



## All About Aberdeen Golf & Country Club

By: Ruth Krawitz (Sheffield)

Congratulations to the BLUE TEAM, the winner of Aberdeen's third Color War! It is remarkable that, despite the unavailability of the Clubhouse for certain events, the organizers and participants used their creativity and ingenuity to come up with alternate locations and produced a successful event. Kudos to all!

Congrats as well to the 3 members who were re-elected to the Board of Directors for 3-year terms. They are: Art Gold, Shelly Karnilow and Larry Wolberg. With their combined knowledge and experience with Board matters and governance, they will continue to be valuable assets.

The main topic of the Open Membership Meeting on the evening of February 28th was the status of the restoration of the main floor of the Clubhouse. We did not meet our original completion date because of permitting problems with the Palm Beach County department handling these matters. Our new opening date is June. The Board and Management, working with an expeditor, are doing everything in their power to meet this new deadline. June is not

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## Corporations and the New Tax Law

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

**How are corporations taxed under the new tax law?**

The major changes to corporate taxes are three-fold: (1) reduced tax rate, (2) change from a global (or worldwide) to a territorial tax system, and (3) a lower repatriation tax.

### Reduced Tax Rate

Under the new bill, the corporate tax rate falls from 35% to 21%. This reduction will make U.S. corporations more competitive globally. According to the Congressional Budget Office (CBO), the prior tax rate of 35% was the highest in the G20 countries by an average of 10 percentage points.

### Change from a Global (or Worldwide) to a Territorial Tax System

Prior to the new tax bill, the U.S. used a global tax system. With this system, a corporation headquartered in the U.S. had to pay corporate income tax on all its income (less any foreign taxes paid) whether it was earned in the U.S. or overseas. The new tax bill incorporates a territorial tax system. Under this system, corporations pay taxes only on U.S. income. The new law exempts most or all foreign

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**ALL ABOUT ABERDEEN ...** *(continued from page 1)*

that far away, and we are assured when we see the results of this restoration, we will be thrilled!

If you keep up with the blast emails from the Club, you know we have been far from idle these past few months. A notable highlight was the 4 monthly "Night Under the Stars" events, each with magnificent related decorations, a lavish buffet and great music for members' listening or dancing pleasure. Each of the 4 were filled to capacity. We are looking forward to more of these wonderful Nights. Our beautiful poolside is such an enticing, popular venue.

Have you tried pickleball? Apparently it really does "rock" as our newest sports. It is gaining an increasing fan-base. There are members who know and love the sport and are ready to assist you in learning or improving your game. Contact the Tennis Shop for information or assistance. Remember! Pickleball is open to all members!

All of our clubs are up and running - Anglers, Book Clubs 1 and 11, Knitting and Crocheting, Cinema Connection, Current Events and the newest addition - Photography. If you wish to join a club, or start a club, call the chairperson of the Activities Committee, Naomi Mevrach. Information about these clubs

can also be obtained by reading our weekly Sunday email feature called Around And About. It keeps you informed and refreshes your memory of what is happening at Aberdeen.

There is so much going on! There might still be time to make arrangements for some of the following APRIL events: Aberdeen On Stage (6th, 7th and 8th at the Aberdeen East Clubhouse); Tennis & Tacos (10th); Ladies' Golf Member Guest (12th); Overnight Trip to Sarasota 7 Tampa (20); Men's Golf Member Guest (21st); Men's Golf Closing Day Tournament and Luncheon (23rd); Ladies' Golf Closing Tournament and Luncheon (24th); Wycliffe Singles Cocktail Party (27th). There is something for everyone in Aberdeen's calendar of events. All you have to do is participate!

Excerpts from President David Tager's Message of Mar. 8, 2018:

*At the Feb. 28th Open Membership meeting, we announced that Social and Tennis Members may take advantage of a free round of golf on the Fazio course, beginning in April. In order to be eligible for this free golf round, along with all golf members, one must take one of the golf etiquette classes, which will be offered later this month.*

*As always, I encourage members to use the Board of Director's e-mail address, there is a question or concern. Additionally, we welcome your presence at our open Board meetings, with a question and answer period immediately following adjournment. The next Board meeting will be held on Thursday, April 12, 2018 at 8:30 AM in the Palm Room on the 2nd floor of the Clubhouse. Note: Men must enter the Palm Room through the Men's Locker Room and Women through the Women's Locker Room.*

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**CORPORATIONS ...** (continued from page 1)

income from taxes. The majority of countries use a territorial tax system. Among G-7 countries, only the U.S. had a global system.

A Lower Repatriation Tax

Under the previous tax laws, any profit a corporation made from a foreign subsidiary was subject to a 35% tax when "repatriated" or brought back to the U.S. Currently, it is estimated that U.S. multinationals have accumulated nearly \$3 trillion in profits from foreign subsidiaries. Since the repatriation tax of 35% is applied only when the profits are brought back to the U.S., most of these funds are held by corporations in subsidiaries in tax haven countries. The new law taxes overseas profits at 8% and cash at 15.5%.

**What is the effect of the new tax laws on corporations?**

- U.S. corporations will be more competitive globally.
- The incentive for "tax inversion" is reduced. ("Tax Inversion" is when U.S. corporations move their headquarters abroad to a more tax-friendly nation, e.g., Ireland, Bermuda.)
- The lower tax rate might attract foreign companies to headquarter in the U.S. resulting in more high-skill, high-wage jobs.
- A lower repatriation tax will incentivize U.S. based companies that do business overseas to bring their profits back to the U.S. to reinvest in their business, increase wages, pay down debt or increase divi-

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**CORPORATIONS ...** (continued from page 4)

dends and stock buybacks.

**What are the primary differences between the new tax laws for corporations and individuals?**

- While the changes in individual tax law is temporary and will expire in 2025, those made to corporate tax law are permanent.

- The AMT (Alternative Minimum Tax) was re-

pealed for corporations but was kept for individuals.

Hopefully corporations will share some of their tax windfall with employees and investors in the form of higher wages, bonuses and increased dividends. As a result of the new tax laws, several corporations have already given employee bonuses (e.g., AT&T, Comcast, Bank of America, and raised hourly rates (e.g., Fifth Third Bancorp, Wells Fargo).

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*Dear Friends and Neighbors,*

*Ed and I would like to let you know how much we appreciated the support we received during this difficult time culminating in the loss of our beloved son Andrew. While fighting pancreatic cancer for over 20 months, he continued to practice cardiology, saving many other peoples' lives. He would have appreciated all the cards and donations made in his honor.*

*Again, thank you all.*

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## Aberdeen on Stage

By: Shelly Kornilow - from Aberdeen Country Club

Aberdeen On Stage is back and bigger and better than ever! The cast and crew have been immersed in creating another wonderful production highlighting Broadway classics, old and new, with an interesting and exciting new twist. "Lullaby of Broadway" will feature your Aberdeen friends and neighbors doing what they love to do. The show will be taking place at the Aberdeen East Clubhouse on the evenings of April 6, 7, 8 at 7:30 p.m. Seating will be by lottery. Lottery forms will be available at a date to be announced. The cost of tickets will be \$10.00. Guest seating will be available only after club members are accommodated.

## Ashford Bytes

By: Dr. Marty Phillips

I have been raking my brain as what to write about this month as I have been seriously distracted. It was Valentine's day and I was participating in the color war Bocce game. Actually, for a Jewish guy, I was playing pretty well when my cell phone rang. It was Jane Casden, my significant other, calling to tell me that there was a shooting at Majory Stoneman Douglas High School where her 2 grandsons attend and she and the family is unable to reach them. I dropped the bocce ball hopped into my car and raced home. There Jane and I sat for about 2 hours watching the action on TV while waiting to hear something about the grandsons. The older one, Jake, is a junior and was in the main building, while Dylan, the younger one, being a freshman, was in the freshman building where all the shooting was taking place. Jake had his cell phone on him, so he was able to call his mother to say he was OK but had not heard from Dylan. Jane and her daughter, for those 2 hours, kept calling Dylan's cell phone with no answer. Can you imagine what it was like, sitting for those 2 hours looking at the TV screen hearing and seeing the horrific happenings and not knowing the where-about of your loved one! Of course Jane was in a panic. My pacemaker went into overdrive. Finally, Jane's daughter called to say she heard from her husband; Dylan was OK. He had

rushed to the scene driving over lawns and between barricades and found Dylan. Dylan had been in a classroom on the floor where most of the shooting took place. When he was evacuated, he had to walk past dead bodies laying in a sea of blood. One of those individuals was his geography teacher and some were kids he knew. Jane and her family are suffering and may never come to grips with this horrible event.

Yes, I am writing this using the bully pulpit. The following are my opinions and mine alone. I strongly believe that gun control is not a political issue nor a second amendment issue. It is a humanity issue. One can support the second amendment while also supporting gun control. When the Constitution was written, it did not mention semi-automatic or automatic weapons. It talks about the militia and that people have the right to keep and bear arms. The arms at that time were muskets, not automatic or semi-automatic weapons of mass destruction. The one common denominator in every mass murder has been one of these weapons of mass destruction. These

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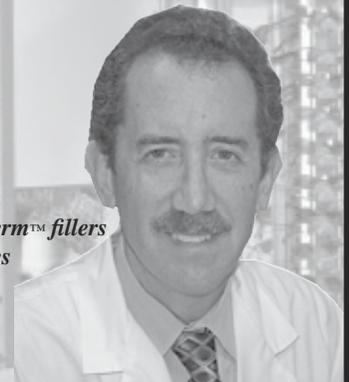
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**ASHFORD BYTES ... (continued from page 8)**

weapons are manufactured for the military and must not be in the hands of civilians. From 1994 to 2004 when these weapons were banned, statistics show that murders in the U.S. were reduced. Congress failed to renew this law. Statistics in other countries also bear this out.

