

Vol. 24, No. 9

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May, 2018



MAY FLOWERS



All About Aberdeen Golf & Country Club

By: Ruth Krawitz (Sheffield)

We are a month closer to the “Grand Re-opening” of our refurbished Clubhouse! The first 2 prongs of the major 3-part project are perfect; members are raving about the beauty and artistry of the re-designed golf course and tennis and pickleball players are reveling in the events that accompany their spruced-up courts. Now we await the completion of the third prong - the heart of our social amenities - that will make it a much-anticipated, exciting “Triple Crown” for Aberdeen members. The effect will be much like the effect of the Fitness, Tennis and Aquatic Center years ago. It’s akin to a new chapter, a new beginning in our Aberdeen lifestyle - something that we will use with ongoing pleasure, and be proud to share with family and guests.

Speaking of the FTA complex, how fortunate we are to have such grand facility as an alternate venue for dining, fitness and all sorts of special events! Even with the Clubhouse closed, things were happening at the FTA Center and its popular poolside. There were 3 outstanding sold-out, themed poolside parties “Under the Stars” over the past few months, and there is

(continued on page 2)

Cloud Computing

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

What is cloud computing?

Cloud computing is the delivery of computing services - servers, databases, networking, software, analytics and more - over the Internet (“the cloud”). Companies that deliver these services are known as cloud providers. For some services, cloud providers operate like a water or electric utility company and charge the customer based on usage.

Who are the major cloud providers?

The top 6 cloud vendors, according to Tech Pro Research, are the following: Microsoft commercial cloud, Amazon Web Services, IBM, Oracle, Google Cloud Platform/G Suite, and Alibaba. Cloud computing is a rapidly growing and lucrative business. Google’s CEO, Sundar Pichai, announced during the company’s fourth quarter earnings call that Google Cloud Platform/G Suite program is now a \$1 billion per quarter business.

The 6 providers mentioned above operate public clouds. With a public cloud, all hardware, software and other supporting infrastructure is owned and managed by the cloud provider. Customers access these services and manage their accounts using a web browser

(continued on page 4)

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CLOUD COMPUTING ... (continued from page 1)

Companies and institutions purchase computing services from cloud providers. For example, companies use Google's cloud computing services for data processing (The National Institute of Aging), customer behavior analysis (Domino's Pizza), and the development of new apps (Sony Music).

What are the benefits of cloud computing?

- Lower Costs: Instead of buying hardware and software, hiring experts, and other related expenses, a company can simply pay cloud providers for their computing needs.

- Increased Speed: Most cloud providers provide service on demand. Typically, with just a few clicks of a mouse, vast amounts of computing resources are available in minutes.

- Greater Availability: Systems can be accessed regardless of location or device used.

- Higher Productivity: Multiple users can work on the same data simultaneously. Data does not need to be saved and emailed. Users do not need to install application upgrades as this is done at the cloud provider level.

What are the disadvantages of cloud computing?

- Limited customization options
- Data and bandwidth limitations
- Privacy and confidentiality concerns
- Technical outages

Have you ever been in the cloud? If you use the Internet to play games, watch movies, listen to music or store pictures, you most likely have visited the cloud.

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ALL ABOUT ABERDEEN ... (continued from page 2)

an enjoyable mix of well-chosen tunes, superb talent and dedicated effort. Such nostalgia, such great singing and dancing, so absolutely wonderful!

Thank you, Shelly Karnilow for bringing us this "Lullaby of Broadway" gem. Thank also to Musical Director Maddy McCann, stage managers, Miriam Hanan and Ethel Pinkwasser and choreographer, Jan Martin and musical and technical coordinator, Austin Hull. You all made this the best!

For a complete listing of April Club activities, be sure to check out "Around & About" a Sunday email feature.

Restoration Update

(from President David Tager's monthly message)

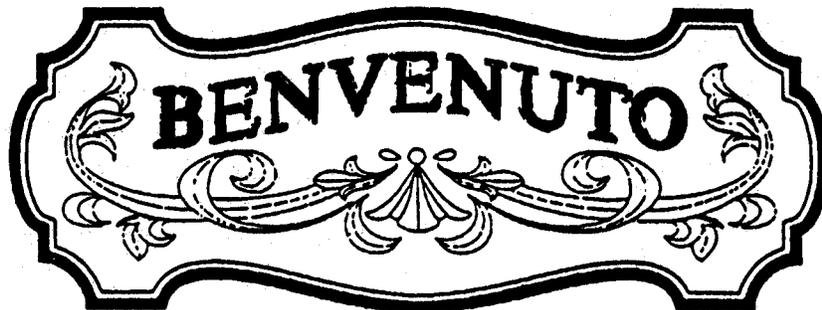
At the Feb. 28th General Membership Meeting, I advised the membership that the latest Clubhouse project completion date we have been given by our general contractor is sometime in June. Though significant progress has been made in the interior and exterior of the Clubhouse, I also stated, and re-state here, that your Board and Management do not have confidence that the contractor will be able to deliver on the aforementioned date. As such, our project

oversite group, comprised of the Club's General Manager, Michael DiPietro, myself as Board President, a 2nd Board member, and the design team, comprised of our independent engineer, interior designers and the contractor's team, is continuing to meet, several times each month, in order to closely monitor the progress of the Clubhouse restoration. By early May, we should have a better idea of when we expect the Clubhouse restoration project to be completed. As such, it is the Board's and Management's intention to provide the membership with a more detailed project progress report next month.

Be assured that we are doing everything possible to expedite the completion of the Clubhouse refurbishment. Your patience is certainly appreciated. Stay tuned!

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MICKEY ... (continued from page 2)

Hopkins University where he taught undergraduate and graduate courses in mathematics and electrical engineering.

Once fully retired, he devoted his academic pursuits in exploring and publishing papers about American Jewish demographics and Jewish Naval Commanders. All told, he published over 100 papers during his academic and retirement years. Mickey was a passionate tennis player and competed from his days at the Naval Academy until his late 80s.

Hello from the Hamptons!

By: John Pagliarini

School break and fantastic weather brought many family and friends to Aberdeen to escape the cold, snowy weather up-north. It is heartening to see so many people having fun, swimming, and smiles galore, just enjoying our sunny Florida weather.

The Hampton Board of Directors has approved the development of a Hampton web site. This web-site will be available to Hampton owners only, with log-on security. Important information, such as our declaration, By-laws, rules and regulations, committees, board contact information, management contact information, ARB forms and a secure directory for residents only will be included on this web site. A variety of computer links to other websites will also be provided, (ex. The POA - Property Owners Association, COBWRA, County government, etc). Everyone will be provided with the appropriate information

(continued on page 9)

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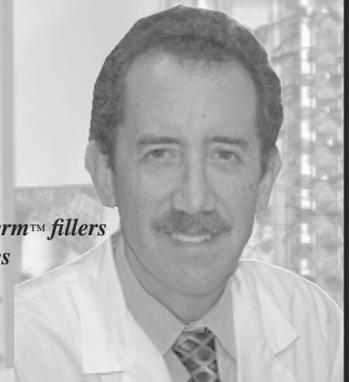
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HAMPTONS ... (continued from page 8)

when the site is completed and how to log-on to it.

