



# HAPPY NEW YEAR

## Aberdeen Country Club News

By: Harry Seaton (Hampton)

The refurbishing of the lower floor of the clubhouse is moving along. We have heard that our re-contoured golf course is magnificent, and our golfers can't wait to play. We will have the luxury of a brand new restroom with updated facilities for our members. Not to be outdone, there are also plans for an assortment of the latest apparatus at the ever-popular Fitness Center. A Tennis Complex of 14 hard-tru tennis courts with 4 pickleball courts is already full utilized.

The refurbishing projects have not deterred plans for events during the winter season; Aberdeen's third Color War is on its way, with swimming, golf skills, volley ball, cards, games, races and much more - something for everyone who participates. The Color War Booklet is available at the Fitness Center Reception Desk and the Tennis/Golf Pro Shops. Registration ends on January 10th. The Booklet describes events, dates and times, together with registration forms to review and use to register. It's not too late to join in the fun if you haven't already done so!

The Club has planned additional "Evenings Under the Stars," one event per month until the Club-

*(continued on page 2)*

## What is Bitcoin?

By: Dr. Pat Williams, author of [profpat.com](http://profpat.com) (Muirhead)

### What is Bitcoin?

Bitcoin is a digital currency and a digital payment system. The system allows people to send and receive Bitcoins to anyone, anywhere in the world.

### Who regulates Bitcoin?

Bitcoin is not regulated or owned by anyone. It runs on a decentralized network of computers in which all Bitcoin transactions are recorded, verified and updated on the equivalent of a public ledger through a technology known as blockchain. There is no central authority in charge like a bank or central government. Transactions are peer-to-peer with no middleman or intermediary involved. Transparency is a hallmark of Bitcoin. However, although every Bitcoin transaction is public information, the parties involved in the transaction (i.e., the buyer and the seller) remain anonymous.

### How can you buy bitcoins?

The easiest way to purchase bitcoins is through a Bitcoin exchange, such as U.S.-based Coinbase. Coinbase allows you to buy Bitcoins using money from your bank account or with a credit card. Purchases can also be made through a Bitcoin ATM.

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**WHAT IS BITCOIN? ...** (continued from page 1)

There are a number of these ATMs in the south Florida area (see coinatmradar.com for locations).

Bitcoins can be stored and accessed in a "Bitcoin Wallet." Apps are available to install a Bitcoin Wallet on your computer or mobile device. A Bitcoin Wallet is like a bank account. It allows you to receive Bitcoins, store, save or send them to others. The wallet is given an address known only to the owner. Although every Bitcoin transaction is recorded, as mentioned above, the parties involved remain anonymous due to these private addresses.

**Who accepts Bitcoin?**

The website 99bitcoins.com provides a list of companies and businesses that accept bitcoins as currency for online purchases. These include Overstock.com, Subway, Expedia.com, Microsoft (to buy content on Xbox and Windows store) and many more. According to the website, "bitcoins are an extremely fast-spreading currency."

**What are the advantages of Bitcoin?**

- Transparent information. With the blockchain,

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Helping us through the closing and recommending a wonderful contractor to prepare our home for us to move in were extras we never expected. We not only consider you a professional and caring realtor, we now consider you our friend. Can't wait to enjoy good times together in Aberdeen.

Thanks again,

Ronnie and Mike Wiederlight

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**WHAT IS BITCOIN? ...** (continued from page 4)

every finalized transaction is available for all to see. However, personal information (i.e., identity) is hidden.

- User anonymity. Unless users publicize their wallet addresses, no one can trace transactions back to them.

- No identity theft. Personal information is hidden.

- Control of your money. No central authority figure with Bitcoin.

- Freedom in payment. With Bitcoin money can be sent and received anywhere in the world at any given time,

- No third-party seizure. Governments can't freeze someone's wealth.

- No taxes. Since there is no third-party involvement, there is no way to implement a Bitcoin taxation system.

In spite of these advantages, don't expect Bitcoin or any other of the 1,100 digital or cryptocurrencies to replace dollars, yens and euros in the short term. The concept of digital currency is still developing. In addition, there is a great deal of risk and pricing

volatility. For example, the price in US dollars for one bitcoin reached \$1,242 in Nov. 2013. The next month, it dropped to \$600. At the time of this writing, Bitcoin just crossed the \$10,000 mark.

There are a number of financiers, like Jamie Dimon, CEO of J.P. Morgan, that consider digital currencies "a fraud." He fears that once people start losing money, governments will eventually shut down exchanges that trade digital currencies and that "it will end badly."

[SHOULD YOU INVEST IN BITCOIN? Look for that discussion in next month's [Aberdeen Times](#).]

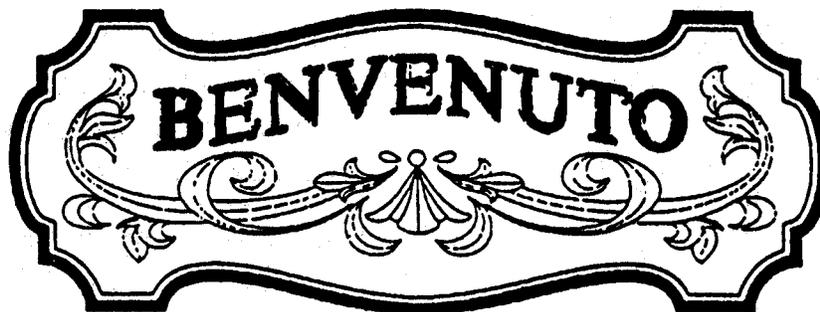
**Canterbury Communique**

By: Dee Levy

Greetings from the Canterbury community! Yes, it's January, the first month of the year according to the Gregorian calendar, and the month considered by many as one of new beginnings. The name "January" was derived from Janus, the Roman god who presided over the gate or door to the new year. Janus was often symbolized by a face looking forwards

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**CANTERBURY ...** (continued from page 6)

and backwards simultaneously. This symbolism can readily be associated with January, the start of the new year and the beginning of new opportunities. It is the time when many reflect on events of the past year and make resolutions for self-improvement and improved interpersonal relationships.

January is the second month of winter and, on average, the coldest month of the year in the northern hemisphere. Interestingly, the Anglo-Saxons called January the "wolf month," as hungry wolves entered their villages in search of food. Holidays include New Year's Day, celebrated on Mon., Jan. 1, and Martin Luther King Day, a Federal holiday on Jan. 15th, the third Monday of the month.

In keeping with our tradition of getting to know our neighbors, we prevailed upon Gerri Ellen Harmon to share her thoughts and life-experiences with us. Gerri Ellen, fairly new to Canterbury but already an active and responsible member of the community, is presently Canterbury's representative to the POA.

Gerri Ellen grew up in Brooklyn, attended Brooklyn College, where she majored in dance and physical education, and subsequently became

an instructor at Long Island U. Upon marrying and moving to TX, she changed careers and served as Assistant Director of Operations at North Texas U., where a large part of her job included the training of desk clerks and custodians. "Teaching/training has been a theme in all of the positions I have held," she stated.

(continued on page 10)

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**SHARING WITH SHEFFIELD ...** (continued from page 2)

vage my reputation as a “superager.” It also motivated me to write a sequel on the subject, based on an article that appeared in the NY Times in January, by Lisa Feldman Bennet, a professor of psychology at Northeastern U., and author of the book, “How Emotions Are Made: The Secret Life of the Brain.”

I predict that one day soon, the word “superager” will work its way into Webster’s Dictionary. While there is recent interest in the notion that there are superagers amongst us, and questions raised about how you become one, and maintain the distinction research in the field, has been going on since the 1940s. The findings were not without controversy, and not until recently, have scientists and medical professionals come to agreement about the correlation between superaging and the brain. It all started with a shared recognition of a phenomenon. There are people in your life who are 65 or older. Some of them are experiencing the usual difficulties of old age, like forgetfulness or a dwindling attention span. Others manage to remain mentally sharp and go through their latter years achieving extraordinary mental and/or physical feats. As simplistically as I can, I will attempt to explain where the brain fits into this superager picture.

Brains evolve like companies do; they reorganize as they expand. There are major hub regions in the brain which play a meaningful role in superaging. The thicker these regions of cortex are, the better performance, or achievement, a person exhibits ... including better memory, attention span recall of information ... affects related to the “cognitive” portion of the brain.