Anything short of totally banning assault-type weapons should not be acceptable. Using age or mental health issues is a cop-out and will do very little in stopping these mass murders. The average age of the perpetrators of these mass shootings is 24 years old. And who among us has not had mental health issues at one time or another? Most of us have not personally witnessed an assault-type weapon fired or have been on the receiving end of a fired assault type weapon. These young teenagers at Douglas High School were witnesses and on the receiving end of these weapons of mass destruction. I realize that some reading this will not agree with me on the total ban of assault type weapons. If you don't agree, then please explain your reasons to Jane's grandsons who are now scarred for life.

**Sharing With Sheffield**

By: Ruth Krawitz

My article this month is a departure from what my readers are used to, but it is important at this time to bring you up-to-date on some happenings involving the community. By now, you should have received a mailing announcing the members of the Sheffield Board for 2018, which also included the Rules and Regulations relative to Sheffield and Estates Boulevard Road Association. These documents are akin to laws that need to be observed, that govern the HOA and sustain its stability. Please keep them on record.

At our Annual Election Meeting on Feb. 20th, The following residents were instated to the 2018 Sheffield Board: Ruth Krawitz (Pres.). David Rinsky (V-P), Lew Roth (Treas.), Lisa Weinstein Secy.) and Directors Ed Skidmore, Maxine Firestone and Jerry Schwartz. Our hopes and goals, as usual, are for a productive, congenial year with as few impediments as possible. This is a good opportunity to laud the boards of the 25 villages comprising Aberdeen. To me, the members of these boards are the unsung he-

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

roes, the volunteer residents who work so hard and so diligently with endless devotion to their causes (often for years and often without appreciation) to maintain the safety, welfare and appearance of the communities to which they have pledged allegiance. Kudos to all of you!

Sheffield experienced a banner year in home sales in 2017, underscoring the fact that we are an outstanding, desirable community. We introduced the new residents in Sylvia Shaw's column several months ago, and met many of them at our Meet-and-Greet in January. Now we welcome our latest newcomers, Arthur and Lora Shanker. Who bought the Bemis house on Aryshire Court. (Phone numbers are 305-682-8381 / 609-513-1322.)

I hope all of our newcomers have settled in, are making friends and taking advantage of what the country club has to offer.

Finally, a reminder ... Our new management company is Phoenix Management Services. It provides full bookkeeping and administrative services, as well as weekly on-site visits by our Property Manager.

Our current Phoenix staff is as follows:

Property Manager	Harvey Glaser
Administrative Assistant	Debbie Casablanca
Bookkeeper	Anisa Kahn
Accounts Receivable	Heather Letts
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On-site questions or concerns should be directed to Debbie Casablanca who may be reached by emails at [debbielw@phoenixfla.com](mailto:debbielw@phoenixfla.com) or by phone 561-964-1550, Monday thru Friday from 8:30 am to 4:30 pm.

If there is someone in Sheffield who likes to write, please accept my invitation to do a "guest column" whenever you like. I would love to hear from you (734-5244)!

Thank you, as always, for your attention and support all these years; we could not be all that we are, or do all that we do without your help!

**Canterbury Communique**

By: Dee Levy

Greetings from the Canterbury Community!

Yes, it's April, the fourth month of the year in the Gregorian calendar, and the first month to have the length of 30 days. Commonly associated with spring

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**CANTERBURY ...** (continued from page 10)

in parts of the northern hemisphere, it's the seasonal equivalent to October in the southern hemisphere. The Romans gave April the Latin name "Aprilis," but the derivation of this name is uncertain. The traditional etymology is from the verb "aperire" (to open), in allusion to its being the season when trees and flowers begin to open.

"Though April showers may come your way, they bring the flowers that bloom in May, so if it's raining, have no regrets, because it isn't raining rain, you know, it's raining violets." Note that "April Showers" was first introduced by Al Jolson in the Broadway musical Bombo in 1921 and became a well-known Jolson trademark.

Holidays celebrated in Apr. 2018 include Easter Sunday on Apr. 1, and Passover March 31 through April 7. Not to be forgotten are April Fool's Day on Apr. 1, Tax Day on the 17th, and Earth Day, an annual event celebrated world-wide with events held to demonstrate support for environmental protection, on Apr. 22nd.

In getting to know our neighbors, we prevailed upon Joan and Arnie Sinkin to share some of their thoughts and life-experiences. Both Joan and Arnie, grew up in Brooklyn -- Joan in East Flatbush, and

Arnie in Crown Heights. Happily married for 63 years, they were first introduced by a friend as they strolled on Eastern Parkway on Rosh Hashana. They married and, soon after, moved to Huntington, LI, where they raised 3 daughters and a son. In addition to being a busy mom, Joan went back to school and earned a degree in physical therapy. She subsequently worked at Huntington Hospital and also in a private practice. Arnie, having postponed college in order to help his ailing parents, worked full-time in the flooring industry and in the family candy store on weekends. Starting in the mail room of a carpeting and flooring company, he advanced over the years and when the company was bought by Mohawk Carpets, Arnie became vice-president of Mohawk Commercial Industries. In later years, he and two partners established a successful business specializing in commercial flooring for the building trades.

In 1997, Joan and Arnie moved to FL. They purchased a condominium in the newly-built Canterbury community and became "snowbirds" spending 7 months in FL and 5 in Huntington. When asked why they chose Aberdeen, they indicated

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

that a golf community was a priority, that family lived nearby, and that everyone they encountered was friendly and welcoming. Strong and lasting relationships were formed which they still maintain and enjoy. Joan stated, "For the past 20 years, Aberdeen has given us much joy and friendship." Arnie added, "Our friendships also continue up north. Many of our Aberdeen friends are also snowbirds, and we get together in the summer in Long Island."

We thank Joan and Arnie for sharing. As long-time residents and original owners in Canterbury, they have contributed much over the years, and are truly valued members of the community. We're really fortunate to have them as neighbors and friends. As Walter Winchell said, "A real friend is one who walks in when the rest of the world walks out." To all our friends in Aberdeen, we wish you a happy and healthy month of April!

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**Circling The Coves**

By: Mary Chuzi

Spring in Palm Beach County! Think Blue Grass in the Pavilion, The Delray Affair, the Palm Beach Book Festival, Family Saturdays by the Cultural Council of the Palm Beaches, FAU's Lifelong Learning Institute, Spring mornings at the PB Zoo, the beautiful Morikami Museum, everything blooming at Mounts Botanical Garden, local Green Markets, hatchlings at Wakodahatchee Wetlands, and so much more. All these activities are a welcome segue to summer as our local Aberdeen East Clubs hold their final meetings and activities of the season, and we bid our snowbirds "Adieu." Several clubs are year-round, fortunately for our active residents, but the number triples during "season." A busy, active and worthwhile season it has been. Thank you to all residents, especially those residing in the Coves, for serving as officers or activities chairmen or leaders of many of these clubs, providing a great service to all our residents.

Last month's scheduled Annual Membership

(continued on page 14)

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**CIRCLING THE COVES ...** (continued from page 13)

Meeting for the Coves has come and gone. If all went as planned, a quorum was obtained to make the meeting official and the Board of Directors is in place once again and ready to guide us through the next 12 months. Because the deadline for this April column was long before Mar. 28th, a report on the meeting and Board officers, and new items on the agenda, will not appear until the May Issue.

In other official Association news, Mr. Chet King of Capital Realty Advisors, Inc., is once again our Property Manager. For issues requiring Management, he can be reached at 561-624-5888, and ask for him.

In other news, the Coves would like to welcome the new residents of Building 12, Levy Riera and Carman Santiago Caraballo. We hope they enjoy our friendly community.

Many projects are still on tap for the Coves, including pavement re-sealing, parking striping and bumper painting, and dumpster repairs; also tree-trimming mid-summer. You will be notified of the dates as soon as they are definite. Thank-you in advance for your cooperation with these projects.

Speaking of dumpsters - Although we try to make this column light-hearted and welcoming, a reminder about dumpster - requirements is necessary. It has become apparent that many residents (both new and long-time, who have forgotten commercial and do-it-yourself remodeling project reminders) have caused dumpster issues for lack of better terminology.

**NO COMMERCIAL or HANDYMAN REMOVED or REMODELED ITEMS** can be left in the Coves. Not even in the dumpster areas! They **MUST BE** hauled away by the **CONTRACTOR**. Residents who do the work themselves must dispose of items inside the bins with the lid closed. If the items cannot fit in the bins, then call **REPUBLIC** first and tell them you have items for **BULK PICK-UP**. Do not set out the items until you know which day they will be picked up. They will not be picked up without previous notification. Republic's number is: 561-478-9590. The number is also affixed to the dumpsters where it can easily be copied down. This is such a small gesture of good- neighborliness, but it makes such a difference. Than -you!

For now, Happy Passover, Easter Blessings; Have a beautiful spring!