Bart Cherry, our landscape chairman, has been working overtime solving the issue of two faulty irrigation pumps and a cut electric line that serves these pumps. All has been corrected, the grass is mostly green again, our thanks to Bart for a fantastic job and to our residents for understanding the situation beyond our control.

Over the past 3 years board members, working closely with our legal counsel, have been revising our Articles of Incorporation, By-laws and Declarations bring them into the 21st century and include past and recent legislative actions. A Special meeting for owners will be held in the very near future to discuss these proposed changes and a vote will be held.

We welcome the following new residents to our community: Renee Schacker, Fernando and Dina Camacho, Roy Haas and Nallama Winslow, Barnett and Sandy Hurwitz and Dave Horowitz. Enjoy your new home and take advantage of our fantastic pool and social activities.

With the snow disappearing up north, some of our residents have already left for the season. See

you in the fall! June starts the hurricane season. Look for next month's article which will include important information about our hurricane season.

Life is what happens while we are making other plans!

Brittany Lakes

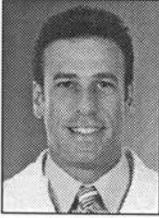
By: Jack Ungar

I grew up on the Lower East Side of Manhattan, in Alphabet City on 7th street between Avenues C and B. We had to be innovative to create games to play on our playground, the street, during the 40s and 50s. The ball of choice (or necessity) was a pink rubber ball the size of a baseball, but much softer and bouncier, called a spaldeen. The choice of game was often determined by where cars were parked. There were much fewer cars back then. There was box ball, triangle ball, stoop ball, punch ball, or stickball. Stickball was a game of opportunity since we couldn't always get a stick to play with. We had to hunt through the garbage piles from each apartment house, rummaging for a discarded broom or mop that some one's Mom threw out (and most families used their brooms down to tiny bristles). Then we had to liberate the stick from the mop head or broom head. Not always easy to do! We usually sought out the specialist in this area, Fat Bernie, for his separation skills; he had few other skills. Then we had to let him play a few innings before his mother called him in for a snack. (He wasn't FAT Bernie for nothing.)

Sticks enjoyed only a few days of use as they would split, crack or break (this was) after all, a second life for these sticks), or more likely be confiscated by the police who patrolled the streets relentlessly in cars. We tried neutralizing the seizures by placing a lookout near the corner of Avenue C and 7th street. The lookout was usually too young to play with us and was paid handsomely with 2 packs of Double Bubble gum (with the Captain Bazooka strip enclosed) and a tiny wax bottle containing an unknown sweet fluid of questionable ingredients (which they didn't have to list back then). His job was simply to yell, "chickee, the cops," when a patrol car approached. Whoever was at bat at the time would then throw the stick under the nearest parked car and pretend to be playing punch ball. This ploy did not always work and the patrol car would stop

(continued on page 10)

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BRITTANY LAKES ... (continued from page 9)

and one of us was ordered to retrieve the stick and we would watch the officer break the stick in half and admonish us for playing this dangerous game with a stick. Then it was back to punch ball or box ball.

There were several forms of stickball depending on the number of players that were in the street that day. You could play with only 2, a pitcher and a batter. A rectangle was drawn on a wall behind the batter and that was the strike zone, no matter how short or tall the batter was. Five or more players on a side required that 3 additional bases be drawn (with chalk) while a round sewer cover was home plate. The batter would throw the ball up in the air in front of himself and either let it bounce once or twice or hit it in the air, then run the bases as you do in baseball. There was one girl who played with the boys occasionally, Patty Turchic, who was as good as any one of the boys and fit right in without any "Me too" moments.

When I came to FL in 2010, a friend told me about a stickball game that was played nearby every Tuesday and Thursday morning. I went that Tuesday and have been playing ever since - 6 years now. I will write about the FL game in a future edition.

The Sunny Shores

By: Estelle Morganstein

I recently attended a course offered by our property management association in order to become certified to serve as your representative to the POA. As well, not too long ago, I completed a course that all board members of HOAs in FL are required to complete, certifying them to sit on a HOA board. The POA course was mainly a review of the earlier HOA program, but it provided valuable information, some of which I believe every homeowner should understand.

The Governing Documents of our community were identified - our Declaration, Articles of Incorporation, By-Laws and Rules and Regulations. There is a requirement to establish a budget and set aside funds (create reserves) for future maintenance which our Board established at the inception of our community and to which monies are allocated on a monthly basis. Your board's primary responsibilities are to protect the interests of our Association and to main-

(continued on page 11)

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SUNNY SHORES ... (continued from page 10)

tain and enhance the common areas of The Shores; there is a requirement that the above be achieved through setting policy, maintaining financial stability and conducting annual and board meetings.

A question arose on the legality of a board asking the homeowners to remove themselves from a meeting so that the board could address confidential issues. The attorney confirmed that this was not only permissible but required if the board needed to discuss either 1) legal matters or 2) issues of a personal nature involving an individual homeowner.

The speaker identified the individual responsibilities of the Board Executive. He suggested that when a motion has been made, only the board should discuss the matter and that any comments from the general members should be held off until the end of the meeting.

The rules involving how to address tenant issues were reiterated.

The attorney reviewed the procedure for proper minute-taking and records maintenance, reminding the audience that certain records are not accessible to unit owners either because they are protected by lawyer-client privilege or personal information such

as social security numbers, email addresses, telephone and fax numbers, emergency contact information, etc.

All in all, everyone who attended came away from the session with a greater understanding of the duties and responsibilities of the Board of Directors of an HOA.

NEIGHBOR NEWS

Diane Greenberg sincerely thanks her Block Captains for their excellent volunteer work when they are needed to distribute the new telephone directories and other materials necessary to reach our homeowners.

We have had a busy month in home sales. We welcome the following new homeowners and wish them well in The Shores.

- Richard & Frances Picceri
- Jane Massi & William Palmese
- Patrick & Patricia Gardenier
- Michael Harvey

That's it for now, folks. Enjoy the lovely weather, summer's on its way. Until then, remember to check our website for the latest and greatest at www.Shores-HOA.com.

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Loving Lancaster Lakes

By: Phyllis Arnauer

Learning something new can be seen as a challenge. Can I understand the rules, techniques, procedures? Will I embarrass myself while I am learning? How often have we heard that it is easiest to learn something new as children! Everyone has experienced the speed with which little ones absorb a foreign language or anything technological. To this I say - as adults we must constantly be expanding our interests and skills (not just our waistlines!) Imagine how happy I was when my husband decided it was time to Do the Wash, Make a Wash, Do the Laundry. This has been a skill that has eluded him for as long as washing machines have been part of our lives. However, now, with copious notes in hand, he is ready to forge ahead! As I prepare to leave him alone for 3 weeks, I am confident that he will master this skill and succeed.

What other challenges have many of us met here at Aberdeen? Have we absorbed all the rules of canasta, mahjongg, gin, poker, or bridge? Have we mastered knitting, crocheting, painting, photography? Has the

fitness center given us the desire to rumba, weight lift, or groove to the music at cardio dance? How about getting into the pool for water aerobics, especially on a chilly March morning? What about the new sport designed to test our balance skills - pickleball! Trying any or many of these will challenge us to grow and feel good about ourselves. Remember, the fun is in the journey. Let's never stop learning and striving.

