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March, 2018



MARCH GREETINGS!



Around and About Aberdeen Country Club

By: Ruth Krawitz (Sheffield)

Thank you to Club president David Tager for allowing me to include excerpts from his most recent President's Message to get updated material into the Aberdeen Times for its March issue. I made a promise to Harry Seaton, who wrote this column for the last 25 years, that I would not leave it out because he was too sick to write it himself. With Harry's passing last month, printing time was of the essence, and so David's report bridged the gap and helped us meet our deadline.

It's amazing to me that, although my January report was sent out within the last 10 days, there is more for me to write pertaining to the "goings-on" in Aberdeen.

Aberdeen's 3rd Color War was another success, following a wonderful Opening Ceremony and torch carrying event along Aberdeen Dr.

It culminated in a song-and-cheer competition, which was held at the February 15th Closing Ceremony. This was an amazing competition.

Love is definitely in the air as we prepare for another wonderful evening, on Saturday, February

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Tax Changes That Could Affect you in 2018

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

On Dec. 22, 2017, Trump signed a sweeping \$1.5 trillion tax overhaul bill into law. It has been 31 years since the last tax overhaul. In 1986, under then-President Reagan, Congress passed a bi-partisan, comprehensive bill that slashed individual and corporate rates while compensating for the lost revenue by closing tax loopholes. This new tax bill is effective for the tax-year beginning Jan. 1, 2018.

How Will the New Tax Laws Affect You?

Following are some of the changes that will most likely affect seniors.

- Adjusted individual tax brackets and lower rates

Although the Republican bill initially attempted to decrease the number of tax brackets to 3, the number still remains at 7. The highest bracket is reduced from 39.6% to 37% of taxable income.

- New higher standard deduction

The standard deduction per individual will increase to \$12,000 per individual from \$6,350 in 2017; for married couples filing jointly the deduction will increase to \$24,000 from \$12,700.

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AROUND AND ABOUT ... (continued from page 1)

10th, at the aquatics center. This the 4th, *Night Under the Stars*," which was jointly planned by the Activities and Food and Beverage committees.

Recently, three "Play for Pink" activities "kicked off." It is gratifying to know, that so many members support these important charitable events by participating in "Play for Pink" tables games, a "Play for Pink" golf day and a "Play for Pink" tennis round robin. Every year, Aberdeen members raise a significant amount of money in order to support the fight against breast cancer.

Rave reviews are still coming in from members using the restored golf and tennis facilities. A General Membership Meeting was on Wednesday, February 28th, at Temple Shaarei Shalom, in order to provide members with information pertaining to the Clubhouse restoration. At this meeting, the Board and Michael provided a report as to the current status of the Clubhouse restoration and what we are anticipating moving forward.

There are 33 members taking advantage of our Baby Boomer Program, as well as 25 people enjoying our Friends & Family Program. It is important to note that these numbers represent the number of

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A TRIBUTE to HARRY SEATON

Harry Seaton passed away last month after a struggle with lung cancer. None of his colleagues knew how sick he was because he never complained. The Aberdeen Times monthly meetings meant so much to him that he was always in attendance, prepared to listen, but more often, eager to express his opinion or offer a suggestion ... or two or three or more. His long-time residency in the Hamptons were identified by many facets - his loving wife, Marilyn, his children and grand children and his career as an attorney (which he continued well into his years of so-called retirement).

I inherited Harry's services to the Aberdeen Times when I became its editor 25 years ago. My ongoing and closest relationship was his devotion to the Club, to the Club's golf and tennis program and their participants, and to his beloved Aberdeen Times. As a person seriously invested in the interests of the Club, I shared a common bond with Harry.

In all these years, Harry has never missed writing his front-page column. During the week before he passed away, he called me twice from the hospital, sounding so weak and distressed, advising me that he was too sick to write for the March issue, and pleading me to promise that his column would be there. I promised him that. I would make that happen. I told him we would eagerly await his return and look forward to reading his April article. Sadly, that was not meant to be. But I will keep my promise to a guy who worked so hard to honor his commitments to what he loved the most. Harry's column will continue to honor his memory on the front page of the TIMES!

Ruth Krawitz, Editor



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AROUND AND ABOUT ... (continued from page 2)

memberships we have in each category. There are, of course, more people in each category since a membership can be 1 or 2 persons. There are approximately seventeen hundred plus people who are members of the Club.

We have collected \$185,000 in Membership Application Fees. Additionally, we received a net gain of \$38,500 in equity payments for the period ending January 31, 2018. The collection of these fees, along with the dues from non-resident members, has put Aberdeen in a very sound financial position.

Currently, we have 22 Lessee members, 21 who are using the assigned privileges of members and 1 who upgraded their membership. There are 18 lessees who have bought homes in Aberdeen.

As always, I encourage members to use the Board of Director's e-mail address boardofdirectors@aberdeencountryclub.com.

It is remarkable, to the credit of Club leadership, staff and committees, how many social activities, special features and events were generated despite the fact that the Clubhouse was unavailable. Creative use was made of other available venues. For example, over a four month period, at our beautiful poolside set at the FT Center, members enjoyed an extraordinary series of "Nights Under the Stars" with different themes. With the weather cooperating, each theme was enhanced by magnificent decorations, wonderful buffets and music attuned to listening or dancing pleasure. Club committees met wherever

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AROUND AND ABOUT ... (continued from page 4)

they could find space. Clubs were up and running ... Anglers, Knitting and Crocheting, Book Club I and II, Current Events, Cinema Connection ... and our very latest - Photography, already garnering lots of buzz. The Photography Club is open to all Aberdeen club members. There is no charge for the club. The next meeting will be Thursday at 1pm. All are welcome. For more information you can write to AberdeenImages.Florida@gmail.com

Additionally, a variety of trips were offered, golf, tennis and pickleball tournaments held, many singles events, top-notch shows performed in appropriate alternate settings. Color Wars had noted a successful run, and plans for expansion of all of our speaker-series and other favored events and features is already underway.

If you have missed our regular blast emails announcing each of our featured events, be sure and read our weekly Sunday email column call "Around and About." It is a summary of the happenings you might have forgotten about, and will give you updates to refresh your memories.

TAX CHANGES ... (continued from page 1)

The higher standard deduction for people over 65 remains unchanged: an additional \$1,500 for individuals and \$2,500 for married couples filing jointly.

- Changes and Limits to Deductions and Credits

Mortgage interest is limited to \$750,000 (formerly \$1,000,000) of mortgage debt for primary and secondary homes.

Eliminates deduction for interest on new home equity loans.

State and local tax deduction capped at \$10,000, formerly fully deductible

Prior to the new tax laws, medical expense deductions greater than \$10,000 of Adjusted Gross Income (AGI) were deductible. Under the new plan, expenses greater than 7.5% of AGI can be deducted for the next 2 years only.

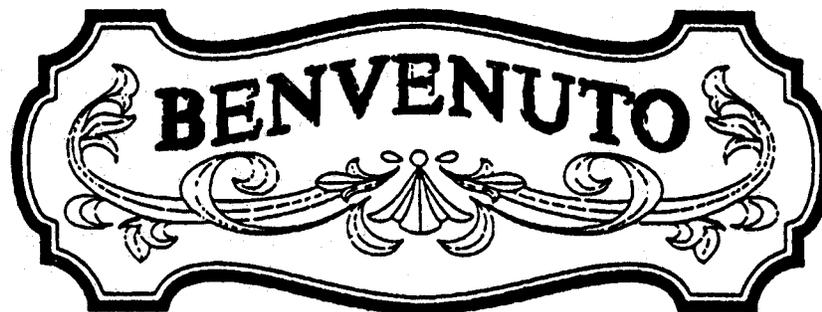
Tax preparation fees are no longer deductible.

- Increase in federal estate tax exemption

Under the new tax laws, the federal estate tax exemption will double to roughly \$11 million per person and \$22 million per couple. This limit will be indexed to inflation. In other words, this is the amount

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TAX CHANGES ... (continued from page 6)

you can leave your heirs without being taxed. Anything above will be subject to the estate tax. The maximum tax remains at 40%.

• Charitable donations

Although the new tax law increases charitable contributions to 60% of AGI (up from 50%), unless your total deductions exceed the new standard deduction (\$12,000 per individual; \$24,000 per couple), you will receive no value from deducting these donations.

A way around this is to “bunch” future donations so that every few years it is possible to go above the new threshold and use the deduction.

If you have an IRA and are 70 or older, you have another option. You can contribute up to \$100,000 from your IRA account to one or more charities and have it count as the annual required contribution from your IRA.

• Increased use of 529 plans

In addition to college and graduate school costs, 529 plans can now be used for K-12 schools and for homeschooling

• Individual Alternative Minimum Tax (AMT)

The AMT exemption is increased to \$70,300 for

single filers and \$109,400 for married couples filing jointly.

• Tax Treatment of Alimony

Under current tax laws, alimony is deductible by the payer spouse. The recipient spouse must include it as income.

Under the new tax laws, the situation is reversed.

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TAX CHANGES ... (continued from page 7)

For any divorce or separation agreements executed after December 31, 2018, the payer spouse must count alimony as part of his/her taxable income. For the recipient spouse, alimony will become tax-free.

To pass the tax overhaul before year-end, the Gap included "sunset provisions" in the bill to avoid lengthy congressional debate. Per these provisions, changes to the individual tax code will be temporary—the rules would revert to current law after Dec. 31, 2025. However, the new tax cuts are permanent for corporations. The new tax laws will remain in effect if reinstated or extended by Congress before the Dec. 31, 2025 expiration day.

