



Aberdeen Country Club News

By: Harry Seaton (Hampton)

It is getting closer and closer to the opening day of the new, magnificent Aberdeen golf course. We can hardly wait! In the meantime, we hear that it has received very high praise and that the course is absolutely beautiful. Word is around that some of the golf holes have been re-contoured and considerably improved. The club has estimated that the opening date for the course to be open for play will be Jan. 1, 2018.

Something new was also brought to the tennis compound this past June when 4 pickleball courts were opened for play. At that time our 2 tennis pros, with members, put on a display for all interested in seeing how the game is played. Social members are entitled to play, and gradually, members have made pickleball a popular amenity. Because some of our members were away this summer, and may have missed this demonstration by our tennis pros, this inspired many members to participate in the open play which followed the demonstration. For those members curious about this net game, it combines tennis, badminton, table tennis and racquetball. Now that pickelball courts are available to all club mem-

(continued on page 2)

Life Settlements

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

Milt Guttman is 84-years old with a \$2 million life insurance policy. His current premiums are \$100,000 a year; an amount he no longer feels he can afford. In addition, his reason for purchasing the policy-to replace lost income in the event of his death-no longer exists. The insurance industry reports that every year more than \$100 billion face value of life insurance lapses by seniors over the age of 65. Will Milt become one more member of this group? What are his options?

If Milt has universal or whole life insurance (as opposed to a term policy), he can opt to receive a sum of money less than the face value of the policy called the surrender value. The surrender value is the amount of cash available upon cancellation of an insurance policy before the death of the insured. Generally, the longer the insured has held the policy and paid premiums, the higher the cash value. The cash received is generally taxable. A second option for Milt is to use the cash value as collateral for a bank loan or a loan from the insurance company. Although Milt will be charged interest on any borrowings, the life insurance policy will remain in effect provided

(continued on page 4)

**THE ABERDEEN TIMES HAS GONE DIGITAL!
VISIT US AT www.aberdeentimes.org**

ABERDEEN TIMES

Editor.....	<i>Ruth Krawitz</i>
Treasurer	<i>Lew Roth</i>
Assistant Treasurers	<i>Dan Stein</i> <i>Pat Williams</i>
Business Manager	<i>John Pagliarini</i>
Sports Editor	<i>Rob Tanenbaum</i>
Circulation Mgr.....	<i>Donald Buesking</i>
Communities Coordinator.....	<i>Harry Seaton</i>
Webmaster.....	<i>Phillip Levine</i>
Health / Wellness Editor	<i>Jane Evers</i>

TO CONTACT THE ABERDEEN TIMES**FOR BUSINESS MATTERS:**

JOHN PAGLIARINI

8230 Cassia Drive • Boynton Beach, FL 33472

561-596-1714

FOR EDITORIAL MATTERS:

RUTH KRAWITZ

7791 Bridlington Drive • Boynton Beach, FL 33472

561-734-5244

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

bers, we trust that our members will take advantage of their availability.

Team tennis players have already started their practice. The Aberdeen open tennis club championships began in November with the men's and women's singles and doubles matches and with mixed doubles in early December. ALGA will have its opening day in early December. The Aberdeen "Play for Pink" week will start at the end of next February with a golf tournament, tennis and pickleball event, and table games including duplicate bridge. Color war 2018 at Aberdeen will begin at the end of January and end in mid February with activities for everyone!

Refurbishing of the main clubhouse is now in full swing. In the meantime, the tennis deck at the fitness and aquatics center will be transformed into a bar Monday through Friday and the Oasis Cafe will have dinners available 6 nights each week. Note that the children's holiday activities are planned in December.

Should anyone be interested in experiencing an enjoyable life style, come join us at the club. Just call Rose Cizner, our Director of Membership, at 738-4903 x 325.

A Tribute to Pat Bergin

Pat Bergin passed away on Sunday, October 22nd. Her loss was so sudden, so sad, so shattering to all of us who knew and loved her. And there is no doubt in my mind that those who were lucky enough to be a part of her personal volunteer or social sphere, had to admire and respect her.

Pat was so very special! She gave the impression of a calm, serious, quiet, elegant lady; she was certainly that, but so much more. She was the quintessential woman of "many faces." She was so smart, with outstanding leadership and organizational skills, which made her the perfect editing partner for the Aberdeen Times. Pat and I worked harmoniously together in this capacity for as long as I can remember. She served as my eyes when I found it difficult to do the job alone ... always there, always dependable, always devoted to a task which she found so rewarding. But that was the way she was - giving of herself to make things better for others, be it in Waterford or the Club. We served on many committees together, sharing many solving problems and decisions. And behind that serious exterior, was this fascinating sense of humor. She was the one who took charge of our annual Aberdeen Times dinner. She planned the menu, and the entertainment, and was the most hilarious Mistress of Ceremonies. Who knew she could be so funny!

And who knew she could be so fiercely ferocious when it came to fighting for causes she felt were just. Be they in Waterford or in Aberdeen-at-large. Yes, a woman of valor, a woman of many faces and facets, who left her mark on us. She was an inspiration to us and modest about claiming that distinction. Her dear friend and roof-mate of 24 years, shared this story with me. When Pat was a high school English teacher in Long Island, NY, she had a particularly rambunctious student who was always acting out. Pat took it upon herself to take him under her wing and steer him in a direction which would have him acting IN ... mentoring him towards a career in acting. Years later, as a character actor, he appeared in many films, and at a one-man theatrical performance (which Pat and Gloria attended), he singled Pat out publicly as the person who had most influenced his life. His name is Tony LoBianco. Pat never told me that story ... boasting and bragging were not her style. She managed to carve out her own unique style - one which will keep her forever in our hearts.

Ruth Krawitz, Editor

Aberdeen Times

We are Aberdeen Golf & Country Club's Preferred Realtor Team of Lang Realty

- More Potential Showings from Club Referral Program ◦
- **Personal Showings—Never a Lock Box** ◦
- We ONLY bring QUALIFIED BUYERS to Your Home ◦
- **We use Professional Photography-Virtual Tours
Drone Aerial Shots** ◦
- Increased Showings from BETTER Online Presence ◦
- **We Sell The ABERDEEN Lifestyle** ◦
- Increased Sales (It's more than a HOME; It's A WAY OF LIFE) ◦
- **We Live, Play and Work Here** ◦
- We KNOW the Community and how to SELL IT ◦

DEDICATED TO ACHIEVING EXCEPTIONAL RESULTS FOR EVERY CLIENT

Put The Power of Two To Work For You



Bonnie Seidler, Realtor®
Country Club Specialist
CLHMS, CIPS, RSPS
b.seidler@langrealty.com
561-290-9136



Samuel Klein, Realtor®
Country Club Specialist
s.klein@langrealty.com
561-336-1210

LANGREALTY

LIFE SETTLEMENTS ... (continued from page 1)

premiums are paid. A third option is to sell the policy. This is known as a "life settlement."

A life settlement is the sale by the owner of a life insurance policy to a third party for an amount greater than its surrender value but less than the death benefit. The seller receives a cash payment; the buyer is responsible for all future premium payments and receives the death benefit upon the passing of the insured. Life settlement is usually restricted to whole or universal life policies, but term policies converted to whole life policies ("term-to-perm") are also considered.

Although benefitting financially by another person's death sounds ghoulish, life settlements have surged in recent years. Indeed, 42 of the 50 states regulate life settlement transactions. According to one insurance agent, "A majority of consumers are unaware that selling their life insurance is even an option; it is a vast and untapped market."

So how much can you expect to receive if you choose to sell your policy? The amount of cash is based on the following:

1. The amount the buyer will receive upon the
- (continued on page 6)

**AFFORDABLE
LEGAL SERVICES
BUSINESS AND PERSONAL**

WABLAWPLC
WAYNE A BROWN, ESQ.

CALL FOR FREE CONSULTATION 561.244.8054
VISIT US AT WABSLAW.COM

www.coolingadvisors.com

Cooling Advisors
Air Conditioning

Quality Doesn't Cost, It Pays!

561-247-2182

\$69 TUNE UP
First Time Customers Only

10% OFF
SENIOR CITIZENS. Cannot Combine

24HR
BBB

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

**ABERDEEN'S OWN STEVE SOLOMON RETURNS
TO THE KRAVIS CENTER IN DECEMBER!**

One of the Longest Running One-man Comedies in Broadway History!

"I LOVED IT.."

Liza Minelli

"PERFECT COMIC TIMING"

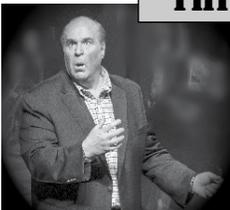
The New York Post

"HYSTERICALLY FUNNY!"

Regis Phillbin

One part lasagna, one part kreplach, two parts prozac. You don't have to be Jewish or Italian to love this show. All you need is to know what it feels like to leave a family dinner with a heartburn and a headache! This is truly an evening a belly laughs.

THIS SHOW WILL SELL OUT!



DECEMBER 19 - 23

Tues thru Fri: 7:30; Sat 1:30 & 7:30

UPDATED AND FUNNIER THAN EVER

STEVE SOLOMON'S
MY MOTHER'S
ITALIAN
MY FATHER'S
JEWISH
& I'M IN
THERAPY®

For Tickets, Go to Kravis.org or call: 561-832-7469

A free gift for our neighbors in Aberdeen.

See Steve in the lobby after the show.

The "A" Team



Sheila Aron

Realtor®

absheil@bellsouth.net

Albert Aron

Licensed Agent

YOUR PREFERRED REALTORS

We live, work and play in Aberdeen Golf & Country Club.

We don't just LIST homes We SELL them

**We have a proven track record in SALES and LISTINGS
in Aberdeen as the top agents since 2001**

Representing Lang Realty since 2006

Complete Dedication to "Our Clients", Whose Wishes Are Our First Priority.

Open and Honest Communication

Aberdeen Golf & Country Club

Preferred Resident Realtors

Call Sheila at 870-4949

Call Sheila for all of your real estate needs!

Global Internet Advertising

Advertising in Aberdeen Publications

Weekly Advertising of homes in SunSentinel

Visit Our Website:

www.AberdeenComeHome.com

**"A Lang Realty
Preferred Broker"**



LIFE SETTLEMENTS ... (continued from page 4)

death of the insured (face value).

2. The expected remaining life of the insured.
3. The annual premiums expected to be paid until the death of the insured.
4. The accumulated cash surrender value built up.

Life settlements are complex transactions. If you decide to sell your policy, use a financial advisor or

Dr. Robert Watson to Speak

World-renowned author, historian and professor, Dr. Robert Watson, will be making his 3rd appearance on the Aberdeen East Ballroom stage sponsored by the Aberdeen East Men's Club. All residents of Aberdeen are welcome. Dr. Watson's appearance will be on Sun., Dec. 17th, 2017 at 7:00 PM. \$10.00 per person. Open Seating. Ticket sale dates for Dr. Watson, located at the Aberdeen East clubhouse, by check only.