So, the big questions remain: How does one become a superager and remain one? Dr. Bennet explains:

*Which activities, if any, will increase your chances of remaining mentally sharp into old age? We’re still studying this question, but our best answer at the moment is: work hard at something. Many labs have observed that these critical brain regions increase in activity when people perform difficult tasks, whether the effort is physical or mental. You can therefore help keep these regions thick and healthy through vigorous exercise and bouts of strenuous mental effort. My father-in-law, for example, swims every day*

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

and plays tournament bridge.

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. 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 tissue gets thinner from disuse. If you don't use it, you lose it.

So, make a New Year's resolution to take up a challenging activity. Learn a foreign language. Take an online college course. Master a musical instrument. Work that brain. Make it a year to remember.

I cannot imagine that many of you considered this for your list of New Year's Resolutions! But give it a shot!

May your New Year be filled with health, joy and wonderful surprises.

Don't forget to make your reservation for Sheffield's Meet-and-Greet at the Jog Road Mama Mia's on January 17th. Call Trudy Rinsky or Lisa Weinstein.

**HAPPY NEW YEAR**

**CANTERBURY ...** (continued from page 7)

Returning to NY after a failed marriage, Gerri Ellen remarried and began working in corporate America in training positions at Boeing, Dow-Jones and Johnson & Johnson. She retired 8 years later and moved to PA, where she cared for her ailing husband. In 2017, Gerri Ellen, now widowed, moved to Aberdeen to be near her sister and brother-in-law, who live in Sterling Lakes. In her written narrative, she expressed her feelings about life in FL. "I am loving the life-style! People have asked me if I had an adjustment period; I tell them I slid right in. I am very excited to be part of Canterbury at Aberdeen. I participate in mah jongg, canasta and water aerobics. I also volunteer for a program called "Grief Share;" which helps people after the loss of a loved one. I am looking forward to a new chapter in my life in Boynton Beach."

In closing, we thank Gerri Ellen for sharing and wish her much happiness and success in all her endeavors. Needless to say, we're delighted to have her as our friend and neighbor! We also extend a Hearty Welcome to Michael Beradi, Pearl Katz, J. Lizano, and Roz Magidson, new residents in the Canterbury community. And to all our Aberdeen friends, a Healthy and Happy New Year! We hope that 2018 will be a positive and satisfying year for all. Note the words of the philosopher John Locke, "Men always forget that human happiness is a disposition of the mind and not a condition of circumstances."

**Brittany Lakes**

By: Judit Ungar

It was June 18, 1938, and my mother, Adel, was putting the last touches on the plans for her 18th birthday party in Budapest, Hungary. The invitations were out, the food was cooked, the pastries were baked the drinks were set up; now place cards had to be arranged.

She was very nervous. During the last few weeks she heard a lot about a very handsome young man named George Ungar and she was trying to make sure he sat next to her at the party. My grandparents were in on this plan as was George's family. Poor George, he had no chance. It was love at first sight and the beginning of an amazing 65-year-old love affair began that night.

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References

**BRITTANY LAKES ...** (continued from page 10)

My parents' love and devotion to each other never faltered. They did not have an easy life, but they were always there for each other. During the Holocaust, they were separated for several years, but they survived. George was in a Russian Labor camp and Adel was hidden by some non-Jewish relatives.

Soon after WWII, I was born. Being an only child was very enjoyable for me. After the Hungarian Revolution, my parents and I left Budapest and the Communist regime, and went to Austria and asked for asylum. Needless to say, that living in a refugee camp was not a great experience for my parents and grandparents. In 1958, the 3 of us were accepted by the U.S., the greatest country in the world. I was proud to be a refugee in this great land. Within a few years we became citizens. My parents worked in factories instead of their own businesses, as they did in Budapest. I graduated from CCONY and NYU graduate school and was the first member of my family to do so.

Being a refugee in America gave me great opportunities. I, too, married the love of my life. The USA allowed Jack and I to have 2 amazing daughters, a wonderful son-in law and our wonderful grandson. And our good life continues here at Brittany Lakes

and Aberdeen.

For this, and so much more, I thank the U.S. and all those people who welcomed us to this country.

From my family to yours, thank you. Have a Happy and Healthy New Year!

**Waterford**

By: Cathy Goldenberg

Help! I'm going through withdrawal. Where's the candy canes? Where's the chocolate-covered cherries? Where's my cookies and Christmas Buche de Noel? Oh, I remember! I ate them ALL! I baked. I sang. I had Christmas cheer. On to the new year!

Happy New Year 2018! Now come the New Year's resolutions. My resolution every year is not to make any resolutions. I never keep them anyway. After a short time, the valiant effort to keep the resolution is dismissed in my mind.

Instead of making resolutions, I do strive to try new things, break some bad habits and be a good person. One year I made it my mission to try a new restaurant every time I ate out. So, for the whole year I did just that and didn't repeat the same restaurant. It was a fun adventure! The next year, I learned how

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**WATERFORD ...** (continued from page 11)

to decorate cakes. I can make the best marshmallow fondant ever! In 2017, I decided to finally take that art class that I have been talking about for 20 years and never had time. This adventure will continue into 2018. I love it!

What's my adventure for 2018 you might ask? Well, in 2018, besides world peace and traveling throughout the galaxy (hey I'm Star Wars and Star Trek fan and a dreamer) I think I will continue to work on "The List." Yes, the Bucket List. You are never too young or old to have a list. My bucket list is an ongoing journey. It's continually updated and expanded. No should have could have would have here! And you shouldn't either. Create your own bucket list and let the fun begin. Stay tuned for my next endeavor!

Here's another New Year's resolution. It's from Waterford. Each month we are going to feature information or some words from someone in our community. For January, it's called The Landscape Corner written by Rod. He knows Landscaping and loves it!

**The Landscape Corner**

In our community as well as other communities, our shrubs are aging and the regular fertilization can't

promote sufficient Healthy Growth. Here is a helpful tip.

Palm fertilizer can be a useful on many green shrubs. It's not just for palms. Of course, I will state the obvious, it should not be used for delicate flowers (Roses, Orchids, etc.). Palm fertilizer can be used for Ixora, Variegated Schefflera, Ficus and Cherry Hedges, to name a few.

Fertilization on all plants, especially, will give them new life and promote healthy plants to bloom. To apply, rake the dirt, spread a liberal amount (like chicken feed) and water well the first few days.

One last closing tip. Do not fertilize in the hot weather. I enjoy doing this. It's my outdoor quiet time and a little exercise too.

**Welcome Neighbors!**

Waterford is delighted to welcome new neighbors to our community. Arnauer and Johanna Cartier, Paul and Cheryl Cinnante and Janice Meeks-Boriss.

**Front Entrance**

Pardon our appearance, we are continuing to work on our front entrance. The renovation is taking some time. We are working with the Landscape designer and obtaining permits for the project. Stay tuned!

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## Bermuda Buzz

By: Lenore Schwartz

It's a new year, a new beginning and for some, a time to make resolutions. Here's something we can all try. Since every day is precious, enjoy each one as much as possible and be close to family and friends. Here in Bermuda Isle, we are thankful to our board for having the roofs cleaned. They are sparkling white and more closely resemble our original Bermuda theme. Myron and Everetta Lofton headed the group responsible for our new functional pool furniture that will better accommodate future parties. Accolades to Don Buesking and his committee for adorning our front entrance with cheerful holiday lights and for the new security cameras.

We had the annual general meeting in December and have continued the monthly men's dinners

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and ladies luncheons. We look forward the Big Band Dinner Dance at Benvenuto's on Feb. 1st. It's always enjoyable and I'm sure it will continue to be a fun night out!

The golf course should be opening this month and both golfers and non-golfers who face the golf course, look forward to the activities resuming. It's beautiful, greener and far nicer than the mounds of sand we observed and tolerated throughout the summer and fall.