And finally, this year you will have 2 extra days to file your 2017 return. The IRS cannot schedule the tax filing deadline to take place on a holiday or weekend. Since Apr. 15 is a Sunday and April 16 is Emancipation Day, a state holiday in Washington, DC, Tues., Apr. 17 is the official IRS filing deadline for 2017.

Turnberry Isle

By: Sherry Morris

The big news here in Turnberry involves our annual Board Meeting and the celebration of our Women's Club 20 Anniversary. The community met at Temple Shaari Shalom on Jan. 16 to hear the "state of the neighborhood" address from each board member and to elect members for the coming 2 years. We stagger board positions so the members' terms of office last 2 years, alternating so that the entire board is never

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ACKNOWLEDGMENT

Dear Friends and Neighbors:

On behalf of my family and myself, I want to take this opportunity to thank you for the outpouring of fondness, and attention and support following Harry's passing last month. We were overwhelmed by the wealth of food, cards, the donations, and particularly, your kind thoughts and memories that paid such wonderful tribute to HARRY. What a comfort it is to be surrounded by such warm, gracious, special people!

*In Appreciation,
Marilyn Seaton*

Did You Know?

Did you know the original design of Monopoly was circular.

Did you know gorillas sleep 14 hours a day.

Did you know the stomach acids found in snakes stomach can digest bones and teeth but not fur or hair.

Did you know a giraffe can go longer without water than a camel.

Did you know for every human there are 200 million insects.

Did you know an iguana can stay under water for 28 minutes.

Did you know there are more chickens than people.

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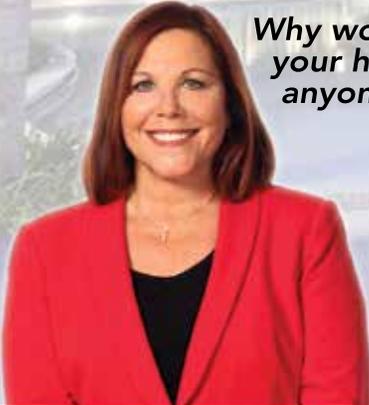
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TURNBERRY ... (continued from page 8)

up for reelection as a whole. This year, the members had completed 2-year terms. Jerry Green chose not to run again, and we thank him for his service. Newly-elected was Alan Feller, who has served us well in the past. Congratulations and welcome to Alan.

Following is a list of Turnberry Isle board members for 2018: Fred Wolfson, president; Larry Aronow, vp; Lynn Fernandez; secretary; Alan Feller, treasurer; Rosanne Abeles, Sam Klein and Sherry Morris. Committee chairs are chosen by the president, who will announce these positions at the February board meeting. Those positions include landscaping, compliance, POA representative and Fairway Lakes Drive representatives.

The gala celebration of the Turnberry Isle Women’s Club 20th Anniversary was held in January at Benvenuto. After cocktails around the patio fountain, members assembled in a beautifully decorated dining room for a short program, reading of a letter of congratulations from our community board and faux telegrams. Some might call it fake news! But the occasion was anything but fake. Chaired by Barbara Pearlman and Anita Ostrow, the event put a smile on everyone’s face. As we consumed our decadent dessert, we were treated to a program of “oldie” songs by a performer who bills himself as “Doowop Vinnie.” He got us up dancing and singing. Most importantly, he reminded us of how fortunate we are to have such a talented group of women who have helped make our neighborhood very special.

As March dawns, we note that we are very chummy with Comcast and/or Xfinity. With the fiber optic installation, we hope the process goes well. We are aware that many people have put a countless number of hours into Aberdeen’s relationship with Comcast and thank them for their efforts.

Finally, another 20th Anniversary celebration was brought to my attention recently. It has been that long since I volunteered to write this column “for a short while.” A group of Turnberry pioneers requested that the column be a positive one instead of one detailing every resident’s illness, surgery and grandchildren’s achievements. Instead, we chose to give a glimpse of life here in Aberdeen’s newest neighborhood circa 1997. When nothing is happening, there is no column. Therefore, I received an e-mail from the Aberdeen

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TURNBERRY ... (continued from page 9)

Times that noted my articles were not appearing “on a regular basis.” If there is someone out there who wishes to take over this journalistic endeavor, please feel free to volunteer. In the meantime, cheers to those of your who continue to make our retirement years happy, active and healthy. Remember that seeing the glass half empty implies that you are incapable of obtaining a refill!

Sharing With Sheffield

By: Ruth Krawitz

Most of us are aware that, here at Aberdeen, East and West, card-playing (table games) are a serious activity and favored pastime. Have you also noticed that the gentle proliferation in the rise of Book Clubs is working its ways into our lives as another preferred activity? In the West, two well-established Book Clubs are sponsored by the country club. That has not prevented others from forming outside that boundary. Some meet during the day, others in the evening. Some have paid facilitators; others rotate their participants to serve as facilitators. In some cases, the membership may be limited to residents of the village, while others open theirs to homeowners of others. In some instances, a community Women’s Club may take the lead in starting a Book Club, or an individual finds a group of like-minded, compatible book-lovers who want to go their own way. Whatever the reason or format, Book Clubs are here to stay!

Even the Talking Books organization, which provides free e-books to the visually-impaired, has started a Book Club for those afflicted. How special is that!

In an entertaining article written for The New York Times on Jan. 12, 2017, staff writer Judith Newman wrote:

... In the past decade, book clubs have risen gently in popularity. They have become a staple of a certain kind of literary life, a core part of a person’s identity: You Club, therefore you Are. Most people echo the sentiments of Gretchen Rubin, the author of “The Happiness Project,” who has founded numerous book clubs. “They are,” she says, “the joy of my life.”

For many, a book club is an oasis in an otherwise hectic life, Jonathan Burnham, the senior vice

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

president and publisher of HarperCollins, has been in a children's literature book club for the better part of decade. For him, he said, "the club is enormously calming when you're in the realm of change and unreliability. People may be going through marital or work difficulties, but in book club there is no need to divulge what is happening in your personal life."

But ... that is one group. Book clubs can also be the epicenter of fierce friendships and enmity; a breeding ground for resentments large and small.

And sometimes, it is a book club that comes with "snacks"!

The word "snack" has many connotations. In my experiences as a guest at several Book Clubs held during daytime hours, snacks were not served. The evening club, in which I am a permanent member ... niceties with coffee or soft drink are the norm. Since snacking is a commonality amongst most of us, the extent to which hostesses serve depends upon the hostess. The lovely part of our club is the rotation of meetings from home to home; a practice that promotes interest and congeniality in a variety of settings. I can understand how the factor of competitiveness might upset a club's equilibrium. My daughter-in-law shared with me this story of her

club's serving habits (in CT). Participants arrived in the early evening and spent a half-hour discussing the book. Promptly after the half-hour dialogue, a sumptuous 4-course dinner was served. The book was not mentioned again. (My son corroborates this because he was the one preparing the dinner!) I do not know how many women quit the club because of the competitive meal-factor or the absurdity of the whole situation. My daughter-in-law quit on both accounts!

Why do people quit after they are so intent initially on joining? Sometimes, according to research, they do not like the selection of books, or the manner of the facilitator, or tensions and differences that arise among members. In some cases, they are even asked to leave because they are so at odds with the general aura of the club itself.

... Then there are the Underperformers, or those members who never finish their books but show up anyway. Usually these people fall away from the group. But not always. One friend attended a club where a member would always show up unprepared, then become agitated if you discussed the ending, because she didn't want it spoiled for her. "It was

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SHARING WITH SHEFFIELD ... (continued from page 11)
really a whole new level of passive-aggressiveness," she said.

Most would agree that the clubs can draw out - and amplify - certain personality types. Marcia Goldstem, a retired academic, has participated in book clubs for decades. She detailed for me the various archetypes she has observed over the years. Among them: the Controllers and the Acquiescers.

"The Controllers are the most interesting," she said. "It's not just a matter of their opinions on books. They are compelled to control operational decisions - the dates of meetings, the venues. "Sometimes we Acquiescers laugh at them behind their backs."

In the tongue-in-cheek closing remarks of her article, Judith Herman admits that she is not currently in any book club at this time. She attended the first meetings of 4 clubs to which she had been invited, and was disinvited by all because they had "the temerity to vigorously disagree with her on the opinions she had about the books. Her parting words:

But we live in hope. Please, invite me to your book club. I will be an eager participant who brings deviled eggs and a flask of Cosmos.

Just don't interrupt me.

In the Neighborhood

The news in the neighborhood this past month was the January 17th Meet-and-Greet Sheffield party at Mamma Mia's on Lyons Road. Kudos to party-planners, Trudy Risky, Lisa Weinstein and Joe Cellura.

The turnout was great and so many newcomers came out to wine and dine with those of us who have been residents for a while. Even the assortment of bugs and viruses that attacked us later in the week did not distract from the good time that was had by all. I hope all who were felled by the flu or virus or whatever are no recovered and continuing to enjoy the good life! Thank you for coming out and supporting Sheffield!

On a sad note: we send sincere and heartfelt condolences to Barbara and Ed Cohen, on the passing last month of their beloved son, Andrew. Our thoughts and prayers are with the Cohen family.

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Canterbury Communique

By: Dee Levy

Greetings from the Canterbury community! “In like a lion, out like a lamb!” Yes, it’s March, the third month of the year according to the Gregorian calendar, and the month heralding the first day of spring. Named after Mars, the Roman god of war and guardian of agriculture, March marks the beginning of the agricultural season In the northern hemisphere and, historically, the month for initiating warfare. Holidays and notable dates in Mar., 2018, include Purim on Mar. 1, International Women’s Day Mar. 8, the beginning of Daylight Savings Time Mar. 11, St. Patrick’s Day on Mar. 17, Good Friday on Mar. 30, and the start of the 8-day Passover holiday on Mar. 31. And not to be forgotten is March Madness, the NCAA Men’s Division Basketball Tournament, determining the national champion of college basketball.

