wonderful community.

When you pick up your mail, be sure to take a few minutes to check our bulletin boards for important recent announcements. This month and next, the schedules for the Annual Pest Control and Dryer Vent Cleanings will be posted and occur.

Both of these activities are covered within your monthly maintenance payment and participation is a must. If you find that you are not going to be home on your scheduled day, notify your keyholder to oversee your unit at that time.

By now, if you attended the Dec. 14th "Meet and Greet Open house at the Aberdeen East Clubhouse, you have met representatives of Capital Realty Investors, Inc., our new Property Management Company. You got the chance to meet Mr. Bill Haas our Property Manager. The Coves is off to an excellent start with "Capital" and looks forward to many years of success. Your elected Board of Directions (all volunteer, I might add) and Property. Management work together to handle all day-to-day operations of the Coves. Show your appreciation with a "thank-you" the next time you see a board member. (Their names are posted on the aforementioned bulletin



HF Car Service

Driver for Hire

561-410-0398

SERVICING SOUTHEAST FLORIDA'S
3 MAJOR AIRPORTS, 2 CRUISE PORTS, &
OTHER PALM BEACH COUNTY LOCATIONS
"ABERDEEN RESIDENT"

board.)

Whether you celebrate the New Year with a glass of champagne, a bite of Hoppin' John, setting off fireworks, watching the Rose Parade or making resolutions, in the spirit of "Auld Lang Syne," take the time to "raise a cup of kindness" to your Coves neighbors. A smile and neighborly thoughtfulness will go a long way. Happy New Year! See you next month!

Addison Green News

By: Stephanie Baker

Landscaping improvements continue! Perennials have been planted around our mailboxes and additional palms and shrubs have been planted at our guardhouse entrance. What a lovely sight to see when you drive through our beautiful neighborhood!

The Addison Women's social club has new members and our numbers are growing. The group took a tour of the Flagler Museum with lunch following. There are more theater events scheduled and all Aberdeen Ladies are welcome to participate.

Addison not only has friendly neighbors but friendly pets! Any time of the day you can see dogs of all shapes and sizes walking their owners around the community! First sniffs usually end up with friendly interactions and twisted leashes.

ATT has installed new fiber optic lines throughout the community, however, Comcast is not able to utilize these lines; we are awaiting an answer from Comcast as to when it expects to install its own lines

Aberdeen Fairways is considering upgrading the guard gate cameras and systems and is evaluating 3 options to improve security. The costs of these improvements is being reviewed by each HOA with multiple vendors submitting proposals. Two out of 3

(continued on page 24)

CHIPS • CRACKS • HOLES*Now You See It.....**Now You Don't!***Ceramic Tile Chip & Crack Repair**Call Pat at Restore a Tile
(561) 638-7628**ADDISON GREEN NEWS ...** *(continued from page 23)*

HOAs will decide the path we take. We all agree that we need more security, by the time this goes to press, a decision should be made. There are 5 communities within all of Aberdeen that have resident volunteer security; 2 Addison residents, Jim Baker and John Vitali, have signed up for the COPS security.

The Aberdeen Country Club BOD has agreed to permit non-member residents as guests at the club 3 times a year: January 18, March 5 and, one holiday. This good will should extend a positive relationship among all residents of Aberdeen and perhaps encourage new membership!

Trivia

Submitted By: Pat Bergrin (Waterford)

1. Who was "The Maid of Orleans"?
2. What's the resting place of those buried at sea?
3. What was the scarecrow in "The Wizard of Oz" lacking?
4. What's a dactylogram?
5. What's the former name of the John F. Kennedy Airport?
6. What was the most common Christian name of French monarchs?
7. What authoress had a 30-year love affair with Dashiell Hammett?
8. What Shakespeare play begins: "If music be the food of love, play on"?
9. What mammal ranks next to man on the evolutionary scale?
10. How many dots are there in the symbol for-- therefore?

*(answers on page 34)***Sterling Lakers**

By: Sheila Hyman

I hope your holidays were great, with many family members around, or that you travelled to them. It is always nice to have family and friends with you.

Talking about friends, we have new friends here, Amy Hastings and Eric Strom hailing from Binghampton. They came here for tennis, golf, fun and sun. Also, Amy's mother and father live here in Aberdeen. How lucky can you get! Ruth Katz is also so lucky to have her son and daughter living in Aberdeen. We are becoming a family community.

Now to the good stuff. Great birthday wishes are extended to Sheila Portnoy and Judy Noar. We missed you both all summer long; glad you are back!

Unfortunately, we lost a super member of our Sterling community, Stan Cohen. Stan passed away after a valiant battle with his body. Our condolences to Suzi and all her family.

On the happy spectrum, Renee and Isaac Levy are proud to announce their grandson Jordan is engaged to Kimberly. We are all waiting to learn about the wedding plans.

One of our newest community members, Joanie, is happy to say she loves laying mah jongg with our Monday group.

Do not forget, no news in, no article out!

Ashford App

By: Leah Keitz

I am sitting in the Rochester NY airport having spent this past weekend watching our 17-year-old granddaughter (who lives in Scottsdale AZ) participate in the "Fire on Ice" ladies ice hockey tournament. Her team won the Silver Championship and she scored one of the goals. Can it get much better than that when you travel to the cold country!

Now on to the rest of Ashford's excitement.

The Thornhill Blvd entrance to Ashford/Ashford Green has a new look with green grass instead of flower beds. The sad palms at the pool have been replaced with decorative pottery filled with beautiful green plants. The project is ongoing so keep your eyes open when you drive by the entrance.

Most of our snowbirds have returned for the season, having spent the summer traveling and

(continued on page 25)



visiting family and friends. Jane Casden spent 2 months at the S. Jersey Shore. She missed our hot and humid summer sitting in her favorite beach chair reading. According to her it was the best way to relax and unwind from our active Aberdeen season.

Marilyn and Stan Gilman celebrated their 50th anniversary while at there Cape Cod hacienda. Best wishes for many more.

Laurie Wohl, one of our newest residents, spent the summer sprucing up her home and involving herself in volunteer activities. She works for the Sheriffs department as a volunteer on a special project; she also cuddles Nick U babies at a local hospital. Along with that, she has become a proficient canasta player and utilizes the fitness facility and pool as time will allow.

A NOTE FROM YOUR REPORTER: By the time you read this newsletter, the contentious presidential election will be a done deal. Who ever ends up in the White House let's all remember we live together in a free country that has a presidential election every 4 years.

If you have any news to be included in the January issue of Aberdeen Times, please send it in the form of an email to me by Dec. 5th.

You will receive a reminder from RMC, the management company, in plenty of time.