My husband, Harvey Schwartz, who can no longer golf, has directed his interests towards a hobby he enjoyed years ago. When one phase ends - another begins. When we were first married, Harvey obtained his amateur radio license (HAM), and for years, he was active in speaking to people all over the world. We were even able to listen to and record the signals from the first satellite, "Sputnik" in 1957! He put this hobby on hold for many years as he got involved in various other activities. Recently, he re-activated his interests and installed a radio station in his office. The special antennas required, have been cleverly hidden so as to not be an eyesore in the community. He joined the West Palm Beach Amateur Radio

*(continued on page 14)*

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**BERMUDA ISLE ...** (continued from page 13)

Group at the Palm Beach Science Center and Zoo. This group sponsored and allowed young students to communicate with HAM radio operators living in the Skylab space station that recently passed directly overhead. Aside from social activities with the radio club, Harvey is active in project "Sky Warn." It provides emergency communications during hurricanes and other natural disasters, together with many other HAM radio operators in Palm Beach County. When all other networks fail, the amateur radio operators provide a major back-up system to aid in emergency services. He was "on air" during our recent hurricanes - ready to assist our area if necessary.

Get well wishes to Ketly Williams/who has a knee problem, and to Mike Rudman; who took a nasty fall and broke his hip. Our condolences to Judy Friedman whose husband, Pete, passed away last month. We'd also like to welcome Judy and Bob Lederman who recently moved into Bermuda Isle.

Happy New Year to all and wherever you go, whatever you do, bring your own sunshine!

**Sterling Lakers**

By: Marsha Menahem

Season's greetings to all and a healthy and happy New Year! Our social committee is dedicated to the task of building community participation and engagement. By the time you read this column we will have had our Community Barbecue, our second Sterling event. We welcome our newbie residents warmly and look forward to their help in promoting our mission to be more than just "neighbors."

We want to congratulate Rene Engel and Isaac Levy on the engagement of their 2 granddaughters, Rachel and Brittany. Rachel actually lived here for a while and we were amazed how this young woman enjoyed the company of Sterling and unabashedly demonstrated her love for her grandparents. Congratulations to the whole family.

David and Sandy November cannot stop smiling since the birth of their great-grandson, Liam Alan Falko, 8 lbs., 8 ozs. The baby arrived the day before the wedding of a different grandchild and the celebration of their own anniversary. Now that's a "triple play" that Comcast cannot top.

The Portnoys celebrated a special anniversary

(continued on page 15)



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**STERLING LAKERS ...** (continued from page 14)

at the end of November; I was sworn not to tell you how many years because Shelia said that Norman “robbed the cradle.” I hope he won’t be brought up on charges for something that happened 40 years ago. Similarly, Betty and Richard Korn celebrated their 54th anniversary on Dec. 15, and they are planning to fly down to their other home in Panama during the winter, where Richard, who is an avid, world-class fisherman, can relax with his favorite sport.

One of Sandy and Jerry Simulson’s granddaughters, Nicole Kaplan, was accepted at the U. of Michigan’s School of Engineering, and her older sister, Brooke, already a graduate, found a fabulous job in Boca Raton.

Jeff Wiessman, son of David Weissman, was selected as the #1 attorney in S. FL by the Attorneys of America for the third time. Congratulations, David!

Now we know who we can call if we get in trouble!

Shelia Hyman has become a jet setter, traveling so frequently, that it is hard to find her home. Her last trip was a cruise on the Caribbean as the guest of a lifelong friend celebrating her 80th birthday. I think it’s time to “bell the cat.”

A Sterling resolution for the New Year: let us multiply the joys of living a Sterling life.

**Mostly Muirhead**

By: David Bloomgarden

It is said that retirement is the great equalizer. This is true to an extent. We are the sum of all our experiences. The longer I live in Muirhead the more fascinated I am by our resident’s unique biographies. There is a treasure trove of interesting people right here in our own backyard.

A man who fits this description is Marty Henne, who has been living on Muirhead Circle for over 5 years with his wife, Leslie. Marty has an unimposing demeanor and a warm, life-affirming smile, which belies his fascinating, high powered career in the entertainment industry. As a performer, he has charmed audiences world-wide with his expertise as a pianist, actor, and raconteur.

Marty’s interest in music began at the age of 6 when he begged his Mom to take piano lessons despite the fact that his family did not possess a piano. Without parental pressuring, he enthusiastically practiced every day at his grandmother’s (an unusual child to be sure). It became such a obsession that when he was in the 7th/8th grades his grandmother would often slam down the keyboard cover (just missing his fingers) and order him to “Get up and go out and play with your friends!”. Marty admitted to me that he still practices piano every day.

His training was enhanced when, in 1966 at the age of 16, he noticed

(continued on page 16)

**Harvey Baron’s Early Bird Special**

**“I hate international politics  
I hate national politics  
I hate state politics  
I hate local politics  
I hate community politics  
I hate neighborhood politics  
I hate family politics  
But I’m okay with  
inter-species politics”**



**MOSTLY MUIRHEAD ...** (continued from page 15)

Stan Kenton was presenting master classes at the U. of Connecticut. He applied, auditioned and learned that, although there were many applicants, he was one of only 4 students to be accepted into the program. He started learning classical music but soon became enamoured with 20th century composers such as Porter, Arlen and the Gershwins.

Henne's entertainment career started in 1968 when he worked with Neil Diamond doing vocal arrangements. In 1976 he became an actor under-studying for Eli Wallach.

A new phase began in 1996 when as they say in show business, he was "discovered." Marty was recruited by the Manager of Entertainment for the Cunard ship line. His first shipboard appearance was on the Royal Viking Sun, a cruise ship sailing under the Cunard flag. Since then he has been the headlining entertainer on ships traveling world-wide for over 20 years and during that time has visited over 160 countries. Henne created 9 unique shows, each one featuring a composer he likes and respects. His presentations enthrall as he shares many personal anecdotes about iconic celebrities.

When asked about embarrassing or unusual events while on stage, he admitted that there were some that still make him laugh.

-In one performance, as he was singing, he shockingly forgot the lyrics. He stopped and stammered for a moment, then remembering his motto of being honest with an audience, openly mentioned what had happened and resumed his performance to rave reviews.

-In another situation, what every performer fears actually happened. As he lowered himself onto the piano bench, a loud ripping sound could be heard. You guessed it, his pants split right up the back. Since he cherishes moving around and interacting with an audience he realized he couldn't sit on the bench for 45 minutes without getting up. Talk about being honest, he got up, turned around & showed the audience what had happened. They laughed, and from that time on it became a non-issue.

-With our interviewing time getting short, he related one more experience. As he was sharing celebrity anecdotes with an audience, he noticed an elderly man climbing up the steps onto the stage.

(continued on page 18)

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**MOSTLY MUIRHEAD ...** (continued from page 16)

Utilizing traditional theatrical stage presence, he continued his performance. This uninvited intruder hobbled onward, finally grabbing the microphone right out of Henne's hand and shouted, "You've been telling your stories long enough, now it's my turn to tell mine". Rather than creating an embarrassing scene for this gentleman, Marty let the man talk and then thanked him for sharing.

Be sure to stop and say hello to Marty as he walks his dog through the streets of Muirhead.

Good News! On Jan. 7th at 2PM, Marty Henne is appearing at the Mizner Park Cultural Center in Boca Raton where you can hear his unique stories and enjoy his personal charm. I'll be going and I hope to see you there.

**Circling The Coves**

By: Mary Chuzi

"Be at war with your vices, at peace with your neighbors, and let every new year find you a better man." Thus said Benjamin Franklin. Not a bad piece of advice from a brilliant statesman. From another famous American who certainly was familiar with struggle, Helen Keller advised us, "Your success and happiness lie within you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties."

I don't pretend to be able to do better than those two, which are included among the Top 10 New Year's Quotes on [brainyquote.com](http://brainyquote.com). We can learn much from them, including remembering that our "inner happiness" is like a bank account from which we can withdraw encouragement and determination when we need it most. The notion that Benjamin Franklin thought enough of being at peace with one's neighbors to advise us of its importance certainly rings true for us today, not only as a country, but as a part of the Coves community right here where we live. Be a good neighbor in every sense of the word.

We will start off 2018 by welcoming new Coves residents Sheila Freedman and her son Chad Walner (Bldg. 1); also Alfred Taglang (Bldg. 4). We hope you enjoy residing in our friendly community. We think you'll like us!