In getting to know our neighbors, we prevailed upon Pearl Katz, a long-time resident of Aberdeen, to share some of her thoughts and life experiences. Originally from Worcester, MA, where she raised 2 daughters and volunteered at the Jewish Home for the Aged, Pearl moved to Broward County in 1979. In 1988, she moved to the Hamptons in Aberdeen, to Sheffield in 1996, and, in May, 2017, to Canterbury. Pearl indicated that her primary reason for downsizing was her difficulty in “getting around.” While the actual move went smoothly, having had the help of her daughter and son-in-law and the expertise of professional movers, the emotional aspect was more difficult. “The move was a traumatic experience for me, the first thing I ever did on my own, without my husband.” When asked how she felt about residing in Canterbury, she stated “I’m really happy in this house. It’s like being on vacation. I don’t have the responsibility of maintaining a large house, as almost everything is taken care of. My immediate neighbors are kind and helpful, and I’m now looking forward to meeting more people in the community.” Welcome to Canterbury, Pearl; we’re delighted to have you as a neighbor!

We also asked Fran Shaller to share another of her tech hints and tips for dealing with everyday communication issues and/or computer frustrations.

(continued on page 15)



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CANTERBURY ... (continued from page 14)

Fran submitted the following narrative entitled "How to Talk to a Live Person." Telephone Customer and Support is theoretically there to help, but it can be a disappointingly unpleasant experience. All you really want to do is talk to an actual human being, who can solve your problem. To help you avoid the frustration of navigating endless phone menus, I've compiled a list of customer-support phone numbers and tips for getting to a real live and breathing person. This is a short list of common retailers. If you're interested in contacting a company not on the list, ContactHelp.com and GetHuman.com are great resources to check out.

Amazon: Call 1 (866) 216-1072 and keep pressing 0.

BestBuy: Call 1 (888) 237-8289 or 1 (888) BEST BUY, and keep pressing 0.

Costco: Call 1 (800) 955-2292 and keep pressing 0 (this one takes a while).

eBay: Call 1 (866) 877-3229. Enter your eBay account if you have one. Otherwise, keep pressing # until you reach the main menu and then press 0.

Target: Call 1 (800) 440-0680, pick your language and keep pressing 0.

Walmart: Call 1 (800) 925-6278. Press 2, then 1, then 1. Be careful, pressing 0 drops the call.

In closing, we thank both Pearl and Fran for sharing. To all our Aberdeen friends, we wish you good health, happiness and well-being. As Oprah Winfrey said, "If you want to feel good, you have to go out and do some good." Have a great month!

Ashford Bytes

By: Dr. Marty Phillips

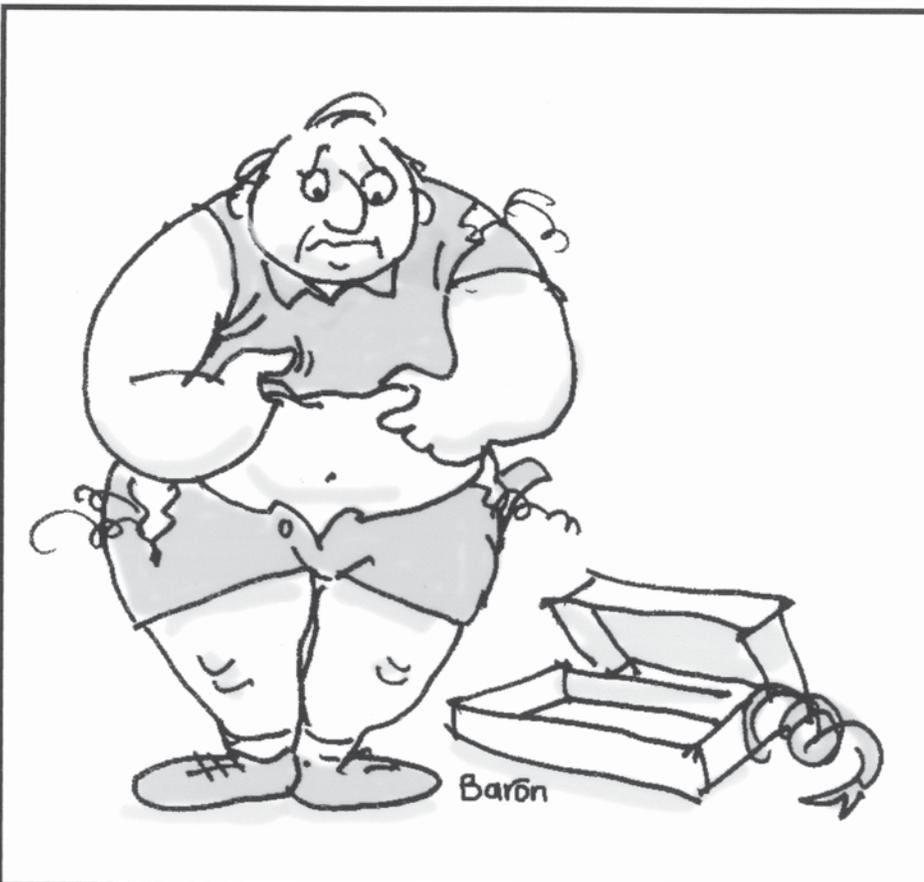
It was nice to see a large turnout at the Annual Meeting last month, and there were no real controversies. Alex Foster from the Aberdeen COPS program was a guest speaker and was looking for volunteers to participate and become a COP (Citizens on Patrol). Butch Melstein retired as director and Fred Raskin was elected as a new member. Butch was a valuable member of the board for a number of years. Fred is a new resident of Ashford and has a background in building and construction. The board then elected officers: Neil Keitz, president; Jane Casden, vice president; David Kerner, treasurer; Fran Grossman, secretary. Fran and Fred are now the parents of a new and beautiful puppy, Ranger.

Anita Kogan mentioned that she misses the social events that the Ashford community used to sponsor. So any resident wishing to volunteer to take charge of running a social event, please contact president Neal Keitz.

I enjoyed the opening ceremonies of color war. It was nice to see many

(continued on page 16)

Harvey Baron's Early Bird Special



**When some folks get a present
they like to save them.
Sometimes a bit too long.**

ASHFORD BYTES ... (continued from page 15)

Ashford residents participating. This event is unique to Aberdeen; as we know of no other adult community in S. FL that has a color war. I love it as I was too poor as a kid to go to camp and participate in one. My children cracked up when I told them I was going to participate in a color war.

Last month I highlighted the volunteer work of Ashford resident, Lorie Wohl. I was hoping to hear of other volunteers in Aberdeen. I know there are many in our community who do volunteer but I have not heard yet, so please speak up. Therefore, I will write about my volunteer activities in our area. I had been a member of the Palm Beach Rotary Club that meets for breakfast once a week at the Colony Hotel for 5 years. Rotarians participate in many local and international charitable activities. Before moving to FL, I was the Rotary International District Governor for eastern PA in 2006-2007.

Currently I am on the allocations committee of the Palm Beach United Way. Agencies apply for grants and our job is to visit and evaluate their applications. I have been doing this for 7 years. This year my agency was Caridad right here in our own back yard. When I arrived there, the first person I met was Aberdeen resident Michael Ringler who volunteers as a pharmacist. The mission of Caridad is: "To upgrade the health, educational and living standards of underserved children and families." They have had over 28,000 patient visits this past year. I was really impressed with the facility, the total operation, and the many healthcare volunteers. I had a wonderful tour of the facilities by CEO Laura Kallus. As a retired dentist, I was really impressed with the 12-chair dental clinic and the dentist volunteers. If you want a good feeling, stop around the corner to visit the Caridad Center on Boynton Beach Blvd.

My other activity is serving as a Guardian ad Litem for the Palm Beach Court.

Sterling Lakers

By: Marsha Menahem

One of our previous neighbors, Dorothy Shaker, recently planned a visit to Sterling to visit her neighbors and friends. Many of us were overjoyed and could not wait to see her. Dot lives in MA now, close to her family, but we miss her and her late husband,

(continued on page 18)

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STERLING LAKES ... (continued from page 16)

Bert, who were iconic figures from the inception of the community.

Coincidentally, I promised last month that I would interview some of our new neighbors; Debbie and Don Pavleks bought the Shakers' house some months ago. The Pavleks hail from Meadville, PA, and have lived there over 30 years. They have 3 daughters and 5 grandchildren, 4 girls and one boy. Don has his business nearby and Debbie was a nurse for many years. The Pavleks are golfers. Though they will be snowbirds, we were fortunate that they were here to attend our community barbecue, where we were able to greet them properly. Debbie is learning canasta and she, "looks forward to coming south this year and participating" in events and community functions. I think the Pavleks, who seem so perfect for Sterling, will help fill the void left by the Shakers.

The Weiderlights, Ronnie and Mike, now own the Waxenbaum's house, and though they missed the barbecue, we can all see already what a great addition we have gained to the Sterling family. They both come from the Bronx, NY, and after a 5 year stint in NJ, they made Stamford, CT, their home. They raised 2 daughters and now have 5 grandchildren, 2 girls and a boy. Ronnie was a teacher and an ophthalmologist's assistant, and then she joined her husband in his insurance agency. Even though Mike was busy, he was, and still is, a community activist, serving on the Board of Representatives of Stamford. He was responsible for upgrading the Stamford ambulance service that Stamford now enjoys, and worked tirelessly for an organization that gentrifies apartments for lower and middle class families. "I was born on Boynton Ave. in the Bronx, and I'm back in Boynton, again!" said Ronnie. Welcome to you both.