Didja Know

Submitted By: Pat Bergrin (Waterford)

1. Emma Morano celebrated her 117th birthday in Verbania, Italy, on Tues., Nov. 29. Born in 1899, her life has spanned 3 centuries and 2 World Wars. Her secret, she eats 2 raw eggs a day, every day.

2. A server at a Colorado Thai restaurant received a \$1,000 tip, delighting the whole staff - until the

Lisa Marie Limousine Service

**ALL Airports & All Seaports
NIGHTS OUT, CONCERTS**

BE SMART..... CALL ART



561-880-0130

Cell Phones: Arthur 561-756-5522 or Saunders 561-302-5826

**PALM BEACH SPECIAL \$55.00 CURBSIDE SERVICE
FT. LAUDERDALE SPECIAL \$75.00 CURBSIDE SERVICE
MIAMI SPECIAL \$145.00 CURBSIDE SERVICE**
PRICE DOES NOT INCLUDE GRATUITY

1801-A Hypoluxo Road
Lake Worth FL 33462

www.lisamarielimo.com
Fully licensed & Insured
PBC# VH3133

customer returned the next morning and asked for it back. "I'm sorry, I was drunk," the customer said.

3. Baltimore Orioles infielder Manny Machado was offered free crab cakes for life from a local restaurant for punching Kansas City pitcher Yorano Ventura, who hit him with a 99-mph fastball.

4. Light pollution caused by city lights is now so prevalent that a whole third of humanity cannot see the bright smear of the Milky Way in the night sky, including 80% of Americans and 60% of Europeans.

5. Chinese retailer Alibaba, which expects to reach 423 million online shoppers this year, handles more e-commerce than Amazon and eBay combined. The company hopes to double its total sales volume to \$911 billion by 2020.

6. Ashton White just kicked a hole in the glass ceiling. The 7th grader from Wicksburg, AL recently made her debut as a kicker on her high school's otherwise all-male football team. In this season's opening game, she kicked 6 of 7 extra points, helping her team to a 56-26 win.

7. Uber and Anheuser-Busch inBev recently made

(continued on page 26)



ML

Michael L. Levine, M.D.
Elan A. Rosenblat, M.D.
Chris S. Castello, O.D.

**“EXCELLENCE IN
 PREMIUM CATARACT &
 LASER SURGERY”**

Laser Cataract Surgery
Complete Eye Exams

3280 Old Boynton Rd.
 Boynton Beach, FL 33436
www.eyeconsultantspalmbeach.com

Call 561-600-9286





DIDJA KNOW ... (continued from page 25)

the world's first-ever commercial delivery via self-driving truck. Uber's autonomous 18-wheel-semi, loaded with 45,000 cans of Budweiser, drove itself 120 miles on Colorado's Interstate 25, from Ft. Collins to Colorado Springs - with a human on board in the sleeper cab just in case.

8. The last time the Chicago Cubs were in a World Series, back in 1945, the price of gas was 15 cents a gallon; World Series ticket prices for the lower grandstand were \$6, instead of to day's \$5,000, and a slinky was the top Christmas gift of the year, while this year's most popular choice is a virtual-reality headset.

9. An air passenger boarded a flight in Charlotte, NC with her "emotional support animal" - a duck wearing red shoes and a Capt. America diaper. Carla Fitzgerald was surprised that photos of her pet duck, Daniel, became an internet sensation because "to me, having an emotional support duck is normal."

10. The Oxford University Press announced that

the Elizabethan playwright, Christopher Marlowe, will be given official co-authorship credit on William Shakespeare's 3 historical dramas about Henry VI.

My Candy Store Was Better Than Yours!

By: Norman M. Goldman (Hampton)

In retort to Vincent Marini's article in the October issue of the Aberdeen Times, you claim that your candy store-owners, The Fortunatos, made the best egg cream consisting of milk, carbonated water and chocolate syrup. That's where my candy store is better than yours. Vini will say Seltzer instead of carbonated water (just kidding Vini; if ever we meet I'll buy you a Pepsi.)

My candy store was owned by the Leffs during the late 30s and early 40s. Their store hours were from 6 AM to 11 PM, 17 hours to make a measly living. Outside the candy store there were 2 groups

(continued on page 27)

MY CANDY STORE ... (continued from page 26)

of boys, 13 to 15 and 15 to 17 years. Girls were not permitted. Our topic of conversation was who was better, DiMaggio, Williams or Willie Mays.

When the candy store phone booth rang, Mr. Leff would answer it after 10 rings. The caller would ask for an Anita Schwartz, apartment 3B or a Susan Rubin, Apt 4C. Mr. Leff would ask for a volunteer to go up 3 or 4, flights of stairs to get the person called. The gopher got a penny, or 2 as a tip, or maybe a "thank you." With a penny, you could buy Dots. A long strip of paper with multi-colored Dots which you would pick off the paper. You could share the Dots with a friend. If one of the Dots or other candies fell on the sidewalk you would pick it up, kiss it up to G-d as you looked to the sky. That made it edible.

When you needed to make a phone call you would put a penny on the trolley-car track.

Every 10 minutes a trolley would flatten the penny in the shape of a nickel. That way you would save 4 cents. The candy store would have a cooler maybe 2 foot by 4 foot. It was red and white with

bold letters of Coca Cola on it.

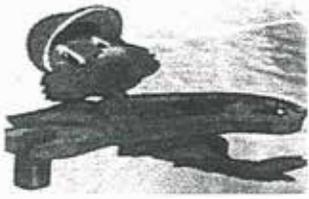
Within it was maybe 4 gallons of water and a cube of ice to keep the enclosed Coke etc. in it. At the end of the night the father, slightly undersized, would drain the water for the following days input. As the father would take the drained water to the sidewalk, my so-called buddings would sing, "water boy." How I wish I could apologize to him and others whom I may have offended.

Then out of nowhere came Dec. 7, 1941. Our 16-year-olds finished high, school and off we went to serve. Most of the boys came back; Some did not. My candy store had a large bulletin board in the front window with pictures of the boys in service. Eventually, the war was over.

(continued on page 28)

In support of our advertisers, feel free to CUT US UP and use the coupons! When you visit, let them know you saw it in THE ABERDEEN TIMES.