For those of you who are interested, I will let you know if the tee shirts still fit an adult! As April turns to May, Lancaster Lakes is pleased to welcome new residents Sharon Katz and Dennis Brenner. Also, Susan Bemis is joining this wonderful community. Our condolences to Irv Kossack on the loss of his wife, Rochelle.

Let's all enjoy the extra hour we picked up with Daylight Savings Time! I look forward to hearing from my neighbors with news you wish to share. My email address is arnauer27@gmail.com

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Turnberry Isle

By: Sherry Morris

Despite our lack of the promised April showers, the neighborhood is abloom in beautiful flowers. Special thanks to those neighbors who keep their properties in excellent condition. After many years, we know some flower and shrub beds need attention. As you walk around the neighborhood, be sure to note the care some residents put into keeping their homes in top shape.

Speaking of the dearth of showers, the drought has caused a beach effect on the lake behind most of our Turnberry homes. Those of us on the 11th fairway note that the resident alligator enjoys sunning himself on the bank of our newly-created beach. Many golfers are unaware of his presence, so searching for a lost ball frequently results in surprised reactions!

As our high season winds down, we remain busy with activities and outings, thanks to our intrepid Women's Club. After February's busy schedule with 2 theater productions, we planned another foray into musical entertainment at the Delray Theater. Barbara Pearlman and Pat Cohen chaired a day on Apr. 12, including lunch -- of course, that found us enjoying "On the Road to Hamilton."

Book Club continues to thrive under Regina Green's direction. Recent choices have included Before We Were Yours, Little Fires Everywhere and This Is How It Always. We especially appreciate the work of our facilitators: Joyce Meltz, Barbara Pearlman and Mitzi Brown. Recent hostesses were Regina, Mitzi, Gracine Dunn and Pat Reich. Enthusiasm is what has kept this group going for 20 years.

The archives of TIWC were recently unlocked, and they contained a treasure trove of information. The good news is that many of our original members are still very active. Our founder, Anita Ostrow, continues as president and head cheerleader. The archives included a report from our first meeting, held at Anita's home on June 25, 1998. Fifteen women were in attendance. Among them were 6 women who still remain active: Anita, Lenore, Harriet, Sandy, Rhoda and Sherry. At that meeting we established the Book Club, under the direction of Laurie Grosky, planned a trip to the Norton, with lunch at Taboo and announced an October date for our cruise on Sea

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TURNBERRY ISLE ... (continued from page 14)

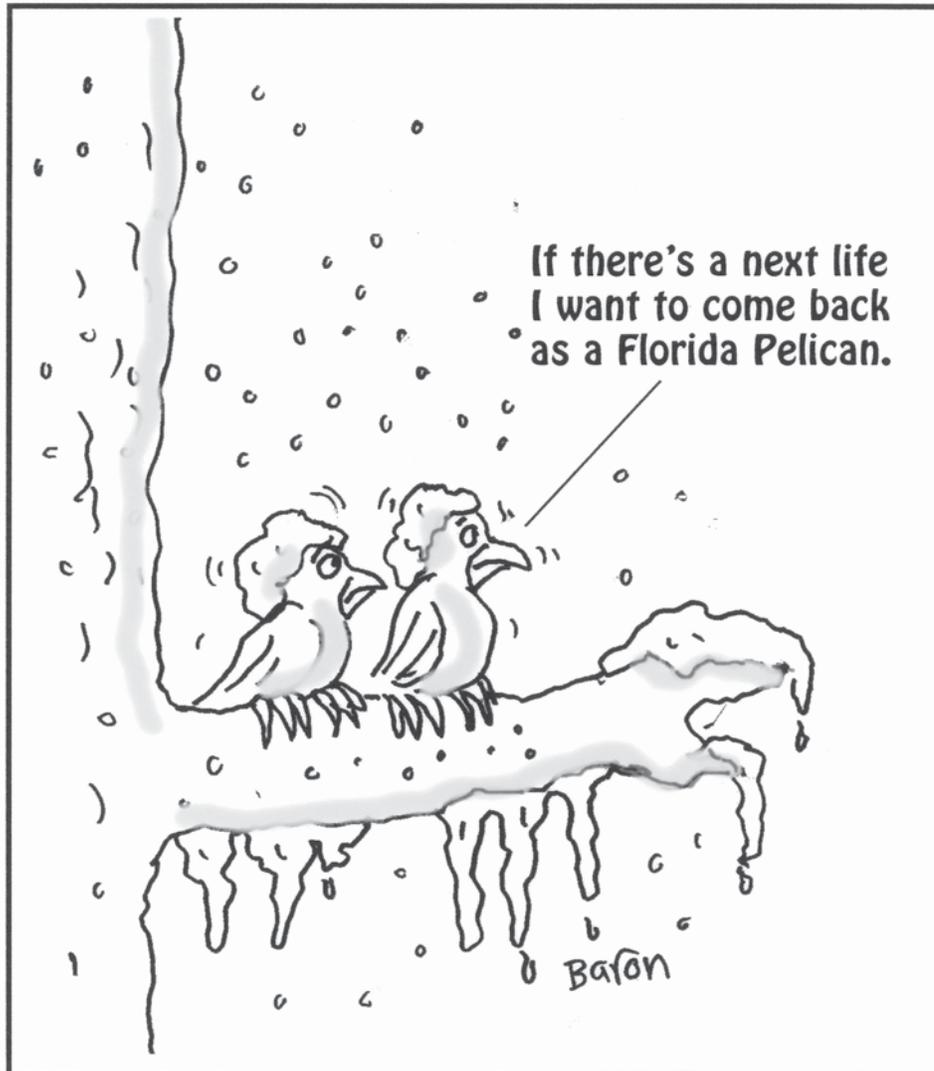
Escape. All but the latter were rousing successes.

Upcoming is the annual Pizza Party at the Pool on Tues., May 15. We pullout all the stops for our Women's Club members on this evening, treating the membership and saying thanks for another year of hard work.

A final piece of good news involves our long-time neighbor, Maureen Kilar. Her granddaughter, Ashley, was on the winning team on the new TV show, Genius Junior. Hosted by Neil Patrick Harris, it gives us all hope in our educational system and the young scholars who participate. Congratulations, Maureen.

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Harvey Baron's Early Bird Special



Sterling Lakes

By: Marsha Menahem

Featuring: In the Sterling Tradition and Fond Memories

By: Judy Lukow

What do 34 friendly people do on a Monday night; 34 Sterlingites that is? They have a party! Thanks to Leah Bulger, Joan Lacher, Marsha Menahem and Carol Wallach, we had a great time when the group got together - breaking bread and eating at Fiorella's Italian Restaurant. The food and the company were good but the best part was how friendly everyone was! That's in keeping with the Sterling tradition for the last 21 years.

Sheila Hyman was inspired to tell everyone how happy she is to be a part of the Sterling Lakes community. Since day one, 16 years ago, she felt a warm embrace from everyone, which continues today.

What Sheila said reminded me of our first day in Sterling Lakes. We were welcomed by our across-the-street neighbor, Leah Bulger, who talked about how she loves living in the community. She compared it to where she had lived previously in Boynton and said she found the people here "not snobby." So, the tradition continues.