Charlotte Laut/Hernandez has been in Sterling for a few years, but a "little bird" told me to give her shout; and am I glad that I did. Charlotte was born in NY, and lived in Whitestone, Queens. She was one of 7 children and while still in high school, she was recruited by the United Nations, which she never left until she retired. It was there that she met her husband, a diplomat from the Organization of American States, and eventually a representative from the Dominican Republic to the UN (also a passionate Yankee fan). She traveled with him to Switzerland, back to Manhattan, and then back to Geneva, where the UN has a major



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headquarters. She speaks French and Spanish, and her home reflects that of an international traveler and a participant in the "world." To you and your late husband - thank you for your service; we welcome you with deep gratitude.

How lucky can Sterling get!

Ashford Green

By: Tony Casselli

On Feb. 7, 2018, Adrian "King" Cornell celebrated his 100th birthday. Currently living in Ashford Green in Aberdeen, Adrian, fondly known as the "King," was born in Flushing, NY, where his father announced the he was the "King" of the crowd of his 5 siblings.

King can regale everyone with stories of his childhood growing up on Union St. and Bayside Avenue, and can recall his family history back to the 16th century. He can entertain you at the drop of a hat with stories of his life experiences. He recalls his teenage years which ended with early work on Wall Street and the stock market crash, and how he established his early professional career at Met Life.

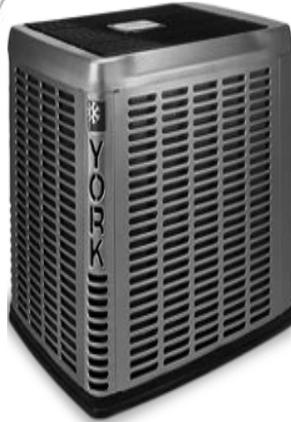
After being drafted in the Army in 1941 as a buck private, he was asked to apply to Officers Candidate School; upon graduating as a second lieutenant was

(continued on page 20)



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ASHFORD GREEN ... (continued from page 18)

sent to New Guinea, Manila, in the Philippines. He met his bride-to-be at Met Life and they were married in 1943. He was promoted to Captain and after being discharged in 1945, returned to his career at Met Life. In 1978, Marion and Adrian bought a condo in Pompano Beach, FL and enjoyed their snowbird status. He retired from Met Life in 1980, having reached upper management. The move to Aberdeen was in 1997.

It wasn't until 1998 that he was elected to the Ashford Green board; he served as vice president and president. Sunday night dinner buffet at the Country Club always included Adrian and Marion at the closest table to the buffet. Marion passed in 2013.

The King always said "KEEP SMILING AND THOUGH IT OFTEN MAY BE DIFFICULT TO DO, TRY TO HANG ON TO THAT SENSE OF HUMOR.

Please join with me in wishing the "King" a well-earned 100th Happy Birthday.

Adrian "King" Cornell
6899 Cairnwell Dr.
Boynton Beach, FL 33472
coraber@aol.com

The Sunny Shores

By: Estelle Morganstein

On Feb. 11th, 63 of our residents enjoyed a complimentary lunch and program which is sponsored by your Homeowners' Association every few years to welcome new homeowners to our community and

to update everyone on the activities and plans your board is contemplating for the future.

Should you notice a black truck in the area, please note this is part of Comcast's efforts to upgrade our telecommunication systems to fiber optics. It are now working in the East on exterior wiring but will, at some future date, require access to individual homes in order to complete this process.

A reminder - tax season is now upon us. Remember to send in your returns in a timely manner to avoid penalties from the IRS.

Also, don't forget that Daylight Savings begins on Mar. 11, at which time you will need to move your clock ahead one hour. As my mother used to say, "Fall back but spring ahead."

NEIGHBOR NEWS

Norma and David Littman joined her son and granddaughter in Orlando for a few days of fun and frolic.

Yours truly recently returned from a trip to Savannah and Charleston where I fell in love with both cities' Colonial architecture and Southern culture, not to mention fried green tomatoes and pecan pie!

Diane Greenberg asked me to include here a sincere "thank you" to the 7 court captains who graciously offered to distribute the 2018 telephone directories.

Unfortunately, I am ending on a sad note. Condolences to Diane Greenberg on the loss of her son-in-law. It is with a heavy heart that I have to report the passing of Jo Infantino, my neighbor and friend of 17 years who succumbed to cancer after a long and hard-fought battle.

Wishing all our Jewish residents a Happy Pesach 5778, with the celebration of the first Seder on Mar. 30th.

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Muirhead

By: David Bloomgarden

How did this happen? It seems like yesterday when we arrived in mid-October and, here it is, almost the first day of spring (Tues., Mar. 20th). Changes in the landscape, the animal life, and the weather are occurring. Even several of our very close snowbird friends are commencing their northward migrations. Reminder: "Spring Forward;" set your clocks, watches, ovens, microwaves, and alarm systems ahead by 1 hour on Mar. 11th. My attempt to locate residents living in MUIRHEAD for the longest time has been interesting. Names of the following have been suggested that might possibly qualify: Bob and Bea Bergman, Bill and Carol Brooks, and Lydia Phillips. I spent quality time speaking with Lydia regarding her early recollections about our community. Unfortunately, her husband, Howard, passed some time ago, but Lydia shared information that they moved to Muirhead in April of 1995. At that time Jog Road ended at Atlantic Avenue, Boynton Beach Boulevard had no lights, and Gateway and Hagen Ranch were dirt roads.

Several houses on Desmond Drive preexisted their arrival and, additionally, there was one house across from them on Muirhead circle. In the early days, the environment consisted of rabbits, wild dogs (who chased the rabbits who in turn hid in the drain pipes), birds, iguanas and snakes. The building presently known as the Activity Center was originally the club sales office, and the condos along the Club entrance road were used for prospective purchasers to spend a night or two. We learned that our sister communities of Dorchester and Sheffield were built prior to Muirhead. On the personal side, Howard and Lydia were married for 44 years and came to us from Oceanside, NY. After considering Boca, the Polo Club and other areas south of us, they chose Muirhead because of the friendliness and inclusiveness of existing residents and the exceptional value of our Aberdeen Golf & Country Club. Howard was a go-to guy who was there when you needed him. Many would call him before even calling family. He was a member of the Muirhead HOA for many years and served on the Aberdeen POA. He was also instrumental in the establishment of the Aberdeen Times. He had an easy laugh and was fun to be with. Knowing what I have learned about

Howard, I am sorry I never had an opportunity to meet him. Again, I am always interested in sharing stories and experiences of our neighbors. Please contact me at 917-364-9317.

Hampton

By: Nancy Rosenstein

Just a quick reminder of our Annual Hampton Luncheon at Arriabiatas Restaurant on Sun., Mar. 18th. This is your last chance to sign up. Meet your neighbors. We have a wonderful social committee - Janet Friedman, Ellen Gold, Joyce Hirschman, Alyce Simons and Connie LaMendola. The menu is wonderful, and the food is really good.

We have had a lot of activity in our community. The Hamptons have a good number of homes that have been updated and really look great. The brokers in our area have been showing homes, and getting favorable responses. We have one of the nicest communities in Aberdeen, and we welcome our new neighbors.

Our annual meeting to elect board members for 2018, will be held Mar. 20th. This is a dedicated group of people who give their time and energy in making the Hamptons run smoothly. Thanks to these unsung heroes!

Wasn't that an exciting Super Bowl Game? We are diehard NY Giant fans in this house and family. They are still celebrating in Philadelphia and I know the people of Philly who live in Aberdeen are flying. Philadelphia is a suburb of NY, lol, so we are getting some of the fame.

The president of the RI Senate has appointed John A. Pagliarini Jr. as RI Senate Parliamentarian. John Jr. served as a State Senator in 2016 and is an accomplished and highly respected attorney in Real Estate Law. John is the son of John and Barbara Pagliarini of our Hampton community. John has served on our board as a past president and a current board member and informs us about the good and sometimes bad news with his up-to-the-minute emails. Congratulations to the proud parents!

Unfortunately, we have a bit of bad news. Harry

(continued on page 24)

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HAMPTON ... (continued from page 22)

Seaton, a long-time resident of the community, passed recently. He was a former member of our Board of Directors and wrote the monthly column about Aberdeen Country Club for the Aberdeen Times, for as long as I can remember. He was an attorney, and was involved in many projects in the community. Our condolences to his wife Marilyn, and their wonderful family.

I think we can say goodbye to the not-so-great January weather. Get ready for the relatives and friends who are coming to visit.

We are expecting visits from more grandchildren. It's great to see them. They love coming here as do the rest of our friends and family. Welcome to Paradise! Living the Dream!

Circling The Coves

By: Mary Chuzi

"If winter comes, can spring be far behind?", asked Percy Bysshe Shelley in his "Ode to the West Wind." Our S. FL winter, which we leave behind this month, certainly included its share of windy and overcast days. March, however, brings us expectations of lovely weather for satisfying activities, outdoor exercise, and, sad to say, the last month for many of our snowbirds to enjoy our low-key Coves lifestyle. Passover and Easter weekends both fall the end of this month on our 2018 calendars, and for many, that means returns northward. We will certainly miss our seasonal residents.

Before we get "Spring Fever" and become TOO complacent, however, let us welcome our new resident in Building 6, William Rodriguez. We hope he enjoys our friendly community.