Two important maintenance items will take place the end of this month; the annual interior pest control

(continued on page 20)



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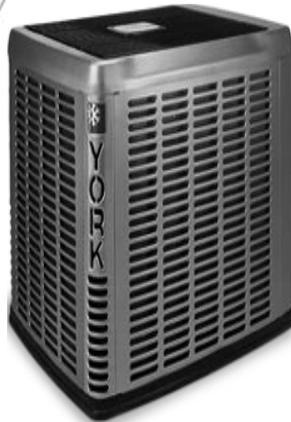
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**CIRCLING THE COVES ...** *(continued from page 18)*

application and the clothes dryer vent cleaning. Watch for further announcements, e-blasts, or notices on the bulletin boards. If you are not going to be home on your assigned day, please give your key to a neighbor or alert your keyholder, so the services can be performed without delay. These services have already been paid for in your Association dues, so it is up to you to take advantage of these important annual events. Several of you still have NOT put your e-mail addresses on file with the Coves. You are missing out on important announcements which occur in between B.O.D. meetings and letters from Management. Please contact Rose Romano at 742-4323 to be added to the list.

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

**The Sunny Shores**

By: Estelle Morganstein

As always, we welcome back our snowbirds, although in the case of The Shores, they are small in number as the majority of our residents live down here full-time.

We hope everyone had a Merry Christmas and a Happy Chanukah and we wish for one and all a Happy New Year.

It has been said that no news is good news and I have to report this appears to be the case in The Shores this past month. There is little happening our development to report on. Your HOA board is contemplating a community-wide painting of all he walkways and driveways but this is dependent on the expense of replacing the landscaping destroyed by Hurricane Irma.

Unlike many other developments, Aberdeen still permits smoking at its pools - an issue that The Shores is taking a leading role in attempting to eradicate. While no one questions a homeowners rights to smoke in their own premises, many residents are discouraged from enjoying an afternoon at one of our pools because of the smell and smoke of cigarettes

that are presently allowed at all of our outdoor facilities and many feel it is time to revisit the rules in this regard.

**NEIGHBOR NEWS**

Riva and Peter Whitman have returned from a recent trip to NC to visit friends and family. Get well wishes are extended to Laura Kavazanjian. Finally, I am happy to report that I recently recovered from a severe bout of food poisoning earlier this month.

See you next year. Come and join us at our next board meeting on Jan. 9th at 9AM in the Card Room at the Clubhouse.

**It's Happening in Dorchester**

By: Carol Baron

Happy New Year from all of us in Dorchester to all of our fellow-residents of Aberdeen. Where has 2017 flown to? Another year gone; but hopefully it was filled with much joy and lots of love. Yes, that included cards, golf, exercise like bike-riding and much time spent with friends and family. We should all give note to Albert Einstein on this matter when he said "Life is like riding a bicycle. To keep your balance, you must keep moving." Therefore, we have 2018 to keep moving!

There are a few of us, that as usual, ate, ate and ate during the holidays. So now we will try to do something to get back into shape. We are sure the gym will be filled, as well as the aquatics area. There is another, easier way. Aberdeen on Stage is already practicing for its remarkable performance this year with the ABCs of Broadway. It will be held Apr. 6-8 at the Aberdeen East Clubhouse. And here in Dorchester the participants include, among others, the talented Peggy Urbinato, Stewart Suttentberg and even me, Carol. We will be singing and dancing to all the wonderful songs you remember from Broadway.

It means lots of workout-time and practice before you all enjoy it on stage.

To our residents who have lost a loved one in 2017, we again send our condolences. We add ... as long as you hold someone in your heart - you can never lose them. We are there for you and to remind you and all the rest of us that *"Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice,*

*(continued on page 22)*

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**DORCHESTER ...** (continued from page 20)  
but for those who love, time is eternity.”

For those in our community who now use a cane, a walker, a wheelchair or any other way to get about Dorchester and their world, how lucky you are. Without those adapted pieces of equipment, we might see less of you and you would be unable to participate in all that we do on a daily basis. You are not disabled, but abled in a newer fashion!

We want to wish Maxine and Murray Bender a big congratulations. This spring their granddaughter, Sarah, will be getting married. Yes, it might cost them a few bucks, but she is worth it. And what a great time and occasion to get together with the people they love. We know she is very special. After all, look at the gene pool she inherited.

We are looking forward to this new year. If there is something you want to do, now is the time to do it. Be healthy! Be happy! That's what it is all about.

---

## Hamptons

By: Nancy Rosenstein

We look forward to a wonderful time at the South Florida Science Center on Jan. 10th. The theme of the museum's exhibit is "Silver Science Days." Visit a planetarium and hear a great speaker on the "Mission to Mars." We will have another Book Club meeting at Connie LaMendola's House on Mar. 6. The book we will be discussing is *Manhattan Beach* by Jennifer Egan. Please call Connie at 336:-4914 to let her know if you are attending. Thanks to Connie for being so gracious.

On Sun., Mar. 18th, we will once again host our Annual Hamptons Luncheon at Arriabiatas Restaurant, featuring prizes and good company. Join us. Our wonderful Social Committee consisting of Janet Friedman, Ellen Gold, Joyce Hirschman, Connie LaMendola and Alyce Simons, plan our events. Thank you, ladies, for a job well done!

We want to welcome new neighbors Amy Scott and Larry Barbour. Aren't you lucky to have bought in this beautiful community!

We had an opportunity to use our fantastic pool; the chairs and tables are great!! Also, the water is very comfortable. Even if you don't swim, it makes for a relaxing afternoon. Thank you, Pool Committee.

We are so happy to be back in Aberdeen. We hit a few glitches, so we were late returning but back to Living the Dream!

I was not aware that a member of the Aberdeen community, Pat Bergrin, passed away. She was such a wonderful person and a great speaker. When she got up to speak it was like music. I will miss her and so will many others.

Sadly, we lost another member of our Hampton community, Lee Schamberg.

Let's look for the wonderful things that happen in our lives and be grateful for each day.

---

## Ashford Bytes

By: Dr. Marty Phillips

Neil Keitz (HOA President), and his wife, Leah, hosted a wine reception at their home for new homeowners. It was a lovely evening with good wine and tasty hors d'oeuvres. Sitting in the Lanai, were able to witness the special full moon. New residents attending were: Don and Jacqui Kamens, Fred and Sheila Raskin, Carl and Edith Sferazza and Bob and Eileen Wendorff. Also joining in on the festivities were members of the HOA board: Stan and Marilyn Gilman, Herb and Paula Greenberg, Fran and Fred Grossman, David and Barbara Kerner and your correspondent. A fun time was had by all.

As I sit here and look out the window, I see a beautiful green golf course with many new trees, especially lovely palms. Hopefully, we will be playing on it shortly. Large unsightly bushes and trees have been removed opening up a whole new vista, including the clubhouse in the distance. Love it!

Around holiday time it is nice to see the pool get more use with visiting families, especially children. I must say that all the landscaping in and around the homes of Ashford looks good. I know the Landscaping Committee, under the leadership Jane Casden, has been staying on top of this.

One of the first people I met when moving to Aberdeen (Bermuda Isle) 10 years ago, was Ed Alkon. Ed was having health problems (is well into his 90s)

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**ASHFORD BYTES ...** (continued from page 22)

recently moved back to Wisconsin to be with family. He was active in a men's book club with myself, Jeff Karp, and Marty Chase. As a retired Army Colonel, when discussing Books on World War II, he always had some personal experiences to tell us. We will sorely miss him.

I'd like to recommend 2 books we have read recently: *Red Notice* by Bill Browder, a true story of high finance, corruption, and murder in Russia, and *Killers of the Flower Moon*, by David Grann. The latter is about The Osage murders and the birth of the FBI; both non-fiction.

At a recent HOA board meeting, I mentioned that if I did not receive more news from residents, I would have to print fake news, but I really do not want to be political. So, let me hear from you.

Hope everyone enjoyed the holidays. I wish all a Happy and Healthy New Year. The key word at our age is Healthy.

**Moorings**

By: Eileen Hahn

Once again we wish everyone a happy and healthy new year! As you all make new year's resolutions which you will try to keep, mine are front and center. In 2018 I will try hard to remember what month I'm writing for 25 days ahead and will try not to be a perpetrator of "fake new."