For more information, or questions, call Mike Ceasar at 292-3089.

the insurance agent who sold you the policy. You can also work directly with a settlements company who should provide you with multiple bids. Talk to family members as current beneficiaries will most likely need to sign a release.

A word of caution: Selling your insurance policy on e-bay is not really an option.

How to Access the Aberdeen Times on Your Computer

1. Enter the email address: <http://www.aberdeentimes.org>
 2. Top right, click on: Print Edition
 3. On your left, click on: Drawer file
 4. Click on dir 2017
 5. Select month by clicking on month
 6. Give a few minutes to upload
 7. Scroll using mouse wheel or bar on the right
 8. Enjoy reading the Aberdeen Times from anywhere in the world!
- Support our Sponsors

(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

Sharing With Sheffield

By: Ruth Krawitz

Are you often amazed at the unusual or even extraordinary feats that people of an advance age are able to perform? Like me, you see and hear about them all the time, right here at Aberdeen or out in the world via the media. You cannot help but wonder why some folks in their 80s or 90s (or even 100s) are so blessed, while others become infirmed and feeble. In some cases, the accomplishment is physical, like running a marathon, or competing in a triathlon; in other cases, it is mental, like memorizing tunes for a performance, or writing, or editing, or being valued members of businesses, communities or organizations, or inventing something, or winning a Nobel Prize. I recently saw a segment on TV featuring Carl Reiner, Norman Lear, Dick Van Dyke and Mel Books, all in their 90s, all still producing, writing, acting and making people laugh. Asked about it, they gave various reasons for their productive longevity. They are not aware that there is a scientific reason, researchers believe, for their awesome productivity. In a word coined by the scientific community, these

people are known as “superagers”! A word that you will be reading about more and more, and one which will inevitably end up in Webster’s Dictionary. In a May 12, 2017, written for The New York Times, Pamela Herman wrote:

THINK about the people in your life who are 65

(continued on page 8)

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.

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.

SHARING WITH SHEFFIELD ... (continued from page 7)

or older. Some of them are experiencing the usual mental difficulties of old age, like forgetfulness or a dwindling attention span. Yet others somehow manage to remain mentally sharp.

Why do some older people remain mentally nimble while others decline? "Superagers" (a term coined by the neurologist Marsel Mesulam) are those whose memory and attention isn't merely above average for their age, but is actually on par with healthy, active 25-year-olds. Massachusetts General Hospital recently studied superagers to understand what made them tick.

Our lab used functional magnetic resonance imaging to scan and compare the brains of 17 superagers with those of other people of similar age. We succeeded in identifying a set of brain regions that distinguished the two groups. These regions were thinner for regular agers a result of age-related atrophy, but in superagers they were indistinguishable from those of young adults, seemingly untouched by the ravages of time.

Simplicity, there is a thickening in these crucial brain regions which affect materials essential to this cognitive ability - both mental and physical. Scientific researchers call this model of the brain the "triune brain" - a descriptor that might become as familiar as the word "superager."

So how does one who is a self-described superager maintain that distinction?

The road to superaging is difficult, though, because these brain regions have another intriguing property: When they increase in activity, you tend to feel pretty bad - tired, stymied, frustrated. Think about the last time you grappled with a math problem or pushed yourself to your physical limits. Hard work makes you feel bad in the moment. The Marine Corps has a motto that embodies this principle: "Pain is weakness leaving the body." That is, the discomfort of exertion means you're building muscle and discipline. Superagers are like Marines: They excel at pushing past the temporary unpleasantness of intense effort. Studies suggest that the result is a more youthful brain that helps maintain a sharper memory and a greater ability to pay attention.

This means that pleasant puzzles like Sudoku are not enough to provide the benefits of superaging,

(continued on page 9)



FYZICAL[®]
Therapy & Balance Centers
561-701-8925

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

www.FYZICALpbc.com



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.pcfloridatravel.com
FST# ST36334/ CST# 2034468-40

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

Integrity and Experience are Priceless!

Over 13 YEARS of experience in ALL of Aberdeen

Use Professional photographer
Excellent marketing strategy
Worldwide exposure
2% commission

Why would you list your home with anyone else?



RE/MAX ADVANTAGE PLUS

Direct: 561.818.7880
Susan.MooreRealtor@gmail.com
SusanMooreRealtor.com
License # SL3146187

Susan Moore, PA
REALTOR®

Moore EXPERIENCE. Moore RESULTS. 

SHARING WITH SHEFFIELD ... (continued from page 8)

neither are the popular diversions of various “brain game” websites. You must expend enough effort that you feel some “yuck.” Do it till it hurts, and then a bit more.

In the United States, we are obsessed with happiness. But as people get older, research shows, they cultivate happiness by avoiding unpleasant situations. This is sometimes a good idea, as when you avoid a rude neighbor. But if people consistently sidestep the discomfort of mental effort or physical exertion, this restraint can be detrimental to the brain. All brain tissues get thinner from disuse. If you don't use it, you lose it.

In a subsequent article that also appeared in The New York Times, research suggests that some people actually become MORE innovative and creative as they get older. For example, people with seniority are making significant contributions to inventions and the field of scientific research. I cite this case as an interesting example:

IN 1946, a 23-year-old Army veteran named John Goodenough headed to the University of Chicago with a dream of studying physics. When he arrived, a professor warned him that he was already too old to succeed in the field.

Recently, Dr. Goodenough recounted that story for me and then laughed uproariously. He ignored the professor's advice and today, at 94, has just set the tech industry abuzz with his blazing creativity. He and his team at the University of Texas at Austin filed a patent application on a new kind of battery that, if it works as promised, would be so cheap, lightweight and safe that it would revolutionize electric cars and kill off petroleum-fueled vehicles. His announcement has caused a stir, in part, because Dr. Goodenough has done it before. In 1980, at age 57, he coined the lithium-ion battery that shrank power into a tiny package.

It is predicted by some that this man, now at the age of 94, with his extraordinary work in physics and chemistry, will one day soon be the oldest person on record to win the Nobel Prize. He recently exclaimed:

Last but not least, he credited old age with bringing him a new kind of intellectual freedom. At 94, he said, “You no longer worry about keeping your job.”

My family sent me these articles because they

(continued on page 10)

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.)

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

think I am a “poster woman” for a superager distinction. I accept that notion with pride, grateful that my wits, mind and memories are intact at my advanced age. I am also grateful that my friend and co-worker, Pat Bergrin, was also a superager ... that, together, we were still able to proof and edit the stories and articles so many of you send us for publication in our beloved Aberdeen Times.

Neighborhood News: Sincere condolences to Trudy Hurvitz on the passing of her mother.

Bermuda Buzz

By: Harvey Schwartz

Bermuda Isle - The Center of Our Universe ... but there is a big World out there!

Can we talk for a few minutes? I just want to take a little of your time and discuss a passion that many of us enjoy. Reading ... Some of us enjoy reading clubs and others venture out on their own to remain challenged and entertained. We read for simple enjoyment, personal challenge or taking part in research activity.

Finding the next great “read” can be a source of frustration. This writer has followed a simple principle. If you find a uniquely qualified or entertaining author - read everything he or she has to offer. I, for one, wait with baited breath while the writer is working on his or her latest contribution.

When the author I admire publishes his/her latest book, this is “what to read next.” Perhaps it is because I am following along with these writers’ careers and some stop their work because they simply tire of the profession, are not in the mainstream any longer or because they no longer are able to write with the enthusiasm once enjoyed. I have a few “go to” persons or nationally-published lists that I keep up with to seek out new offerings that fit my idea of excellence in entertainment or intellectual challenge. The NY Times Best Sellers list, National Public Radio (NPR) list, Amazon, Kindle and many others. I personally have chosen to keep a “watch” for my authors list. You undoubtedly do the same. Certainly, all our lists are different, but I wanted to share mine.

While I am no expert, the following are my personal “Can’t Miss” authors together with a sampling of their works:

(continued on page 11)

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..... **\$345**

Married Couple..... **\$445**

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
2385 N.W. Executive Center Drive, Suite 100, Boca Raton, FL 33431
2101 Vista Pkwy. South, 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 w/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.

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

BERMUDA BUZZ ... (continued from page 10)

James Michener - *Hawaii, The Source, Mexico Alaska, Texas*

Dianna Gabaldon - *Outlander, Dragonfly in amber, Voyager, Drums of Autumn, The Fiery Cross, An Echo in the Bone* (with a television series enjoyed by the viewing public)

David McCullough - *Truman, 1776, The Great Bridge, John Adams, The Path Between the Seas, The Jamestown Flood, The Greater Journey - Americans in Paris*

Ron Chernow - *Alexander Hamilton* (Perhaps my all-time favorite), *Washington; a Life, Titan; The Life of John D. Rockefeller, Grant, The House of Morgan*

Pat Conroy - *South of Broad, Prince of Tides, The Grate Santini, The Death of Santini, Beach Music, The Water is Wide, My Losing Season*

Stieg Larsson - *The Girl with the Dragon Tattoo, The Girl Who Played with Fire, The Girl Who Kicked the Hornet's Nest*

Edward Rutherford - *The Forest, Saruym, London, Princes of Ireland*

Ken Fillett - *World Without End, Pillars of the Earth, Fall of Giants, The Man from St. Petersburg, On the Wings of Eagles, Edge of Eternity*

Mark Helprin - *In Sunlight and in Shadow, Winter's Tale, A Soldier of the Great War, The Pacific, Ellis Island*

Walter Isaacson - *Benjamin Franklin - An American Life, Kissinger, The Wise Men - Six Friends and the World They Made, Einstein*

Doris Kearns Goodwin - *The Bully Pulpit, Wait till Next Year, Team of Rivals, No Ordinary Time, Lyndon Johnson and the American Dream*

There are endless others! Pick your own and enjoy. On-line inquiries also work well. Reading is great exercise and makes for a "healthy, wealthy and wise" person ...

As I indicated, several of the above are no longer writing and I miss them tremendously. I have however, reached out to several people that I have trust in that feed a regular proposition for the "must read" list: Gail, Amy, Barbara, Neal and Roger.

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

Recently, we had a Jazz Pool Party and it was a wonderful success. We were able to meet new neighbors and old friends and to renew acquaintanc-

(continued on page 12)

\$2500
CUSTOMER
REFERRAL REBATE



Quality SERVICE
HOME WARRANTY PLANS

\$2500
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
LICENSED TECHNICIANS

NEVER PAY FOR A COVERED REPAIR AGAIN!

AIR CONDITIONING/HEATING
BUILT-IN MICROWAVE
WASHER/DRYER
DISHWASHER
REFRIGERATOR/ICE/WATER
RANGE/OVEN COOK TOP
PLUMBING /EXTENDED PLUMBING
HOT WATER HEATER
GARBAGE DISPOSAL/INSTANT HOT
ELECTRICAL SYSTEM
CEILING FANS/EXHAUST FANS
DOOR BELL
SMOKE DETECTORS
GARAGE DOOR OPENER
REPLACEMENT/NO EXTRA COST
EXCLUSIVE "CHOICE OPTIONS"

CALL 561.819.5103 FOR A FREE OVER THE PHONE ESTIMATE!