The most important event in March is the Coves Annual Membership Meeting scheduled for the 28th, 7:00 PM, in the East Clubhouse. All unit owners were sent notice of this meeting from our Management Company early last month and a second notice recently. In order for the Annual Membership Meeting and Election of our Board of Directors to take place, and/or legal voting on any issues, a quorum of owners is required, either by attendance or by proxy. Please plan on attending the meeting. If you cannot, you MUST send your signed proxy

(continued on page 25)

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CIRCLING COVES ... *(continued from page 24)*

to CRA, to the attention of Kim Hurst, to arrive NO LATER THAN NOON on Mar. 28th; or it may be faxed to 561-624-5827.

If you have questions, contact our Community Association Manager, Gabriel Lazaro at 561-624-5888 or e-mail glazaro@cra.email

As we continue on through spring, preparations for the Pavement Re-Sealing Project will begin. Notices will be distributed due to the fact moving parked cars will be a necessity area by area. Other spring plans include pavement-stripping and painting of parking bumpers. Dumpsters and dumpster-door repairs are also on the docket.

Thank you in advance for your cooperation during these projects. If your excellent cooperation and preparation for our annual Pest Control and Dryer Vent Cleanings were any indication, these new projects will occur without a hitch.

In the meantime, get outdoors and enjoy spring before summer heat returns. Say "Hello" to your neighbors. We'll see you at the Annual Meeting on the 28th.

Addison Green

By: Marilyn Benvenuto

Happy March to everyone! The weather is now behaving and making us all happy! I am looking forward to planting more flowers in my garden and I am sure most of you are too if you haven't already done so. Happy birthday to all the March babies! Whether a boisterous and vibrant Aries (Mar. 21-Apr. 19), or an easygoing and friendly Pisces (Feb. 19-Mar. 20), you're sure to have a wonderful month welcoming in a new spring.

Here are some other great facts for anyone born this month ...

- March's flower is the daffodil, which represents hope.
- The birthstone of March is the aquamarine, which symbolizes courage and bravery.
- March comes from the name of the Roman god of war, Mars.
- Spring officially begins in March! It starts anywhere from Mar. 19 to Mar. 21 every year.
- Celebrity Birthdays this month include Jon Bon

(continued on page 26)

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ADDISON GREEN ... *(continued from page 25)*

Jovi (3/2), Jessica Biel (3/3), Chuck Norris (3/10), Albert Einstein (3/14), Adam Levine (3/18), William Shatner (3/22), Reese Witherspoon (3/22), Lady Gaga (3/28), and Celine Dion (3/30).

- Monthly observances include American Red Cross Month, Fire Prevention Month, Women's History Month and National Reading Month.

Here's to hoping that this month also brings you a little luck O' the Irish as we celebrate Saint Patrick's Day, along with your very special March birthday!

Marilyn's monthly tip: Here is all the way you can cut your waste this spring:

1. Overhaul your closets. If you're among the many cleaning out their closets, upcycle or donate all of that old clothing (and linens).

2. Narrow your library. Consider recycling them, donating them to schools or libraries, or hosting a book swap.

3. Get rid of outdated technology. Still have shelves and boxes of CDs or VHS tapes? It might be time to let them go. There are ways to donate or recycle them.

4. Crack down on kitchen cabinet clutter. Maybe the kitchen is the real clutter culprit in your house; its' time to retire those old mugs, plates, pots, pans or utensils.

5. Reassess bathroom storage. Are your bathroom cabinets overstuffed to the point of causing an avalanche each time you grab something? (Or does that only happen in movies)? Even if they're not, there might be some items - like old cold medicine and expired prescriptions - lurking in there that can and should be tossed. Don't toss them in the garbage, many of those medicine bottles can go right in the recycle bin (empty of course).

Moorings

By: Eileen Hahn

Dr. Seuss wrote about the WHO and I am going to write about the WHY. What made our water bills last month increase 3 and 4 times the usual amount? The water company received numerous calls and finally gave up on suggesting leaky pipes. Mail used to be delivered at a reasonable hour and we didn't get our neighbor's mail, just ours. The bank statement now comes 13 days after the closing date, and mail from Orlando postmarked Jan. 25th, is delivered on

Jan 31st., and postage is increasing again. Instead of "forever" stamps they should say "whenever." Who told the gardeners that all vegetation should be square and trimmed to skeletal proportions; isn't any bush allowed any grace?

Hopefully we have defeated the Aberdeen Flu as we have Joanne Moustakas back in aerobics and Alan Goldenberg, recovered and back on his bicycle rounds. The tile floors are batting 100 and have now added a broken hip in the Darrow household and another mishap for Jerry Kopelman. We wish all our he-men a speedy recovery.

Happy 65th anniversary to Bea and Charlie Cornell, who are celebrating with their son. Penny and Felix Fischler spent 6 "togetherness" days with their youngest son; Charles, and wife, Roxine, who stopped by on their way to Argentina and Uruguay. As an extra bonus they are awaiting the birth of their second great-grandson. Flora and Jack Miller are heading toward another wedding since their granddaughter, Tess Miller, became engaged to Ethan Seller. Last month kept the visitors coming! Mitzi Licht and Simon Glastein had his son and wife drive over from Naples and then they went to Naples for a party to later be followed by Mitzi's son and wife appearing for a long weekend. Now that everyone has checked they are eating, playing cards and dancing very well. Joe and I were very lucky to have our grandson, Peter, visit last month and introduce us to his girlfriend. Next month Joan and Vince Marini will have the pleasure of a visit from one of their twin granddaughters. Those that came with parents as little children have all grown along with us and now visit on a different level.

The Abbate house went on the market last month and has already been sold. It is time for us to think about another "meet-your-neighbor-party" and an effort to update the community directory properly. No, I'm not volunteering to plan a party, only planning to attend!

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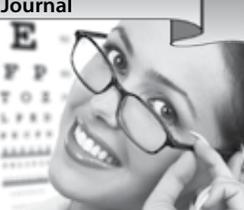
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It's Happening in Dorchester

By: Carol Baron

It is 3 months into 2018 and I can't figure out where those 3 months have disappeared to. Yes, I know time seems to go faster as you grow older, but I am not acknowledging my aging process just glad to be able to keep doing whatever I am doing.

We are coming into a month that is filled with occasions that all of us will witness, one or another. St Patrick's Day is just around the corner, giving us all the opportunity to think green (and I don't mean money). Just after that we can all celebrate the first day of spring on Mar. 20th. Hooray for more daylight! For many of us Mar. 30th is Good Friday and the first night of Passover. I sure miss my mother and mother-in-law's cooking for the holidays. I am not as good at it as they were.

Dorchester has been fairly quiet and that is the good news. But March also allows my husband and I to celebrate our 58th wedding anniversary. I tell everyone that my mother married me off when I was 7 years old so that I don't have to deal with how old I really am. But, we will be celebrating regardless of our age because we are still able to celebrate.

Our new residents are busy fixing up or redoing their homes. Welcome to the following new residents to our community:

- Myrna and Albert Camhi at 7716 Dorchester Road
- Serge Piquette at 7629 Dorchester Road
- And Mr. & Mrs. Roszkowski at 7796 Dorchester Road.

At the same time many of those residing here are putting in hurricane shutters, doing new roofs and repainting their houses. Everyone here wants to be prepared in case we get hit by another hurricane.

Were so glad to see Steve Lippert out of the hospital and back home. He is doing what he does so well here in Dorchester. Besides being our busy community president, he also is seen being out there to walk his dog. A pat on the back to Jeff Nisall for seeing that any problems people are having with landscaping issues are addressed. Now, we are only waiting for Comcast to finish its job here in Aberdeen so we could get back to having the boxes, wires, our telephone, etc and lawns replaced.

Mar. 21st is our annual HOA meeting. We will be
(continued on page 28)

DORCHESTER ... (continued from page 27)

having the election of new officers for the BOD. We are encouraging members of our community to step up and run for the board. We have also been informed by the POA that in the next few weeks, work will start on the shoreline of Dorchester. It looks like everything is coming together for the betterment of all of us who live here.

We are looking forward to seeing many of our Dorchester friends at the annual Lynn University concert again this year. Before you know it we will, I hope, be back in our clubhouse.

And so ... let's March on! Remember that life is short and it is up to you to make it sweet.

Harbour Lights

By: Wendy Latman

March marks the official start of spring. Here, in the Southern Hemisphere, we don't get the sightings that people up north get, like crocuses pushing out of the ground. We just continue to get more of living in paradise before it starts to get hot.

I thought I would devote this column to a uniquely American phenomenon that occurs every year in March. I am personally not a sports spectator, but I lived in the Midwest for a while where sports

was central to everyone's existence. That's when I discovered that in the month of March, America experiences what is called "March Madness."

It's a basketball tournament. The NCAA Division I Men's Basketball Tournament (known informally as March Madness or the Big Dance) is a single-elimination tournament played each spring in the U.S., currently featuring 68 college basketball teams from the Division I level of the National Collegiate Athletic Association (NCA), to determine the national championship. The tournament was created in 1939 by the National Association of Basketball Coaches, and was the idea of Ohio State U. coach, Harold Olsen. Played mostly during March, it has become one of the most famous annual sporting events in the U.S.

Since 2011, all games are available for viewing on several television stations, nationwide and internationally, such as in the Philippines and Canada. As television coverage has grown, so too has the tournament's popularity.

Currently, millions of Americans fill out a "bracket," attempting to correctly predict the outcome of all 67 games of the tournament. A bracket is a form that can be completed on-line or printed out and completed by hand whereby the participant predicts

(continued on page 29)

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HARBOUR LIGHTS ... *(continued from page 28)*

the outcome of each game in the tournament. His or her predictions are compared against others in a pool, and whoever has the best prognostication skills wins the contest.