We hope you all enjoyed your Passover/Easter Holidays. Holidays are for making lifetime memories. Steve Richmond, another neighbor, told me he remembers that the house his 5 children grew up in wasn't big enough to hold everyone that came for the Passover Seder - usually more than 40 people. So they converted the garage and set up tables to accommodate everyone. Now in his 80s, Steve told me he remembers as a child his family bought a dozen, dozen eggs (a gross) in order to make enough matzo balls for the horde. He remembers the excitement waiting to see if the matzo balls came out hard or soft. In my home, growing

(continued on page 16)

STERLING LAKES ... (continued from page 15)

up, you were judged by how good your matzo balls were. "I just love dem knaidels!" I used to say. Such fun memories!

If there are any announcements you'd like to have printed in the monthly Aberdeen Times (births, weddings, get well messages, etc.), please call me or Marsha Menahem and let us know what news you'd like us to share. FYI - some neighbors are interested in starting a Sterling Book Club on Tuesdays (more info to come).

And lastly - expect a phone call from me. I'll be asking Sterlingites questions that tell a story for our column. So be prepared to answer questions like - When did you know he/she was THE one? Or what's on your menu? What do you like to serve your dinner guests? What do you do for fun? I'll be printing all the good stuff here in the Aberdeen Times.

Mostly Muirhead

By: David Bloomgarden

Following 12 years of constant persuasion by friends to join them in "paradise," my wife, Lucette, and I moved into our Muirhead home. The reception we received from Aberdeen neighbors was outstanding. Now it's time to pay it forward with the same enthusiasm by welcoming new Muirhead residents Michel Turcote and Sylvie Bastien. Their names and faces may be familiar, since they're no strangers around Aberdeen, but they are brand new to MUIRHEAD. Prior to their move, they lived in the Hamptons for over 8 years. Michel was born in Montreal. Though he apprenticed with his dad as a bricklayer, it was an occupation that held little appeal. Instead, he found woodworking so natural, that by the age of 19, he had started his own business. His first customer asked to have a residential kitchen designed. Clearly, he had the utmost confidence in his skills, because Michel refused to accept a deposit. Instead, he advised if the finished job was to the customer's satisfaction it would be then that he would accept payment. This humble beginning led to development of a multinational company designing and creating furniture for major commercial clients. Sylvie, also born in Montreal, became a decorator. She and Michel met at a client-presentation and their relationship

(continued on page 17)

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

‘clicked.’ After 3 years of operating independently, Sylvie moved her business into his. They have been together for 25 years. Searching for a location warmer than the Montreal winter months, a place where they could have fun and pursue their desires, they were naturally drawn to FL. The advantage of nonstop flights and/or an easy 2-day road trip was enticing. They have varied personal interests. Michel is involved in landscape design and renovation projects, while Sylvie enjoys drawing, piano and dancing. They are both avid golfers. You may see Michel and Sylvie playing with both Americans and Canadians on our fabulous newly-designed golf course almost every day. When asked how they became involved with golf he, shared this anecdote, “During a project to create a major wine cellar for a local Canadian golf course, I spent a lot of time at the course with players. They got me interested, and soon I was hooked.” Here, in FL, they are enthusiastic members of our Aberdeen Golf & Country Club family.

Welcome Michel and Sylvie! We wish you many years of health and happiness here!

Addison Green

By: Marilyn Benvenuto

Mother’s Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds and the influence of mothers in society. So, I want to wish all the moms a fantastic and beautiful Mother’s Day.

The warmer weather is here and it feels good. It’s great to have noticed the children walking around in April on spring break because I know they were visiting and making uncle, aunts, grandmas and grandpas happy to see the family. We’re happy to see roofs being power-washed and soon our sidewalks will be done and all will look fresh. We have new stop sign at the entrance of our community and want to be sure that everyone understands that its there for

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our safety and should abide by the sign.

April, May and June are my favorite months because of all the beautiful colorful flowers and plants that are available to plant. I never had a green thumb until I moved to FL, so for me it’s no longer a task; I enjoy it. If you are looking for something to do on Mother’s day, check out <https://www.561area.com/specials> and <https://www.eventbrite.com/d/fl-boca-raton/mothers-day>. Marilyn’s monthly home tips:

1. Spiff up the paint.

Task: Freshen indoor paint on walls, cabinets, doors, and trim.

Shortcut: Sometimes a once-over with a Magic Eraser sponge will remove marks and smudges, reducing the need for a paint job.

2. Give the laundry room a redo.

Task: Clean and reorganize your laundry room so it’s roomier and more efficient. Scrape dried-on laundry detergent from ridges in your washer, replace damaged sorting bins, throw away laundry products you never use, and store the rest in out-of-reach places to protect young ones.

3. Clean out dryer vents.

Task: Clean the duct that connects the back of your dryer to outside vents. If you don’t, lint and other debris could decrease your dryer’s efficiency, increase energy bills, and even cause fires.

4. Clean refrigerator coils.

Task: To keep your refrigerator in tiptop shape and save energy, clean the refrigerator condenser coils located in the back or on the bottom of the appliance.

Shortcut: Use a vacuum to clean coils (just make sure to pop on the upholstery attachment first). While you’re at it, vacuum the floor under and behind the fridge, too. Then, shove a duster or refrigerator coil brush (about \$5 and designed for this exact purpose) between the coils, and clean the rest of the dust, hair, and dirt still clinging to the coils.

5. Give your mattress some love.

Task: Vacuum box springs and the mattress top and bottom. Rotate or flip the mattress.

Shortcut: If you have a one-sided mattress - one side is padded; the other isn’t - don’t bother flipping; just rotate it to provide even aging. If you have a

(continued on page 18)

ADDISON GREEN ... (continued from page 17)

2-sided mattress, flip every 2 months to prevent sags.

6. Look for leaks,

Task: Inspect your roof for missing shingles and damaged vent boots, and check your foundations for cracks that can cause big problems when spring rains come.

Shortcut: Wait until it rains, then climb into your attic to look for leaks.

It's easier to spot water leaks during a storm. These leaks can go unnoticed for months, causing damage to insulation and creating an opportunity for mold to grow. If you can't do any of the above, call in the pros!

The Coves

By: Mary Chuzi

Early May is a bright spot on the S. FL calendar with its warm temperatures, sparkling blue skies and fewer crowds. The state of FL is estimated to have 900,000-1,000,000 seasonal residents annually (aka snowbirds) raising its population by 5%. As a matter of fact, Palm Beach County's Boca Raton, Jupiter, Delray Beach and Boynton Beach rank #'s 1, 2, 3, and 4 in snowbird population. That population does not include tourists, (97,000,000 in the state in 2014!), of which Palm Beach County has MANY, nor senior communities with their visiting children and grandchildren adding even more. Not that we don't love them all, but the little extra breathing room feels good once in a while.

At the March Annual meeting, the B.O.D. candidates were confirmed and will remain the same as this past year. Board officers Rose Romano, Stuart Burton, Alan Louzin, and Fran Garfunkel will continue. In addition, director Bob Grazioso oversees Landscaping and Pest Control. Bob Westfal oversees the ARC (Architectural Reviews Committee). Call him if you need the necessary forms for changes or improvements to your unit (561-373-0771).

Director Paul Chuzi will handle any issues with the new Comcast Fiber Optic installations once they begin in the Coves. Your B.O.D. works voluntarily behind the scenes, day in and day out, keeping the Coves financially sound and a safe place to live, thereby helping to maintain your property values.