We will not be seeing a red corvette in the Kirmayer driveway, for the house was bought and exquisitely updated and staged for resale, definitely modernizing and upgrading this cul-de-sac. Sales are booming with Vicki Kahn's sale in record time. We are fortunate to have Tammy Landay, broker and realtor, at Joy Realty as a new resident on Waterline Dr. December was a busy month for travel and guests as Dolores and Jerry Esposito took their annual Caribbean cruise. Visitors came big and small as Liam, great grandson of Charlotte and Jerry Kahn, made his Florida debut. Marilyn and Alfred Lubell had granddaughters, Simone and Rachel with respective parents criss-crossing. Joan and Vince Marini got a special gift with a visit from last year's newlyweds, their granddaughter and hubby. Linda and Jim Pagoulatos had a visit from their son and hope for equal time from their daughter

(continued on page 25)

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**MOORINGS ...** (continued from page 24)

now that the holidays are behind us. Joe and I hosted the GA migration which has become 4 adults and 2 standard poodles. This culminated with our trek to Orlando for our daughter's 60th birthday party on Dec. 31st. Things were unusually quiet in the Isabelle and Don Rubenstein hotel because they had taken everyone to Mexico over Thanksgiving.

By now Carol Carleton has recovered from her shoulder problem and Flora Miller hopefully has abandoned her walker. Jane Halley, Maris and Randy Appel are busy on the new pickleball courts, supposedly less likely to cause injury than tennis or racket ball. Janet Karvonen has chosen gardening in her atrium as her pastime and has asked all to purchase bait boxes to be placed in back bushes as a means of ridding the area of lake rodents entering roof spaces.

In the circle of life it is wonderful to welcome the first grandchild for Linda and Vince Segal and at the same time to mourn the passing of Marianne Reichman; strangely enough they're next door neighbors. Now the pet report: Martini Fradella had his eye removed and it took. Helen, Joe and Jane Bartecki to administer the varied medications.

**Harbour Lights**

By: Wendy Latman

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**Bridge - Try It, You'll Like It -  
Keep on Counting (Cont'd) - Rule  
of 15**

By: Lew Roth (Sheffield)

When to open, and when not to, is often a tough decision. In first or second seat, we've talked about the Rule of 20. In third seat, vulnerability is very important. Most people will open light in third seat if they are not vulnerable, but use more caution if they are vulnerable.

So, how do you decide what to do in fourth seat? Let's look at what has happened so far. Neither of the

(continued on page 26)

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**BRIDGE ...** (continued from page 25)

players in the first 2 seats have an opening hand since they both passed. The player in the third seat doesn't even have enough for a light opener. Most likely, there is an equal distribution of points around the table.

Spades are the King of the Bridge table. If there is equal distribution among all players, then the player with Spades will most likely get the contract. It's called "The Tyranny of the Spade Suit." So, when the bidding comes around to you in the fourth seat, if you don't have Spades and you don't have an opening hand ... your best bet usually is to Pass it out.

The theory here is that the hand with the Spades will come into the auction after you open it up. Why open the bidding for the opponents to steal it from you? So, when is it desirable to open the bidding in fourth seat? Here's where the Rule of 15 comes in.

Count the number of high card points you have and add to that the number of Spades in your hand. If that total is 15 or more, you should open the bidding. If you have 10 HCP (High Card Points) and 5 Spades, you would open the bidding with 1 Spade. If you have 11 HCP and 4 Spades, you might open, but not 1 Spade.

Do not open 2 Spades in fourth seat with 6 spades and a weak hand, unless you and your partner have discussed this bid previously. Most players will assume that a 2 bid in fourth seat is a very strong hand. Yes, any suit not just 2 clubs.

So, let's look at some hands:

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

Do we open? Of course, we have 13 points. We always open 13 points.

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

Do we open? Yes, 11 HCP and 4 Spades. We would probably open this hand 1 Diamond.

Now, take away one of the Js and no, we don't open. But, take away one of the Js and add another Spade, then, Yes, we do open! Having 5 Spades, we would open 1 Spade.

How about this hand:

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

Open 1 Spade. Do not open 2 Spades in fourth seat, unless you and your partner have previously discussed.

Finally, this hand:

♠A,9    ♥K,Q,J,7,3    ♦J,9,7,3    ♣9,3

As difficult as it might be, do not open this hand. Pass it out. In all likelihood, your opponents will jump in and bid and make a low level contract in Spades.

**Bleacher Seats Splinters**

By: Rob Tanenbaum

I was a prisoner of euphoria. I was screaming with joy, bouncing from teammate to teammate, sharing hugs, fighting off tears and experiencing a state of mind of absolutely no thinking -- except the happiness coursing from my brain to the rest of my body. Then my coach, Bob Frala, brought me back to reality. "Rob," he said with the slightest of grouchy tone in his voice, "don't you have a job to do?" I did. My post-game chore as equipment manager for the 1966 U. of Missouri freshman football team was to climb to the press box atop the U. of Nebraska football stadium and collect the print-outs of the official statistics and play-by-play. I didn't want to pull myself away from the jubilation of winning "the freshman national championship game," but coach needed the stats and so did I, because it was my first gig as a correspondent for a newspaper. I was floating about halfway up the 200 steps to the pressbox when I was intercepted by 2 famous gentlemen I instantly recognized. They were ABC TV announcer Chris Schenkel and his color analyst, legendary Oklahoma football coach Bud Wilkinson. They were in Lincoln, NB for the next day's nationally televised varsity game. Wilkinson asked me to tell Coach Frala he'd never seen a freshman team show so much poise and effort. Also, that they'd stayed in the same hotel as our team and the players were incredibly well-behaved. Behavior was paramount to coaches in those days. Only 24 hours earlier, before boarding 2 busses for the Nebraska trip, the team was told to stay in the foyer after lunch for a special guest. Missouri head coach, Dan Devine, spoke to the freshman team for the first and only time. His message: "You represent the state, the university and the football team. Behave yourself. Don't dishonor us. You're here to make the varsity team..." Winning freshman games does not matter. This was stunning to the whole team. For the past three weeks, Frala had been drilling into his 2-0 squad that since Nebraska was the defending national champion and had the No. 1 recruiting class in the country and since Missouri had the No. 2 recruiting class, this game was a championship game. I think every team member erased Devine's speech from his mind immediately. We ate in a tiny town in northwest Missouri where

(continued on page 27)



**TAX FRAUD ...** (continued from page 27)

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Information provided by: Sharon R. Bock, Clerk & Comptroller, Palm Beach County

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**Raising Kids: A Different Generation**

By: Bea Lewis (Lancaster)

I'm having lunch with Doris. We've been friends for ages and have known each other's children since they were born.

We're eating salads at Too-Jays and catching up with the news about our families. We didn't do so badly, I say. We got our kids through high fevers, broken hearts and college tuitions. We somehow managed to raise six good citizens between us who are making their way in life and giving us pleasure - well, at least much of the time.

We chat about today's child-raising methods, quite different from the way we raised our children a generation ago.

Because there were no cell phones or texting back then, we couldn't be like the hovering helicopter moms of today. Our kids had to figure out things on their own.

Good manners were important to us. Our children were taught to write thank you notes for presents they received as soon as they got them. "Not so for the children of today," said a Wellington grandmother. "I'm still waiting to be thanked for a check I sent last

(continued on page 29)

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**RAISING KIDS ...** (continued from page 28)

Christmas.” (But in their defense, a text or an email is now an acceptable way to say thank you.)

In our child-rearing days, we taught our kids that praise needs to be earned; not taken for granted. Not so for the children of our children. Today’s youngsters can get a trophy for just showing up for their Little League games and are applauded for achieving the simplest of tasks, such as wiping their nose with a tissue instead of on their sleeve. One study found a group of college graduates who struggled at their first job because the boss didn’t constantly praise them with “good job, good job,” like their parents did.

We sent our kids out to play in the sun, fed them nitrate-filled hot dogs and gave them alcohol baths to lower a temperature when they were sick. Who knew how bad that was for them?

Because parents today indulge their children with the latest electronic gizmo to keep them entertained, we wonder how children will learn to socialize if they don’t have to talk face to face with a friend! Or even to have a conversation with their families at mealtime!