For those who like to predict, and watch the tournament, that creates another game for the spectators called "betting." So, for those Harbours residents who are March Madness fans, best of luck to you!

Brittany Lakes

By: Judit Ungar

Jan. 13th, was another beautiful day for Brittany Lakes as we celebrated our second annual Block Party. One of the best times for me at the Block Party was to hear everyone stories.

Where were you born? Where did you grow up? Where did you go to school; who was your kindergarten teacher? Who was the best stickball player on your block? Someone was born in Turkey; I was born in Hungary. Whose grandmother made the best strudel? I was also the first person in my family to graduate from College.

We sat on the lawn and talked About Brooklyn and the Bronx, The Yankees and Dodgers. We laughed and cried. We talked about Aberdeen and how much we love it here.

Everyone agreed that two of our board members, Cheryl Ferris and Sherry Rosenstein, hosted a great party. Eighty-five people signed up and 83 attended. Linda Meisles helped with check-in.

Jersey Mike's subs were enjoyed by all. This year we supplied everything, including the desserts.

We find that this is an excellent way for our community to come together, meet new people, get re-acquainted with others in an informal and inviting way. Several new residents in Brittney Lakes established new friendships. A good time was had by all and we look forward to next years event.

(Co-authored by Cheryl and Sherry)

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Bermuda Isle Buzz

By: Eliot Ostrow

It's hard to believe that it's already March! We survived another "frigid" S. FL winter, and spring will be here in a few weeks. The days are getting longer, and our clocks will soon "spring forward."

February was a busy month for Bermuda Islanders. Our own Ronnie Ostrow and Jake Kamp were the captain and co-captain of the Red Team in the Club's Color War competition. Win or lose, everyone who participated had a great time reliving this blast from his or her past.

Big Band Night at Benvenuto's was an opportunity to share food, music, and dancing in the company of our neighbors. Many of us gathered for parties on Super Bowl Sunday, with our ex-New Englanders/Patriot fans pitted against pretty much everyone else as we watched a thrilling game that came down to the last play. Valentine's Day was an opportunity for our many loving couples to celebrate their special relationships, and Presidents' Day weekend gave us a chance to get together with family.

It'll be a busy March, too. Our annual Spring Fling pool party is coming up on Mar. 11, and is always lots of fun. Many of us will share the Pass-over Seders with family and friends at the end of the month, or will celebrate Easter on Apr. 1. Happy holidays to all!

We wish a full and speedy recovery to all our friends and neighbors who are ailing, and send congratulations to those who had happy events to celebrate.

See you all around the 'Shoe!

Waterford Watch

By: Marsha Ledewitz

Waterford wishes to congratulate Sheila Glass. On Jan. 18, 2018, Sheila was installed as president of Hadassah Florida Atlantic Region. This is a very prestigious' position. Sheila and her Executive Board will be working with over 58 chapters to enhance the health of people worldwide through its support of medical care and research at Hadassah hospitals in Israel, no matter race or religion. Sheila has been influential in organizing programs in stem cell research and now human trafficking.

(continued on page 30)

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WATERFORD WATCH ... (continued from page 29)

Sheila brings many skills to Hadassah. She previously was a social behavior psychologist, president of a dress company, and a senior manager at B. Altman and Company. She volunteered at the Palm Beach Humane Society. Sheila received her M.S. degree in Behavior Science from Marymount College. Sheila is married to Marty and between them they have 4 children and 5 grandchildren. How proud we are of our resident! When you see Sheila around Aberdeen, please congratulate her!

Bridge - Try It, You'll Like It

By: Low Roth (Sheffield)

Opening Leads

As promised, this month we're going to return to the subject of Opening Leads. If the most difficult part of Bridge is Defense, then, for certain, the most difficult part of Defense is the Opening Lead. A year ago, I wrote an article on Opening Leads, but leads are important enough to bear repeating.

Here are a few basic rules which most bridge players already know:

1. If you have a doubleton in your partners suit, lead High, and, if your partner wins that trick and returns the suit (which he is obligated to do) play the lower card. He now knows you have no more in that suit and you can trump the next lead of that suit.
2. If you have 3 in your partner's suit including an honor, start with the lowest in that suit.
3. If you have 3 in your partner's suit and no honor, play middle, up, down.

These are generalizations. However, there are always exceptions to the rule. If you have 3, but have touching honors, ie Q, J, 3, play the Q first. This tells your partner that either you have only 1 or 2 or you have more than 2 including the J. It also tells your partner that you do NOT have the K or the A.

These rules are for when your partner has bid. What if your partner has not bid? Now you must play what you believe is the best suit for you and your partner. If your partner has left you to your own devices, you will usually play a card from your longest suit. Against a No Trump contract this is usually the best defense. But what about against suit contract?

Small cards do not usually take tricks in a suit

(continued on page 32)

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BRIDGE... (continued from page 30)

contract. So leading a long suit is not always best. The top of a sequence is usually a good lead even if that sequence is only 2.

Avoid leading doubletons. They usually wind up establishing the suit for the Declarer. Leading a singleton is a crap-shoot. If your partner wins the trick and returns it, you can do very well. However, if your partner cannot win the trick, it may establish the suit for the opponents.

Try an unbid suit opener. It is unlikely that you will establish tricks in a suit bid by the opponents, so what can you lose if you open an unbid suit?

There is an old bridge saying that goes, "when in doubt, lead trump." This should be used sparingly. If every other suit looks dangerous, then this might work. It is always a good idea to lead trump when the opponents can't seem to agree on a suit, but finally do take the contract. In that situation, it is likely that a cross-ruff technique will be employed and a trump lead will be quite beneficial to the defense.

Against a no trump contract, it is usually a good idea to lead fourth from your longest and strongest. This allows your partner to use the rule of 11. As explained in a previous article, this is a powerful tool which allows your partner to know which card he should play.

Here's a summary of Opening Leads:

1. Against a suit contract, don't under-lead an Ace. If you must play that suit, play the Ace
2. Don't underlead a K, if you have only 2 in that suit. Under leading a K when you have 3 or more is not a great idea, but usually not disastrous.
3. Don't under lead a Q if you only have 3. Again, underleading a Q when you have 4 or more is not horrible and sometimes can work.
4. Lead the top of a sequence. This is almost always the safest lead.
5. Avoid leading a doubleton. However, if you must, lead high first and then low.
6. Lead low from an honor (except, against a suit contract, if the honor is an Ace) if you have 3 pieces.
7. Lead MUD, (middle, up, down) from 3 pieces with no honor.
8. Lead your partner's suit, if she has bid. Otherwise, lead an unbid suit.

(continued on page 33)

BRIDGE... (continued from page 32)

9. Avoid leading a singleton, unless you are reasonably sure your partner can win the trick.

10. Against a suit contract, lead your long suit only if you are reasonably sure your partner is short in that suit. Against a No Trump contract, lead 4th from your longest and strongest.

To review a list of Standard Leads refer to my previous article. You can obtain that article by going to www.Aberdeentimes.org and scrolling to page 28 of the Feb. 2017 edition.

Bleacher Seats Splinters

By: Rob Tanenbaum

America's most reliable memory-making sports event is the Men's NCAA Basketball Tournament.

This year's March Madness begins in about 2 weeks, and while I can't predict who will win or give you bracket advice, I can revive your memory about the hundreds of amazing dramatic moments the tournament has provided through the years.

I've whittled my list of favorites to a dozen and that doesn't include what is probably the single most exciting tournament game: the 3-overtime classic in which North Carolina bested Wilt Chamberlain's Kansas team, 54-53, in 1957.

My NCAA Final 12 memories start with a torrent of my tears.

12. Heartbreakers for me were losses by Seton Hall 1989 and Missouri 1995. It's painful to remember underdog Seton Hall losing to Michigan on a ticky-tack foul call on Rumeal Robinson with 2 seconds left in overtime ruining a thrilling David-Goliath upset. More devastating was Mizzou's give away to No. 1 UCLA. No. 8 Missouri led by a point with 4.8 seconds but allowed Tyus Edney to drive the length of the court and put in a layup at the buzzer.

11. Arizona 1997 became the only team to beat 3 No. 1 seeds in a single tournament by chopping down Kansas, North Carolina and Kentucky, the winningest programs ever.

10. David Thompson was supposed to be what Michael Jordan became a decade later. A forward with all the leaping and shooting tools led North Carolina State 1974 against the decade's other phenom, UCLA center Bill Walton. Thompson had his shining moment with the game-tying field goal with 53 seconds to play

(continued on page 34)

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BLEACHER SEAT ... (continued from page 33)

in a game won by the Wolfpack in double OT. The upset ended UCLA tournament dominance after 38 straight wins.

9. The one and only Michael Jordan found the spotlight for the first time with his game-winning jump shot with 17 seconds to go for North Carolina 1982. Just as memorable was the next play. Georgetown's Fred Brown thought UNC's James Worthy was his teammate and passed him the ball. Game over.

8. Georgetown 1989 almost had a bigger embarrassment. Princeton almost became the first No. 16 seed to defeat a No. 1.

Alonzo Mourning made a free throw with 15 seconds left to give the Hoyas a 50-49 lead. Then he blocked a shot and rebounded a Tigers' miss at the buzzer to prevent the epic upset.

7. Seeking to become the first team ever to win 3 straight titles, Cincinnati 1963 was the first team to start a predominantly African-American lineup. Loyola of Chicago rallied from a 15-point deficit in the second half to force overtime. A Vic Rouse tip-in at the buzzer gave the Ramblers the 60-58 upset.