We are pleased to announce that Carlos Ramos, a 10-year veteran of our Management Company,



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Capital Realty Advisors, will serve as our new property manager, working with Chet King to make sure everything is in running order in the Coves. He can be contacted at 561-624-5888.

Last but not least, the all-important road - resealing Project has begun, weather permitting, and will continue most of the month.

The originally planned repairs and prep Phase was from April 16-27. Now the actual repaving has begun. All residents have received literature explaining exactly what to expect; dates for each of 6 areas to be sealed, including diagrams of each building, and the parking requirements. Any car not moved from the resealing area, risks being towed at the owner's expense. From previous experience, we

(continued on page 19)

THE COVES ... (continued from page 18)

know all owners and renters will be very cooperative. The project manager is working closely with our property manager on a daily basis to keep residents informed on the actual schedule as it progresses. This is an extremely important, much-needed and long-planned project. It will require absolutely 100% cooperation from each and every resident. None of us will be immune from the inconveniences we might encounter, but then again, none of us will be excluded from the benefits of newly paved roadways.

Looking ahead to the summer, FPL will be changing our street lights to LED which will be whiter and brighter. (More about this later).

Make sure you have your e-mail on file with Rose Romano so you will not miss out on important announcements and reminders about upcoming projects. Most communities (and other organizations) have systems of e-mail blasts set up for this purpose. I hope your address is included in our system.

Until next month, have a merry month of May!

Canterbury Communique

By: Dee Levy

Greetings from the Canterbury community!

Yes, it's the Merry, Merry Month of May! The fifth month of the year according to both the Gregorian and Julian calendars, May was named for the Greek Goddess "Maia," who was also identified with the Roman Goddess of fertility, Bon Dea. The Roman poet, Ovid, provided a second etymology, however, citing Mayas being named for "maiores" (Latin for elders) and June for "juniores" (Latin for young people). May's birthstone is the emerald; its flowers the Lily of the Valley and the Hawthorne; and its zodiac signs Taurus, for those born May 1-20, and Gemini, for those born May 21-31. Holidays include May Day, Cinco de Mayo, Mother's Day, Armed Forces Day and Memorial Day.

Mother's Day began in the U.S. when Anna Jarvis held a memorial service for her mother, Anne. Anne had been a peace activist and founder of Mother's Day Work Clubs, which addressed public health issues. Although it took many years, Woodrow Wilson signed a proclamation in 1914, designating Mother's Day to be celebrated on the second Sunday in May.

Mother's Day is celebrated around the world but

dates of observation vary. In most Arab countries, it is celebrated on Mar. 21, the Spring Equinox; in the United Kingdom and Ireland, on the fourth Sunday in Lent, and in Israel on Feb. 13, the annual Remembrance Day of Henrietta Szold. Interestingly, Henrietta Szold, a champion of children's rights, whose organization, Youth Aliyah, rescued many Jewish children from Nazi Germany, had no biological children of her own. She is, however, considered the mother of all those children and the date for "Yom Ha Em" was set in her honor.

In getting to know our neighbors, we prevailed upon Joyce Petak, a 31-year-resident of Aberdeen, to share some of her thoughts and life experiences. Joyce grew up in the Bronx where she attended elementary and high school. Marrying soon after, she remained in her parents' home when her husband of 5 weeks was sent overseas. Upon his return, the young couple moved to NJ where they opened a family, deli-appetizing-catering business in Fairlawn. There, they raised 3 sons and Joyce enjoyed being a stay-at-home Mom. In 1987, she and her husband purchased a home in the Cambridge community of Aberdeen and became "snowbirds." Upon retirement in 1992, they moved to FL, and subsequently to Sheffield, where they resided for 24 years. Joyce has recently become a resident of Canterbury, having decided to down-size. When asked how she feels about the move, she stated, "I love the apartment and am happy to have the many services included. Aberdeen is a great community and I still enjoy the many friendships I've made over the years. Joyce indicated that she'll probably be celebrating Mother's Day by going to dinner with her son who lives in Boynton Beach. She hopes that some of her friends, whose families are elsewhere, will join them.

We thank Joyce for sharing and, once again, welcome her to Canterbury. We're delighted to have her as a neighbor and member of the community! We wish Joyce and all our Aberdeen friends a Happy and Healthy Month of May and a Happy Mother's Day! As the poet Robert Browning said, "Motherhood: All love begins and ends there." Have a great day!

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Sharing With Sheffield

By: Ruth Krawitz

The phone lines are ringing off the hook! The owners of card-and gift-shops are dancing with glee! Department and clothing stores are using all their merchandising skills to lure in customers in advance of the big event! Yes, it is the month of May, and Mother's Day is just around the corner. Telephone operators, owners of gift and card shops and even florists, tell us that Mother's Day rivals Christmas and Valentine's Day in terms of busyness. Sorry to say, guys, Father's Day does not even come close in volume So what makes Mother's Day so special?

Not Just on Mother's Day

I do not need gifts on Mother's Day. I have the gift I want and need. It is the gift of motherhood. It cannot be purchased in department stores or stacked on shelves. It cannot be created in a factory. It cannot be wrapped in a box. Nor can it be limited to one day. Motherhood is every day. And every mother knows it.

I lost my mother when I was twenty-six years old. I had thought we would be together for many years. I had not even considered life without her. We were friends, best friends. Her first grandchild had just been born, and life's possibilities had barely opened for me when she passed on. It took many years for me to recover. Twenty-six years seemed such a short time to have my mother. To have her love. Her protection. Her devotion. To enjoy her beauty and zest for life. We were just beginning to know each other

as adults. I ache to call just one more time "Mother," and have her answer. And see her face. And tell her the things I might have been too busy to say. Oh, how I long to say them now. Not just on Mother's Day. But every day.

To set an example, make my children proud, give them strength, love and support, be there when needed, and to always be their biggest fan.

Not just on Mother's Day. But every day.

Harriet May Savit

A Mother's Love Is Never-Ending

A mother's love cannot be compared, for hers is an ever-constant love, unlimited, unchanging, and forever.

A mother will hold you while you cry, soothe you with kind words when it seems the rest of the world had turned against you.

A mother will love you when you think it's impossible that anyone could; no matter what you have done or said or failed to do or say, a mother truly forgives.

A mother will lift your spirits when you feel there is no hope, give you confidence and strength to begin again, and make you laugh when you think you'll never smile again.

A mother will stand by your side even when she stands alone; she will take you as you are, and never ask for more than your love in return.

Flo Fessler

On Mother's Day we also pay tribute to all the special grandmas. Here's the message my oldest grandson sent to me ...

Wonderful Grandma

A grandma is a remarkable woman. She's a wonderful combination of warmth and kindness, laughter and love. She overlooks our faults, encourages our dreams, and praises our every success.

A grandma has the wisdom of a teacher, the sincerity of a true friend, and the tenderness

(continued on page 21)

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SHARING WITH SHEFFIELD ... (continued from page 20)

of a mother. She's someone we admire, respect and love so much.

A grandma will always have a cherished place in our memories and in our hearts. She's someone whom we want every happiness in return for the joy she always brings.

A grandma is all the dear and precious things in life ... when she's a grandma like you.

Happy Mother's Day to all of our moms and grandmas!