When we said “no” to our kids, we meant it. Today’s parents say no, and even a 3-year-old knows how to negotiate to get what he or she wants.

Our families were adult-centered: we made the rules. Back then, family life was structured: dinner at 6 PM, bedtime at 8 PM. Maybe that’s why our children’s households are more casual. (Read: chaotic). Fast foods back then were for a birthday celebration or a good report card, not a daily meal.

How will the children of our children fare when they become parents? Will they follow the child-centered parenting footsteps of their folks, or prefer the way we raised their moms and dads with less indulgence, more structure?

Time will tell. Stay tuned.

**Historic Event: Part IV. Old Ironsides. Cessation and Recreation of U.S. Navy**

By: Mickey Gussow (Waterford)

It is Aug. 1785. At the Merchant’s Coffee House in Philadelphia, USS ALLIANCE, a 32-gun frigate which had served well in the American Revolution, was auctioned off for \$26,000. The costly Revolution against the British was over. The sale of ALLI-

(continued on page 30)

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

ANCE marked a notable historic event: the Continental Navy ceased to exist.

There were a few who sought to maintain a sea service to protect our merchantmen from the Barbary pirates of North Africa. Within a week of ALLIANCE's sale, two U.S. ships were seized in the Mediterranean: MARIA, out of Boston, and DAUPHIN of Philadelphia. These acts of piracy surprisingly prompted no national commotion in the U.S.

During October-December 1785, 11 merchantmen were seized by pirates and more than 100 crewmen were held for ransom. Now Americans understood why a navy was needed.

There were several unsuccessful legislative efforts by the Third Congress to recreate a navy. Finally, when it reconvened on Dec., 2, 1793, President George Washington sent Congress a message on the subject of piracy, together with a report on foreign trade by the State Department. On Jan. 2, 1794, the House adopted by a small margin of votes the following three resolutions: "(1) appropriate additional monies for diplomatic expenses; (2) provide a naval force sufficient to protect American commerce from the Algerine corsairs; and (3) establish a committee to determine the size and cost of this force."

The Select Committee was composed of 6 Federalists and 3 Republicans. Most were pro-shipping advocates. Its report was delivered on Jan. 20th. The committee recommended that four 44-gun (18- and 9-pounders) and 2 20-gun ships be constructed for the sum of \$600,000.

Opponents to this report debated that the proposed force was too expensive and constituted a threat to democratic government. Additionally, they stated that development of a naval force could upset the British and cause more expense in cost negotiations with the pirates to prevent seizure of U.S. ships.

In contrast, the proponents argued that this naval force would cost less than the inflated insurance rates being paid by the merchant marine and that a de-

(continued on page 32)

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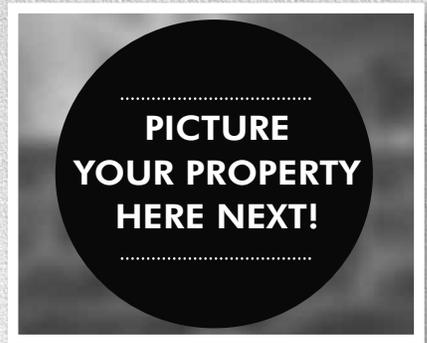
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### HISTORIC EVENT ... (continued from page 30)

fenseless government was in grave danger by being overrun. Furthermore, they argued that the proposed force was just adequate to protect merchantmen from piracy and thus less of a financial burden than a full-blown navy and less of a threat to civil liberties.

Heated debate was ongoing for about a month when Washington sent over more supporting documents. Proponents received more help when the British prohibited all neutral trade in the French West Indies.

The House passed the complete bill 50 to 39. Senate action in passing never was in doubt. President Washington signed the "Act to provide a naval armament" on Mar. 27, 1794. Nearly 9 years had transpired between the time the navy ceased to exist and then recreated by an Act of Congress. It was that Act which authorized the construction of USS CONSTITUTION whose nickname was Old Ironsides.

### Mayo Clinic Fitness Philosophy

Submitted By: Jane Evers (Hampton)

Practice these fitness fundamentals to help lower your health risks and improve your quality of life.

Want to get the most out of your regular physical activity? Try these recommendations, based on national guidelines, medical research and Mayo Clinic expertise. After all, a well-rounded fitness program may be one of the best things you can do for your health.

**Make it functional.** Functional fitness exercises train your muscles to help you do everyday activities safely and efficiently. These exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. By doing functional exercises, you gain awareness of how your body coordinates and supports movement. Being more aware of your body's movement patterns helps facilitate balance, strength, flexibility and endurance. This type of training can be done at home or at the gym. Exercise tools, such as fitness balls, kettle bells and weights, can be used as part of your training.

**Count cardio in.** Aerobic activity, or cardio, gets your heart pumping and helps move blood to your muscles and back to your lungs. This helps you use oxygen more efficiently. Walking, bicycling,

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**MAYO CLINIC ...** (continued from page 32)

swimming, dancing and water aerobics are all examples of cardio activities. Including a variety of them will help keep you from getting bored and can help you live a longer, healthier life.

**Focus on flexibility.** Stretching increases your flexibility, improves range of motion of your joints and helps your blood circulate well. It can even help you improve your posture and manage stress. Although many people think of stretching exercises as an afterthought or as a quick chore on the way to the “real” workout, stretching is a powerful part of any exercise plan. You can stretch anytime, anywhere -in your home, at work or when you’re traveling.

**Strengthen your muscles.** Regular strength-training exercises can help you preserve and enhance muscle mass at any age. Strength training also helps you strengthen your bones, gain less body fat and protect your joints, which can help lower your chances of injuring yourself. Strength training can be done at home or in the gym, using just your body or a variety of equipment. With the right technique, you may see improvements in your strength and stamina in just a few weeks.

**Find balance.** Often overlooked as part of physical fitness, balance exercises are helpful at any age. As you age, balance becomes more and more important to maintaining your independence. Nearly any activity that keeps you on your feet and moving can help you maintain good balance.

These key principles create a well-rounded fitness program that can boost not only your fitness, but also your health and quality of life!

**Hadassah**

By: Bea Lewis (Lancaster)

Our slogan is “The Power of Women Who Do,” and we certainly are trying to achieve a lot. This year Israel will be celebrating its 70th year and our chapter is planning a big birthday bash in its honor!

Hadassah Hospital in Ein Kerem, Israel, one of the many projects we support, has opened a brand new NIC unit where parents can stay with their newborn babies and be involved in their care.

As part of our local work, members are collecting items to give to abused women, food for the hungry and used stamps for veterans. Our Hadassah region

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**HADASSAH ...** *(continued from page 33)*

is starting an outreach program to visit those in nursing homes and assisted-living facilities.

For members who like to plan way ahead, there will be a Hadassah-sponsored Women's Health and Advocacy Conference taking place in Washington, D.C. in May.

We welcome new members to our chapter, said president, Sheila Hyman: "Meetings take place the first Monday of each month." For information, call Sheila at 740-0476.

**What's in a Name and How Did "Vinny" Become "Jimmy"?**

By: Vincent Marini (Moorings)

The multitude of Italians who ventured to the U.S. at the turn of the century carried more than their trunks, bags and bundles. They carried the culture and tradition of their ancestors. When it came to name their American-born children, the new comers realized that no ancient custom of Italy could survive

the trans-Atlantic displacement unaltered. To keep the old ways, they devised some very creative adaptations. Their forebears had named their first-born son for the father's father, first-born daughter for the father's mother, second son for the mother's father and second daughter for the mother's mother.

Italian Jews who came to this country brought various naming practices. Italy's Jewry combined both Sephardic and Ashkenazic traditions and by the early twentieth century had undergone modification based on Italian language and culture. Italian Jews named their children differently in 4 historical periods; first Hebrew names, then Italian versions of Hebrew names, then patriotic names during the Risorgimento and today any modern Italian name. Pervasive among the Jews of Italy was the custom of naming grandchildren after grandparents, especially if the latter were still alive, though not in the rigid sequence followed by Catholics.

*(continued on page 35)*

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**WHAT'S IN A NAME ...** (continued from page 34)

My parents followed tradition and named me after my father's father. How and why Vincent became James and Vinny became Jimmy is an oddity of wonder and speculation. The usage was widespread, yet no one today can explain the reason for this name adaptation.