6. The most-hyped one-on-one matchup in NCAA final history was the first meeting of Larry Bird vs. Magic Johnson. The 1979 game itself didn't live up to the hoopla.

Magic's Michigan State whopped Bird's Indiana State, 75-64. Magic scored 24; Bird 19. Both players resurrected a fading NBA over the next decade. Both won 3 MVPs.

Both were 12-time All-Stars. Both made All-NBA first teams. The ring count: Magic 5, Larry 3.

5. To my knowledge, only one NCAA final has merited full Hollywood big treatment. Glory Road, a 2006 movie, re-lived the 1966 classic when an all-black Texas El Paso faced all-white Kentucky. UTEP, bigger, stronger and more athletic, held off a rally by No. 1 Wildcats, 72-65. Kentucky stars: Louie Dampier and Pat Riley. El Paso stars: Bobby Joe Hill and Dave Lattin.

4. My personal favorite college basketball player was Bill Bradley for his performance in the 1965 tournament leading never-ranked Princeton to the Final Four. The Tigers beat Penn State by 2 (Bradley 22 points); beat North Carolina State by 18 (Bradley 27); beat No. 4 Providence by 40 (Bradley 41); lost to No. 1 Michigan in semifinals by 17 (Bradley 29); beat

Wichita State in consolation game by 36 (Bradley 58).

3. The tournament's most iconic moment happened in 1983: The enduring scene of NC State coach Jim Valvano running around after a 54-52 victory. With the clock winding down, guard Dereck Whittenberg lost the ball, chased it down and threw up a prayer. Amazingly, Lorenzo Charles grabbed the off-target shot and dunked it for one of the most improbable victories in the history of college basketball. It was just slightly more improbable than the Wolfpack's first-round victory over Pepperdine when they trailed by 6 with less than a minute to play only to tie the game and win, 69-67, in double OT!

2. Christian Laettner was Duke's Devil in a Blue uniform in 1991 and 1992. Against defending champion UNLV in 1991 semifinal, Laettner hit 2 free throws with 12 seconds left leading to a national title two days later. The following year, in the East Regional final, Duke met Kentucky in what many consider the best tournament game ever. Kentucky went up one with 2.3 seconds left, Duke had to go

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BLEACHER SEAT ... (continued from page 34)

the length of the floor to keep their dream alive. Grant Hill threw the ball to the Blue Devil free throw line where Laettner caught the pass at the free throw line turned around and drained a 15-footer to give Duke a 104-103 victory.

1. Villanova's 1985 shocker over Georgetown ranks among the great upsets in my lifetime along with Team USA hockey over Russia 1960 and 1980 and the 1969 New York Jets over the Baltimore Colts in the Super Bowl. Georgetown entered the game as one of the most prohibitive favorites in championship game history.

The Hoyas had center Patrick Ewing and a host of athletic players around him. A year before the shot clock was instituted in college basketball, Villanova coach Rollie Massimino slowed the pace to perfection. The Wildcats shot 22 of 28 for 77.8 percent on the game to win, 66-64.

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Ya Gotta Laugh!

By: Steve Solomon (Hampton)

I got back from performing in Detroit on Sunday. I was in a rush to get home as Jane asked me to pick something up at Walmart.

Sunday is not the best of times for expediency at the checkout. I, of course, am aware of the curse that has befallen my family with regard to checkout personnel, checkout equipment and geriatrics in front of me issuing out-of-state checks with improper I.D., presenting out-of-date coupons and "the dreaded..." "I have exact change..." The latter usually brings tears to my eyes simply because, after counting out 65 pennies in 5 minutes (of MY time) they realize I that they needed 69 pennies and have to PUT SOMETHING BACK!

Today's checkout tested me. It was definitely G-d's way of determining how much I could take. I picked a line with the fewest number of carts; a bad move to start. The lady in front of me looked like she was buying a month's food for a college. The checkout girl, a brain-dead, non-English-speaking, TRAINEE! Let the games begin.

The trainee mis-scanned most items, referred to her book 12 times to get correct pricing, dropped, yes dropped, a glass item which had to be replaced (8 more minutes). After all 750 items were checked in, and you're not going to believe this one, the customer, who also spoke little or no English, asked if she could pay for her items with a money order!

Smoke began to shoot out of my ears. The trainee, had neither seen or heard of a money order. So, in the trainee's infinite wisdom, she called for the Manager. The manager came over and informed the customer that they do not accept money orders. The customer, shouted back at the manager (to paraphrase) "Who, I hab yust got deez from de pos offik. De say deez is recepted anyplace. Isn't Walmart anyplace?" At this point, I was about to break out into song. Everyone on the line was screaming. The trainee started to cry, the manager started to cry, I started to cry.

Since my 14-pound frozen turkey had thawed, I then asked the manager to please open the register right next to us, carefully avoiding the use of the "F" word. She did. Each of the remaining victims moved to the new line. I placed my 7 items on the belt for

(continued on page 36)

YA GOTTA LAUGH ... (continued from page 35)

checking, carefully slid my debit through the machine, turned it over and slid it again, turned it again and slid it one more damned time. And for some reason, my card did not go through. I left the thawed turkey and 6 additional items on the checkout counter, looked at the group of mental giants still trying to figure out what a money order is and screamed "I can't believe the morons that run this crappy place!" The manager asked me to apologize to her for calling her a moron. I said, "I sorry you're a moron." She said, "Apology accepted." I rest my case!

It's Not What You Say; It's What They Hear!

By: Bea Lewis (Lancaster)

It's a common belief that to keep peace with our adult children we need to keep our mouths shut and our pocketbooks open. But the "bite your tongue" philosophy may not be the best route to go.

"When we keep our thoughts and feelings to ourselves - or not listen to theirs - we create barriers - and distance - between generations," says Dr. Ruth Nemzoff, author of *Don't Bite Your Tongue: How to Forster Rewarding Relationships with Adult Children*.

Why, then, when we do express ourselves, are we often met with resistance, or why does what we say fall on deaf ears!

Here, in a nutshell, is the rub. Adult kids want to be treated as grown-ups, but we find it difficult to let go of our parental control. "You may be big, but you're still my kid," underlies the main conflict between parents and their adult children.

So what to do? For starters, Nemzoff suggests we first think about what we want to say, how to say it, and decide whether it's important enough to say anything at all.

A simple trick is to begin a conversation is with the I word as in, "I know how busy you are, but I do miss our phone chats." That will get you further than if you say, "You have time to talk to everyone, but me." Today's generation doesn't do well with guilt trips.

Timing, too, is crucial. Don't bring up an uncomfortable or sensitive subject when your child is rushed, angry or stressed.

Health and safety matters are always important to discuss; how they spend their money - or how clean their house should be - is not.

Sometimes we don't say a word - but our body language says it all. My friend, Ann, told this story. Her daughter, Ellen was driving; Ann was in the passenger seat. When Ann told Ellen to slow down, Ellen got frustrated and said, "Stop telling me how to drive." Ann agreed to be quiet, but continued to step on the imaginary brake. Ellen saw this and was furious. So Ann sat frozen; she didn't move a muscle. When I spoke with Ann the next day, she had a headache

(continued on page 37)

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IT'S NOT WHAT YOU SAY ... *(continued from page 36)*

because, she said, "I kept my teeth tightly clenched the entire 60-minute ride home."

Avoid unsolicited advice. Sometimes our sons or daughters just want to vent - but they don't ask for advice. At times like that it's best to just be a good listener.

We can learn much when we listen. My friend, Bert, felt his son was making a foolish decision by not taking a job with more money in another city. When Bert listened to his son's reasoning he understood that a bigger paycheck was not as important to his son - as it was to him. His son and family were content where they lived. We may think we know what's best for our grown children, but they should be free to follow their dreams, not ours.

P.S. I might not remember what you said - or what you did - but I will always remember how it made me feel.

Random Ponderings

by Steven Wright

What hair color do they put on the driver's licenses of bald men?

I was thinking about how many people seem to read the Bible a whole lot more as they get older, then it dawned on me. They were cramming for their finals.

I thought about how mothers feed their babies with little tiny spoons and forks, so I wonder what Chinese mothers use. Toothpicks?

Why do they put pictures of criminals up in the Post Office? What are we supposed to do? Write to these men? Why don't they just put their pictures on the postage stamps so the mailmen could look for them while they delivered the mail?

How much deeper would oceans be if sponges didn't live there?

If it's true that we are here to help others, then what exactly are the OTHERS here for?

Clones are people two.

Ever wonder what the speed of lightening would be if it didn't zig zag?

Nostalgia isn't what it used to be.

I just got skylights put in my place. The people who live above me are furious.

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Quotes & Expressions

"To the world you might be one person, but to one person you might be the world." - *Unknown*

"Whenever you are asked if you can do a job, tell em, 'Certainly I can!' - and get busy and find out how to do it." - *Theodore Roosevelt*

"You see, when there is danger, a good leader takes the front line. But when there is celebration, a good leader stays in the back room. If you want the cooperation of human beings around you, make them feel that they are important. And you do that by being humble." *Nelson Mandela*

"My great concern is not whether you have failed, but whether you are content with your failure." - *Abraham Lincoln*

"It's Happening" at Pap

By: Marcia Levitz (Muirhead)

If you haven't noticed lately, we Floridians still live in the Sunshine State. It has been a cloudy cold January.

Melanoma is a cancer that begins in the melanocytes which are the skin cells that produce melanin, giving our skin its color; hence you are warned to cover your body to protect it from the harmful rays of the sun.