FLORIDA STATE CONTRACTOR LIC. #CGC1521208 | FLORIDA STATE WARRANTY #18854

BERMUDA BUZZ ... (continued from page 11)

es. Thanks to the good food from each neighborly contributor. Another thanks to Everetta and Myron Lofton and all who worked on it for making it so enjoyable!!

Welcome back to our residents who have spent time traveling or at their other favorite locales!

It's hard to believe that another year has gone by with Thanksgiving and all the end of year Holidays upon us. Good wishes to all. We are looking forward to seeing one another in the neighborhood.

Canterbury Communique

By: Dee Levy

Greetings from the Canterbury Community! Yes, it's December, the twelfth and final month in the Julian and Gregorian calendars. December, derived from the Latin word "decem," meaning "ten," was the tenth month of the year in the original Roman calendar, which began with the month of March. January and February were subsequently added, with December retaining its name.

December is the month of the winter solstice ... Dec. 21 being the shortest day of the year and the first day of winter. A festive month, December holidays include Christmas (Dec. 25), Hanukkah (celebrated

this year from Dec. 12 -22) and Kwanzaa (Dec. 26 - Jan. 1). Note that while these holidays fall in close proximity to each other, they are significantly different in practice and cultural meaning. New Year's Eve, also known as Sylvester in both Europe and Israel, marks the end of the calendar year. New Year's resolutions, generally toward self-improvement, abound and hopefully 2018 will be a better year for all.

In getting to know our neighbors, and in recognition of her dedicated and outstanding service to the Canterbury community as President of the Board of Directors, we prevailed upon Ellen Nesin to share some of her thoughts and numerous interests.

Ellen, fairly new to Aberdeen, grew up and resided in up-state NY (Sullivan County), where she taught kindergarten through second grade for 36 years. She also served on the Monticello Central School District Board of Education for 6 years. In addition to her responsibilities in Canterbury, Ellen has continued to be active in NY, where she still resides part of the year. There, she serves on various boards, including the Advisory Board for the Weekend of Chamber Music, the Monticello Kiwanis and the Nesin Cultural Arts Organization. The latter was founded by Ellen in 2011 to honor the memory of her late

(continued on page 13)

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

CANTERBURY ... (continued from page 12)

husband, who believed in the importance of the arts in the enrichment and quality of community life. Nesin Cultural Arts offers a variety of programs for youth interested in music and theater, with no one turned away because of lack of funds. When asked how she manages to function effectively on the various boards on which she serves, Ellen replied. "I'm able to do this because of technology. Things can be done online, and, of course, with the help of the good people working with me."

In closing, we want to thank Ellen for sharing, and offer kudos on her many accomplishments. Needless to say, she is truly impressive, and we are indeed fortunate to have her as our neighbor. To all our Aberdeen friends, we wish you a Happy and Healthy New Year, with success in all your endeavors. As in the words of Oprah Winfrey, "Cheers to a New Year, and another chance to get it right."

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

Muirhead

By: David Bloomgarden

After living for a lifetime on Long Island and being involved in a family business established in 1919 by my grandfather, my wife Lucette and I relocated to Muirhead Estates. It didn't take us long to fall in love with both this community and the Club. As our dear friend Steve Bender (who we sincerely miss) would say when asked about Aberdeen was, "Great, how else could you be when living in paradise?" He was right!

As with all things, nothing is perfect. I longed for the excitement and challenges of a lifetime in sales. Specifically, I became intrigued with the process of selling homes. In this, the third chapter of my life, I realized it was now or never. I quickly became involved in a fantastic new career: residential real estate. It turned out this really was the correct path to follow since I sold my first FL listing right here in Muirhead. My high enthusiasm for Muirhead and Aberdeen has also afforded me the opportunity to sell residential real estate in surrounding communities.

(continued on page 14)

Service contract for all of **Aberdeen**

Have your major appliances and air conditioning equipment
repaired for one low annual fee!!!

\$199.00 + tax Includes the following items:

A/C up to 4 Ton:	Refrigerator:	Oven / Range (Includes self-clean)
Heating:	Ice Maker (replacement)	Water Heater (up to 50 gallons)
Thermostat:	Ice/Water Dispenser:	Garbage Disposal (replacement to 1/2 h.p.)
Humidistat:	Dishwasher:	Plumbing/Electrical (all baths)
Microwave (built in)	Washer:/Dryer:	Other options available.



Broward Factory Service

SATISFYING OUR CUSTOMERS FOR OVER 40 YEARS!!!

Call us at (561) 684-0146 or 1-888-237-8480

Visit us at www.browardfactory.com

BFS is licensed and insured

CACO56774 • CACO57400 • CFCO56867 • CACO56778 • ES0000336

MUIRHEAD ... (continued from page 13)

As I plan to do when featuring our neighbors, I will give you a bit more about my background. One of the greatest times of my life was the years I spent in auto racing. Fortunately, I was very successful, winning accolades and many trophies thus impacting my life in many positive ways.

Enough about me; my goal in writing future columns is to highlight information about new neighbors in Muirhead, and to profile long-time residents who must, undoubtedly, have had interesting lifetime experiences. Each one of us has our own unique stories. Since I don't know all of you, please contact me so I can learn about and share your personal adventures and interests and your involvement with the history of Muirhead. My contact information: dbloomgarden@yahoo.com - 917-364-9317.

Sterling Lakers

By: Honora Karasyk

A magnificent view of what appears as a finished (and looking more and more like a golf course) and possibly the 14th hole, is what I am seeing from my living room. Seeing the berms and dales in varying shades of green is simply heavenly. I think it is fair to say the golf course is closer than further!

Sterling's looking forward to another "get-together" planned by our Social Club. The planning committee will have an outdoor function on one of our cul-de-sacs. Ya' just can't keep Sterling's Social Club down! ALL of Sterling will partake at this B-B-Q to be held Dec. 10th from 3:00PM to 6:00PM. This is certainly a nice way to meet and greet new folks. Chairs, tables and food have been ordered. Eighteen years ago, when we started this event, we "schlepped" chairs and tables. We've come a long way!

The Wallachs have returned from a splendid trip to the Amalfi Coast. They visited Capri, Sorrento, and Positano while loving every minute of it even the very crowded tourist areas. There was the comfort of viewing the quiet sea and the discomfort of the rocky beaches, where they needed water shoes - all part of a wonderful trip. No experience is complete without a great cuisine and palate-pleasers. The Wallachs dined at excellent restaurants one of which served fresh Limoncello (a drink made with many lemons and lots

(continued on page 15)



EDDINGER'S PEST CONTROL
 561-650-0067 eddingerspestcontrol.com
 CALL FOR ABERDEEN DISCOUNT

Dryer Vent Cleaning Starting at \$79

House Repair/Remodel

- Laminate Floor
- Bath/Kitchen Remodel
- Outlets/Light Switches
- Doors/Locks
- Garbage Disposals
- Painting
- Toilets
- Fans/Lights
- Faucets
- Tile



Licensed & Insured
 CIBFL0043341

Boris 561-376-2601
www.PalmBeachHouseRepair.com

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

STERLING LAKERS ... (continued from page 14)

of alcohol). Additionally, there was Bronzini, good Italian pizza (better than NY pizza) all at the 29-room hotel where the garden grows tomatoes, cucumbers, figs, lemons, eggplants and grapevines.

Added to this charming and colorful picture, was a 78-year old Margarita, who kept everything spic n' span. So then, as Carol and Mike Wallach say, "A delightful month with only one road to the town and that one road served for both inbound and outbound. The mood of the residents was relaxed, no rush, no schedules, just friendly and calm---all good."

Sheila and family have just returned from lovely vacations! They went "rolling, rolling, rolling on the river" in a steamboat; paddle wheeling is a great vacation. They docked in small towns and saw each place in an hour with inside sightseeing. A great

memory was seeing the only American Quilt Museum in America in Paducah, KY. The vacation included TN and MI. Sheila remarked that this was an interesting way to spend time with family. It was different as well as restful. There was not a great deal of walking as the town's shuttles took them around.

Here's another "Did You Know"?

Cleopatra bathed in spoiled milk, while ladies of the French Court washed with spoiled wine. Both liquids contained Alpha-hydroxy acids -- popular and effective ingredients found in modern-day skin care products. Now you know!

Addison Green

By: Marilyn Benvenuto

Wow! Where did this year go! I cannot believe we will be ringing in the new year in one more month. The weather is just perfect and it's even more enjoyable to grill outside. I have to say I'm grateful for all the neighbors I've met in the last year. Aberdeen is such a great community and I'm glad to be part of it. The refurbished Clubhouse and new golf course will soon be done and will certainly be an attraction to new homeowners. We have many things to celebrate this month, like Christmas, Hanukkah, spending time with friends and family. I look forward to seeing the many lights displayed in the communities. If you have friends or family here for the holidays what is there to do? You can visit www.mypalmbeachpost.com/holdayevents and you will find many things to do throughout several different towns in Palm Beach County. For those of you that are vegan and maybe you have family and friends who aren't too sure about eating vegan, I found it interesting that there is a Vegfest going on Dec. 3rd called the South

Harvey Baron's Early Bird Special



(continued on page 16)

ADDISON GREEN ... (continued from page 15)

Florida Vegfest. It's mission: celebrating plant-based living and connecting eco-conscious consumers with information and products that can aid a healthy and sustainable lifestyle. Savor a bevy of free samples, learn from expert chefs in vegan and vegetarian cooking demos, and shop for even more healthy treats from more than 125 vendors. Other healthy activities: experience Expos and Vegfest features yoga and fitness classes, activities for kids, and live music for everyone to dance to. The event is being held at the War Memorial Auditorium Dec. 3 from noon to 6 PM. I wish everyone a happy and healthy holiday. Don't forget to go on [Facebook](#) and look for [Bridges of Aberdeen](#). Join us and share what you did for the holiday along with pictures; we would love to see them.

Marilyn's Monthly Home Tips:

1. Unpack and test all electrical holiday decorations, discard any that are not functioning properly.

2. Check the operation of all ground-fault circuit interrupter outlets by pushing the "test" button. The "reset" button should pop out at that time indicating the receptacle is operating properly.

3. Check inside of bathroom vanities and kitchen sink cabinets for any moisture or other signs of leaks.

4. Inspect the operation of automatic light timers and motion-detector systems, especially if you plan on traveling for the holidays.

5. Change the filter in your A/C and heating system. Sixty days is the longest you should wait.

Don't forget if there is something you want added to the monthly newsletter, contact me at Miagirll020@gmail.com.

The Landings

By: Beverly Cottam

At this stage in the lives of most residents of Aberdeen, we're not thinking much about pre-school, but that's not true of one of the citizens of The Landings - Daniel Kiminyo - who lives here with his wife, Alberta. Daniel, currently on the board of The Landings as treasurer, has led a very interesting life and could be considered our resident-Early-Childhood-Education Specialist. To be sure, when he set out to earn his PhD, he never expected to be living in FL
(continued on page 18)

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!