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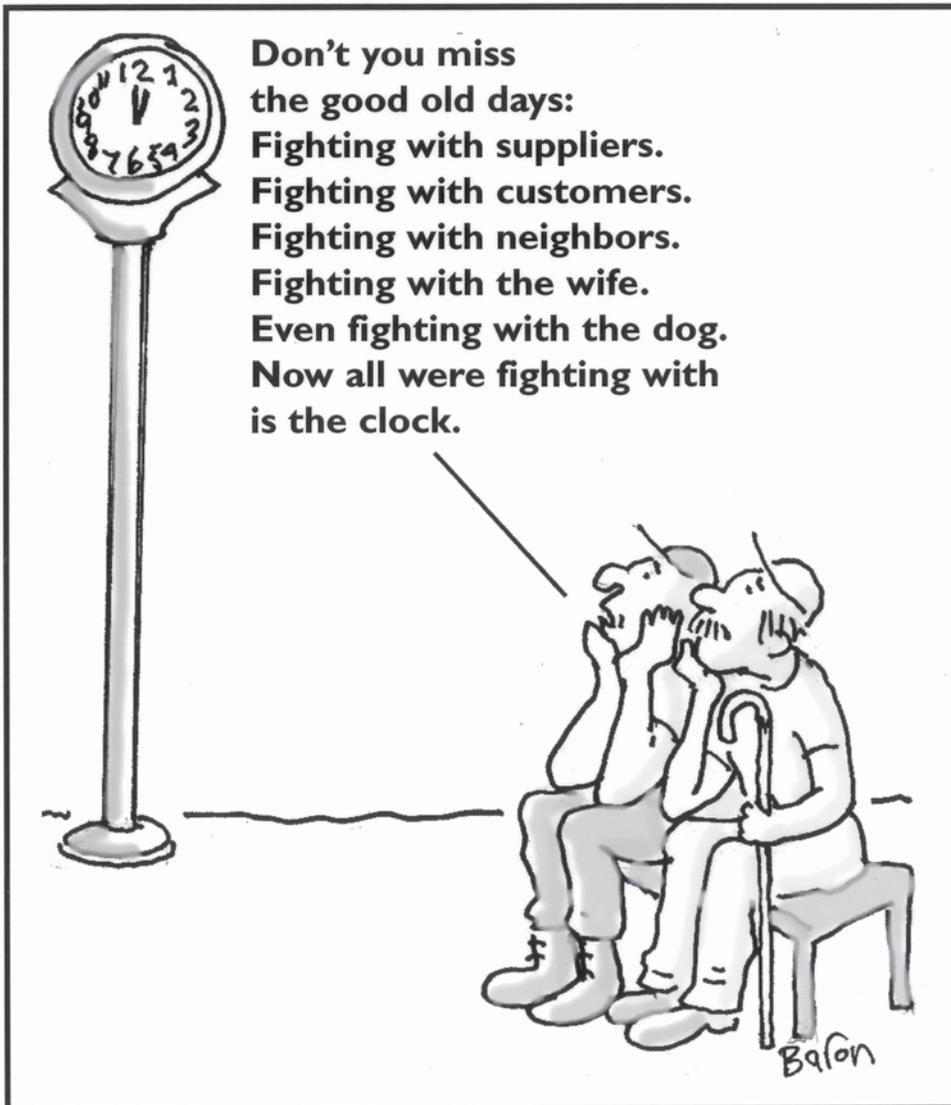
## It's Happening in Dorchester

By: Carol Baron

Sometimes it seems like there is nothing important to report from Dorchester. However, when you talk to people, there is a lot going on behind the scene.

Take a moment and ask your neighbor, "What made you smile this week?" Or "Did something occur that was not the usual?" "Did you get something you never expected ... a call, a card, a wish fulfilled and more?" "Did you lose a family member, a friend or celebrate an event with family or a friend?" You are more than likely to find that there was something that took place that was worth your time or interest and might be worth sharing or even light up someone's life. We all have so much in common that we never even consider.

### Harvey Baron's Early Bird Special



For instance, Maxine and Murray Bender attended the wedding of their granddaughter, Sarah, in NYC just a short time ago. No, they do not want to kvell, but why not? It is something that would put a smile on our faces.

And for those of you who watched the Oscars in March, the opening music was written by our son-in-law, Joel Beckerman. His wife, Tracy, (our daughter) will be heading up some programs at the Erma Bombeck Writers Conference in OH this month. See ... more to smile about!

Yes, you may have lost a friend or loved one, But think about how lucky you were to have had them in your life. They might be gone, but no one can ever take their memories away from you. Share the beauty of the relationship that you had with them

and they live on. It is like the story *The Passing of the Seagull*. "It separated itself from the bunch and on and on it flew, steadily, surely, till it was finally lost sight of (over the horizon). But has the seagull gone anywhere? Has that beautiful activity ceased? Had anything stopped? The seagull had just passed beyond our range of vision, It was still going on and on, even though our limited human sense of sight could no longer follow it. If only we could see a little farther." Sharing that info will lighten your load and give someone else to chance to be there for you.

Indeed, we all have something in our lives to share even if it is not your desire to see it in the Aberdeen Times. Sharing may be the way to brighten up the life of some one else. We have all walked in another's shoes at some point in life. Think about it!

We're never who we used to be, but hopefully who we're going to be. So be a sharer and you just might enhance your day and make the day of some one else.

## Bermuda Buzz

By: Harvey Schwartz

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

Our World is changing, isn't it? We all have emotions and thoughts that make us stop and think. We wonder what if "this happens" or "that happens." What if our entire way of life were changed and we had the ability to create a new adventure in response? Can we think in terms of an awesome new scientific accomplishment staring us in the face? A person's Greatness comes when the impossible becomes possible, when devotion to a single-minded goal is a constant in a person's life. There are those amongst us in the world who fit the mold of greatness and achievement. My nomination for this level of admiration is a man who is a combination of scientist, entrepreneur, and inventor. To me, Elon Musk fits the description.

He and his companies are attempting to create real answers to his many dreams. Solar panels (practical business for clean energy), batteries and electric automobiles (Tesla -- having the potential of revolutionizing the automobile manufacturing industry) and most impressively, the Space X program for interplanetary exploration by creating a human settlement on Mars, are the things of genius. These enterprises are largely being accomplished with capital raised by Musk's drive and vigor. He is working with far less funding than that which was or is provided by the U.S. government-created space program. The Ford, General Motors, Toyota and Honda automobile companies have enormous capitalization and yet Tesla is carving out a space for itself that may prove to be revolutionary for the environment, never mind automobile manufacturing. The Musk solar panel company is facing competition from a Chinese - government-backed solar panel manufacturing industrial complex. In spite of the financial/scale difficulties, progress is being made and a path to success is evident. Part of the genius is "cross-pollinating" technologies being used by the different Musk-led businesses. He attracts genius in the ranks of his staff because of his visionary being.

We all saw the broadcast, internet and print news coverage of the inspiring Space X heavy rocket

*(continued on page 18)*

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**BERMUDA BUZZ ...** (continued from page 16)

launching, or maybe you went to Cape Canaveral to witness the launching in person this past January. Can we imagine that the rockets were meant to be reusable? Did you see the medium side rockets, strapped to the enormous central rocket, launch as a single huge space instrument? Then, incredibly, the side rockets separated and returned to their original launching pads? They had tri-pods that opened as feet for the upright recovery/relanding on almost the exact place where they had taken off from only minutes earlier!!! AMAZING!!! This is the thing of the Jetsons!!! This was a Hollywood movie extravaganza. Musk's most prized Tesla special production convertible called the "Don't Worry" is in outer space as part of the spectacular rocket launching.

Musk can't be compared to the world's game changers like Leonardo da Vinci or Einstein or Galileo. He has not invented new products or discovered that the world is round. He has, however, refined ideas that could or would not be advanced previously. Like I stated earlier, he is a high-powered advocate for difficult challenges needing advanced technology for solutions. Imagine if he succeeds with his endeavors, the world will be a better place.

Some additional events, personal notes and general points of interest, from our writing group:

a. Mar. 10th is the annual Pool Party. Make sure to sign up. The food is always great and we are able to meet new neighbors, old friends and to renew acquaintances.

b. Lenore and Harvey Schwartz are celebrating their twin grandchildren's b'nai mitzvah and will travel to Riverdale, NJ to celebrate with them.

c. Judi and Harvey Schwartz are celebrating their grandniece and grandnephew's bat and bar mitzvahs and will travel to Hartford and Bethesda to celebrate with them.

Wishing you well and hope to see you around the neighborhood!

---

## The Sunny Shores

By: Estelle Morganstein

March has thankfully been a very quiet month in The Shores. There are no outstanding issues facing your HOA, although the board is setting its goals for the balance of the 2018 calendar year.

First on the list is the replacement/replenishment



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of the landscaping destroyed by last October's hurricane; although the damage occurred several months ago, the debris needed to be removed, chopped up and taken away along with the destruction suffered by all our other communities. Our landscape service contractor advises they are now ready to replant and restock - so be patient. The beautification efforts are at hand!

If you are wondering what to do with your old electronics, such as cell phones, copiers, printers, etc., I just learned that Best Buy has bins behind their establishment for disposing of just such equipment. All you have to do is take your items over and place them in their containers.

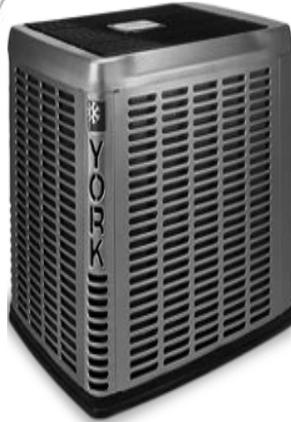
There is an issue which first surfaced a few years ago that some homeowners in our community are grappling with which has become more concerning as time goes by. As many of our readers are aware, there was a movement a number of years ago to do away with individual home delivery of our mail which would have required all homeowners to pick up their mailings at a central staging area even though we are a senior community with many residents having mobility issues. This idea was, in fact, instituted in newly built areas but left the original individual delivery mechanism intact in existing areas. How-

(continued on page 20)



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**SUNNY SHORES ...** *(continued from page 18)*

ever, this system in itself is not without issues.