What's in a name anyway, one might ask? More than you think, experts say! Richard Wiseman, a professor of psychology at the U. of Hertfordshire in England, says "your name may have influenced the assumptions that other people made about your character and background and thus the chances you were given in life. If your name sounded intelligent, successful and attractive, you were more likely to act those things."

N.Y.U. professor Adam Alter, who has analyzed and written the impact of names, when asked, "What's a good name?" said "There's evidence that a good name is a simple name and one easy to pronounce. Those names are judged more positively and to an extent can dictate our fates."

Which brings us to something called "Nominative Determinism." the idea that names play a role in determining our careers.

I'm not sure if ND played a role in Vincent or James or Vinny or Jimmy changing their minds about wanting to become a criminal lawyer to eventually becoming an advertising executive. But I'm thankful, if it did.

Happy New Year from Vince to whatever your name is!

**Smart Phones Drain the Brain**

Submitted By: Toby Wolberg (Oxford Place)

As phones get smarter, people get dumber. At least that is what recent studies conclude.

Smart phones make people less capable of focusing, learning, and problem-solving. People are relying on the phone and not their brain, to store and analyze information, according to a recent ABC news report.

Attention is a precious commodity for the brain, and a study in the Journal of Psychology showed that hearing a phone's buzz or beep while engaged in a challenging task, caused a spike in blood pressure, a quickened pulse, and a decline in problem-solving

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**SMART PHONES ...** (continued from page 35)

ability. These finding support the claim that phones diminish focus and problem-solving while distracting users even when the devices are in the background.

When it comes to intelligence performance, researchers at the U. of California, San Diego, formed an experiment to see how the presence of a smart phone would affect scores on an IQ test. Each third of the subject was asked to either leave their phones outside the room, leave them in their pockets, or place them in front of them while taking a test. The results showed that performance was higher among those who left their phones outside and lowest among those who left them in view. Secondary tests revealed that performance dropped the most among subjects who relied on their phones the most in their day-to-day lives.

A big part of the reason for this mental decline, according to the Journal of the Association for Consumer Research, is that phones force the mind to work harder to accomplish normal easy tasks.

**Life Goes On (The 90-and-Up Crowd)**

By: Neal Genzlinger - Television Review

Carl Reiner with showbiz pals and others who stay energetic.

In this era full of baby boomers caring for frail parents, we've seen plenty of documentaries, plays and memoirs about dementia, infirmity, loss. But in the HBO documentary "If You're Not in the Obit, Eat Breakfast," Carl Reiner and friends take up another side of the phenomenon of longer life spans: the many people in their later years who are still sharp and vigorous and engaged.

The film doesn't pussyfoot around when setting its bar; no "life after 65" theme here. Mr. Reiner is interested in people 90 and above. What are their secrets for staying so energetic for so long? What are the frustrations of living in a society that tends to marginalize this age bracket?

Mr. Reiner, who acts as host in the film, with Danny Gold directing, is himself Exhibit A for his study: He recently turned 95, In this breezy, anecdotal film, he chats with others in their 90s and beyond,

(continued on page 37)

**Steve Lewis**  
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New Year's Eve! Sentimental Journey	Dec. 31	Blackout	Mar. 23-Apr. 8
For Sentimental Reasons starring Avery Sommers	Jan. 5-6	Sentimental Journey - Songs of WWII by Shelley Keelor	Apr. 14
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**LIFE GOES ON ...** (continued from page 36)

many of them friends from show business, like Mel Brooks (90), Dick Van Dyke (91) and Betty White (95).

They reminisce a bit, flash a little song-and-dance ability and share observations about how they view themselves and how society views them. There is chagrin on occasion; no one likes the condescension that is often showered on people of this age.

"I think the culture stereotypes everything," Norman Lear says. "Because I'm 93 I'm supposed to behave a certain way. The fact that I can touch my toes shouldn't be so amazing to people." (Mr. Lear is now 94.)

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Of course, celebrities are not particularly representative of the 90-and-older population, so Mr. Gold brings a few nonshowbiz people into the film as well, like Ida Keeling, who took up running at 67 and last year, at 100, set a record for her age group in the 100-meter dash. A lot of the advice heard in this film is fairly vague, but not that from Ms. Keeling.

"You've got to be the boss of your body," she says, urging people to put effort into physical fitness if they want a robust old age.

The film does acknowledge, though, that not everybody in this demographic can run a 100-meter dash.

"Almost everyone I talk to about staying vital said how important it was to stay healthy," Mr. Reinert says. "But good health is a wild card. Sometimes eating right and staying fit isn't enough. Is it possible to enjoy vital life even with health problems?"

To address that question, he checks in on Kirk Douglas, 100, who performed a one-man show in his 90s even though a stroke two decades ago impaired his speech.

The film would have been better if it had gone further into this and some other areas, like health care costs for noncelebrities, but at least it starts the conversation. It provides delightful evidence that there is plenty of life yet in the population born before the Great Depression. Now the broader culture needs to consider how to change its preconceptions if 90 is the new 65.

P.S. Watch for this film on HBO. It is sure to be repeated. It is a tribute to "superagers" in entertainment!

The New York Times, June 2017

**Best Places in Florida to See Fall Colors**

By: Barbara Marshall - Palm Beach Post Staff Writer

Head to the northern reaches of the state to enjoy fall foliage.

Old joke: How do you know it's fall in Florida? When the license plates change.

While it's not going to take the leaf-peeping crown from North Carolina or Vermont, Florida does have a fall leaf season.

In a few places.

(continued on page 38)

**BEST PLACES ...** (continued from page 37)

For a few moments.

No matter how subtle, let's celebrate them because it means cold fronts (or, in the case of last winter, cool fronts), dry air and open windows will eventually follow.

Starting in late October or early November this far south, we'll see our native red maples earn their names, standing out from the green crowd along the Turnpike.

In wet areas, cypress needles will be turning gold brown before the trees go nude for the winter.

Since South Florida's landscape is full of palms and other evergreens, we don't have the huge swaths of brilliant hues you find farther north. Our deciduous trees turn more somber shades of rusty red, dull purple or umber.

To see Florida's best fall color, you have to head north.

Torrey State Park in the Panhandle, west of Tallahassee, is one of the oddest places in the state, in part because topographically-speaking, it's more like North Carolina than the state's typical flat pinelands.

Blanketing the slopes of 150-foot bluffs over the Apalachicola River, hardwood forests full of south-

ern sugar maple, sweetgum and sourwood trees blaze red, orange and yellow beginning in late October.

Critically-endangered Torrey pine trees atop these bluffs, their sole remaining Florida home.

South of Tallahassee, a river cruise through Edward Ball Wakulla Springs State Park offers sights of red sugar maples, the tan leaves of beech trees and beautyberry bushes that turn purple in cooler weather.

One of the world's largest and deepest fresh water springs, the park was once so wild that several Tarzan movies and "Creature from the Black Lagoon" were filmed there.

If the weather doesn't chill you, perhaps the bones of prehistoric animals, including mastodons that are still scattered over the springs' bottom, will.

On the 30 mile Ormond Scenic Loop and Trail, leaf color may be accompanied by dolphins, whales and manatees for an "only in Florida" fall experience.

The loop starts north of Daytona Beach and stretches along the beach and Halifax River, with color provided by red maples and pignut hickory trees, through canopies of moss-hung oaks. At Bulow

(continued on page 39)



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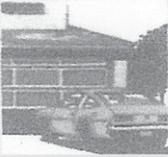
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**BEST PLACES ...** (continued from page 38)

Creek State Park, you can picnic near the 400-year-old Fairchild Oak, one of the state's oldest and largest.

The loop goes through four state parks, near historic homes and a pre-Civil War sugar plantation burned by the Seminoles in 1836.

Beginning in December, humpback and right whales can often be seen migrating offshore.

The river lagoon is home to manatees and dolphins.