Trust Your Precious Vacation With Our Travel Professionals

(561) 736-3880 or (877) 736-3880

APPOINTMENTS SUGGESTED. Business Hours: Monday to Friday 9:00am-5:30pm, Saturday by appointment only

Visit us at www.preciousvacation.com

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 and

WINNER OF ANGIE'S LIST SUPER SERVICE AWARD 2 YEARS IN A ROW!

Outside Agents-Inquire about working with us!

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



Fla. Seller of Travel Reg. No. ST38489



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

THE LANDINGS ... (continued from page 16)

when he retired. It's a long way from Nairobi.

Daniel was born and schooled in Kenya, now an independent republic in East Africa is the second most populous continent in the world, where over 2000 languages are spoken. Africa is so large that there are 54 independent countries within it. Kenya is one of its 8 independent countries and well known for its stellar performance in athletics as well as its famous game park safaris. To be more specific as to location, Kenya is surrounded by Tanzania, Uganda, Somalia, Sudan, Rwanda, Burundi and Ethiopia, and the 2 official languages are Swahili and English.

Daniel, who speaks both languages, in addition to his tribal Kamba language, first visited the US in the 1960s where he studied mathematics and psychology at Jarvis Christian College in TX, which to his surprise upon arrival, was an all-black educational institution, and where forays into the nearest town also introduced him to the segregated South. Imagine his dismay, when upon visiting the local laundromat, he discovered that the signs in the establishment ("Whites" and "Coloreds") did not refer to his laundry.

Undeterred, he continued his education at Cal State U. at Northridge where he earned his BA in Psychology and a Master's Degree in Educational Psychology, which is where he met and then married his wife, Alberta, who was also studying there. In 1968, they returned to Kenya where Alberta taught both elementary and high school, and Daniel was a professor at Kenyatta U.

They next moved to Canada, where, on a scholarship, Daniel earned his Ph.D. in Educational Psychology, specializing in Human Growth and Development at the U. of Alberta at Edmonton. Somewhere over time, he also managed to be involved in several international exchange programs, which led him to teach at the U. of London, Nagoya (Japan) and Lund in Sweden; he was a Fulbright Scholar at the U. of Iowa in Iowa City.

Also over the years, he developed a Kenyan government project of building a technical college, training teachers for technical subjects. He eventually moved to Kenyatta U.

After visiting their 2 children, who live in the

(continued on page 20)



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

AFFORDABLE
LEGAL SERVICES
BUSINESS AND PERSONAL
WABLAWPLC
WAYNE A BROWN, ESQ.
 CALL FOR FREE CONSULTATION 561.244.8054
 VISIT US AT WABSLAW.COM

SUPPORT OUR
ADVERTISERS

Dominic's III

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



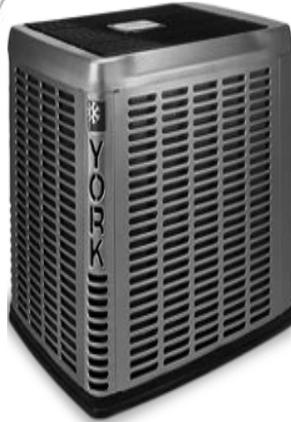
There is no Substitute for Quality and Great Service!!!
 Early Bird Specials available daily from 4:00-6:00p.m.
 *Prices and promotions subject to change without notice.
 Visit our website dominics3.com
 Please Like us on Facebook and follow us on Instagram

<p>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 *Least expensive entree at table will be discounted. Upgrades xtra.</p>	<p>Dine in Only-With coupon Not valid with any other coupons or specials. Exp. 12/31/17</p>
<p>\$2.00 Off Large Pizza Dine In or Take Out Cannot be combined with any other coupons or specials</p>	<p>Only at Dominic's III Exp. 12/31/17</p>



THE BEST VALUE IN HOME AIR CONDITIONING SYSTEMS

Pride installs Air Conditioners properly at the lowest possible price.**



YORK
INSTALL CONFIDENCE



- Rebates up to \$500
- Labor Warranty 5 years
- Parts Warranty 10 years
- Financing Available*



Call the experts **1-866-242-1226**
FREE QUOTES prideac.com

Home Warranty Contracts

Air Conditioning, Appliance,
Plumbing, Special Pricing
starting as low as..

\$280 a year + tax
No Copays

Shop online or call for a FREE QUOTE

NEED YOUR AIR DUCTS CLEANED?

State of the Art Service
Get up to 30% off***
Call for a free quote!



Limited time offer. Cannot be combined with any other offers except those authorized by Pride. Subject to terms and conditions and can be withdrawn at any time without notice. Prices subject to change. See Pride for details. **Lowest price guarantee based upon written proof of quote from licenes installer and proof of industry required installation with proper permits. Llimited time offer. See Dealer for details. Certain exclusions apply. *** Duct cleaning price for one A/C system. A/C located in attic additional fee. * Financing with approved credit. Minimum monthly payment required. LICENSE NUMBERS: A/C CAC057221 PLUMB. CFC057068 ELEC. EC13005810 WARRANTY 80031



THE LANDINGS ... *(continued from page 18)*

states once a year for many years, the Kiminyos retired and moved to the Landings where they have remained for the past 7 years. Their son, Dr. Kitonga P. Kiminyo, specializes in infectious diseases and is associated with Bethesda East and West as well as JFK and Wellington. Their daughter, Brenda Kiminyo Bode, resides in NJ, where she is a specialist in public health research. Between them they have provided Alberta and Daniel with 4 grandchildren.

When asked how Daniel viewed his many accomplishments, he replied that he "felt blessed." I submit that we, in The Landings, are honored to have him here.

Turnberry Isle

By: Sherry Morris

As the year 2017 ends, we here in Turnberry Isle wish everyone a happy holiday season and an even happier 2018. It is difficult to believe some of us have recently celebrated 20 years in the neighborhood. Mr. Rogers is smiling down on us!

We have managed to stay very busy so far, this season. An October visit to the Boca Raton Museum of Art was another fruitful adventure for our Women's Club. After lunch at Junior's at Mizner Park, we toured the museum with very knowledgeable docents. Both docents were very helpful and interesting as they showed us the special exhibition of collage-art incorporating "found" objects. Many of us considered going through our trove of attic memorabilia when we arrived home, but soon decided to take a pass on that idea. The other exhibit we enjoyed that day was the collection of deep-line drawings by Carlos Luna. The Boca Museum never disappoints and has a small but excellent permanent collection as well as a full schedule of special exhibits.

Dec. 19 will find us at an evening Christmas tour of the Flagler Museum. This event features a tour of the beautiful decor, refreshments and a performance by a children's choir. Joyce Meltz, who has participated in this lovely evening in the past, is serving as our chair for our adventure over the bridge.

The big event of 2018 is the 20th Anniversary celebration luncheon at Benvenuto's. The Turnberry Isle Women's Club will have a gala get-together to recognize 20 years of activities sponsored by the social arm of our neighborhood. The date is Friday,

Jan. 19 and will feature entertainment, delicious food and camaraderie. Save the date!

The Turnberry Isle Board of Directors will hold the Annual Meeting at Temple Shaari Shalom on Tues., Jan. 16. Sign in is at 6:30 PM. Election of officers will take place at this meeting. Each board member will give a report and discuss relevant Turnberry issues. Our board has been informed that Xfinity (Comcast) is again in the neighborhood. This time it is installing the fiber optic cable installation. May the force be with it!

It's Happening in Dorchester

By: Carol Baron

We are all back on our diets following our Thanksgiving splurge. But every calorie was worth it as we shared them with our families and friends. Perhaps each year that we are here we realize just how thankful we are for everyone in our lives.

Here in Dorchester (and throughout Aberdeen) we have lost a friend and a neighbor. Saul LeVine, husband of Iris LeVine, was such a terrific part of our community. He offered his intelligence and ability as a lawyer, his time and effort to help our HOA with matters in which he had expertise. He will be missed by so many of us.

As for our community, it is beautiful. All the results of Irma have been cleared up. We ask you to visit and enjoy it. But, to our residents, we ask you to slow down in your - cars or we will be forced to put in speed bumps. We are concerned about the safety of our walkers, runners and bikers. Observe the speed limit. Everything can wait a few more minutes.

Now we are looking at celebrating the holidays of Hanukah, Christmas and the upcoming new year. It must be time to realize just what and who we think is important and to follow through with those people and things.

And so, in realization we offer the following for the new year:

To realize the value of one year, ask a student who has failed a final exam.

To realize the value of one month, ask a mother who gave birth to a premature baby.

To realize the value of one week, ask the editor of a weekly newspaper.

To realize the value of one hour, ask the lovers

(continued on page 22)

PetLife Senior's Pet's Community Program

Supporting the Needs of Seniors and the Pets they Love!



Affordable Health & Grooming Packages Specific to your Pets Monthly Needs

Packages Include Monthly Veterinary Exams and Grooming Services starting as low as \$100 a Month



Complimentary Pet Pick-Up & Drop-Off Shuttle Service

PetLife's Kitty & Canine Commuter travels with a qualified veterinary nurse & driver. The shuttle will also deliver any pet food that we carry in our Retail Store when they bring your pet home.

Call 561.790.6464 today to arrange a no-charge consultation for your pet.

Have your HOA contact us to schedule our community "Tail's from the Vet" Seminar.



Open 7 Days!

Comprehensive Animal Hospital & Pet Care Center that has Everything You Need for the Life of Your Pet!



561.790.6464

www.PetLifeFL.com

6901 Okeechobee Blvd | West Palm Beach

DORCHESTER ... (continued from page 20)

who are waiting to meet.

To realize the value of one minute, ask the person who has missed the train or plane.

To realize the value of one second, ask the person who survived an accident.

To realize the value of one millisecond, ask the person who has won a silver medal in the Olympics.

Time waits for no one. Treasure every moment you have. You will treasure it even more when you can share it with someone special.

Wishing all of you beautiful, happy and healthy holidays and a very happy new year!

The Sunny Shores

By: Estelle Morganstein

Now that the debris from Hurricane Irma has been carted away, our community will be contracting with our landscape service provider to replace many of the trees and/or shrubs that were lost in the storm.

The Shores HOA Annual General Meeting took place on Nov. 12th as scheduled. No board election was required because no new nominees were put forward for the 2018 slate of officers. Therefore, since all existing board members filled out Letters of Intent, they were acclaimed to constitute your 2018 board.

The Shores Welcoming Committee is hard at work planning a community party for Sun., Feb. 11th, 2018. Please set aside a few hours on that day to join your neighbors for lunch to meet and welcome our new residents. Your Social Committee is hard at work planning this special event. Invitations will go out in the new year, and if it comes close to the wonderful time we had last year, then this is a not-to-be-missed event!

NEIGHBOR NEWS

In the past month, 2 new homeowners have closed on their houses in The Shores; we would like to welcome Michael Todaro, a retired teacher who hails from Indiana and Debra and Scott Hoagland who recently relocated from the West Coast.

A final note - if you want any information about the Aberdeen East Clubhouse and the activities it provides, be sure to give Lisa a call at the office during the expanded hours (in anticipation of the return of our snowbirds) of 9 AM - 3 PM.