P.S. THE HANDYMAN



We do the job you won't do!
Over 25 years Experience

1. Grouting & Caulking
2. Specialized in Safety Grab Bars
3. Change Light Bulbs
4. Smoke & CO Detector Replacemen
5. Interior & Garage Painting
6. Picture & Mirror Hanging
7. Furniture Assembly
8. All Types Handyman Jobs

Call Paul: 954-892-1876



Partners in Motion
 PHYSICAL THERAPY
Together We Get Your Body Moving Again



Dr. Caryn Chomsky, PT, DPT, CLT
 Doctor of Physical Therapy, Boston University
 Certified Lymphedema Therapist

Conditions Treated:

Arthritis	Lymphedema
Axillary Web Syndrome	Neurological Impairments
Back and Neck Pain	Parkinsons
Balance Problems	Pediatric Impairments
Fatigue/Pain from Cancer Treatments	Shoulder, Hip and Knee Pain
Foot/Ankle Injuries	Stroke
Joint/Muscle Pain and Discomfort	Vertigo

Boynton Beach 6609 W. Woolbright Rd., Suite 420 Boynton Beach, FL 33437 (561) 200-4262 Shoppes at Woolbright	Lake Worth 8927 Hypoluxo Rd., Suite A 2 Lake Worth, FL 33467 (561) 469-1115 Town Commons
---	---

We accept Medicare and most major insurances, Personal Injury, Auto and Workman's Comp

MY CANDY STORE ... (continued from page 27)

Then came the Bill of Rights for veterans wanting to go to college. Bernie Feinberg went to the U. of Michigan, Became an engineer with Ford. He didn't come back to the candy store. Freddie Schoen went to CA. He didn't come back. Willie Lipson went to Genesee, NY didn't come back. Tony Rizzo went to a state called FL - didn't come back. Marvin Weinberg went to Chicago. He didn't come back. Jerry Wassermann left somewhere to a place called Battle of the Bulge. Didn't come back.

So, we matured. As boys returned I went to 3 weddings as an usher with the same tuxedo within 2 weekends. I waited 10 years before I became the groom.

So there went the fond memories of "my candy store". No more charlotte russes or jelly apples. Only fond memories remain. As Frankie, would sing, "When I was 17, it was a wonderful year."

(Norm Goldman, Boston Road and Charlotte St., The Bronx)

Something Caught My Eye

By: Sandy Simelson (Sterling)

As is usual with people of a certain age, I'm a newspaper reader each morning. Well, one headline in the NYT., Mon. 11/28/16, caught my eye. The headline read, "What Not to Say to a Cancer Patient."

This column by Jane Brody really touched a nerve. It talked about me. I even found the column and printed it. In the past 17 years, I have been diagnosed with 2 chronic illnesses. They are the kind that stay with you forever. And lately, a new one appeared. Yes, the big C. So I guess I have some experience with people's reactions to medical issues.

Some responses are comforting - some are not. Some are even hurtful. In most of the cases, the comments were meant to be supportive and were genuine. Of that I have no doubt. An example are the super people at Aberdeen. Kindness, caring supportive are some of the words which describe our members. I know because I have been on the receiving end. It's a difficult time for the patient and family and friends. All sorts of feelings emerge and retreat. Here are hints on how to deal with these situations.

(continued on page 29)

**A-Z IN HOME
COMPUTER SERVICES**

Give A-Z a call for all your computer needs.

We can help, **Guaranteed!**

CALL @ 561-251-8656, azpc@bellsouth.net

FAST ON-SITE SERVICE, FREE ESTIMATES

- Is your computer slow? Speed it up by adding more memory. Hardware upgrades. DVD burners.
- New computer set-up and data transfer from your old computer. Let me do all the work and get you set-up fast and right!
- Data backup. Don't wait until it's too late and you lose all your valuable data and pictures.
- Internet & wireless set-up
- All types of computer Tutoring.
- Troubleshooting & maintenance. Virus, Adware and Spyware removal.

LOWEST RATES IN THE AREA!

I'm a local resident and all work is guaranteed!!!

THE
DELRAY BEACH
Playhouse

70th Season

Best Live-Theatre Value in South Florida!

Oct. 2016 - June 2017

————— Main Stage Plays —————

- | | |
|---|---|
| -The Senuous Senator | Oct. 8 th - 23 rd |
| by Michael Parker | |
| -I Love You, You're Perfect, Now Change | Dec. 3 rd -18 th |
| by Joe DiPietro & Jimmy Roberts | |
| -The Odd Couple | Feb 4 th - 19 th |
| by Neil Simon | |
| -Once Upon a Mattress | Mar 25 th - Apr 9 th |
| by Mary Rogers & Marshall Barer | |
| -Vanya & Sonia & Masha & Spike | May 20 th - June 4 th |
| by Christopher Durang | |

All individual tickets \$30/person | special group rates 20+
Box Office: 561-272-1281 ext 4 | Mon - Fri 10am to 4pm
950 NW 9th Street, Delray Beach FL 33444
delraybeachplayhouse.com

Wendi Seelin
 Agency Owner
 561.296.1200 phone
 877.727.0316 fax
 www.brightway.com
 wendi.seelin@brightway.com
 6616 Hypoluxo Road
 Lake Worth, FL 33467

Auto Home Business Life

SOMETHING CAUGHT ... (continued from page 28)

Examples of Donts:

- Don't make light of a patient's physical change by saying - "at least you finally lost those extra pounds." Losing weight was not the goal.

- Don't say the patient is lucky to have her kind of cancer rather than having a more virulent variety. No cancer is good.

- Don't talk about a friend "with the same cancer who is doing great." No two cancers are the same.

Some Dos:

- Do say - "I am sorry this has happened to you."

- Do say - "I'm here for you no matter." If you mean it.

- If words fail you - say so. It is better to say, "I don't know what to say," than to say nothing at all. At least you are acknowledging the illness exists. Don't make believe it doesn't.

Some of these dos and donts are helpful in other stressful situations - widowhood. A more complete discussion is found in Stan Goldberg's book, "Loving, Supporting and Caring for the cancer patient." He is a communications specialist and professor emeritus of communicative disorders at San Francisco State University.

Bleacher Seats Splinters

By: Rob Tanenbaum

Happy New Year means another opportunity for Wait-Till-Next-Year resolutions to put up or shut up.

So before your champagne goes flat, let's look ahead to what I think should happen in 2017.

• I'd like to see sports stop wasting my time.

Every event takes too long. Some leagues are aware of the problem. Some have added rules to speed play, but they are not enforced. Result: boredom. Here's what I like: An NFL game is almost

unwatchable because of the TV ads. It's even worse in person. But NFL Red Zone shows the important plays from all the games and without interruption. I have watched that for 7 hours straight without getting bored. I happily pay for this service and want it to expand to other sports.

• I'd like coaches to stop micromanaging.

If I wanted players to be robots and play on command, I'd buy a sports video game. Coaches want to take the human element out of sports because it gives them a better chance of winning.