We now have a skin cancer expert, Jeong Hee Cho-Vega M.D. Ph.D who, with his colleagues, have shown "that a relatively simple multi-step molecular diagnostic algorithm" can determine whether or not a patient has benign nevi or malignant melanomas.

This new protocol could ensure that patients get the right therapies to match the severity of their tumors. Their study was published in the journal of

(continued on page 38)

HAPPENING AT PAP ... (continued from page 37)

Modern Pathology.

Currently pathologists rely on microscopic findings to determine whether the tumor is cause for concern; but even experts differ on whether the tumor is a threat or not. By adding in this new approach using the molecular algorithm, they can adopt appropriate treatments for the patients to precisely match their tumors.

“The diagnostic algorithm provides more objective insights to decide whether it’s melanoma or not.”

For more information about The Pap Corps, Champions of Cancer Research, call Lyn Schultz or Lisa Weinstein.

Historic Event: Part VI. Narrative on Old Ironsides

By: Mickey Gussow (Waterford)

After 2 failures to launch the frigate CONSTITUTION [Old Ironsides will become its nickname], the ship was successfully launched on Sept. 20, 1797, to rousing cheers from citizens of Boston observing

this spectacle.

By late Dec., 1797, the frigate had most of the installation work completed: interior bulkheads and masts and their rigging. In view of the French threat to the U.S. commerce, CONSTITUTION’s outfitting was accelerated. Secretary of War McHenry, directed that a long list of materials be “transported in the safest and most expeditious manner.” Materials consisted of weapons-related materials such as 100 pistols, 100 boarding axes, 200 cutlasses, 2,957 24-pounder shot, and 60 muskets (for Marines).

With the need for a navy becoming more apparent, Congress, on Apr. 30, 1798, authorized the establishment of a Department of Navy in the executive branch of the government. President Adams nominated Benjamin Stoddert to be Secretary of the Navy. His first duty in office was June 18, 1798.

Throughout May, 1798, outfitting continued. Recruiting continued for seamen and midshipmen; and stores were arriving in greater quantities. The variety and number of items were staggering -- 1,792 pounds

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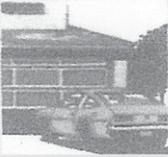
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HISTORIC ... (continued from page 38)

of musket and pistol balls to 2,143 gallons of rum.

President Adams issued instructions to the navy ship captains “to seize, take and bring into port of the U.S. ... any Armed Vessels sailing under Authority ... from France” off our coasts attacking, or waiting to attack our merchantmen.

After nearly 3 weeks of provisioning and loading powder and shot at anchor off Castle Island in Boston Harbor, Captain Nicholson got CONSTITUTION underway the evening of July 22, 1798. Nicholson was considered to be a rough, blustering sailor, but a good seaman.

Secretary of the Navy Stoddert’s orders to Captain Nicholson were to patrol off the coast “to secure from French Cruisers, the principal Ports of NH, MS and RI and to pay some attention to that of NY.” He was authorized to capture French armed vessels on the high seas and territorial waters.

The Day After The Ides of March

By: Vincent Marini (Moorings)

The Ides of March is a day on the Roman calendar that corresponds to Mar. 15. In 44 BC, it became notorious as the date Julius Caesar was assassinated. It took on the connotation of being an unlucky day. In 1952, the day after the Ides of March became notorious. It took on the connotation of being my luckiest day.

On Mar. 8, 1952, I was given a Certificate by Lieutenant Sweeney, which stated I had successfully completed Basic training at Camp Chaffee, AK. Next stop: The Bronx. The wheels of the plane touched down at La Guardia Airport on Long Island. I turned to the passenger on my left and said: “Home Sweet Home.” He replied, “Enjoy it”, I had only 12 days to enjoy it, but I knew I would.

As I exited the plane, I saw Joan, whom I had dated for 4 years, waving in my direction. I noticed what looked like 2 body guards flanking her; Joan’s father, Sam, who was called “Toots” and my father, Ernest, whose nickname was simply, Ernie. After hugs for everyone, I added a long, lingering kiss to my next Joan hug.

Toots took the wheel of his Buick, with my dad as co-pilot, and Joan and I, in the rear seat. The conversation covered every subject one could

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THE DAY AFTER IDES ... *(continued from page 39)*

imagine. My dad wanted to know Army stuff while Toots was interested in hearing about the guys from the neighborhood. When Joan made a comment about our upcoming wedding, Toots and my Dad went mute. Joan told me St. Martin of Tours Church, where we planned to get married, had burned down 2 weeks earlier. Our options were to get married in another church, which Joan said might not be possible at this late date, or have the ceremony in the St. Martin of Tours Quonset Hut, which had been doubling as a meeting hall and a gym. We decided to reserve the Hut.

On Mar. 16, 1952, Joan and Toots entered the Quonset Hut ready to walk down the aisle, when Toots looked at his daughter and joked: "if we had a basketball we could dribble up to the priest." Joan broke up and gave Toots a stop that look, as the guests wondered what he had said to her.

The Marriage ceremony was a beautiful one, lasting 45 minutes for a marriage that will celebrate it 66th year this month on my luckiest day.

Cardio 101: Benefits and Tips

Submitted By: Jane Ivers (Hampton)

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

In a nutshell, the term aerobic means "with oxygen." Aerobic exercise and activities are also

called cardio, short for "cardiovascular." During aerobic activity, you repeatedly move large muscles in your arms, legs and hips. Your heart rate increases and you breathe faster and more deeply. This maximizes the amount of oxygen in your blood and ultimately helps you use oxygen more efficiently.

How well you use oxygen is called your aerobic capacity. When your aerobic capacity is high, your heart, lungs and blood vessels efficiently deliver large amounts of oxygen throughout your body. As a result, you feel more energized and don't tire as quickly.

If you are a beginner to exercise, start with low to moderately intense cardio activities, so you can do them for long periods of time and gain many health benefits. Common examples include walking,

bicycling, swimming, dancing and water aerobics, but don't limit yourself: You can choose any activities you enjoy, such as canoeing, in-line skating, golfing or martial arts.

Benefits

If you haven't gotten enough aerobic exercise, you may use your entire aerobic capacity while walking up a flight of stairs. You'll realize this when you get to the top and feel out of breath. But if you're fit, you'll have no problem because your aerobic capacity is greater. That's just one example of how you can benefit from cardio exercise.

Cardia exercise and activities can also:

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CARDIO 101... (continued from page 40)

- Strengthen your heart and muscles .Burn calories
- Help control your appetite
- Boost your mood through the release of endorphins, which are feel-good chemicals released by your brain
- Help you sleep better at night
- Reduce arthritis pain and stiffness through joint movement
- Help prevent or manage high blood pressure, heart disease and diabetes

No matter what your age, aerobic exercise will help you in your daily activities and increase your stamina and endurance.

Start slowly

If you're a beginner, start slowly. You might walk five minutes in the morning and five minutes in the evening. Gradually add a few minutes to each session and then pick up the pace a bit. Soon you could be walking briskly for 30 minutes a day. Also consider hiking, cycling, jogging, rowing, elliptical training - any activity that increases your breathing and heart rate.

Take a three-pronged approach

Include three elements in your workout:

- Warm-up. Before each session, warm up for five to 10 minutes to gradually rev up your cardiovascular system and increase blood flow to your muscles. Try a low-intensity version of your planned activity. For example, if you plan to take a brisk walk, warm up by walking slowly.

- Conditioning.

At your own pace, work up to at least 30 minutes of cardio a day to develop your aerobic capacity by increasing your heart rate, depth of breathing and muscle

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P.S. THE HANDYMAN



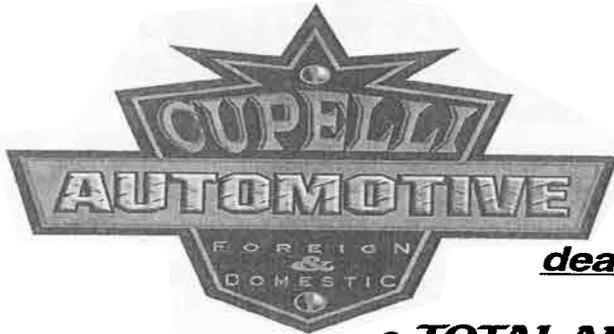
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CARDIO 101 ... (continued from page 41)

endurance.

- **Cool-down.** After each session, cool down for five to 10 minutes. Stretch your calf muscles, quadriceps (upper thighs), hamstrings, lower back and chest. This after-workout stretch allows your heart rate and muscles to return to normal.

Moderate activity should cause you to breathe faster and feel like you're working. But if you experience unusual pain or alarming symptoms during exercise, stop immediately and seek medical attention.

The Doughboy

Submitted By: Susan Pecker (Oxford Place)

IT WAS QUITE A SHOWING AT THE FUNERAL HOME, EVERYONE WAS HALF BAKED

Sad News From Minnesota: Please join me in remembering a great icon of the entertainment community. The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 71.

Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch. The grave site was piled high with flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Born and bread in Minnesota. Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes.

Despite being a little flaky at times, he still was

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."

a crusty old man and was considered a positive role model for millions. Doughboy is survived by his wife Play Dough and their three children: John Dough, Jane Dough, and Dosey Dough, plus they had one in the oven. He is also survived by his elderly father. Pop Tart. The funeral was held at 3:50 for about 20 minutes.

If you smiled while reading this, please rise to the occasion and pass it on to Someone having a crumbly day or kneading a lift.

Simcha Hadassah of Aberdeen cordially invites all new residents to join us at a Wine and Cheese reception for new and prospective members:

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