Moorings Matters

By: Eileen Hahn

It wasn't the turkey or sweet potatoes that caused all that havoc; it was all those pies! This month we have so many holiday parties, but no one is going to blame the fruit cake. Just be happy and enjoy. Helen and Joe Fradella know that and celebrated their 60th wedding anniversary. If that's a milestone, they were outdone by Penny and Felix Fischler, who celebrated 71 years of marriage and added a second great-grandson to their family tree. Unfortunately, with every joy there is also a mix of sadness in a community, as we mourn the passing of Faye Wolkoff, who put up a courageous battle for many years.

We are witnessing an intergenerational passage of homes. We welcome Tammy and Paul to Waterline Drive, Stephanie and Larry to Mooring Circle (after losing parents) and Helene and Larry (living close to her mother in the Shore). Being contemporaries, it would be nice to meet and partake in activities with your own table.

We are becoming a classier village with the sale of Aaron Finkel's motorcycle and the approaching residence of a red corvette in the former Kirmayer garage.

November was a month of coming and going. Joanne Moustakas and Alan Goldenberg welcomed their niece who couldn't wait to eat Greek food and anyone who knows Joanne can guess where they dined. My house had the Georgia clan and, of course, the standard poodle, Scout, who thinks our neighborhood has the best dog scents, better than turkey and honey baked ham. Our senior residents are a boon to the airlines. Eve and Milt Goldband headed to Baltimore, joined with family and on to NJ for Thanksgiving. Sheila Sandelman flew to CT to surprise her daughter on her special birthday and remained for the holiday. Sally Sage and Herb Schwab win the long-distance route going to Santa Barbara to visit the kids.

Best wishes for a speedy recovery to Jerry Kopelman and a warning to forego any wild motor scooter rides. Wishing one and all a happy and, above all, a healthy new year!

**SUPPORT THOSE ADVERTISERS
WHO SUPPORT US!**



SELLING RESULTS NOT PROMISES



BARBARA LOFARO
Your Aberdeen East Specialist

barbkemail@aol.com
(561) 302-5420



"COMMITTED TO GETTING THE RESULTS YOU DESERVE"

"30 MINUTES... THAT'S ALL IT TAKES"

...to know what your home is worth in todays Real Estate Market. Even if you are not thinking of selling, I would be happy to discuss with you the current market value of your home and provide you with a complimentary COMPARATIVE MARKET ANALYSIS sent to your home.

YOUR NEIGHBORHOOD IS MY SPECIALTY!

8212 Waterline Drive 

6005 Parkwalk Drive 

8196 Waterline Drive 

8264 Waterline Drive 

5823 Parkwalk Drive 

5777 Parkwalk Drive 

5921 Parkwalk Drive 

5799 Parkwalk Drive 

5825 Parkwalk Drive 

Hamptons

By: Nancy Rosenstein

We had a wonderful time at our Bingo/Cocktails social event last month at our beautiful Hampton pool. What a wonderful congenial crowd!

We had an interesting meeting at our Book Club discussing, *The Stars are on Fire* by Anita Shreve. Connie LaMendola again hosted it. Thanks Connie. The next meeting of our Book Club is on Jan. 16th. We will be reviewing *Pachinko* by Min Jin Lee. Please call Connie at 336-4914 to let her know if you are attending.

On Jan. 10th, there will be a trip to the South Florida Science Center. It is part of the museum's "Silver Science Days" program. Included are refreshments and a planetarium show.

On Sun., Mar. 18th, we will once again host our annual Hampton Luncheon at Arrabiatas Restaurant. Prizes and good company. Join us. Our Social Committee, consisting of Janet Friedman, Ellen Gold, Joyce Hirschman, Connie LaMendola and Alyce Simons, plan our events. It's a great opportunity to meet and socialize with your neighbors.

Unfortunately, we end with the following tribute to neighbors who are no longer with us. David Schlefman, Phil Cowan and Ilga Simon. RIP.

Ashford Bytes

By: Dr. Marty Phillips

As I look out the window I can see the newly completed first fairway. A very large undulating green protected with a large greenside bunker in front. The rough on each side of the fairway is a beautiful green color with many new palm trees. The fairway with the planting of special new grass is beginning to turn green. We are all looking forward to opening day. We are so happy to see progress on clubhouse refurbishing.

I went to the last meeting of Ashford Board of Directors and it was nice to see many non-member residents present, and there were no real controversies. Ashford along with Ashford Green has installed a new hi-tech gate entry system for the residents' gate. Thanks to Neil Keitz and Tony Casselli for working together on that project. It's great just drive up to the gate and it opens; that is, if you have the bar code sticker that the electric eye can read. No need to press

(continued on page 26)

Don't Leave Home Without Us!

HOUSE SITTING

\$25.00 mo.

Your House Is Checked 4 times a Month
Air Conditioning, Water, Windows,
Doors and More
Additional services available
Wait for repairmen and deliveries
Paul 509-7556 - Stuart 810-4664
*We are Residents of Aberdeen
House Sitting in Florida for 18 Years*

Tag Sale Experts

ARE YOU MOVING?

We Will Do All the Work!
Tag the entire contents of your house
LEAVING YOU STRESS FREE
And the house Broom Clean
Sell valuables on EBAY for a small fee
Paul 509-7556 - Stuart 810-4664
Please save this add for future use.

DP 24302

Delray Express
Luxury Town Cars

561-901-7450

Alan




Must Mention Ad

\$39

To PBI
From Boca,
Delray, Boynton

\$46

To FLL
From Boca,
Delray
Boynton **\$50**

To: Port Everglades
Boca/Delray \$50 • Boynton \$55
sedan only

WHEN OTHERS CAN'T DAVID CAN!

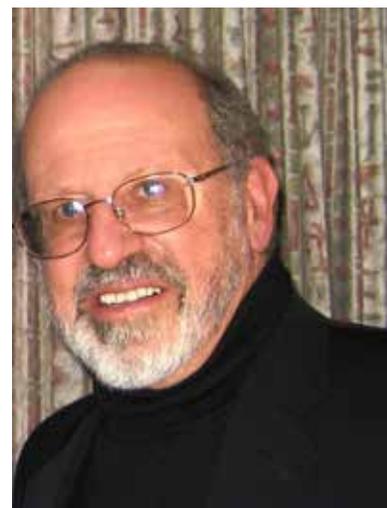
When It Comes To Real Estate I Work For You

- Buying or Selling
- Upsizing or Downsizing
- Permanent or Vacation Home

David Bloomgarden-Realtor
917-364-9317

dbloomgarden@signatureflorida.com

Broker/Owner-Ben Schacter



ASHFORD BYTES ... (continued from page 24)

a button or use a clicker anymore!

Now that we are getting through the fall season and completing removal of the remnants from the hurricane, does anyone miss the beautiful changing colors of tree leaves? It was fun watching the recent Club Round Robin tennis event with Ashford being represented by Jan Hustad, Jane Casden and Susan and Alan Susman. The Susmans spent the summer at their home in the Berkshires playing a lot of golf and tennis at the Pittsfield Country Club. They also spent Thanksgiving week there with family. Jane Casden flew to Houston in early November to baby-sit for a couple of grandchildren. I spent Thanksgiving at my daughters' homes in Dutchess County, NY. My Swiss son-in-law made a deep-fried turkey in oil, and cooked another one in a smoker for 6 hours.

I hope everyone is enjoying the Holiday Lights that were installed under the direction of the chairperson, Paula Greenberg. We are happy to welcome new residents to Ashford; Don and Jackie Kamins and Sheila and Fred Rashkin.

Our best wishes go out to all for happy holidays and a healthy New Year.

Harbour Lights

By: Wendy Latman

Greetings from The Harbours!

It's December in PARADISE! Now it's time to enjoy the holiday season in beautiful weather that allows you to stroll the many decorated downtowns without the bulk of winter outerwear and shivering cold air.

Of course, December also means many more cars on the road, and many more people walking around those charming downtowns. That's why those of us who live here all year-round love the summer. It's the best kept secret in So. FL. Don't tell the snowbirds.

Whatever holiday you celebrate, we hope it brings you cheer and good health. And certainly, we want to take the time to wish everyone a Happy, Healthy New Year.

A few of our year-round residents have had recent surgeries or hospital stays. We hope this newsletter finds you all recuperated and ready for a happy holiday season.

We'd like to say "welcome" to Betty and Stan Kornblum, who are now full-time residents (they used

to be snowbirds).

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

(Hospitality Committee of The Harbours @ Aberdeen)

Circling The Coves

By: Mary Chuzi

HAPPY HOLIDAYS TO ONE AND ALL! !

The cooler weather is finally here and hopefully everyone loves it.

The Coves are looking good again. After hurricane Irma we lost many trees but the trimming has been done and all the debris cleaned. We also had our roofs and sidewalks pressure washed adding to the beauty in the Coves.

The board scheduled the road sealing for this fall but due to Irma we had to put that project off until the spring 2018. Please be reminded that our annual indoor pest control and dryer vent cleaning will be end of Jan. 2018. Make arrangements with your neighbor for your condo key if you cannot be home when this is scheduled.

Note: On Dec. 18th at 7:00 PM, the Coves board planned a Holiday gathering for Coves residents, serving cake, cookies and coffee/tea. Please join us for a fun night to meet and greet your neighbors.

Lynn's March 19, 2018 Concert Is Changing Venues

Due to the delay by the town to issue a work permit for completion of the Clubhouse refurbishing, the Board of Directors and Management could not guarantee that the Clubhouse would be ready for the Mar. 19th Concert by the Conservatory of Music at Lynn University previously planned.

To assure continuation of this outstanding event, we have scoured the area for a suitable venue to hold the concert. The only viable place close to Aberdeen is Temple Torat Emet on Jog Rd., across the street from Aberdeen.

The one negative we found is food cannot be served. Therefore, for this year only, we are eliminating our chef's wonderful dessert extravaganza and we

(continued on page 27)

Green Acupuncture

Mention Aberdeen for a no obligation consultation

-Double Board Certified -Pain Specialists in Acupuncture www.greenacumed.com	-In network Cigna/UHC -Accept: Horizon BCBS Federal BCBS Close to Jog and Le Chalet
--	---

561-244-5424

VOTED BEST OPTICAL STORE
By Readers of Jewish Journal

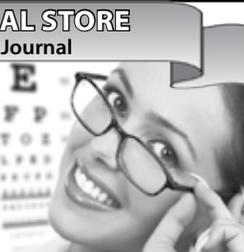
CRYSTAL CLEAR OPTICAL

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! Only **\$139** Includes Frames
2 Pair for \$199

No other discounts allowed • Expires 12/31/18

EYE EXAMS \$49

High Quality, Unhurried
Cataract Check • Glaucoma Test
Refraction • Dilation
Exam by Independent Board Certified Optometrist
Present coupon at time of exam • Expires 12/31/18
CONTACT LENS FITTING ADDITIONAL

FRAMES 25 - 75% OFF

STARTING AT \$20
Cannot be combined with any other sale, coupon or vision plan
Maximum Discount \$85 • Expires 12/31/18



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

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

LYNN'S CONCERT ... *(continued from page 26)*

are lowering the price of the ticket to \$35 each to compensate for this loss.