I think players should be taught as amateurs how to think as they play so coaching should be limited at the pro level. Don't you wonder what new idea a basketball coach has to offer during the countless end-game timeouts? Don't they repeat the same thing a thousand times?

The best coach ever was UCLA basketball legend John Wooden. He considered himself a teacher. Practice was his classroom time. That's when he micromanaged. Games were the test times. He rarely interfered. UCLA won and won and players remained winners in life after basketball.

(continued on page 30)

Advancements in
DERMATOLOGY
Ellis J. Gottesfeld, M.D.

- ❖ *Previously in private practice for 15 years in New York City*
- ❖ *Dermatology training completed at Case Western Reserve University, Cleveland*
- ❖ *Board Certified – American Board of Dermatology*
- ❖ *M.D. SUNY – Downstate Medical Center, N.Y.*

Cosmetic Treatments Available
Lasers Radiesse Restylane Botox®

NEW LOCATION!!!
7730 W. Boynton Beach Blvd
Just West of Target Parking Lot
561-572-0299
www.boyntonbeachderm.com

BLEACHER SEATS ... (continued from page 29)

The action should be on the field. The leadership should be on the field. Yes, there will be more mental mistakes. Coaches' hair will get grayer faster, but they'll probably have more time to be actual fathers and mothers to their children.

- I'd like players to be paid on merit and not on potential.

Extending a contract offer for more than one year and using past results as a barometer to future production and hearth is a fool's errand. It makes agents rich and billionaire-owners often look foolish.

All net revenues should flow into one pot. All players, coaches and owners should get a basic lucrative salary depending on position. All should be eligible for bonuses based on individual and team goals met or surpassed, based on pre-determined metrics. Pretty simple. Pretty fair. Pretty much will never happen.

By the way, the billionaire-owners should be held accountable for their results too. Go too long without competing and their franchise should be taken away

and sold.

- I'd like more children and families to attend sports events instead of corporate guests, who know or care little about the game, and beer-swillers looking for the largest bar they can find.

I say create numerous sections in every stadium or arena that are for family use only. The ticket prices should be slashed and would only be sold on site in person with direct entrance to the seats so no ticket scalping can ensue. This would also apply to playoff games. Teams would receive tax deductions for the reduced seat value and no-shows.

- I'd like charity initiatives with real meaning.

Leagues more and more show off their giving side by creating loud and visible charity campaigns. What's more visible than pink wristbands and cleats? It strikes me as ingenuine. It's a play for good publicity and tax shelters only.

Let's see the mega-wealth enjoyed by leagues and players directed first and foremost to where the majority of the competitors come from: the inner

(continued on page 31)



CAC YOUR FULL SERVICE
CENTRAL AIR CONDITIONING, INC. **CONTRACT COMPANY**



(561) 966-8774
www.central-ac.com

ABERDEEN COUNTRY CLUB

BASIC PACKAGE COVERAGE

Air Conditioning (including compressor - up to 4 tons)	Included
Heating	Included
Thermostat/Humidistat	Included
Refrigerator	Included
Icemaker	Included
Cold Water/ Ice Dispenser	Included
Oven/Range (includes self-cleaning)	Included
Microwave Oven (built-in)	Included
Garbage Disposal (replacement -1/2 HP)	Included
Plumbing & Electric (2 Baths)	Included
Extended Plumbing	Included
Dishwasher	Included
Washer/Dryer	Included
Water Heater (up to 40 gallons)	Included

REPLACEMENT (SEE TERMS AND CONDITIONS)
Air Conditioner, Refrigerator, Dishwasher, Oven & Range, and Washer & Dryer. (excludes stack sets)

TOTAL BASIC PACKAGE \$225.00

THE WAY SERVICE WAS MEANT TO BE!
Providing quality service and customer satisfaction Since 1987!!

CAC also sells and installs
**New Air Conditioning Systems,
Hot Water Heaters and more**
Call for a **FREE ESTIMATE**

AVAILABLE OPTIONS	
Each Additional Bath	\$10.00
Freezer (separate)	\$25.00
Trash Compactor	\$15.00
2nd Refrigerator	\$25.00
Instant Hot	\$15.00
2nd Air Conditioner (up to 4 tons)	\$45.00
2nd Air Conditioner - Replacement (each additional - up to 4 tons)	\$45.00
2nd Water Heater (up to 40 gallons - each)	\$20.00
Water Heater - Replacement (up to 40 gallons - each)	\$35.00
Yearly A/C Check-Ups (each)	\$35.00

No Deductibles
Unlimited Service Calls

- ◆ 2 HR. Time Spans for Regular Service Appointments - *No All Day Waiting!*
- ◆ 35 Highly Trained Service Technicians
- ◆ On Call 7 Days / 24 Hours a Day
- ◆ Serving the Entire Tri-County Area
- ◆ State Regulated - Licensed & Insured
- ◆ New Fully Stocked Vans Equipped with Satellite Tracking Devices
- ◆ Large Parts Department



STATE OF FLORIDA LICENSE NO. 80228
CACO 32383 - CFC57183 - EC13006352

BLEACHER SEATS ... (continued from page 30)

cities, rural areas and rust-belt communities through the U.S. and into Canada and Latin America. Yes, many leagues already have charitable connections to their roots, but they're not effective because they're not enough.

Here's what I'd like to see happen in specific sports in 2017:

Baseball: Make speed an essential skill to the game again. Let's forego all the home-run trots and replace them with stolen bases. Start by seriously dejuicing the baseballs, which also will reduce pitching injuries.

Football: Rules that allow the skills and finesse of most of the players eliminate, or at least overshadow, the rampant violence. Coaches should be held accountable. It's not a secret that they preach-and-reward over-aggressive players. That brainwashing often leads to off-the-field incidents as we've learned. It has to stop.

Basketball: Any league that allows an elite player (Kevin Durant) to move freely to one of the best teams (Golden State Warriors) needs an overhaul. Fans can't



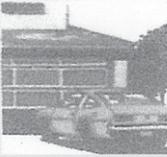
SOUTH FLORIDA WEB ADVISORS
WEBSITE AND SOCIAL MEDIA DESIGN HOSTING AND OPTIMIZATION
ABERDEEN
RESIDENT / HOA SPECIAL
Free initial consultation for a new website or a facelift
10% discount on new custom website design

South Florida Web Advisors, Inc.
<http://www.sflwa.net>
aberdeen@sflwa.net | 561-337-7806

Specializing in HOA, Small Business & Professional Service Websites

WORDPRESS

BOYNTON GARAGE DOOR
Garage Doors and Door Openers
Sales & Service
Competitive Rates



Call Kenny @ 561-789-1204
Anytime
Lic.# U-21480

BUDGET Electrical Service
State Certified Electrical Contractor LIC #13004082



- ✓ 24/7 Emergency Service
- ✓ Troubleshooting
- ✓ Installations
- ✓ Repairs

561 637-2366

be loyal to any team in the NBA.