As far back as 2 years or more, I ran into delivery problems when our mail carrier started leaving scribbled notes in my mailbox instead of my mail advising me that my car was parked too far back on my driveway for him to be able to quickly swing by and make his delivery. I immediately took these warnings into our local Post Office outlet and spoke directly with management, explaining that my husband was in a wheelchair and that I needed to keep my car parked several feet away from my garage door so that I could maneuver him around the walkway. I further pointed out that my auto was at all times on my private property and that I had been receiving mail at my address for 15 years prior to this issue having come up, without any problems.

Since then, two of my neighbors have run into similar issues with their mail delivery, one having to do with the mailman's repeated insistences of driving on our grass rather than keeping to the paving roadway. This has led to some heated words between the parties and threats by the USPS driver not to deliver the mail - which is a Federal offence.

A few words of note. Everyone is entitled to daily mail delivery 6 days a week. If any of my readers are having problems in this regard, please let your board know without delay. We cannot assist you if you do not share your problems with us.

On a happier note, both Passover and Easter run through the first week of April and on behalf of the board and myself, we wish each and every one of you a wonderful holiday celebration.

**Waterford Watch**

By: Cathy Goldenberg

Spring is in the air! Flu season is behind us. We survived another Florida winter. Now onto April and Spring cleaning! Do we really want to talk about that?

Ugh! When my husband and I moved to Waterford 2 1/2 years ago, we stored items away in kitchen cabinets, closets and drawers throughout our home. We made everything neat and organized. Our new place! Well, fast forward to today. We are continually looking for "this and that." We can't find them. Did you ever have that problem?

Hence, spring cleaning. Out with the old, in with the new. You know the kitchen items you had to have. That brand-new gadget used once or twice and then it stayed in the cabinet. Oh my! Toss it? Maybe I can use it someday. Okay, I'll toss it.

Let's talk about those cute sandals you just had to have. They felt great in the store, but when you try to walk in them at now, they hurt. They are in the back of the closet. Yes or no? Maybe you will use them someday. Your feet will shrink. Keepers! They are staying.

So, we started cleaning, re-organizing, throwing out and keeping. When "someday" will come, who really knows!

It's a task that doesn't come easily. It takes some effort to begin the project. The goal is to schedule each task by time and location. Then it is not such a burden. Don't forget the refrigerator. You know that bottle of dressing you bought and used once or that

barbecue sauce you bought when children that came to visit. The enjoyment is when the work is finished, and you get to look at your re-organized closets and cabinets.

Open the curtains. Let the sunshine in! If you're looking for me I'll be out shopping for this and that.

In and Around Waterford

Waterford's annual Board meeting was held in February. David Kennedy chose not to run

*(continued on page 21)*

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**WATERFORD ...** (continued from page 20)

for re-election. Thank you, David, for your service to the community. This year there were open positions. Please join me in congratulating a new board member in Waterford, Gloria Miller. Also, we congratulate Howard Weiss on his re-election. The Waterford Board of Directors looks forward to a successful and productive year.

The Landscape Corner

The Importance of mulch in FL.

Mulch is any material that is spread or laid over the surface of the soil as a covering and come in various colors.

The red mulch is mostly preferred as it adds a good contrast to the green grass and flowers. Its main use is to retain moisture in the soil, suppress weeds, keep the soil cool, and make the garden bed look much more attractive. Mulch also helps improve the soil's fertility, as it decomposes.

Do not cover the base of a tree's trunk as its root flare with mulch, (better known as volcano effect). It will hold moisture there and may lead to root-rot. Leave a good open area around the base of the tree. Let it breath.

**Mostly Muirhead**

By: David Bloomgarden

It was my intent to add information to what I shared last month about Aberdeen and the surrounding area known as West Boynton Beach (Boynton Beach West?). Interestingly, there is a definite dearth of either written or photographic history about where we live. Sources I reached out to include the Palm Beach County Library (Jog Road Road Branch), the Historical Society of Palm Beach, the Greater Boynton Beach Chamber of Commerce (who as of this writing has not responded). If you, or someone you know, can provide any historical data about this area, please forward it to me so I can share it with our readers.

What I have been able to learn is S. FL was originally a coral reef that over time transitioned into wetlands and then to a swamp where, when it rained, there was 3" to 6" of water covering the area. The government authorized dikes in several areas that successfully hold back the waters of the Everglades. Developers soon realized the potential value of this real estate. In order to get "best use and return" they

(continued on page 22)

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**MOSTLY MUIRHEAD ...** *(continued from page 21)*

brought in huge equipment to build up the level of the land by digging out and relocating earth to adjacent areas. The many sites where the earth was removed became the multitude of lakes (ponds) surrounding homes we see scattered around our communities.

From 1926 to 1929 a gentleman named Robert (Bobby) Yost, along with Spencer Kennard, purchased 320 acres (for less than the cost of 320 cups of coffee today) of the "West Boynton" area located behind where the Boynton Beach Mall now exists. Following several hurricanes and the 1929 recession their development plans ceased.

Interesting tidbits:

- The 19th Governor of FL from 1905 to 1909 was a American river boat captain named Napoleon Bonaparte Broward.

- Dikes are constantly under construction, but they are not infallible: Many lives were lost when a Lake Okeechobee dike near Belle Glade failed during a 1928 hurricane.

I welcome the opportunity to speak with you or visit with you to share stories about Muirhead, Aberdeen, Palm Beach (wherever).

**Moorings**

By: Eileen Hahn

We're on the road again as Sally Sage and Herb Schwab headed to Santa Barbara to visit children and enjoy grandchildren. Millie Tencer is in rehab in NJ after her mishap, and hoping to return in the near future. Marcia Weisberg flew to the Dominican Republic with her family to celebrate a big birthday

*(continued on page 24)*

Once again, Play for Pink events were a huge success! Feb. 28 and Mar. 1, Aberdeen members participated in one or more events, including golf, tennis, pickleball and table games for a total of 266 participants. We raised a total of \$23,217, 100% going directly to Breast Cancer Research.

Special thank you to Susan Sussman, who prepared all of the sponsorship signs (69) and to Lorna Dwork and Naomi Mevorach for arranging the tennis, pickleball and table games.

We are looking forward to bigger and better next year in our new clubhouse.

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**MOORINGS ...** (continued from page 22)

and Milt Goldband celebrated a bigger birthday with friends at home. No numbers included! Carol Carleton sailed with her sister on the Men's Club cruise orchestrated so well by Laura and John Unger, a wonderful time was had by all. Cars drive south too, and we, the Lubells and the Rosens, had a wonderful time reminiscing with Helen and Guy Cayer during their short visit from Canada. Luckily schools have spring breaks and Ginger and Mitch Weiser will have the pleasure of seeing their children and grandchildren. Ginger, who volunteers in the school system, will be sure to have time off too.

Our best wishes to our newlyweds Tili Finkelstein and Dennis Platt; life will be good in Aberdeen as a couple. Never too much joy. Tili's daughter, a dermatologist, just accepted an offer in Washington state and her granddaughter is enrolled in college there. We know your future travel plans. We send congratulations to Joan and Vince Marini on their 66th wedding anniversary. There are quite a few of us who have hit those big numbers in the Moorings; it must be the clean air and humidity that keeps us stuck together!

Done with the good; condolences to Linda Segal and family on the loss of her mother. She flew home as she often did while caring for her mom and now had reason to stay longer and play with her new granddaughter. We pass from being the children and become the ingredients for the next "sandwich generation." When we thought our share of falls was complete, Sue Strub was walking her dog when another dog of the same size caused a distraction and her dog's leash took her down on the street.

One broken femur and a rod insertion and we have her back home recovering. Her daughter came with her beautiful red-headed little granddaughter who could only say Nana! Nana! What's wrong? Touching scene in a bad situation. The flu bug traveled up the street and hit Helen Fradella and then jumped to Waterline Dr. and got Marcia Weisberg. Since 3 weeks have elapsed, I predict full recoveries.

Glad we have an aerobics program, it gave us the opportunity to welcome Carol Guggenheim to our community; hope she and her dog are happy here. Also good to reconnect with Sheila Katz and Roger Lenkin taking in some exercise.

Since this is appearing on April Fool's Day, I admit to being the fool that allowed me to be railroaded into this job over a year ago. Wouldn't some of the other 145 residents like to see his or her name in print?

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## Harbour Lights

By: Wendy Latman

We have a resident in our midst at The Harbours who has a sad, but heroic story to tell about a grandson who was one of the volunteer firemen who responded to the World Trade Towers in NY on Sept. 11, 2001.

Helen Kennelly told me about James Kennelly, then 20 years old, who responded to the call of duty on that fateful day. He, 2 brothers and their father, were all firemen in NY at the time. James worked out of a firehouse in Massapequa, LI. Sometime after 9/11, the local Fire Department asked James to pose for a statue to commemorate the bravery of the people in the department. The statue still stands today outside the firehouse in Massapequa LI, of a fireman holding a child.

Unfortunately, James succumbed to cancer at the young age of 36, just last June. The cancer is thought to have been caused by the asbestos he most likely inhaled at the site of the WTG. He left behind a wife and a 5 year old child.