As you know, this concert raises sorely-needed money for the Conservatory's Scholarship Fund. All of your donations go directly to the Dean of Music offer 'room-and-board' scholarships no longer provided by the school. These funds enable him to attract the finest student musicians unable to attend Lynn for lack of money.

The concert is open to everyone. Aberdeen Club members and guests, non-members and anyone else who loves music.

The tax-deductible tickets may be purchased starting December 15th by calling either Carol Kayne at (561) 739-9318 or Leslie Roth at (561) 738-9737.

Checks are payable to the Conservatory of Music at Lynn.

Bridge - Try It, You'll Like It - Keep on Counting - Rule of 17
By: Lew Roth (Sheffield)

Last month we discussed the Rule of 17. That rule applies only where your partner opens a pre-emptive 2 bid and you need to decide if you should PASS or try for game. In bridge there are always 2 sides; namely, Declarer and Defender. The rule of 17 applies only when you are on the Declarer's side.

This month we will discuss the Rule of 11. This rule applies when you are on the Defender's side. Further, this rule applies only when you are defending against a No Trump contract.

Crucial to the defense against a No Trump contract is knowing how many cards the Declarer has in your best suit and what is the quality of his holding. The rule of 11 allows you to know the count, providing your partner leads his fourth best card in his best suit. Let's look at a couple of examples:

Your partner (the other defender) leads a 5. We need to assume he is leading 4th from his longest and strongest. The dummy puts down J, 9, 4 and you are holding Q, 10, 6. The rule says you subtract partner's lead card, i.e. the 5, from 11 to determine how many cards declarer has bigger than the 5.

Well, 11-5=6. So there are 6 cards outstanding higher than the 5. You have 3 cards higher than the 5 (Q, 10, and 6) and Dummy has 2 cards higher than the 5 (J and 9). That leaves declarer with only one card

(continued on page 28)

Bleacher Seats Splinters

By: Rob Tanenbaum

Since this summer's transformation of one tennis court into 4 pickleball courts during the renovation at Aberdeen Golf and Country Club, the question most asked has been: "What is pickleball?" That was closely followed by: "Why is a sport called pickleball?"

The first answer is easy. Pickleball is a tennis-style sport for singles or doubles played with a paddle and a yellow Wiffle Ball on a badminton-sized court.

There are several answers to the second. My favorite is that the dog of one of the game's inventors was named Pickles, who would often scamper away with one of the balls, so everyone would chase him.

Since the sport was invented more than half a century ago, Pickles is long gone. But pickleball has become the fastest growing sport in the U.S., even making its way to Aberdeen. If you haven't seen or tried pickleball, or you want a refresher, club members at all levels are invited to a clinic on Dec. 5 at 3 PM. Director of Tennis/Chris Lee, and his helpers will show you how to play (that's easy) and how to score (that's more of a challenge). Everyone will get a chance to experience the sport.

"Pickleball is a great sport for tennis players," Lee said during an interview last month in his office, "and it's even better for those who don't play tennis.

"You don't need lessons. It's a quick learn.

"Knowing how to keep score is the one hurdle."

Chris Lee's 5 reasons to play pickleball at Aberdeen GCC:

1. Any exercise is always good.
2. Improves your hand/eye coordination.
3. It promotes camaraderie and friendships.
4. Competition abounds.
5. There is no Pickles to steal the ball.

The pro said you don't need the skills specific to tennis, such as a powerful serve, to dominate the game.

"The serve is underhanded in pickleball," Lee said. "It doesn't come at you fast, but because it's a wiffle ball, it doesn't bounce high either. You've got to be ready to move in and bend for the ball more than you do playing tennis. Power isn't the most important skill you need. It's a quick game that makes you react fast."

Tennis players will benefit from the volleying skills that are used more often in doubles pickleball. After the serve and return of serve (both of which must

(continued on page 30)

LICENSED PAINTING CONTRACTORS

RYAN ORTYL
561•502•9913

MARIO CAPACCIO
786•925•5890

Painter Guys 
of the Palm Beaches

HOME • BUSINESS • INTERIOR • EXTERIOR

LIC# U-22170

call now for your
FREE
estimate



Michele Hansen • Errands Provider



If interested please call: **561-704-7992**
 Willing to help in: Grocery Shopping, Dr. appts, etc...
 I'm looking forward to assisting those in need!

SUPPORT OUR ADVERTISERS

Law Office of
Sherilynne Marks, P.A.

1325 S. Congress Ave. Suite 202
 Boynton Beach, FL 33426

Telephone: (561) 732-8323

www.SheriMarksLaw.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 COMPUTER MAVEN



**FIGHTING WITH YOUR PC?
 LET ME HELP YOU WIN:**

E-MAIL
 INTERNET
 WORD PROCESSING
 SPREADSHEETS
 PHOTO EDITING
OTHER SERVICES AVAILABLE

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

BLEACHER SEATS ... (continued from page 29)

bounce once before being hit), generally one partner is at or near the net looking to put away a winner. But there's a taped off area just behind the net called The Kitchen, and a player cannot be in that area when delivering the volley or the point is conceded.

The play is quick and with enough strategy and movement incorporated to keep you thinking and exercising.

"Our major goal at Aberdeen is developing a pickleball community," Lee said. "We'd like groups to form that make the sport here inclusive rather than exclusive. We're starting with the clinics and eventually we want to organize tournaments."

Sounds like a good idea! Now we just need somebody who knows how to keep score.

Ya Gotta Laugh!

By: Steve Solomon (Hampton)

My Parents and Veggies

Asparagus! Did I grow up on Mars? I can't find ONE person from Brooklyn (over 60) who ever even heard of asparagus when they were kids; check if you want to. When we grew up, vegetables consisted of whatever came out of a Green Giant can. Baby peas, corn niblets, carrots and peas ... you remember. On rare occasions, and when she was feeling wealthy, Momma would break out the Birdseye frozen vegetables. Of course, she would doctor them up with garlic, pepper, oregano and tomato sauce (gravy). Finally, she would surreptitiously wedge the mix between the layers of her lasagna (another vegetable) and nobody ever realized that we were getting their daily requirement of vegetables, not even Momma. Sure, she made eggplant lasagna but not for feeding us a nutritious source of vegetables. Back then, Birdseye cost more than meat and anyway, Momma never trusted the local butcher. My Poppa's logic about veggies is profound; he feels that since cocoa is a nut and nuts are vegetables and chocolate is made from the cocoa nut; therefore chocolate is a vegetable. I never argue with Poppa.

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.

PAUL SAPERSTEIN GETS RESULTS... CALL TODAY!



7206 Southport Drive



5662 Parkwalk Circle E



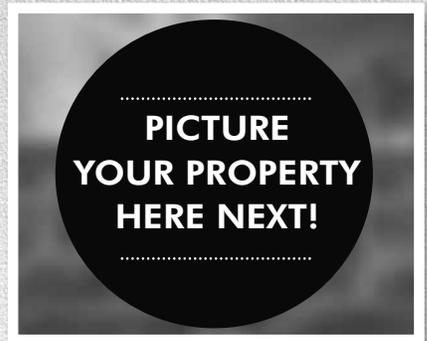
5862 Parkwalk Circle W



7911 Rockford Road



6719 Southport Drive



Don't be left behind!



WE ALWAYS USE PROFESSIONAL PHOTOGRAPHY

WE NEVER CHARGE TRANSACTION
FEES/PROCESSING FEES

Florida's #1

Re/Max Broker Associate

www.paulsaperstein.com | sapsdeals@gmail.com

FREE PROPERTY APPRAISAL

DON'T MAKE A **MOVE** WITHOUT ME!... CALL TODAY! **561-220-6789**

Burglary Tips to Keep You and Your Home Safe

By: Bonnie Seidler (Turnberry)

1. Reinforce your locks. A good door lock is nothing without a solid frame. Invest in a solid door jam and strike plate first, and then invest in good locks. Know the difference between a single-cylinder and a double-cylinder dead bolt. Double-cylinder dead bolts are recommended because they require a key to get in and out. For safety and emergency escape purposes, you must leave a key in when you are home. But double-cylinder locks are against regulations in some places, so check with your local police department's crime prevention office.

Easing life's journey...
Individual & Couples Therapy

Tania Koolik, Ph.D.
Clinical Psychologist

South County Professional Centre
16244 S. Military Trail, Suite 460
Delray Beach, FL 33484

English / Spanish
Medicare Accepted Phone (561) 666-8570



Brightway
INSURANCE

More Than Coverage. Confidence.®

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

CARPET MILLS DIRECT

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

Tony Della Pietra

Open 7 Days
Residential & Commercial

Over 1,000 Remnants
All Sizes in Stock

4517 Lake Worth Road
Lake Worth, FL 33463
N.W. Corner Military Trail
(561) 439-1700
Fax: (561) 965-8681

2. Blare the sirens. Burglars are usually in and out in less than five minutes, and they know police can't respond to an alarm that quickly. Their bigger concern is witnesses to their crime. For that reason, an external siren is invaluable, whether as part of a monitored security system or a DIY alarm. Even if you don't have an alarm, it's not a bad idea to invest in fake security signs and post them near doors.

3. Consider surveillance cameras. The Los Angeles Police Department started a program encouraging homeowners to install a device called Ring, a doorbell with video surveillance capability that allows homeowners to view what's outside their door on their smartphone. After Ring was installed in hundreds of homes, the burglary rate dropped by 55%, according to reports. Most states and local regulations require posting a warning that people are being recorded. (But again, this can be effective even if you don't actually have cameras installed!).

4. Mark your valuables and record details. Use invisible ink pens or engravers to mark identifying information (driver's license or state ID numbers) on items. Log serial numbers and take pictures of your belongings. Check to see if your police department participates in the Operation Identification program. They will have stickers for you to place on doors or windows warning would-be thieves that your items are marked. These steps may prevent them from pawning or selling stolen items and can help you reclaim recovered belongings.

5. When you go away for any length of time-stop newspaper deliveries. This is such an important part of planning your trip. Stop the deliveries the day before you leave, to ensure that the orders are being followed. Too often they are not! Also, ask a neighbor to please pick up any newspapers lying on your driveway. Be sure to offer to do the same when they are going away. Newspapers lying out there are a sure sign that no one is home.

It's Never Too Late for Exercise

Submitted By: Jane Evers (Hampton)

A large study finds that regular exercise can help older people maintain their mobility and prevent disability. Mobility - being able to walk without help is important for an older person's independence and

(continued on page 33)

IT'S NEVER TOO LATE ... (continued from page 32)

health.

Researchers studied people in their 70s and 80s who were inactive. Half followed a program of walking and exercises to improve strength, balance and flexibility. The other half took health education classes and did stretching exercises.

The study showed a structured exercise program can reduce their risk of disability in older people and is the first study to do so. NIH's National Institute on Aging was the primary sponsor. NIA Director Richard J. Hodes, MD, calls the findings gratifying. "These are actionable results that can be applied today to make a difference for many frail older people and their families," he says.