**The Best Inventions of 2017**

Time Magazine

**A shoe engineered to boost performance: Futurecraft 4D // Developed by Adidas**

Imagine a shoe that lets you run faster, pivot better and jump higher. That's the idea behind the Futurecraft 4D, a new sneaker from Adidas whose midsole can be expertly tailored to the needs of its wearers - not only is size and shape, but also in flexibility, impact type, cushioning and more. The key is the 3-D printing process, which enables Adidas to "look at every single square millimeter of a midsole and tune it from a performance standpoint," says Al VanNoy, who headed the project. It would take weeks to make those modifications using traditional shoemaking methods. But the Futurecraft 4D midsoles can be printed in as little as two hours, meaning Adidas could even produce them in stores. At least that's a possibility for the future. For now, Adidas is rolling out a standardized version (based on 17 years's worth of data from runners) beginning in mid-December - Julia Zorhtian

**A portable, wearable breast pump: Willow Pump // Developed by Willow**

Breastfeeding is easier said than done, especially for moms on the go. Most electric breast pumps use air-horn-shaped collection bottles, which are teathered to loud, whirring machines. Mountain View, Calif.-based Willow is working to change that. Its battery-powered alternative is quiet and small enough so that women can slip it into their bra and pump wherever they want. (Each is lined with a freezer-safe bag.) "Instead of scheduling life around the pump, you can pay with an older child or take a conference call," says Naomi Kelman, the company's president and CEO. That convenience comes at a cost: \$480 plus 50¢ per 4-oz bag, which is considerably pricier than traditional

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**BEST INVENTIONS ...** (continued from page 39)

models. Kelman says the company is making design tweaks based on feedback from moms who are testing a beta version now. If Willow delivers on its promises when it launches next year, it could revolutionize an industry in desperate need of disruption. - Emily Barone

**A simpler home security system: Nest Secure // Developed by Nest**

Most home security systems are created to keep intruders out. Nest, a subsidiary of Google parent Alphabet, built its Secure system “the complete other way around,” says chief product officer Matt Rogers, choosing to focus just as much on making it simpler for its users to get in. Case in point: the Secure hub can be disarmed by waving a key fob instead of typing a pass code, and those key fobs can be programmed to work within certain time frames - so a babysitter, for example, could access your home only while she’s working. A smartphone app also lets users manage their system from afar. (Similar tech exists from Adobe and SimpliSafe, among others.) Of course, the Secure is plenty capable of guarding a home: If an intruder tries to break or unplug the hub, it will sound an 85-decibel alarm, and companion motion sensors can alert users when a door or window has been opened. - Lisa Eadicicco

**Elevators that move beyond up and down: Multi // Developed by Thyssenkrupp**

What if elevators could move sideways, instead

of just up and down? It’s a question straight out of *Charlie and the Chocolate Factory*, and Germany-based Thyssenkrupp has a real-life answer: MULTI, a system of elevators that ditches old-school pulleys for the same magnetic levitation tech that enables high-speed trains. The elevator cars can travel in multiple directions and even pass each other within a shaft - features that could not only reduce wait times, but also fundamentally “change how buildings are constructed,” says Andreas Schierenbeck, CEO of Thyssenkrupp Elevator. (Think horizontal offshoots of straight, vertical towers.) Following a successful test this year, the first MULTI is set to debut in Berlin by 2021. - Julia Zorthian

**Drones that put selfie sticks to shame: Spark // Developed by DJI**

Airborne drones have exploded in popularity over the past few years, improving everything from mapmaking to search-and-rescue operations. The DJI Spark has a more down-to-earth goal: helping anyone take better photos, videos and “dronies,” a.k.a. drone selfies. To that end, it’s easier to operate (gesture recognition means you can control it with a wave of your hand), harder to crash (an array of sensors help prevent midair collisions) and relatively cheap (\$499) - though its maximum flight time of 16 minutes is shorter than higher-end-models. “We see Spark as the starting point of a whole new series of

(continued on page 41)



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**BEST INVENTIONS ...** (continued from page 40)

drones.” says Paul Pan, DJI senior product manager. So far, that strategy is working: thanks in part to the Spark, which launched in June. China-based DJI sells half of all drones bought in the U.S. - Alex Fitzpatrick

**A craft that will probe beyond the surface of Mars: Mars Insight // Developed by NASA**

The train to Mars pulls out only once every two years. That’s how often Earth and its neighbor move into alignment for the quickest possible journey from one planet to the other. NASA plans to make good use of the 2018 window, with the planned launch in May of the Mars InSight lander, which, as the name suggests, will give scientists their best look ever at the interior of the Red Planet. (The InSight was initially slated to launch in ‘16, but glitches in its seismograph system led to delays.) Unlike Curiosity and other Mars rovers, this craft will stay in one place. But with good reason: it will hammer a probe more than 16 ft. into the Martian surface to study the planet’s thermal history - in effect, taking its geological temperature. Meanwhile, the seismometers will study Mars’ composition, an X-ray radio link will analyze wobble (the way Mars spins on

its axis and is gravitationally tugged by other bodies in the solar system), and cameras will return panoramic and 3-D pictures. The spacecraft should operate for 728 Earth days (708 Martian sols) - or until just about the time the 2020 flight is ready to go. - Jeffrey Kluger

**Cars that could make electric mainstream: Model 3 // Developed by Tesla**

Electric cars typically have one of two problems: they’re either too expensive, or they have a too-limited range. Tesla’s Model 3 aims to render both issues moot: it’s the buzziest in a series of \$35,000-and-up electric cars offering

(continued on page 42)

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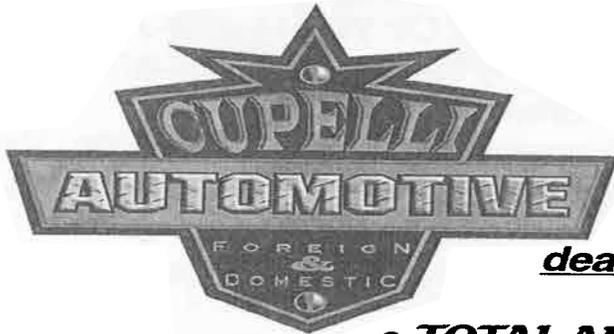
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**BEST INVENTIONS ...** (continued from page 41)

more than 200 miles of driving distance on a single charge (alongside the Chevrolet Bolt). Consumers are certainly intrigued: demand for the Model 3 is so high - as many as 1,800 orders each day, per company estimates - that Tesla is struggling to keep up. "We are deep in production hell," Elon Musk, the company's co-founder and CEO, tweeted in October. But Tesla remains confident it will catch up - which is good for its shareholders, and also the environment. Vehicles like the Model 3, which runs on batteries rather than gasoline, are likely to play a major role in combating climate change. - Alex Fitzpatrick

**Guilt-free Ice Cream: Halo Top // Developed by Halo Top**

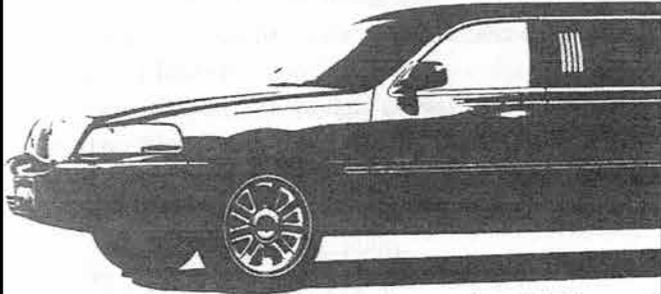
It sounds almost too good to be true: a flavor-packed, low-sugar ice cream with no more than 360 calories - per pint. But such is the promise of Halo Top, whose containers invite patrons to "go ahead, eat the whole pint" in one sitting and whose product the company's CEO, Justin Woolverton, routinely calls "healthy." On the latter point, there has been some debate. Halo Top, which is also enriched with protein, maintains its low calorie count using the zero-calorie sweetener Stevia, along with cane sugar and alcohol. While those ingredients are fine to consume, they're not exactly paragons of nutrition. Then again, Halo Top's goal isn't to replace fruits and veggies; it's to give diet-conscious consumers "an option to eat ice cream again," says Woolverton. To that end, Halo Top (which retails for about \$5 per pint) is a succeeding in spades. Its annual sales soared roughly 2,500% last year, and it recently beat out Haagen-Dazs and Ben & Jerry's to become the best-selling pint in America.

- Mahita Gajanan

**Questions for Prof Pat**

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

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