After James passed away, the Fire Department had a ceremony to commemorate him. A young boy

placed flowers at the foot the statue. When asked who he was, he said he was the child who posed in James' arms for the statue.

## Hampton

By: Nancy Rosenstein

What a wonderful luncheon we had at Arriabatas Restaurant on Mar. 18. It was a great get-together for our community. The food was delicious. This restaurant is getting a lot of attention. (When a friend's brother was invited to dine at a local country club for diner and wanted to reciprocate, he chose this restaurant!) Thanks again to our wonderful Social Committee, Janet Friedman, Ellen Gold, Joyce Hirshman, Alyce Simons and Connie LaMendola. Good job ladies!!!

The Hamptons had its annual meeting and we met the latest member of the board, Larry Barbour. There was no election as there was no competition for the seats. Good luck to them. We hope everything remains "status quo."

We are writing this month's news from our suite at the Marriott Suites in Boynton Beach. We are hav-

*(continued on page 26)*

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

ing some construction done in our house, so we are spending some time here. If you want a place to stay for your guests, this is wonderful. It's only 2 years old, and you receive usual Marriott hospitality.

Don't forget to get tickets to "Aberdeen on State" production at the Aberdeen East Clubhouse. Apr. 6, 7 and 8 are the show dates. This is the fifth production that I have appeared in and is always a lot of fun, but hard work. Shelly Karnilow, Maddy McCann, Jan Martin and Miriam Haan are the directors; they are fantastic.

Harry, a long-time Giant Season Ticket holder (since 1956), and Ranger fan, attended a Ranger, Panther game in Miami on Mar. 10, what a great trip, lots of male bonding! Those fans are really something!

I hope we don't have many April showers, those Florida downpours scare me. I don't like to be out and about when that happens. Happy Easter and a Sweet Passover.

## **Lynn Conservatory Concerts - In the beginning ...**

By: Carol Kayne (Sterling Lakes)

Many times thru the past 19 years, people have stopped me to ask how these very special Lynn concerts at Aberdeen actually came to be.

Upon moving to Aberdeen 23 years ago, Herb and I became active attendees to the Harrid Conservatory of Music in Boca Raton. At that time Harrid had 31 exceptional students and a handful of professors, together with a ballet school. The single sponsor abruptly withdrew his support of the music division, consequently supporting only the dance students and leaving the music division without a home.

Luckily, Lynn U. needed a music department and agreed to accept all 31 students and, their teachers. Thus the Conservatory of Music at Lynn U. was born. The need for scholarship money was obvious since all students were accepted on full scholarships. Herb and I looked for ways to assist.

Nineteen years ago, Herb was on the Board of the Aberdeen Golf and Country Club, and, at my request, he asked the board to allow us to bring a Lynn concert to the Club. It was approved as long as there would be no expense to the Club. Leslie and Lew Roth, Una and Sol Elman, Herb and I sponsored

the first concert paying all costs and charging \$18 per ticket. We all begged everyone we knew and many we didn't know to come. Then as now, all checks were made out to the Conservatory with the proceeds to go to the scholarship fund helping the school to continue to educate these fine young people and allowing them, if they so desired, to make music their life's work.

There were about 75 attendees the first year. This year and every year since the first, we have had a sold out house. We also managed to gather up to 10 sponsors. Their contribution paid all expenses and with any excess being added to the ticket sale money.

Due to the success at Aberdeen, we have brought these concerts to other country clubs in the area and have raised upwards of \$70,000 a year.

The most wonderful part of this adventure is working with the young, super-talented musicians. The most difficult part for Herb and me is watching our students graduate and leave the fold. Though we are very much in touch with many of the graduates we have mentored over the past 19 years, we feel the loss.

This has been "give back" time for the two of us and it gives us great satisfaction to have watched the Conservatory of Music at Lynn U. grow to 110 young artists and 26 world-class performers/academics on their teaching staff. This, plus the knowledge that we helped jump-start the careers of dozens of musicians entertaining audiences all over the world is truly rewarding.

Noting our age and realizing the inevitable, Herb and I had to find a way for the concerts and the money they raise to continue in the future. Starting next year, and hopefully for years to come, The concerts will be organized, with our help, by Aberdeen's own David and Shelly Tager. We know they will do a great job and we hope they will have the support of all of our past attendees and sponsors. Herb and I are not saying goodbye. We plan to help for as long as we can and to greet you at many future concerts.

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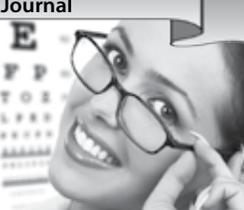
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## Bridge - Try It, You'll Like It

By: Lew Roth (Sheffield)

Slam bidding centers around 3 crucial elements: a source of tricks, a sound trump suit and controls. We need not discuss those hands that are "cold." If you and your partner have determined that you have 12 or 13 tricks, it is simply a matter of deciding which suit or no suit you want to be trump.

No trump decisions are usually made by simple arithmetic and the Blackwood or Gerber convention. Suit slams are far more complicated. Firstly, you must determine the quality of the trump suit, and secondly, you must determine first and second round control of the outside suits. One of the characteristics of expert players is that they know how to upgrade first and second round controls and devalue "quacks." (Quacks are queens and jacks.) Expert players avoid slams when their "big hand" consists mainly of quacks.

In slam bidding, controls are the most important element. The rest of this article will be devoted to Controls. The use of the word "Controls" can be confusing. Although related, do not confuse the use of the word "Controls" in this discussion with the Controls count for Blackwood purposes.

Controls are not points! Controls are Aces and Kings.

For purposes of this discussion, an Ace will count as 2 Controls and Kings counts as 1. There are, therefore, 12 Controls in the deck. But, it is more complicated than that. A void in a side suit may be substituted for an Ace and a Singleton may be substituted for a King.

Generally speaking, it takes 9 or 10 Controls and 33 points to make a slam. Responders can usually tell about how many points the Opener has during the course of the bidding. To determine the number of controls partner has is a little more difficult. A table was devised by George Rosencrantz showing the average number of Controls by Opening Bid using the Standard American system of bidding:

Opening Bid	HCP	Controls
1 of a suit followed	12-14	4
By 1 NT		
1 No Trump	15-17	5
1 of a suit followed		
By a jump to 2 NT	18-19	6

(continued on page 28)

**BRIDGE ...** (continued from page 27)

2 NT	20-21	7
2 Clubs	22-24	8
2 Clubs followed by		
A jump to 3 NT	25 or more	9

Remember though that these averages are just that, They are not infallible.

Now the responder has a reasonable estimate of the Opener's number of Controls. He can then proceed or not to Blackwood or any other form of slam bidding depending on whether the total of his Controls and those of his partner equal the required 10. But, be careful. You may have an Ace in the suit your partner has a void and you may be double counting. Next month's column will discuss "Cue Bidding" as a possible way to avoid double counting.

Let's look at just one example:

Opener	You	Your hand
1♣	1♥	♠K, Q, J
1 NT	???	♥K, Q, J, 3
		♦A, 8, 6, 4
		♣Q, 6

Your hand has 18 or 19 points, depending on how much value you give to the ♣Q, so you have around 33 points together ... enough for a small slam. But, you have a lot of quacks and you only have 8 Controls. Simply bid 3 NT. Forget about slam!

**Is a Calorie Just a Calorie?**

Submitted By: Jane Evers (Hampton)

What is a Calorie?

Scientifically speaking, a calorie is the amount of energy that is stored within food (protein, carbohydrate and fat molecules) that you eat.

How Does Your Body Use Calories?

Your body can only do 2 things with the calorie energy that it absorbs. It will either burn it or store it. How much you burn or store has a genetic component over which you have very little control.

Burning calories has 2 components; first is your basal metabolism. That part refers to how many calories you need to keep your bodily functions working while you are at rest. Your metabolism may be either high or low. Walking, thinking and doing your daily activities, including any additional workouts, will add to how many calories you need to function.

What is not burned is basically stored. "How", you may ask, is it stored. It is stored as fat. Since I am a "storer", I've been told that my ancestors were probably "storers" also. They survived the famines, which doesn't help me when I try on clothes. But, it might if we have a famine.

(continued on page 29)

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**CALORIE ...** (continued from page 28)

Now we need to discuss food. We all know the~ basic types of food groups: Carbohydrates, Proteins and Fats.

Carbohydrates include starches (starchy vegetables, breads, cereals, processed food like pretzels and some beans), sugars (glucose & fructose) & fiber. Some grains (amaranth, bulgur, quinoa, spelt, sorghum & teff) have both carbohydrates and protein.

Proteins include meats, dairy products, fish and eggs, legumes (edamame, soybean, lentil, white, cranberry, split pea, pinto, kidney, black, navy & lima beans) and nuts.

Fats can be healthy or harmful. Unsaturated fats are the healthy fats (coconut oil and grass-fed butter) Saturated and trans-fats are, are definitely not good for you.

Generally speaking, a healthy diet includes about 45-65% Carbohydrates, 20-35% Fats and 10-35% Protein.

There are 4 calories per gram in carbohydrates and proteins and 9 calories per gram in fat.

That being stated, when it comes to your body, things are not that simple. The human body is a highly complex biochemical system with elaborate processes that regulate energy balance. The foods we chose to eat can have a huge impact on how our bodies process that food and in turn affect metabolism, how full we feel and how much we eat.