Waterford Watch

By: Cathy Goldenberg

"April showers bring May flowers." April did not rain on my parade. It was a lovely month. We celebrated holidays that brought us together with family and friends and grandkids. The Easter bunny brought gifts, hid eggs and supplied an allotment of candy. Passover and Easter have come and gone now. The "Grands" have left the house and the toys are put away once again. Our house has become our quiet sanctuary and recuperating is the next step in our lives. After having had their fill of candy and fun for

the weekend the kids slept all the way home.

I decided to make lasagna as part of our Easter dinner. I recruited the "Grands" to help in the assembly. When I asked them to wash their hands carefully for the food preparation, our 5-year-old grandson opened his eyes wide in astonishment; exclaiming, "kids don't cook, only grown up do." He handled placing the pasta while his 6-year-old sister laid the mozzarella slices in turn. I delegated myself to the other layers. It was the best lasagna ever!

Hello May! It's a beautiful springtime month. May is filled with special days and holidays. Besides Cinco de Mayo, Mother's Day and Memorial Day, May is National Strawberry Month. Thirty-one delightful days to celebrate the strawberry. Fresh juicy sweet strawberries with whipped cream, strawberry shortcake and chocolate dipped strawberries - my favorite. The first day of May is also National Chocolate Parfait Day. What a sweet way to start off the month!

Then we must face the unthinkable. Well it's that time of year again. Our dear friends, the Snowbirds, are leaving us. While they are excited and happy to

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WATERFORD ... (continued from page 21)

be going back to their home state reconnecting with family and friends, it makes us sad. Our lunch dates, card partners, pool and shopping buddies are flying off to another world, but not to worry. We will trudge on in paradise and our wonderful community. So hurry back snowbirds. We miss you already.

April Showers did not bring May flowers in Waterford. We have been very dry this season. Hopefully in May, we'll get our usual rain showers to make our neighborhood even greener.

The Waterford community wishes all our Moms, Grand moms and Great-Grand moms a Happy Mother's Day!

Please join Waterford to welcome our new neighbors: Sonia Pasternack-Goetz and Arthur and Linda Sheran.

The Waterford Landscape Corner

Gardenia is a flowering plant and is a cousin of the coffee family, Rubiaceae, A native to the tropical and subtropical regions of Africa, Asia, Madagascar and Pacific Islands.

Keep in mind that when the gardenia is planted outdoors, it generally prefers to be kept in partial shade. Gardenias also prefer moist, but well-drained

acidic soil with plenty of organic matter.

In hot FL weather, coffee grinds that have natural acid work great as fertilizer. Just don't pile it up around base of the plant; spread the grinds around and water the plants as they like moist soil.

Water gardenias regularly, even once the plant has finished blooming. Prune the gardenia bush after flowering has ceased to remove old blooms to promote new growth.

Harbour Lights

By: Wendy Latman

I know it's May, but there were so many Harbours residents involved in so many things in March that I just have to put it out there. That's the trouble with a newsletter that is one month behind. Better late than never.

March saw the performance of "Reality Bytes" in Aberdeen East Clubhouse. Several of our Harbours neighbors were participants on stage and behind the scenes of this delightful performance which also included residents of various subsections of Aberdeen

(continued on page 23)

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HARBOUR LIGHTS ... *(continued from page 22)*

East Harbours' performers included Adele Dienstag, Bernie Dienstag, Carole Sadler, Wendy Epstein and Judy Santo. Harbours residents who were part of the production crew included Madalyn Friedman, Mike Santo and Paul Ezersky. Costume Design was by Joan DeMunno.

Congratulations to all of you from the Harbours as well as participants from other parts of Aberdeen East for putting together a really fun performance for everyone else.

Here's how to spend your 80th birthday!

Mar. 24th was the March for Our Lives, which was a result of the school shooting at Marjorie Stoneman Douglas H.S. in Parkland, FL. It was also Bernie Dienstag's 80th birthday and he chose to spend his special day, along with his wife, Adele, and Judy and Myron Santo, and other Aberdeen East residents, demonstrating, protesting lack of gun control, and supporting the kids who experienced these horrific events. What a way to spend your landmark birthday. Congratulations, Bernie!

Thanks to Paul and Isabelle Ezersky, the Harbours had a successful block party on Sun., Mar 18th, right in front of their condo at 8300 Waterline Drive. We had one a few years ago, but we are hoping this one, which was put together as more of a collaborative effort amongst neighbors, will become an annual event. For a first event, attendance was really good. A common table was set up for food to be shared and some people brought their own food. Entertainment included live music by Paul Ezersky on the saxophone, Richard Picceri on guitar and Ron Capone, also on guitar. We even had a sound system set up. Isabelle led participants in games where people won prizes.

Thank you, Paul and Isabelle, for putting this together for the community.

I'm sorry to say goodbye to most of our snowbirds. But then, the vehicular traffic will be lighter, the pedestrian traffic in downtown areas will be lighter, and all the S. FL businesses will be running specials. Snowbirds, you don't know what you are missing!

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Moorings

By: Eileen Hahn

As the "April 1st fool," I write this article for May 1st and admit to all false information.

We have completed the Easter celebration with candy, to the dentist's delight, and Passover with the matzoh, to the proctologist's concern. Marilyn and Alfred Lubell had their children and granddaughters for the holiday. The food preparation must have been so fragrant that a huge snapping turtle appeared at her lanai door hoping to be invited in. If April showers bring some relief to the lakes and land, all the worms will also return where they belong-in the soil.

Sally Sage and Herb Schwab flew only halfway across the country this month to attend a wedding in Pittsburgh. Joe and I spent a few days at Sea Pines on Hilton Head Island sharing spring break with our Georgia family. You may have noticed that some of our residents might be missing. If any talent scouts were in the audience for "Reality Bytes" and needed dancers blonde Charlotte Kahn, Carol Carleton and Judy Kaminski were on the next plane to Hollywood. The comedy channel is busy vying for the humor of Laura Unger, Joanne Moustakas and Ralph Sheffler. Bob Fosse moved over, because these stars were made famous by the choreography of our good trouper, Vivian Lonetto. If anyone needs a stage hand that requires no pay, just call Sheryl Kreps.

Our fallen residents are all still rehabilitating. Millie Tencer has fallen multiple times and won't be returning; another new resident in our cul-de-sac will be forthcoming. Flora Miller is home after a short stay at JFK Hospital. She thought the cardiology dept. needed a dilemma to solve. Our condolences to our former resident and community president, Irving Alpert on the loss of his wife Mildreth, and also to Beverly Weiner on the death of her niece who was staying with her.

At the annual election meeting all 6 positions were uncontested and Millie Tencer's post was filled by new resident, Tammy Landay. John Unger remains president and the others reaffirmed were Cliff Antis, Jane Halley, Alfred Lubell, Jack Miller and Mitch Weiser. A beautiful birthday cake and tribute were given to Albert Moldoff on his 100th birthday. What an incentive for life in the Moorings!

Bermuda Buzz

By: Lenore Schwartz

The beauty of May flowers is more pronounced up north after a grey winter. Here we live with flowers all year but there's always a delight to see the new spring flowers such as gardenias, bougainvilles and magnolias. How lucky we are ... our environment is so colorful and the weather is a delight. This month also brings a time to honor our fallen soldiers on Memorial Day. Put those flags out! But May is mostly about Mothers.