BREATHE

3-4 minute exercise to help start the day feeling centered and energized.

1. Stand with your feet apart a little wider than your hips

2. Imagine springs in all your joints (ankles, knees, hips, fingers, wrists, elbows, shoulders) ... bounce a bit (20 seconds)

3. Then begin to shake your whole body in a vigorous, but comfortable rhythm (Shoulders move up and down, head bob, hands flap, breath free) (1 minute)

4. Stop and be still - take natural breaths

5. Sit on a comfortable surface

6. Relax your jaw, chest and make your belly soft. Inhale and fall into an exhale

7. Allow the next inhale to come like a gentle wave rising so there's a nice circular feel - no break between inhale & exhale (2 minutes)

8. Sit for a moment - breathe naturally and enjoy being awake & feeling whole

From Real Simple Magazine (Margaret Townson www.thelivingbreath.com Aug. 2015

It's Happening at PAP

By: Marcia Levitz

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

(continued on page 34)

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



THE CENTER FOR IMPLANT AND COSMETIC DENTISTRY

Mark G. Coulter, D.D.S.

650 W. Boynton Beach Blvd., Suite 2
Boynton Beach, FL 33426
561-736-1700



\$85.00 New Patient Offer

Includes: Dental Cleaning, Full Series of X-rays, And
Complete Exam
D0110, D0210, D0120

\$55.00 New Patient Offer

Includes: Emergency Visit Plus X-ray
D0140, D0220

We accept **IN-Network** Dental Plans:

Aetna, Cigna, Metlife and Delta Dental
and **ALL Traditional** Dental Insurance

Cosmetic dentistry offered by Dr. Mark Coulter and Dr. Todd Hamilton includes teeth whitening, dental veneers, bonding, crowns, white fillings, and clear braces. Other services include extractions, root canals, and implants. We also welcome dental emergencies. Call **561-736-1700** to schedule an appointment or visit **www.ImplantDentistBB.com** to read more about the services offered.

Ask us about our Referral Program

IT'S HAPPENING AT PAP ... *(continued from page 33)*

originates in the body) oversee care. This approach provides the patients with state-of-the-art care from physicians who are not only cancer specialists, but sub-specialists in a cancer.

Sylvester there are 13 differentiated site disease groups:

- Bone and Soft Tissue
 - Breast Cancer
 - Melanoma and Related Skin Cancers
 - Neurological Cancer
 - Pediatric Cancer
 - Prostate, Bladder, and Kidney Cancers
 - Thoracic Cancers
 - Thyroid and Other Endocrine Cancer
 - GI Cancer
 - Eye Cancer
 - Gynecological Cancer
 - Head and Neck Cancer
 - Leukemia, Lymphoma, and Myeloma
- Sylvester Comprehensive Cancer Center is home

to the only board-certified and fellowship-trained endocrine surgeons in the region and our program is world-renowned for having developed a minimally invasive parathyroidectomy known as the "Miami Criterion."

If you know someone who needs attention in this area or any of those listed above, please contact our liaison Lynn Schultz or the Pap Corps chapter president, Lisa Weinstein, who will confidentially put you in touch with the appropriate contact.

We are here for you.

An Open Letter to all Newbies, some Oldies and members of the NEVER Club

By: Vincent Marini (Moorings)

Since 'tis the "Jolly" season, I would like to wish everyone a Happy Chanukah and a Merry Christmas.

Last month we celebrated Thanksgiving. We

(continued on page 35)

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

OPEN LETTER ... (continued from page 34)

expressed our thanks for many things, one of which is we live in Aberdeen.

Thirty-two years in residency proved to me that 99% of the people feel the same way. One couple moved away when they found out the Rules and Regulations prohibited them from growing tomatoes in their front flower bed.

Aberdeen is special and has remained special for 34 years. The reason is obvious. It is because of the people who live and have lived here.

They were given a gift of a beautiful community by the builders and knew it would be necessary to volunteer their time and effort to keep it beautiful. And they did.

The last few years has seen a transition from original owners and long-time residents to new owners. It is important and imperative that new residents and others, who are physically capable, to step up to the plate and volunteer their time and effort to keep the Aberdeen Legacy alive and well.

Recently, one of the clubs in Aberdeen requested help to set up for a function usually attended by

more than 100 people. Two people responded. That is unacceptable, if Aberdeen is going to maintain and sustain what has been our fine reputation.

Board Membership is very important to our communities. It is NOT a thankless job. One can get a great deal of satisfaction by executing programs and policies that help make a community a more comfortable and pleasurable. Accept the fact there will always be 10/15% of the people who are never satisfied or can't get through a day without complaining; IGNORE THEM. The other 85% will applaud you and thank you. It's a good feeling.

On another note, cleanliness has always been godliness in Aberdeen. Whether playing cards or participating in a club function, it may be necessary to engage the vacuum cleaner or introduce yourself to a broom to keep it that way.

The bottom line of this "open letter" is to join forces with other Aberdeen residents to make all residents proud of our community.

Never Club membership is made up of folks who NEVER help out in any manner, shape or form. They get but never give. It is not a large club; however, every person who resigns from that club can make a difference.

It's time to shout out, step up and show up, so we all can continue to say, "I love Aberdeen."

Historic Event: Part III. Old Ironsides. George Sirian

By: Mickey Gussow (Waterford)

This article is about the epic journey of George Sirian from orphan to rank of Warrant Gunner in the U.S. Navy

It is July 1824. The Ottoman Turks are murdering the citizens on the Aegean Greek Island of Psara because they are rebelling to gain independence. At age 6, George Sirian witnessed the massacre of his countrymen. His mother rescued him by placing him in a small boat and shoving it out to sea. From the boat, Sirian saw his mother being murdered by the Ottoman troops. He was rescued reportedly by the crew from Old Ironsides (nickname for USS CONSTITUTION), which was patrolling the area close to the port of Psara.

For the next 3 years he served as either a cab-

(continued on page 36)



**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

HISTORIC EVENT ... *(continued from page 35)*

in boy or powder monkey whose role was to ferry gunpowder from the powder magazine in the ship's hold to the gun. By assigning him this role, the crew could keep Sirian aboard with unofficial duties until he reached the legal age to enlist in the U.S. Navy. The ship's captain had orders not to interfere with the Greek's war for independence from the Ottoman Turks and not to shelter refugees. The only way that Sirian could remain onboard was to join the U.S. Navy. So, on May 14, 1827, while Old Ironsides was patrolling waters off Greece, he was entered at age nine on the ship's roll with the rank of Boy.

Within a year, Sirian was promoted to Ordinary Seaman. On July 4, 1828, the ship completed its Mediterranean deployment and arrived in Boston harbor. Later that month, he left Old Ironsides for his next assignment.

Lieutenant Robert Randolph, an officer aboard Old Ironsides, took the young boy under his wing for training. The Randolph family sponsored his education during the early 1830's. He was taken by Randolph to Gunner George Marshall, a native Greek from the island of Rhodes, for further naval gunnery training. Marshall later became his father-in-law when Sirian married Eleanor Marshall in 1840. Of the couple's seven children, three survived to adulthood into the 20th century. One living Sirian relative is his great-great-grandson, retired Navy Captain Tom Forbes, Naval Academy class of 1965.

On April 20, 1837, Sirian was appointed Acting Gunner while serving on the sloop USS FAIRFIELD, operating in the Brazil Squadron. President John Tyler signed his official appointment as Warrant Gunner on Jan. 14, 1843, to date from 1837. It was a remarkable achievement to be promoted to Warrant Gunner retroactive to 1837, the year Sirian was only 19 years old.

George Sirian is the only man ever to serve on Old Ironsides on 3 separate tours of duty, including his second tour on the ship's epic voyage around-the-world cruise of 1844-46.

His third tour of duty aboard Old Ironsides began while it was moored in Annapolis, serving as the gunnery training ship for the Naval Academy midshipmen. Sirian distinguished himself as their gunnery instructor. When the Civil War broke out in 1861, the

(continued on page 37)

Steve Lewis
 splewis1951@aol.com
 561.703.8898



Superman Services

Dog walking, Pet and House Sitting, Grocery Shopping, Md Appointments And Driving to Airports and Anywhere You Need to Go

Magaly Benitez
 Massage Therapy in the Comfort of your Home!!!

-Swedish -Prenatal
 -Neuro muscular -Deep Tissue

For Appointments Call:
 (305)505-5925
 Licensed and Insured
 References Provided



THE
DELRAY BEACH
Playhouse

71st Season

Best Live-Theatre Value in South Florida!

2017 - 2018 Season

———— Main Stage Plays ————

The Amorous Ambassador	Oct. 6 - 22, 2017
An American Farce by Michael Parker	
Annie Get Your Gun	Dec. 1 - 17, 2017
A Musical by Dorothy Fields & Herbert Fields Music and Lyrics by Irving Berlin	
And The World Goes Round	Feb. 2 - 18, 2018
The Music of Kander & Ebb. A Musical by David Thompson, Scott Ellis and Susan Stroman	
Blackout	Mar. 23 - Apr. 8, 2018
A Mystery Thriller by Rick Herlowe	
Who's Afraid of Virginia Woolf?	May 18 - Jun. 3, 2018
A Classic Drama by Edward Albee	

All Tickets \$30

Call 561-272-1281 Ext. 4 or online at
delraybeachplayhouse.org
 plenty of Free Parking | special group rates 20+

**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.**

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

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

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

HISTORIC EVENT ... (continued from page 36)

Navy, fearing a threat by the Confederacy, relocated both the Academy and the ship to Newport, RI.

Sirian retired in 1880 as Warrant Gunner. He served in the Navy for 53 consecutive years, reportedly the longest term of enlistment in U.S. history.

During his career, Sirian received 3 commendations for exemplary performance.

He died in Portsmouth on Dec. 21, 1891, at age 73. Sirian had witnessed first-hand the growth of the U.S. Navy from small squadrons in the age of sail to the beginning of its birth as a large, modern ocean-going battle fleet. His achievements are recognized by (1) his posthumous induction into the Surface Navy Hall of Fame in 2007, and (2) his being named for the George Sirian Meritorious Award.

George Sirian's legacy of technical excellence, dedication, and leadership remains an inspirational model to all who serve in the U.S. Navy.

Be Aware of Frauds and Scams

One in 10 Americans will fall prey to phone scams this year, and millions more will be ripped off online or in person. Fraud costs Americans tens of billions of dollars a year, and the crime keeps getting more brazen and sophisticated. Don't become a victim. Take action.

Investment Scams - Get-Rich Pitches Get More Creative

by Gerri Walsh

Scammers wasted no time in 2017 redoubling their efforts to bilk investors. Their basic formula remains the same: Dream up a bogus get-rich-quick investment and persuade susceptible people to buy it. What changes is the nature of the pitches. Scammers especially target retirees who have accumulated wealth from a lifetime of hard work. Their promises seem plausible, and their slick websites and official-looking paperwork can rob even a skeptic of his or her life savings. Going well beyond quick talk, these scams often involve detailed research on targets. But in the end, the promises are empty, and the sophisticated sales techniques are just the trappings of well-worn cons. Here's how you can avoid the traps.