Research has shown that:

1. Protein calories are less fattening than calories from carbs and fat, because protein takes more energy to metabolize (turn into energy). Whole foods also require more energy to digest than processed foods.

2. Protein kills the appetite so you eat fewer calories. Increased protein as long as carbohydrates are low can lead to drastically reduced appetite and cause automatic weight loss without the need for calorie counting or portion control.

3. Different foods have different effects on how full we feel and how many calories we end up

consuming in subsequent meals.

4. Low-carb diets consistently lead to more weight loss than low-fat diets, even when calories are matched between groups.

5. Studies show that refined carbohydrates lead to faster and bigger spikes in blood sugar, which is another story and that leads to cravings and increased food intake.

So is a Calorie a Calorie? Yes and No ... Yes in that a 300 calorie candy bar has the same number of calories as a 300 calorie salad. No because three people can eat the same number of calories in a day and one could lose weight, one could stay the same and one could gain weight. Bottom line: A calories is a calorie before we take into account our genetic makeup, our basal metabolism, whether we burn or store food and, of course, the food choices we make every day.

Sources:

• <http://www.shapesense.com/nutrition/articles/calories-explained.aspx>

• Clinical review by David McCulloch, MD, Kaiser Permanente Reviewed 03/01/2014

• *Low-Fat Eaters Burned Fewer Calories, Were More Likely to Regain Lost Weight - By Salynn Boyles*

• From the WEBMD Archives: June 26, 2012 -- *Journal of the American Medical Association.*

George Schwartz, BCHN, MSHN, CGP

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## **Bleacher Seats Splinters**

By: Rob Tanenbaum

To honor April Fool's Day, my intention was to recount a little-known sports moment along with a fake one and see if my readers were sharp enough to know the difference.

But in doing research, I came across an incredible story that is 87 years old and may be both true and an April Fool's Day hoax at the same time. Whichever, this story has controversial themes that still fester in America to this day. So women, please read on.

This is the story of Jackie Mitchell, who struck out Babe Ruth and Lou Gehrig on seven pitches in an exhibition game in Chattanooga, TN, on Apr. 2, 1931. This was an incredible feat not just because Mitchell was 17 years old when she faced Ruth and Gehrig in

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**BLEACHER SEATS ...** (continued from page 29)

their prime. More importantly, Mitchell was female, the first to sign a Major League contract.

Mitchell learned baseball as a young child by her father and later was taught a “drop ball” (a difficult pitch to master called a “sinker” today) by neighbor, Dazzy Vance, who went on to have a Hall of Fame pitching career. As a teenager, Mitchell attended a local baseball camp and the director passed her name to Joe Engel, the Chattanooga Outlooks president) known as the “Barnum of Baseball.”

Engel never missed a promotional opportunity for his minor league team and talked the Yankees into a two-game exhibition series as they headed north after Spring Training. Mitchell was supposed to face the Bronx Bombers on April Fool’s Day, but it rained. With 4,000 fans watching the next day, after Mitchell posed for cameras as she powdered her nose before warming up and the Yankees had taken a 1-0 lead after 2 batters, she was called into pitch. Ruth took a ball from the side-winding left-hander in a very, very baggy uniform. The Sultan of Swat swung wildly at two diving dinkers and missed twice before taking a called third strike. He banged his bat savagely and cursed the umpire before being led away by teammates. Gehrig swung and missed the next 3 pitches. But after she walked Tony Lazzeri, Mitchell was pulled from the game.

Coverage of the game by the press and the reaction of the men of baseball was blatantly sexist. The Washington Post wrote “without so much powdering her nose or seeing if her lipstick was on straight, Jackie strode to the mound.” Another printed: “The curves won’t be all on the ball” when “pretty” Jackie Mitchell takes the mound.

Another reported she “has a swell change of pace and swings a mean lipstick.”

Ruth, who tipped his cap to Mitchell before the first pitch, was not as kind with his words saying women “will never make good” in baseball because “they are too delicate. It would kill them to play ball every day,” Commissioner Kenesaw Mountain Landis voided her contract a few days later and declared women unfit to play baseball as the game was “too strenuous.” (Major League Baseball formally banned the signing of women to contracts in 1952 and rescinded it in 1992 when the Chicago White Sox drafted a female player.)

(continued on page 32)

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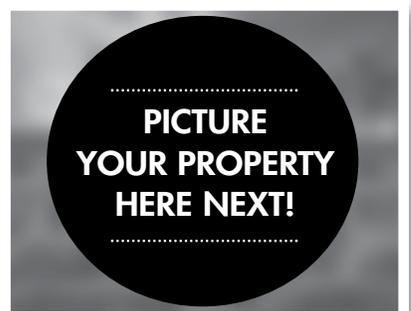
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**BLEACHER SEATS ...** (continued from page 30)

Speculation began immediately that the entire episode was jiggered up. While that was something Engel was capable of, it's hard to believe misogynist men with big reputations making big money would accept the embarrassment of striking out to a girl willingly. Video footage of Ruth's at-bat is available on YouTube and it appears that he was swinging to hit his longest home run ever. There's no way straight-laced Gehrig would be part of a sham.

Mitchell continued to play professionally, barnstorming with the House of David men's team known for their long hair and long beards. Sometimes she would wear a fake beard for publicity. She retired in 1937 at the age of 23 after realizing she was being

used as a side show - once being asked to pitch while riding a donkey. She refused to come out of retirement when the All-American Girls Professional Baseball League, made famous in "A League of Their Own," formed in 1943.

Jackie Mitchell lost belief in her accomplishment. "Why, hell, they were trying, damn right," she said of the Bambino and the Iron Horse not long before her death in 1987. "Hell, better hitters than them couldn't hit me. Why should they've been any different?"

A closing note: Jackie Mitchell would be thrilled to know that a woman may have a future in Major League Baseball in the not-too-distant future, Jen Pawol, who reported on when she played softball in NJ, umpired Spring Training games this season and Gulf Coast Rookie League games last summer in Palm Beach County. She's moving up to Class A this year and if she makes it to The Show would be the first of her gender. Let's hope she does and that she's treated with respect as she works toward her dream.

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**Simcha Hadassah**

By: Bea Lewis (Lancaster)

Simcha Hadassah at Aberdeen cordially invites all new residents to join us for a Wine and Cheese reception for new, transfers, and prospective members on Mon., Apr. 16th from 4 to 6 PM. The event will take place at the home of Nancy Lynn-Winokur at 8128 Desmond Drive (the Estates at Aberdeen.) For reservations, contact Marilyn Weiner at (561)733-7676.

Hadassah is proud to announce that the new Tower building at Hadassah Medical Organization in Ein Kerin, Jerusalem, has been completed. Hadassah will take on the responsibility for refurbishing the original circular building with plans to modernize the interior.

Our chapter, along with other Florida Atlantic Hadassah chapters, has begun a campaign to address the problem of nationwide anti-semitism and gun control by contacting our local and national elected officials. And last month, the Florida Atlantic region of Hadassah held a symposium to educate the public on the serious problem of human trafficking.

We are proud to announce that Carole Lawsky, a longtime member of Hadassah, has been selected as the 2018 Simcha Hadassah's Woman of Valor. A luncheon will be held in her honor on Apr. 23.

## Ya Gotta Laugh!

By: Steve Solomon (Hampton)

Aberdeen Comedy Essays

People think because I perform comedy, the stuff I do on stage is made up - exaggerated perhaps, but not made up. Case in point ... If there would ever be a book written listing the 10 worst things a guy could do in a woman's kitchen - I did 12 of them. By formal decree, I wasn't allowed in the kitchen - EVER. Things spilled when I approached them. I'm sure it was the kitchen poltergeist that followed me from my childhood in Brooklyn to Aberdeen.

One of my greatest achievements in the art of angered my wife, Jane (albeit accidental) was the time Chef Jane was preparing her famous spaghetti sauce - "gravy" in Momma's world.

The scene: Jane's Kitchen ... picture a large pot of very red tomato sauce boiling away. Jane shouted, "I'll be back in about an hour and a half ... DON'T FORGET TO STIR THE SAUCE EVERY 10 TO 15 MINUTES! I DON'T WANT IT TO STICK." Piece of cake! Right? Even incompetent Steve could handle this.

I looked at the pot thinking, "Wait, it's only simmering. If I increase the heat, it'll cook faster." She left, I returned to my cell and I was engrossed in some computer-something. After about 45 minutes, I noted this acrid smell emanating from the kitchen. OMG! I realized that I had forgotten to stir the sauce. I jumped up, headed for the smell ... When I got the stove, I grabbed the wooden spoon and attempted to stir - it wouldn't stir! Some of it moved slightly but there was a 2 inch tomato-y, crusty foundation at the bottom of the pot. What to do? What to do? I'm screwed. I opened up the cabinets and found one of those electric hand blenders. I'm thinking, "If I turn the blender on high and ease it into the sauce, it should start to liquefy the 2 inch crust at the bottom of the pot." I did just that. With the hand blender whirling away at high speed, I slowly dipped the spinning blender into the red sauce. Yes, there was an initial splash, but the moment the blender hit the crust at the bottom, it jammed. The blender was now making moaning sounds as it was wedged into the dried sauce. I pulled and twisted trying not to get scalded. And, with a "POP", I pulled the (still-whirling) blender out of the pot. From that

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**YA GOTTA LAUGH ...** *(continued from page 33)*

point on, everything kind of moved in slow motion. Looking down, I was so delighted that I had freed the hand blender from the pot.