Hockey: Same as Football. Also, find a way that if I'm at the game or watching on TV I can actually follow the puck.

Soccer: That something sweet from Hershey, Pa., becomes the Pele of America. The teenager's name is Christran Putistic and he plays for Borussia Dortmund in Germany's Bundesliga and the U.S. National team. He's both the youngest foreign-born player to score a goal in Bundesliga and the youngest to score to the U.S. Let's hope he becomes a deserving American hero.

Golf: A competitive Tiger Woods. The sport is so much more dramatic when Tiger is relevant. He doesn't have to dominate. He doesn't have to win. He just has to thrill.

Tennis: American tennis, men's and women's, should be competitive with Europe again.

What. I don't want to see in sports in 2017:

- * Fans doing the wave
- * Fans and media treating athletes who are injured or killed in an off-the-field incident while abusing drugs and alcohol treated as though they are the victims in a tragedy. They are not role models and should not be treated as martyrs.

* Games constantly delayed by replays. Then

(continued on page 32)

CARPET MILLS DIRECT
Over 100,000 yds. of Top Quality
Carpeting **IN STOCK**

Tony Della Pietra

Open 7 Days
Residential & Commercial

4517 Lake Worth Road
Lake Worth, FL 33463

N.W. Corner Military Trail

Over 1,000 Remnants
All Sizes in Stock

(561) 439-1700
Fax: (561) 965-8681

BLEACHER SEATS ... (continued from page 31)

the replay officials too frequently getting the calls incorrect.

* Chris Berman and pretty much everything else at ESPN except for live events. (Happily, ESPN ratings are tumbling across the board in 2016.)

* Spring training ticket prices that are equivalent to regular-season game prices

* Auto racing

* Boxing, any format

Bridge - Try It, You'll Like It

By: Lew Roth (Sheffield)

Continuing our fun season and continuing with Pat Hirsch's *Nevers of Bridge* here are some more. The first 4 concern the arrangement of the cards in your hand.

This might seem silly to you, but it's a fact that your opponents can get a reading on your hand from the arrangement of the cards on your hand.

1. Never have the opponent's trump suit on either end of your hand.

2. Never rearrange your hand after you have voided yourself out of a suit during the play.

3. Never put your short suits on either end of your hand.

4. Never arrange your cards in any suit in ascending or descending order. Mix them up.

The next few have to do with, the "Play of the Hand."

1. Never finesse with the lower of 2 touching honors ... always the higher. If you have AQJ, finesse the Q first, not the J.

2. Never pull a card from your hand and then replace it to take another. Decide first.

3. Never show by facial expression that you are

in trouble in any particular suit.

4. Never claim without making a statement as to how you will play the rest of the hand.

The next several are called Virtual Nevers. In these situations it is best not to do it, but sometimes you might have to.

1. Virtually never rescue your partner from either a bid you cannot support nor from a double.

2. Virtually never signal with 9s or 10s.

3. Virtually never underlead an A in a suit contract.

4. Virtually never lead an A against a No Trump contract.

5. Virtually never lead an A without the K against a suit contract.

6. Virtually never lead from Jxx in a suit contract, unless it's partner's suit.

The final list of Nevers has to do with "Ethics, Sportsmanship and General good Behavior."

1. Never criticize an opponent's bid or play.

2. Never criticize or try to teach partner until after the game.

3. Never forget to ALERT.

4. If partner does fail to ALERT, never say anything until the bidding is over and then only of your side is declaring.

5. Never close your hand until the number of tricks won or lost has been agreed upon.

6. Never make fast or very slow bids. Bid in tempo.

7. Never Snap your cards.

(continued on page 34)

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."

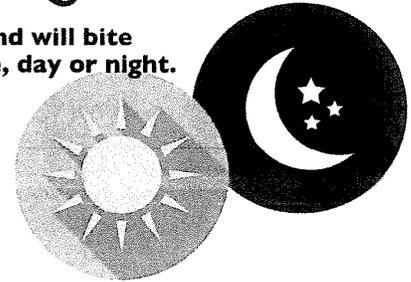
**PLEASE SUPPORT OUR
ADVERTISERS**

Palm Beach County
Mosquito Control Division

FIGHT *the* BITE PREVENT *the* SPREAD

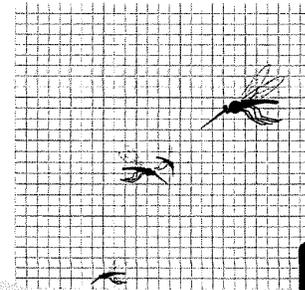
MOSQUITOES

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



Keep doors and
windows shut.

Keep mosquitoes **outside**.

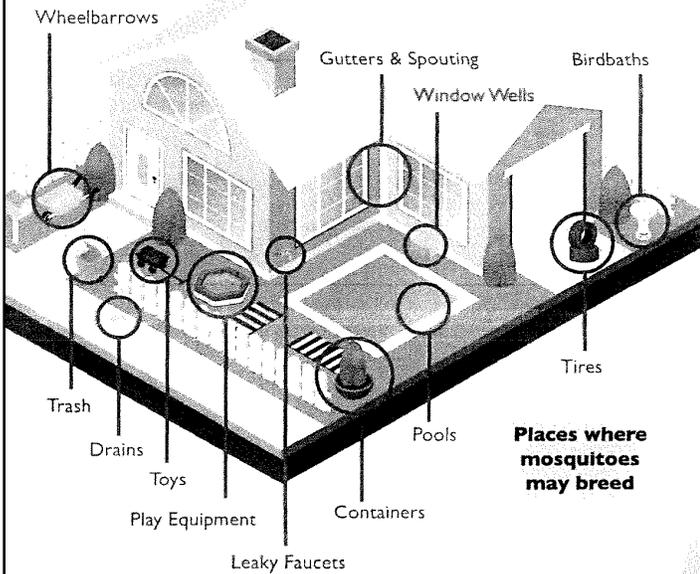


Keep screens
on all
windows.

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.

BRIDGE ... (continued from page 32)

8. Never make loud or intimidating doubles.

9. Never make facial expressions or physical gestures indicating that your partner should PASS.

10. Never fail to call the Director for any irregularity in the bidding or the play.

As Pam, the director at Temple Shaarei Shalom Bridge club, says: "Have Fun and Play Nice!!!!!!!!!"