Boiler Room 'Pump and Dumps' - A high-pressure caller promises to let you in on a "can't-

(continued on page 38)

BE AWARE ... (continued from page 37)

miss" investment opportunity involving a low-priced penny or microcap stock. The more people who buy shares, the higher the share price rises - until the fraudsters dump their own shares, leaving the rest virtually worthless.

The companies whose stocks are being promoted often play off the latest trend du jour. Today's pitch might tout a green energy company. Next week, it's a company with a new product promising to take an emerging market by storm, such as the e-cigarette or legalized marijuana industries.

Traditionally, scammers worked from a list or dialed randomly, but there is a new twist to this con that doesn't involve cold calls. "Account executives" may contact people who have visited a website that promotes low-priced stocks or publishes an investment newsletter.

Protect your cash. Here's how to outwit financial con artists.

1. Use FINRA Broker Check to verify the registration and background of any firm or financial professional. (FINRA is the Financial Industry

Regulatory Authority.)

2. Don't do business with unregistered individuals or firms, and be suspicious of unsolicited offers to recover money from an investment loss.

3. Use caution when visiting unfamiliar financial websites.

4. do an internet search for alerts or warnings when assessing an investment pitch or a company to invest in.

5. For stock pitches, check the Securities and Exchange Commission's EDGAR database (at sec.gov) to see if the company files with the sec.

If you fear a scam, call FINRA's Securities Helpline for Seniors at 844-57-HELPS (844-574-3577).

AARP Magazine - May 2017

8 Ways to Relieve Stress in 5 Minutes

(From the Internet)

Because you don't even have time to worry
The house is a disaster. Your kid's teacher

(continued on page 39)



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

ABERDEEN COUNTRY CLUB

THE WAY SERVICE WAS MEANT TO BE!

Providing quality service and customer satisfaction Since 1987!!

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

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

No Deductibles
Unlimited Service Calls

◆ 2 HR. Time Spans for Regular Service Appointments
- No All Day Waiting!

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

- ◆ 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



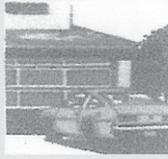
STATE OF FLORIDA LICENSE NO. 80228
CACO 32383 - CFC57183 - EC13006352

TOTAL BASIC PACKAGE \$225.00

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



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



just called to have a “talk.” And you have about 14,001 things to do before you can even think about SparkNotes-ing tonight’s book club (which you’re hosting).

Yeah, it’s a stressful day. But you can do it. Breathe in. Breathe out. Here are some real ways to reduce stress fast--because you’ve got wayyyy too much to do.

MAKE YOURSELF SMILE

What’s better at making you smile than adorable animal videos on YouTube? And better yet, a recent study says the humor we get from cat videos is actually good for us. So watch away.

SNIFF SOME CITRUS

Seriously. Work out some aggression as you peel that orange and then take a big whiff. Studies have shown that the scent of a peeled orange can drastically reduce stress.

STRETCH IT OUT

Besides the physical benefits of stretching your muscles, adjustments to your posture and body position can help you feel more relaxed by lowering your blood pressure and breathing rate, which in turn helps to relieve stress. Voilà!

MINDFULLY MEDITATE

This breathing exercise, created by John Sahakian, a Los Angeles-based clinical hypnotherapist and yoga instructor, takes three minutes and can be done while sitting in your car between errands. (No oms necessary.)

BREAK OUT THE COLORED PENCILS

Studies show that adult coloring books can help with everything from stress and work performance to insomnia. So what are you waiting for? Grab some colored pencils (or your kid’s crayons) and color yourself calm.

TAKE A HIKE

OK, so this one may clock in at a little over five minutes, but it’s well worth it. The change of scenery, the fresh air and a few good minutes with your own thoughts can help put your mind at ease.

FREAK OUT

When all else fails, allowing yourself to get a little angry will help you to release that negative energy and move on with your day. AGHHHH!

Ah, so much better.

MedTech

Technology Roundup

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

1 / Wound analyzer

Health practitioners usually measure the size and shape of chronic wounds (bed sores, skin ulcers) with a ruler. Not an exact science. Tissue Analytics' Mobile Wound app, available for iOS and Android devices, turns a phone into a medical imaging system. Snap a photo of the wound, and the app's algorithm accurately measures its dimensions. The images are uploaded to a secure portal that can be accessed by physicians, who can track the wound.

2 / Handheld STD test

MobiNAAT (mobile nucleic acid amplification testing), designed by Johns Hopkins biomedical engineers, is a low-cost diagnostic tool to quickly detect chlamydia, an often symptomless sexually transmitted disease that, if untreated, can cause serious and permanent damage to a woman's reproductive system. The 6-inch-tall, battery-powered prototype features a disposable cartridge for a genital swab and a heating unit to incubate the DNA sample. An associated mobile app processes test results within 30 minutes.

3 / Social services finder

Designed by former Johns Hopkins students, Healthify is a subscription-based mobile platform to

help health care staff locate social service agencies and connect patients to them. It's basically Yelp for health. Instead of querying for restaurants or hotels, users search for nearby temporary housing, drug treatment centers, mental health counseling, and other services that can also be rated.

4 / Before it kills

For a patient with sepsis—which kills more Americans every year than AIDS and breast and prostate cancer combined—hours can make the difference between life and death. Johns Hopkins researchers have developed a computer-based method called TREWScore that has correctly predicted septic shock in 85 percent of cases, a 60 percent improvement over existing screening methods. The time saved allows clinicians to intervene with antibiotics. Researchers want to program the algorithm into electronic health record systems to better alert doctors and nurses about a patient at risk of septic shock.

5 / Healing hearts

A sticky, protein-rich gel created by Johns Hopkins School of Medicine researchers appears to help stem cells adhere to hearts and survive long enough for them to improve cardiac function after a heart attack. The study, which used rats as models, showed that without the gel, most of the injected stem cells would die or be pushed out into the lungs

(continued on page 42)



We Are The Experts
ARMORVUE
WINDOW & DOOR

1000 Clint Moore Road, Ste 109
Boca Raton, Florida 33487
O: (561) 600-3777
C: (404) 993-8429
CLanwehr@ArmorVue.com

Chris Lanwehr

Hurricane - Impact Windows and Doors

- * In-Home Estimates
- * Custom Sizes
- * Licensed & Insured
- * Financing Available
- No \$ Down Options

-- Aberdeen Approved Vendor --

Aging

Submitted by: Sherry Bennett Warshauer -
Ruth's Friend

I look down at my thighs
And think those can't be mine!
They look like mottled swiss cheese
No lonber so divine.

They used to be so supple
In dancing years long past
My skin unblemished and so firm
Age has caught up with me at last.

I raise my arm in yoga class
And what do my eyes see?
A flag of skin a wavin'
For all eternity

No fair, no fair, my rich brown hair
Will soon be gone for good
For gray will overrun the lot
I'll have to wear a hood.

Cover all the mirrors
Can't see myself undressed
For if I dared to sneak a peak
I'd surely be depressed.

Can't claim I'm all
the smarter
For having come of
age
I forget more than I
know these days
My thoughts are far
from sage.

So what's the fun in
aging
On that I'm not so
clear
When everything is
heading south
So must I, I fear

P.S. THE HANDYMAN



We do the job you won't do!

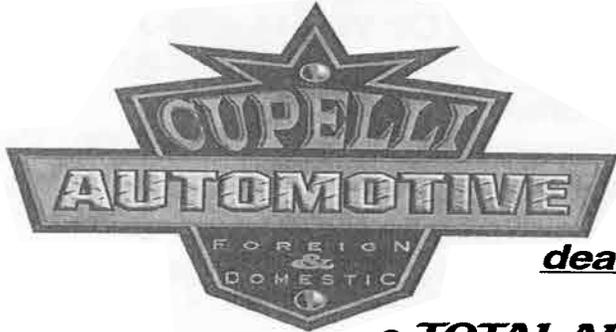
Over 25 years Experience

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

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."



OVER 20 YEARS EXPERIENCE

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

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

MEDTECH ... (continued from page 40)

by the force of heartbeats. The novel substance also rapidly restores metabolism of the encapsulated stem cells, thus increasing the number that survive transplantation.

6 / Eye on stroke

ER patients who complain of dizziness often get evaluated for stroke, which involves expensive and time-consuming CT or MRI scans that don't always accurately diagnose. Looking for a faster and better way to examine patients, a neurologist at Johns Hopkins University uses portable video-oculography to gauge eye movements. The device, which looks like high-tech swimming goggles, can track minute differences in eye movements that are hallmarks of a stroke, inner-ear problem, or other condition that requires further investigation.

7 / Wrist monitor

Johns Hopkins neurologists have introduced EpiWatch, an app designed to collect data from patients with epilepsy before, during, and after their seizures. The app, which runs on Apple Watch and iPhone, uses the open-source ResearchKit framework designed by Apple and the device's built-in movement and heart rate sensors. The data gathered—including physiological changes and altered responsiveness—will be used by researchers to better understand and manage the disorder which afflicts more than 2.5 million people in the United States.

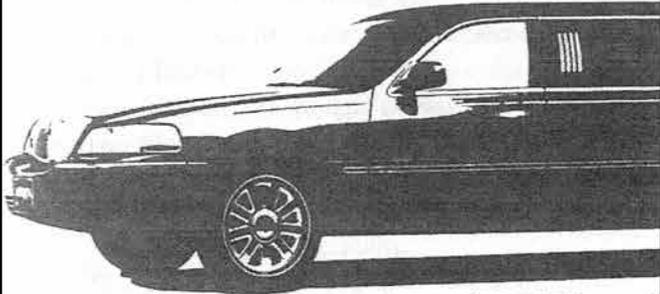
Johns Hopkins Health Review
Spring/Summer 2016

**PLEASE SUPPORT OUR
ADVERTISERS**

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.”

NEED A RIDE LIMO
\$5 OFF WITH THIS AD



Licensed #1936 & Insured

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

VISA MasterCard **561-369-2814**
www.needaridelimo.com

Boynton Beach Home Care



**Quality Care in the
Comfort of Your Home**
“Proudly serving Palm Beach
County since 2003”

Lidija Paskova, RN

FREE Initial Assessment
We Accept All Long Term Care Insurance

Hourly or Live-in Care by HHA or CNA

Personal Care
Bathing / Dressing / Toileting / Dr. Appts.
Medication Reminders / Transportation

Companion Services
Light Housekeeping / Laundry
Errands / Meal Preparation



www.boyntonhomecare.com

**Peace of Mind
for You and
Your Family** **(561) 742-2532**
License No's 299994358 & NR3021165

ABERDEEN EAST and WEST

BUYING OR SELLING

I WILL BE HERE TO ASSIST
YOU WITH ALL YOUR REAL
ESTATE NEEDS



TOM BORDERS
REALTOR
561-742-4788
561-308-6303

BERKSHIRE HATHAWAY
HOME SERVICES

FLORIDA REALTY

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



"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