Mother's Day occurs either on or around my birthday, so in my house it was a dual celebration. I always showed excitement and appreciation for the gifts of my 3 sons and my husband. About 40 years ago, when my sons were teenagers, my husband decided to combine their resources and his into one big gift. Now I must digress. As a full-time teacher and the number 2 car-pool-driver for Hebrew School and games and practice for soccer, basketball, hockey, softball and other activities, I was always busy. Though I had little time to be a gourmet chef, I did manage to get a well balanced 3 course meal on the table every night. Back to my Birthday/Mothers' Day gift. They presented me with a food processing machine. I hated big bulky equipment on the kitchen counters and the idea of having to take it apart for cleaning after every use, was not a pleasant thought. Being very sensitive that year, I proceeded to lecture my sons on the personal benefits of gifts for the individual than for the home. I spoke about simple things like special cards, letters, poems and even flowers. They were shocked as I had never complained about anything they gave me. Nothing was said and obviously they never discussed it amongst themselves.

The following year I received 2 beautiful bouquets delivered to my classroom at school and another 2 delivered to my house! Happy Mothers' Day to all you wonderful busy women!

I'd like to thank Myron Lofton and his helpers for arranging a delicious BBQ from Lucilles' at the pool and a talented entertainer who played numerous different instruments. Unfortunately, the weather didn't cooperate and we did get rained out but not until we feasted on ribs and chicken. Another successful Jazz at the Pool took place on Apr. 22nd. Again, thanks to Myron. Last year Horseshoe Bay

Road was completely resurfaced. This year it was resealed and looks great. Thanks to board members Arlene Solomon and Art Feuerstein.

We're pleased to report that the following new neighbors have joined us on B.I.: Ray Beninato and his wife, Marina Brandt bought the house at 8354 in March and became Florida residents in April. Leonard and Sandra Gutman (8349) are snowflakes at this time but we hope to see them around quite often; and Bob and Judy Lederman (8294) who bought Ray Simons' house, have been here a few months

(continued on page 25)

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BERMUDA ISLE BUZZ ... (continued from page 24)

and settled in nicely. We're delighted to send them all a hearty welcome and hope they'll join us in future group activities.

To all ... be well and have fun this summer.

It's Happening in Dorchester

By: Carol Baron

Let's hope May summons a beautiful and healthy spring! May you keep a spring in your step as you meander through each day.

News is hard to come by lately. Many of our residents had a lovely Passover and Easter. The Hollanders went north to celebrate with their family. Iris Levine did the same, but travelled out west to Denver. Did you get to see Aberdeen on Stage at the East Clubhouse last month? Dorchester had its share of singers and dancers participating. Singing her hear out with Broadway solos was Peggy Urbinato. I was doing the dancing I love, including a short tap solo. Numbers included *Beauty and the Beast*, *Hey There, On Broadway*, *There Is Nothing Like A Dame* and much more. What fun!!!

Dorchester had its annual meeting and election of officers for the Board of Directors. Steve Lippert continues to be our President. Vice President is Jeff Nisall. And I am back as the Secretary to the board. Doug Schwartz is the Treasurer. The 2 other Directors are Neil Goldberg and Ollie Klapper. So we are here to help continue to keep our community a great place to live and to help our residents with any community-based problems or questions they might have.

We wish a great time to those of you who are leaving sometime this month to go north or elsewhere for the summer. You will be missed. For all of our fellow residents... we remind you how important it is, now and forever, to spread love, respect, dignity and caring for all of your neighbors.

Bridge - Try It, You'll Like It

By: Lew Roth (Sheffield)

Defensive Signals

As noted before, defense is the most difficult part of the game.

Why is that? It is because you cannot see your partner's hand. As declarer you can see both your hand

and that of your partner (the Dummy). That makes planning for tricks to be captured so much easier.

As defenders, you must be able to communicate with your partner so that you can plan your defense. Signals are the way you talk to your partner. There are basically 3 types of signals. In order of importance they are ATTITUDE, COUNT, and SUIT PREFERENCE. We need to look at each of these separately. This month we will concentrate on ATTITUDE. Next month, we will deal with COUNT and SUIT PREFERENCE.

What do we mean by ATTITUDE? Simply put, ATTITUDE means "Do I like it, or not." If Partner knows you like whatever it was she did, then at her next opportunity, she will do it again. Conversely, if you tell Partner you don't like what she did, then she won't do it again. She will do something else.

So, how do we tell Partner we like or don't like what she did? Standard ATTITUDE carding requires you to play a high card if you like it or a low card if you don't. In other words ... a high card encourages and a low card discourages. A middle card i.e., 6,7 ,or 8 says Partner, I have no preference. Do what you want!

Showing ATTITUDE is the most common and most effective defensive signal. It is used most frequently when Partner is going to win the trick or when the opponent is clearly going to win the trick. It should not be used if you can win the trick.

Let's look at a hand. Suppose you are defending against a No Trump contract and Partner leads the ♠3. Dummy's hand is now put on the table.

Dummy
♠A85

| | |
|---------|------|
| Partner | You |
| ♠3 | ♠K94 |

If Declarer plays the ♠5 from the dummy, you have no choice but to play the ♠K and win the trick. However, if the Declarer plays the ♠A, you have several choices. Declarer has now given you the opportunity to signal ATTITUDE. Since the ♠K is now a winner, you want to signal your Partner to play a Spade at her next opportunity. So, you play the ♠9, the highest card you can afford.

Now, let's change the hand slightly.

Dummy
♠A85

| | |
|---------|------|
| Partner | You |
| ♠3 | ♠974 |

(continued on page 26)

BRIDGE ... (continued from page 25)

If Declarer wins the trick with the ♠A, you would tell your partner you are not interested in a continuation of Spades by playing ♠4. Partner may still decide to continue Spades when he gets back in, but you have told her not to count on you for any help there.

Let's now look at 2 hands and see if ATTITUDE discards make a difference. Against a No Trump contract, Partner leads ♠K. In this first example, we want to tell Partner to continue Spades, so we play the 9. Partner can then safely play the 2 and we can get back to him with the 3. Otherwise, Partner will play the Q and you will either block him from getting his last tricks or you will overtake with the A and the Declarer's 10 will become a good trick.

| | | |
|------------|-------|--------|
| | Dummy | |
| | ♠6 | |
| Partner | | You |
| ♠K,Q,J,4,2 | | ♠A,9,3 |

| | |
|--|-----------|
| | Declarer |
| | ♠10,8,7,5 |

Finally, let's look at a full hand.

| | | |
|------------|-------------|----------|
| | Dummy | |
| | ♠6 | |
| | ♥K,7,3 | |
| | ♦K,Q,10,6,2 | |
| | ♣J,7,6,4 | |
| Partner | | You |
| ♠K,Q,J,4,2 | | ♠8,5,3 |
| ♥10,9,5 | | ♥A,Q,J,8 |
| ♦5,4 | | ♦9,8,3 |
| ♣Q,8,5 | | ♣10,9,2 |

| | |
|--|-----------|
| | Declarer |
| | ♠A,10,9,7 |
| | ♥8,4,2 |
| | ♦A,J, 7 |
| | ♣A,K,3 |

Let's say Partner leads ♠K. If Declarer allows this to win and Partner next leads a small spade, declarer will win 2 Spade tricks and likely make his contract. So, we need to discourage him from doing that. The way we do that is to play the ♠3. Partner now knows you do not have the ♠A and will try a different suit.