"It's Happening" at the Pap Corp

By: Marcia Levitz (Muirhead)

First let me wish you a happy new year as we start another new year for the Pap Corps, champions of cancer research.

To date, the Pap Corps has donated 58 million dollars to Sylvester, a comprehensive cancer center in Deerfield Beach, FL. It is South Florida's leader in cancer diagnosis and treatment and the only university based cancer center for 300 miles. The center provides state-of-the-art treatment as well as excellent follow-up care for more than 4,100 new cancer patients that visit each year. In addition, Sylvester provides more than 305,000 outpatient visits annually at their facilities and conduct more than 2,400 surgeries. This year we, have pledged 50 million dollars over a 10-year period. Quite an undertaking but ever so important if we are to find a cure in the various areas we are doing research.

Sylvester's main inpatient and outpatient facility is located on the central medical campus in the heart of Miami. Its physicians care for cancer patients at University of Miami Hospital, UMHC - University of Miami Hospital & Clinics, Jackson Memorial Hospital, Holtz Children's Hospital, and the Miami VA Medical Center.

Sylvester also provides state-of-the-art cancer care at 6 satellite facilities: Deerfield Beach, Coral Springs, Plantation, Hollywood, Sylvester West, and Kendall.

At Sylvester, they apply a targeted, Site based approach to treating cancer. This means that multidisciplinary teams of dedicated, board-certified physicians with expertise studying and treating specific types of cancer (based on the site where the cancer originates in the body) oversee care. With this unique approach, patients receive care from doctors who are not only cancer specialists, but specialists in a particular type of cancer.

The patients survival rate at Sylvester is 10%

greater when compared to other facilities. That is quite a difference for us and our loved ones.

We are very fortunate to have this comprehensive cancer center in our backyard.

For more information please call Lisa Weinstein, our Pap Corps president and she will let you know what your next step should be, should you need this center.

Hadassah News

By: Bea Lewis (Lancaster)

New year, new excitement, new leaders at the helm ... Judy Price will head the team as president with Sheila Hyman as executive vice-president.

Simcha Hadassah is being energized by its new

(continued on page 35)

Trivia Answers ... (continued from page 24)

- | | |
|------------------------|--------------------|
| 1. Joan of Arc | 6. Louis |
| 2. Davy Jones's Locker | 7. Lillian Hellman |
| 3. A brain | 8. Twelfth Night |
| 4. A fingerprint | 9. The ape |
| 5. Idlewild Airport | 10. Three |

BEST PRICES!

GARAGE DOOR SALE

16' x 7" INSTALLED MIAMI DADE CODE \$1199

9' x 7" INSTALLED MIAMI DADE CODE \$769

Must present this Moneysaver coupon.

GARAGE DOOR TUNE UP \$39⁹⁵

- Lubricate all moving parts
- Inspect rollers, tracks, hinges, cables, bottom rubber & exterior weather seal
- Opener adjustments

Must present this Moneysaver coupon.

GARAGE DOOR OPENER INSTALLED \$299⁹⁵

Includes wall button, safety sensors & clicker (remote)

Must present this Moneysaver coupon.

ENTRY & FRENCH DOORS

WHOLESALE TO THE PUBLIC

(Installation Available)

• SLIDING GLASS DOOR REPAIRS • CALL FOR COMMERCIAL RATES

THE DOORMAN 940 Clint Moore Rd. • Boca Raton

OF SOUTHEAST FLORIDA Visit us at: www.palmbeachdoors.com

Lc. #U 20617 Showroom By Appointment Only

954-908-3330

SERVING PALM BEACH & BROWARD COUNTIES FOR OVER 20 YEARS

HADASSAH ... (continued from page 34)

slogan "The Power of Women Who Do" - it isn't any longer your mother's Hadassah. Its fund-raising efforts are not only for international and national causes, but this updated Hadassah is doing work to help those in our own back yard.

At last month's meeting, the room at the Aberdeen clubhouse was packed with new and enthusiastic members anxious to be among the women "who do" and partake in the many fund-raising projects. But there is always room for more members and more people to help out with the exciting programs. For information - or if you wish to serve on one of the many committees - contact Sheila Hyman at 740-0477.

One of the most exiting projects Hadassah is helping to support is stem cell research being done by Israeli scientists - and some of the information learned recently at a major conference held in West Palm Beach will be shared in next month's column.

Stay tuned for upcoming projects and events in next month's column.

Historic Event: Part V. Investigation on Sinking of Battleship MAINE: Debunking the Theory that a Mine Sunk the MAINE

By: Mickey Gussow (Waterford)

Doubts about the sinking of the MAINE, due to a mine placed on its bottom, continued during and after the Spanish-American War of 1898. Following is a summary of these doubts:

Captain Sigsbee, Commanding Officer of the MAINE

His position was that the MAINE was not welcomed because the Spanish feared that its presence would lead to riots. He argued that the ship was piloted deliberately to a mooring buoy. According to the

naval court of inquiry, the ship at the mooring was sunk by an external explosion. Sigsbee reasoned, therefore, that the cause must be a mine placed at that location before or after the MAINE's arrival in Havana.

Lieutenant Colonel John T. Bucknill, British Royal Engineers

Bucknill was an expert on mines and their effects, having performed experiments with explosives against the double bottom of the HMS OBERON. After scrutinizing the testimony of the court proceedings, he concluded that the findings were absurd. He questioned how a mine large enough to drive the ship's bottom 30 feet above its normal position could have been placed at the mooring. Planting the mine would require a large working party and more time than the 18 hours before the Spanish knew of the MAINE's arrival. In that time the Spanish could not execute laying a mine undetected as close as 300 feet from the wharves and 400 yards from the German training ship GNEISENAM. Also, it would have been difficult to lay the mine after the ship arrived because Sigsbee had alerted the crew.

By analyzing the wreckage, he concluded that a large mine would have caved in the bottom of the ship, producing a dome-shaped damage instead of the sharp angular upward shape. Further, a mine explosion would create a column of water, but none was seen.

He believed that there had been 2 detonations. Spontaneous combustion in the coal bunker caused the first explosion. The second one was caused by the slow-burning powder in the magazine.

Rear Admiral George W. Melville, Chief of the Bureau of Steam Engineering

As Chief Engineer of the Navy, Admiral Melville was noted for reforming the service by placing Navy engineers on a professional rather than an artisan footing. He also introduced innovations like a water-tube boiler and floating repair ship.