Looking up, I realized that the blender, now covered in tomato sauce, was gingerly spraying bright red tomato sauce on the walls, cabinets and ceiling. We had 15-foot ceilings!

My case comes up next Thursday!

**The Reception**

By: Vincent Marini (Moorings)

The timeline for most wedding receptions today show guests moving from a ceremony to a cocktail hour, then entering a reception hall followed by the wedding party, the first dance, a welcome speech and dinner (buffet or sit down) being served. Wedding receptions today, depending on location and number of guests, can cost \$20,000 to \$30,000. (I'm hearing some folks say, "or more"). Much more, if it is a Designation Wedding.

In 1952, our reception did not follow the aforementioned timeline, and cost about \$1,500.

We left the church after the wedding ceremony, took a few pictures, and limoed to the Westover Ballroom on Jerome Avenue in the Bronx. The ballroom was a large auditorium-type room in a 2-two story building which fronted on Jerome Avenue facing elevated train tracks. Our reception was on the first floor and our friends, Theresa and Al, celebrated their wedding in the other auditorium room on the second floor. We visited each other's party during the evening.

The small wedding reception, Joan and I had discussed, turned out to be a figment of our imagination. Our parents had taken over the planning and the guest list. Small skipped medium and large and became gigantic. Three hundred and fifty folks attended our wedding. With that many people, it was not a sit-down dinner, but a buffet. Well, not really a buffet, it was what was called a "Football Wedding."

For folks who do not understand what a football wedding is, it helps to visualize a table, 50 to 75 yards long. On the table are more than 700 Kaiser rolls; the footballs. Each roll is filled with either ham, cheese, salami, capicola, roast beef or a combination of all of the above. Plates of roasted peppers, potato and macaroni salad and green and black olives the

offensive and defensive lineman, are scattered among the footballs. The guests are the quarterbacks and call the play by choosing from among the sandwiches, which were made by our families, and wrapped in wax paper with the ingredients listed on the label.

If you were not pleased with the selection nearby, you would shout out your preference to someone else at the table who would toss you your desired sandwich. Thus, the term: "Football Wedding."

Once you were satisfied with your selection, you would take your football (or footballs), on a plate piled high with defensive and offensive linemen to a table to eat, while enjoying music played by the band hired by our folks. Everyone enjoyed the game; that is, our reception. It was memorable - and there were 2 winners!

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## Ben Stein's Final Column

(Internet)

For many years Ben Stein has written a biweekly column called 'Monday Night At Morton's.' (Morton's is a famous chain of Steakhouses known to be frequented by movie stars and famous people from around the globe.) Now, Ben is terminating the column to move on to other things in his life. His column is recommended reading!

How Can Someone Who Lives in Insane Luxury Be a Star in Today's World?

As I begin to write this, I 'slug' it, as we writers say, which means I put a heading on top of the document to identify it. This heading is 'online FINAL,' and it gives me a shiver to write it. I have been doing this column for so long that I cannot even recall when I started. I loved writing this column so much for so long I came to believe it would never end.

It worked well for a long time, but gradually, my changing as a person and the world's change have overtaken it. On a small scale, Morton's, while better than ever, no longer attracts as many stars as it used to. It still brings in the rich people in droves and

definitely some stars. I saw Samuel L. Jackson there a few days ago, and we had a nice visit, and right before that, I saw and had a splendid talk with Warren Beatty in an elevator, in which we agreed that Splendor in the Grass was a super movie. But Morton's is not the star galaxy it once was, though it probably will be again.

Beyond that, a bigger change has happened. I no longer think Hollywood stars are terribly important. They are uniformly pleasant, friendly people, and they treat me better than I deserve to be treated. But a man or woman who makes a huge wage for memorizing lines and reciting them in front of a camera is no longer my idea of a shining star we should all look up to.

How can a man or woman who makes an eight-figure wage and lives in insane luxury really be a star in today's world, if by a 'star' we mean someone bright and powerful and attractive as a role model? Real stars are not riding around in the backs of limousines or in Porsches or getting trained in yoga or Pilates and eating only raw fruit while they have Vietnamese girls do their nails.

They can be interesting, nice people, but they are not heroes to me any longer. A real star is the soldier of the 4th Infantry Division who poked his head into a hole on a farm near Tikrit, Iraq. He could have been met by a bomb or a hail of AK-47 bullets. Instead, he faced an abject Saddam Hussein and the gratitude of all of the decent people of the world.

A real star is the U.S. soldier who was sent to disarm a bomb next to a road north of Baghdad. He approached it, and the bomb went off and killed him.

A real star, the kind who haunts my memory night and day, is the U.S. soldier in Baghdad who saw a little girl playing with a piece of unexploded ordnance on a street near where he was guarding a station. He pushed her aside and threw himself on it just as it exploded ... He left a family desolate in California and a little girl alive in Baghdad.

The stars who deserve media attention are not the ones who have lavish weddings on TV but the ones who patrol the streets of Mosul even after two of their buddies were murdered and their bodies battered and stripped for the sin of trying to protect Iraqis from terrorists.

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*(continued on page 36)*



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**BEN STEIN ...** (continued from page 35)

and officers who barely scrape by on military pay but stand on guard in Afghanistan and Iraq and on ships and in submarines and near the Arctic Circle are anonymous as they live and die.

I am no longer comfortable being a part of the system that has such poor values, and I do not want to perpetuate those values by pretending that who is eating at Morton's is a big subject.

There are plenty of other stars in the American firmament ... the policemen and women who go off on patrol in South Central and have no idea if they will return alive, the orderlies and paramedics who bring in people who have been in terrible accidents and prepare them for surgery; the teachers and nurses who throw their whole spirits into caring for autistic children; the kind men and women who work in hospices and in cancer wards.

Think of each and every fireman who was running up the stairs at the World Trade Center as the towers began to collapse. Now you have my idea of a real hero.

I came to realize that life lived to help others is the only one that matters This is my highest and best use as a human. I can put it another way. Years ago, I realized I could never be as great an actor as Olivier or as good a comic as Steve Martin or Martin Mull or Fred Willard -- or as good an economist as Samuelson or Friedman or as good a writer as Fitzgerald. Or even remotely close to any of them.

But, I could be a devoted father to my son, husband to my wife and, above all, a good son to the parents who had done so much for me. This came to be my main task in life. I did it moderately well with my son, pretty well with my wife and well indeed with my parents (with my sister's help). I cared for and paid attention to them in their declining years. I stayed with my father as he got sick, went into extremis and then into a coma and then entered immortality with my sister and me reading him the Psalms.

This was the only point at which my life touched the lives of the soldiers in Iraq or the firefighters in New York ... I came to realize that life lived to help others is the only one that matters and that it is my duty, in return for the lavish life God has devolved upon me, to help others He has placed in my path. This is my highest and best use as a human

Faith is not believing that God can. It is knowing that God will.

**RISE & SHINE or How to start the day before getting out of bed - (Part 1)**

By: Jane Evers (Hampton)

How many of us wake up feeling stiff and unmotivated? We wonder which part of our bodies will crack, ache or not move properly.

About 5 years ago, I developed a short 10-to-

(continued on page 37)

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**RISE & SHINE ...** (continued from page 36)

12- minute program that slowly wakes up all parts of our bodies and gives us a gentle push to start our day more positively.

I call it "Rise & Shine." Begin with 10 repetitions of each movement and build to 20.

Stay in bed and start on your back with your legs facing the bottom of the bed and your arms at your side.

Take 2 deep breaths through your nose and let them slowly out through your mouth (to a count of 8).

This month we'll start with our legs. Next month we'll add our arms.

1. Start with your toes - move them back and forth.
2. Now circle your ankles to the left and then to the right.
3. From a straight-leg position on your back, draw your knees up keeping your feet on the bed. Then bring the legs down to the starting position. You can do one leg at a time or both at the same time.

4. With knees bent, feet flat on bed, drop right knee to the right so it is flat (or as far as you can) on your right side. Bring it back to the bent position. Do the same with your left leg. Repeat.

5. With your knees bent, feet flat on bed raise your leg from your knees down until it is level with the bed. Do one leg at a time and then do both legs at the same time.

6. With knees bent, feet flat on bed, contract your stomach muscles and pull lower back down onto the bed. Hold for 5 seconds. Release. Repeat.

7. With knees flat on bed and your legs straight contract butt muscles. Hold for 5 seconds. Release. Repeat.

Reminder: If, at any time, you feel pain, STOP what you are doing. If, however, you feel a stretching or pulling that isn't painful continue carefully. Do NOT do anything that is painful or highly uncomfortable.

To be continued next month with the legs.

## Jane's Breakfast Oat Bran Muffin Recipe

By: Jane Evers (Hampton)

Most of you know that I've written a couple of cookbooks. So I'm pretty good at adapting, adjusting and just fooling around with recipes. Several years ago, I decided to try to develop a breakfast muffin that had no flour or added sugar (although honey,

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agave or stevia can be used). These muffins are prepared with applesauce, protein powder and ground flax seeds. Aside from breakfast, they make the perfect snack!

Making these muffins is an adventure because there really isn't a best way or best ingredient to mix together. I've tried a dozen different combinations and they all turn out great. The obvious missing ingredients are flour and sugar. So be creative; let your imagination run wild. Here are the basic ingredients. The rest is up to you.