Melville delivered another attack upon the mine hypothesis. In 1898 he declared that an accident had sunk the MAINE. After retiring, he set his views in a letter appearing in the June 1911 issue of The North American Review. His belief that Spain did not want war was based on Spanish correspondence disclosed after the war that a struggle with the U.S. would be

(continued on page 36)

LOCKSMITH SERVICES
SAFES • LOCKS • KEYS
50 YEARS EXPERIENCE

631-827-3551

COMMERCIAL • RESIDENTIAL
NEED A RIDE? CALL ME

HISTORIC EVENT ... (continued from page 35)

a catastrophe.

Melville observed that no individual had come forward since the sinking to claim a part in laying the mine. He recounted that America had experience with Spanish mines. Two American ships had struck mines in Guantanamo Bay but neither exploded.

Melville wrote that the complexity of the damage and opacity of the water made it difficult to assess what happened. Raising the MAINE and examining the damage, he thought, would provide the answer to its sinking.

Spanish Inquiry

Results of the Spanish inquiry were sent to the U.S. Secretary of State. Spain debunked the theory that the mine had been detonated remotely by stating that at the time of explosion, there was no wind and the water was calm. Since the MAINE was motionless under these conditions while tied to its mooring, a mine would have to be detonated remotely by electricity rather than by contact with the hull. But neither wire nor a control station had been discovered.

The inquiry repeated the observation made by Bucknill that a mine explosion was likely to produce a column of water, but none was sighted. Also, it is usual to find dead fish after an underwater explosion, but none were found.

The report noted [to the dismay of the U.S. Navy] that "every naval officer knew the dangers from spontaneous combustion of coal: it was astonishing that powder magazines should still be placed adjacent to coal bunkers."

The next article will describe the raising of the MAINE.

Note: Major source is "How The Battleship MAINE Was Destroyed," by Admiral Hyman G. Rickover, US Navy (Ret.).

After Graduation

By: Vincent Marini (Moorings)

Continued from the AT December issue, for those who stayed tuned ... I graduated De Witt Clinton H.S. in June 1948, introduced Joan to my family and joined the work force. I had no desire to go to college. My first job was office boy in the credit department of a millinery import company. It lasted 3 months. I had no interest in the figures they were working

with. Next, I accepted a job as a stock boy in the shoe department at Lord & Taylor. I was told it could lead to a sales position in the ladies' shoe department. It would be working with more interesting figures. It was not enough to convince me I would enjoy a department store career.

After 6 months, I was checking want ads and calling on employment agencies. Since I paid an employment agency fee for my 2 previous jobs, I took a friend's advice and registered with the U.S. Unemployment Agency, which did not charge a placement fee. They sent me on an interview for a job in the mailroom at Bozell & Jacobs Advertising Agency. I was hired. If I didn't like the job, I would quit and it wouldn't have cost me any money.

Life at the Agency was interesting and exciting. I liked the company, I liked the way people dressed, the restaurants they frequented, where they lived and what appeared to be a lifestyle I could enjoy. I decided the Ad business was a career worth pursuing.

Although I was in the mailroom, my eye was on Sales - Sales Promotion or Sales Management. After 6 months, Uncle Sam came calling. When I returned from service in the Army, which included an unwanted tour of Korea, I was looking forward to accomplishing my objective.

I moved from the Advertising Agency to the Publishing Industry, initially in Sales Promotion, then Sales and Sales Management. I was fortunate to have worked for Major Magazines in the business e.g., American Home, McCalls, Ladies Home Journal and Esquire. The latter was the highlight of my career.

A tip of the tam to the folks who gave me the opportunity to take and teach the Dale Carnegie Course and the instructors at C.C.N. Y. (City College of NY) where I attended classes 3 nights a week for 2 years, taking every course offered in advertising, sales promotion, merchandising, public relations and creative writing. My 35 years in the business was enjoyable and successful.

PS My Dad was no longer disappointed!

Precautionary Measure

When walking about the community, please make sure you have some sort of ID and/or medical alert wrist or neck band on your person in case of an emergency.

Refresher Look at Retirement

By: Stephanie Baker (Addison Green)

I recently flew to CT to visit my family. When I arrived, my lungs were filled with the musky aroma of autumn leaves, crisp New England air accented with a little chill. It brought back so many memories of my childhood - going to football games at Yale Bowl, jumping in leaves along the curb, picking Mc-Coan apples in the orchard and the delicious smells from my Mom's kitchen. The few days spent visiting my family filled me up. It prepared me for my return home to FL, before the snow arrived.

Jim and I have been living full time here in Aberdeen for over 2 years. Jim retired 10 years ago from a long teaching and coaching career; I retired 3 years ago from a very rewarding nursing career. We have made many acquaintances, sampled organizations, tried different activities during this transition time and now we are settling into a regular routine. We have a few very close and dear friends, and selective activities. Of course, our grandkids take up a large amount of our free time. My high school class of 1967 will have a mini-50-year reunion here in January. Jim has added senior softball to his twice-weekly golf dates and is Gabi's softball coach; I have returned to work part-time.

Since moving here, I've searched for the perfect part-time job and in September I began teaching as an adjunct instructor for Palm Beach State in the nursing department. It has brought me back to a 25-year career in long-term care. I am teaching new nursing students at Morse Life Center in a dementia unit. Many of my students were apprehensive about caring for dementia patients. I told them that long-term care is an "acquired taste" and a professional privilege. Six weeks later, I am proud to say that they have overcome their fears and prejudices about this special population and have demonstrated caring, concern, tenderness and love. It has been a "mitzvah" for me.

I share this experience with you all because we are a part of a broad age span in Aberdeen. Some of us relish retirement and some, like myself, are restless, still seeking a purpose. I applaud the young folks who have chosen our community to raise their school-age children, the new retirees who are drawn here by the amenities and the original owners who

built the foundation of Aberdeen over 2-5 years-ago.

When we get together to celebrate good times here at Aberdeen, we need to appreciate where we have come from and where we are headed. We are becoming a melting pot of ages, culture and color; it is a testimony to our versatility that we are thriving as a community. Congratulations Aberdeen.

Preparing to Sell

By: Bonnie Seidler (Turnberry)

Selling your home doesn't just mean hiring a realtor to list it. There are a lot of preparations you should make to ensure you get the best offer possible in the shortest time.

Repair. Just because you've gotten used to the cracks in the walls and the loud sound your air conditioner makes when it turns on, or the dishwasher, or the washing machine as it spins and glides across the floor, doesn't mean a buyer will, too. If you have hardwood floors that need refinishing, be sure to get it done-hardwood is a huge selling point. Buyers like to snoop around, so be sure to fix any sticky doors or drawers as well. Finally, don't forget to address any issues with the exterior - landscaping, roof tiles, condition of your driveway and the path leading to your front door. After all, without curb appeal, some buyers may never get to see the inside.