#### Basic Ingredients

- 1  $\frac{3}{4}$  cups oat bran (not the flakes)
- 1 - 2 scoops vanilla protein powder  
(health store or Publix)
- 2 teaspoons baking powder
- 2 medium very ripe bananas, mashed
- $\frac{1}{2}$  cup unsweetened applesauce
- 2 large egg whites or  $\frac{1}{2}$  cup egg substitute or  
2 whole eggs
- $\frac{1}{2}$  cup ground flax seed

Now comes the fun part. When it says total 1 cup, it means you can use any one ingredient in that section or a combination to total the 1 cup.

#### Wet ingredients (total 1 cup)

- Yogurt
- Ricotta
- Buttermilk

#### Fresh fruits/veggies (total 1 cup)

- Chopped or shredded carrots, apples,  
pears etc.

#### Dried Fruit & Nuts (total 1 $\frac{1}{2}$ cups)

- Almonds
- Walnuts
- Sunflower seeds
- Cranberries

(continued on page 38)

**JANE'S MUFFINS ...** (continued from page 37)

- Raisins
- Mangoes
- Coconut (unsweetened)
- Shredded orange, lemon or lime rind
- Sweeteners 2 - 4 Tbsp. (to taste) -  
or combination**
- Honey
- Agave
- Chocolate Chips
- Stevia

**Flavorings (choose one wet & one dry)**

**Wet**

- 1 - 2 teaspoons almond extract
- 1 - 2 teaspoons vanilla extract

**Dry**

- 1 - 2 teaspoons cinnamon (Ceylon is best)
- 1 - 2 teaspoons ginger

Now you have the basic ingredients as well as the chosen wet ingredients, dried fruit & nuts, fresh fruit or veggies, sweeteners & flavorings

**Instructions**

1. Preheat oven to 350°F. Spray 12 -16 cup muffin tins (you can also use the mini-muffin tins) with nonstick cooking spray or grease well with coconut oil.
2. In a medium bowl whisk together oat bran, protein powder, baking powder and dry flavoring; set aside.
3. In a large bowl, mix mashed banana, apple-sauce, wet ingredients, eggs/egg whites, and liquid extract together until well combined and smooth.
4. Choose your fresh & dry fruits and veggies and add to the dry ingredients.
5. Add wet ingredients to dry ingredients and mix until just combined.
6. Let batter sit two minutes to thicken a bit. The batter should not be thin. It also shouldn't be too dry. It should have a sheen & drop like very thick pan-

(continued on page 39)

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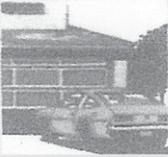
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**JANE'S MUFFINS ...** (continued from page 38)

cake batter.

7. Divide batter evenly into regular or mini muffin cups and bake 18 -20 minutes (less time with the mini-muffins) or until toothpick inserted into center comes out clean. Transfer muffin tins to a wire rack to cool for 10 minutes, and then remove muffins from tin and place on wire rack to cool completely.

Muffins are best served warm with peanut or almond butter, jam or your favorite spread. Let me know what you think.

**Something to Save**

Submitted By: Lew Roth (Sheffield)

“Good friends are like quilts - they age with you, yet never lose their warmth.”

~ ~ ~ ~ ~  
I am forwarding this to those on my Senior’s email list because it is so well written.

~ ~ ~ ~ ~  
Please send back. (I did) It’s neat. don’t delete this one, you’ll laugh when you see the return message.

~ ~ ~ ~ ~  
I have seen too many dear friends leave this world, too soon; before they understood the great freedom that comes with aging.

~ ~ ~ ~ ~  
Whose business is it, if I choose to read, or play on the computer, until 4 AM, or sleep until noon?

~ ~ ~ ~ ~  
I will dance with myself to those wonderful tunes of the 50s, 60s & 70s, and if I, at the same time, wish to weep over a lost love, I will.

~ ~ ~ ~ ~  
I will walk the beach, in a swim suit that is stretched over a bulging body, and will dive into the waves, with abandon, if I choose to, despite the pitying glances from the jet set. They, too, will get old.

~ ~ ~ ~ ~  
I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And, eventually, I remember the important things.

~ ~ ~ ~ ~  
Sure, over the years, my heart has been broken. How can your heart not break, when you lose a loved one, or when a child suffers, or even when somebody’s beloved pet gets hit by a car? But broken hearts

(continued on page 40)

**SOMETHING TO SAVE ...** (continued from page 39)

are what give us strength, and understanding, and compassion. A heart never broken, is pristine, and sterile, and will never know the joy of being imperfect.

~ ~ ~ ~ ~  
I am so blessed to have lived long enough to have my hair turn grey, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

~ ~ ~ ~ ~  
As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've earned the right to be wrong.

~ ~ ~ ~ ~  
So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).

~ ~ ~ ~ ~  
May our friendship never come apart, especially when it's straight from the heart!

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**Smartphones increasingly leading to dumb people**

By: Drs. Michael Roizen & Mehmet Oz - Palm Beach Post

Before Super Bowl XIII, Dallas linebacker Thomas (Hollywood) Henderson told reporters: "He (Pittsburgh quarterback Terry Bradshaw) is so dumb, he couldn't spell 'cat' if you spotted him a C and an A." Terry laughed it off, the Steelers defeated the Cowboys 35-31, and Bradshaw went on to spell "MVP." But what if Terry had had a smartphone.

Researchers from the University of Waterloo in Canada recently published a study in the journal Computers in Human Behavior concluding that most people "forgo effortful analytical thinking" and let their smartphones do their thinking for them. Apparently, folks who think more intuitively (emotionally) and less analytically even use their smartphones when it comes to reasoning out problems.

Another study declared that most folks use their smartphones for "cognitive offloading." And those researchers found that the more people rely on smartphones for answers - even the folks who at first preferred to rely on memory - the more reliant they become on the device to do their thinking for them. Sounds like an addiction.

(continued on page 41)







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**SMARTPHONES ...** (continued from page 40)

Keeping your cognitive powers sharp as you age depends on expanding your intellectual horizons, learning new things, challenging yourself.

Read a map the next time you take a trip to a new city. Memorize it, and look around! Play brain-training games on your smartphone. Don't let your smartphone be smarter than you!

**Alzheimer Disease and Brain Health**

By: Sheila Hyman (Sterling)

Although I am no longer living the life of a caregiver, I still went to the Alzheimer Community Care Educational Conference. It was, as usual, very informative. This year we began with a "breakout session." We choose which topic to go to before lunch. I chose advocating for quality at the end of life. Having just gone through this, I found that the choices I made were the right ones for my hubby and me. I had gone with hospice care so that I would have peace of mind during his final days. Hospice made him comfortable and eased his passing.

As a caregiver, if you see your loved one not able to improve in his/her health, you can request hospice care. Hospice will determine if it is the right time for them or not. During lunch we heard from 3 doctors who have been studying how socialization has improved the quality of life of the Alz. Patient. And it certainly had improved their lives. In the afternoon I choose to attend nutritional pathways for the AD patient. This was pure excellence. Dr. Vastola was the speaker. He has written many books on nutrition and especially for the Alzheimer patient.

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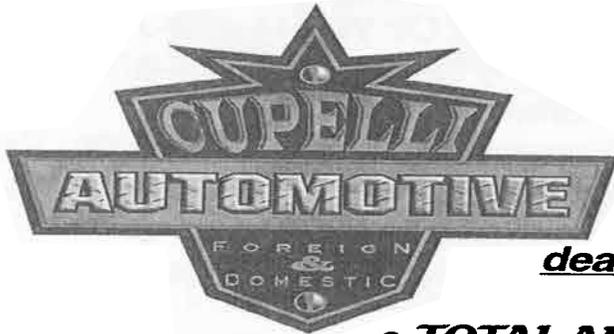
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## Apply sunscreen generously and frequently for reliable sun protection

By: Dawn Davis, M.D.

Dear Mayo Clinic: What are the best kinds of sunscreen to use on kids? Do the spray sunscreens work as well as the lotions? Also, does UPF clothing offer more sun protection than a standard long-sleeved T-shirt?

ANSWER: Children 6 months and older can use the same sunscreen as adults, although sunscreen marketed for children is fine, too. Just make sure that whatever you use is a broad-spectrum sunscreen with a sun protection factor, or SPF, of at least 15. For consistent sun protection that you don't need to reapply, clothing with universal protective factor, or UPF, is a good choice.

When you look for sunscreen, check that it's labeled as "broad-spectrum." That means the sunscreen protects against both types of ultraviolet rays: UVA and UVB. UVA is the long wavelength of light that penetrates to the deep layers of skin. UVA leads to skin damage over time. UVB is the shorter wavelength of light that penetrates the surface of the skin and causes sunburn.

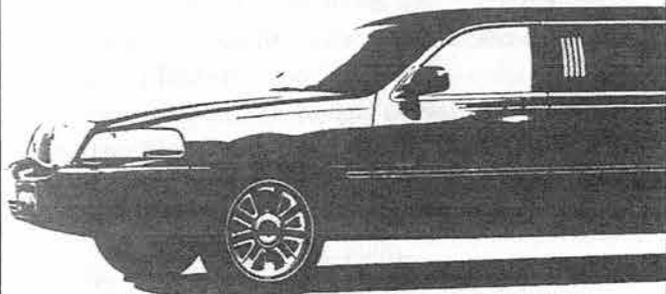
SPF is the measure of how well a sunscreen blocks UVB rays. Experts agree that an SPF factor of 15 is the minimum needed to prevent skin damage from UVB. Sunscreens with SPFs higher than 50 provide only a small increase in UVB protection when compared to SPF 30 or SPF 50. That means sunscreens with a very high SPF, such as SPF 100, may not be worth it.

### 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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