Neutralize. You want buyers to see themselves in your home. If your living room has lime green shag, wood paneled walls, and all your collectibles and personal photographs, this will be much harder for them to do. Try replacing any bold color choices in your floors and walls with something more neutral-greys, beiges, tans and whites. Repainting and reflooring will make everything look fresh and new, and help prospective buyers imagine all the possibilities.

Stage. Once your house is clean and updated, it's time to play dress up. Home stagers can add small details and decor touches that will bring out the possibilities in the various spaces in your home: lamps, mirrors, throw rugs and pillows, flowers, decorative soaps and towels, patio furniture. Home staging can be particularly useful if your home is especially old or if the exterior looks dated. Think of it as a little mascara and rouge - if it's done right, you notice the beauty, not the makeup.

REMEMBER: LESS IS MORE! GET RID OF THE CLUTTER!

The Toll of Unpaid Caregiving

[Eldercare]

Unpaid family and friends who provide substantial health care help to older people with disabilities are more likely to suffer emotional, physical, and financial difficulties than caregivers who do not provide this type of support, according to researchers at the Johns Hopkins Bloomberg School of Public Health. A recent study found that caregivers who coordinate this care with health professionals and who manage medications are also three times more likely to be less productive at work due to distraction and/or fatigue.

“Little attention has been directed at understanding the extent of, or consequences for, this unpaid and invisible workforce that is vital to the care of the chronically ill,” says Johns Hopkins gerontologist Jennifer Wolff, whose study aims to address that oversight. The caregiver, she says, is often the linchpin in the health care of older adults, ensuring their compliance with treatment at home. “The more we know about this invisible workforce,” Wolff says, “the better we will be able to develop strategies that include unpaid caregivers as part of patients’ health care team.”

Break-Proof Your Bones

[Orthopedics]

For each birthday after 40, your risk for osteoporosis and bone fractures grows. The good news: You can reduce your chance of fractures by as much as 65 percent through proper nutrition, exercise, and, when appropriate, medication. In the process, avoid being misled by prevailing myths surrounding skeletal health. For starters, don’t assume you can get a complete dose of vitamin D - essential for strong, dense bones - from sun exposure alone. Supplements are a safer bet - take 600 IU (International Units) daily up to age 50 and 800 IU over age 50. Nor are vitamin D and calcium the only nutrients your bones require. For example, potassium (found in beans, squash, and tomatoes) counteracts the acid levels in the body that eat away at bone. And don’t forget weight-bearing exercises. Simply walking for 30 minutes a day helps boost bone density.

Johns Hopkins Health Review - Fall/Winter 2016

MedTech

Technology Roundup - Apps, gadgets, and other innovations that are advancing health and health science.

1 - Stomach Regulator

One in five Americans suffer from chronic stomach issues, ranging from heartburn to severe gastric disorders. For thousands of years, Eastern medicine has treated tummy troubles by stimulating a small post just below the bend in the wrist to regulate stomach function. Johns Hopkins researchers have now developed a device, worn like a wristwatch, which delivers a faint electrical impulse every five seconds to this same sensitive pulse point. A kind of pacemaker for the stomach, the device - now in clinical testing - gently jump-starts the organ’s slow waves back into a healthy rhythm.

2 - Got Game?

The list of excuses not to exercise just got shorter. This new app can help you find a tennis partner, a fourth for golf, and a pickup basketball game in your area. Squadz, available for iPhone and Android, has the potential to be the Open Table of recreational sports. Designed by a computer science student at Johns Hopkins, Squadz shows all user-scheduled games in the immediate area.

3 - Mood Awareness

To treat depression, you first need to identify it. Aimed at teens and their parents, the mADAP app features short videos from experts about common symptoms associated with depression, such as appetite change and drug/alcohol use. The app, created by the Johns Hopkins Department of Psychiatry, adapts the Adolescent Depression Awareness Program, a curriculum used in schools across the country. The app also offers perspectives on treatment and information on seeking care.

4 - Heart Checker

Current treatments for arrhythmia include implanting a small defibrillator, which jolts the heart back to a normal rhythm. The implant works, but it’s invasive, costly, and carries some risk. An interdisciplinary Johns Hopkins team has developed a noninvasive, 3-D virtual heart assessment tool to help doctors determine whether a particular patient faces a high risk of a life-threatening arrhythmia and would benefit from a defibrillator implant. In a proof-of-concept study, the team reported that its new digital approach yielded more accurate predictions than the imprecise blood-pumping measurement now used by most physicians.

Johns Hopkins Health Review - Fall/Winter 2016

ABERDEEN

“TOP SALES AGENTS”



MARCY TERNA
561-309-4242



TOM BORDERS
561-742-4788

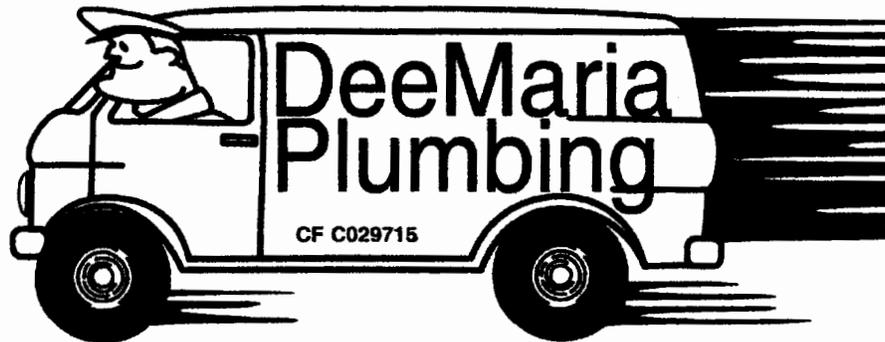
**READY TO ASSIST YOU EVERYDAY
SERVING BOTH “EAST AND WEST”**

**CALL THE BEST TEAM
FOR ALL YOUR
REAL ESTATE NEEDS**

Located in the
FOUNTAINS PLAZA
6659 W Boynton Beach Blvd
BOYNTON BEACH, FL 33437



BERKSHIRE HATHAWAY | Florida Realty
HomeServices



"THE SUDDEN SERVICE COMPANY"

DEE MARIA PLUMBING

SAME DAY SERVICE * OPEN ON SATURDAYS

NO OVER TIME CHARGE

ALL PLUMBING REPAIRS

SEWER AND DRAIN CLEANING

**ALL BRANDS OF TOILETS, FAUCETS
AND WATER HEATERS**

**SHOW THIS AD TO THE PLUMBER
AND RECEIVE \$10.00 OFF SERVICE CALL**

**CALL DEE MARIA PLUMBING
FOR ALL YOUR PLUMBING NEEDS**

833-7543