Bleacher Seats Splinters

By: Rob Tanenbaum

Being a nice guy all the time as you work, play and deal with family basically is impossible. I've spent 7 decades proving the point. So why does David Acosta make it look so easy? The recently appointed Director of Fitness and Aquatics at Aberdeen Golf and Country Club is sooooo nice, he even has an answer ready; his sisters. "I have 2 older, bossy sisters I have to thank for that," Acosta said one recent morning on the Oasis porch. "Without them kind of knocking me down, keeping me humble, there's really no way I would have the personality I do today." That friendly disposition, along with his devotion to creating a team - and business - oriented workplace, came in handy when he started his job in December. "When I first started, it was the week before Christmas Week," he said, and then emphasized, "it was really busy. I went through my own boot camp period of really seeing what the necessities were for the members and the staff from their perspective." He set about to learn about his staff members. Who is a leader? Who is detail-oriented? He also wanted to show members his I'll do what's-ever needed-attitude. "I think I've surprised many of the members by folding towels, by sweeping up the garbage and by being present throughout the day," Acosta said. He also relies heavily on his appreciation of teamwork he learned playing soccer in high school and college. "I want to have a great knowledge base so that any member can come to me with any question" Acosta said. "However, I do want to be surrounded by individuals who have their specialties. My yoga instructor is going to be much better than me at explaining yoga and probably thinks of the spiritual side of health and wellness. My sports conditioning instructor might be able to provide sounder exercises specific to your sport a little better than I do. That's my background, but I want somebody who's better than I am at it. If a member who asks me a question I cannot answer, I want someone around me who can." Acosta has created a fitness and aquatics guide and a registration guide that organizes all the Club's activities and protocols. They are available at the Center. He's also offering a personalized session with every member. "I've set aside appointment times to schedule an orientation -- one on one, you

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(continued on page 27)

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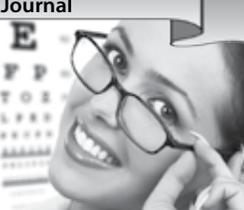
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BLEACHER SEATS ... (continued from page 26)

and me -- to discuss whatever it is you are trying to accomplish and whatever your limitations are," Acosta said. "I'll set you up on a simple regimen that you are able to follow here in our facility and I give you a three-week workout guide that you are able to follow to provide a little variability in your exercises." Our interview over, several members participating in a Water Wellness program recognized him and beseeched him to authorize the instructor to add time to the session because they were enjoying it so much. David immediately approved and there were many screeches of joy. Oh, I learned, that's how to be a nice guy. David Acosta fast facts:

Education: Coconut Creek and American Heritage high schools. Florida Atlantic U. **Athletics:** Soccer as left back and left winger. Won state H.S. championship as a senior at American Heritage. Club team state champion with Plantation Premiere. Walk-on player at FAU and named Rookie of the Year as a freshman and Sun belt Conference champion as a senior. **Family:** Maru (wife), Aspen (border collie). **Passion:** traveling.

The Easy Guide to Toilet Repair

By: Steve Solomon (Hampton)

I'm not a "do-it-yourself-er." I was raised in a "call Leo The Handyman" house. No matter what it was; if there was something broken "Call Leo"! My dad wasn't a "tool" guy either. To him, a hammer was something the ancients used to inflict pain on enemies. To my Dad, a hammer was used to inflict pain on himself. He understood his limitation; ergo "Call Leo."

I was never sure how, when Leo arrived, he figured out pricing for his repairs. I think it was in direct proportion to the amount of chaos that was going on when he arrived. If the screen door didn't close right. A few bucks and he was off. If the toilets were backing up ... sign over your first born. Price was never an object or debatable when it came to plumbing repairs. If crap was floating, you're gonna pay!

So, on one bright Sunday morning, Jane called me into the bathroom and said, "listen to this..." It was the unmistakable sound of a babbling brook emanating from the commode.

"Jiggle the handle," I said with authority. "I did. I've been jiggling the handle for weeks," she said. "I'll take care of it," I said. I sat down to read the

(continued on page 28)

EASY GUIDE ... (continued from page 27)

Sunday paper and I saw an ad for Lowes - the home improvement company.

I mustered every bit of testosterone I had ... "Honey," I smiled, "Wanna go to Lowes? You know, The "let's Build-Something-Together" store. I figured that I had a day off and if I really put my mind to it, It shouldn't take more than 24-36 hours to fix that toilet.

At Lowes, we were greeted a smiling lady in an apron. "Hi, welcome to the Lowes. How can I help you?" I said, "I think the hoo-jickie in my toilet is broken." "Ok," she said, that's plumbing. She picked up her radio "Leo, customers need assistance in plumbing." My eyes opened wide..." Leo? Leo? They have a Leo! Leo came over donning his plumber's apron. "Hi, how can I help?" This was a different Leo of course. The Leo from my youth by now would be 132 years old. But this was a LEO all the same.

I told him about the gurgling sound in the toilet and the problem with the hoo-jickie in there. I also told him the model number of the toilet ... hey, this handyman was prepared. Leo walked us over to the plumbing parts, took out a new hoo-jickie and showed me how easy it was to install and what simple tools I'd need. "I really can do this," I said. "Yes, you can," Leo smiled. I bought the part ... and the simple tools (I only had my Dad's old hammer at home). We went back to

our house, I put on my "let's-get-dirty" clothes and, following Leo's instructions and those in the package, I did it! In no time ... I did it! The new hoo-jickie was in place and the babbling brook sound was gone!

So, the next time something breaks, or you have to build something, stop by Lowes first. Ask for Leo. I'm really good at hoo-jickies now. No time to help you personally, I'm booked until 2021 replacing them for neighbors. Damn ... my thing-a-ma-jig just burned out. Anybody know how to fix one of those?

Hadassah

By: Bea Lewis (Lancaster)

Israel is 70 years old! Simcha Hadassah will be celebrating with a big birthday bash at our May 7th meeting at 9 am. Come join us for refreshments and partake in Israeli dancing led by a professional teacher. It will be the next best thing to celebrating in the land of milk and honey!

Hadassah helps to support the Hadassah hospital in Israel where, recently, a most amazing surgery was successfully performed. An unborn fetus with the markings of a rare disease was operated on while in its mother's womb and was born a healthy baby. Our fund-raising benefits don't come better than this.

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HADASSAH ... (continued from page 28)

Hadassah supports meaningful projects in - America as well. Among our many missions, we provide aid for Youth Aliyah summer camps.

We also focus our attention on such advocacy issues as human trafficking as FL it is the third highest state in the America with this very serious problem.

It's Happening at Pap

By: Marcia Levitz (Muirhead)

Springtime is here and summer around the corner. One year seems to run into another! As for the Pap Corps of Aberdeen, we have reached a milestone! We are now ten years old.

Our growth has been exponential, but it was the fruits of 5 fabulous women who helped to create our chapter.

I would like to share some of their thoughts and experiences with you.

Doreen Heisler had already been a member of Pap and heard that Aberdeen was starting its own chapter and she volunteered to attend the initial meeting. She became the VP of communications and also recruited new members to help with the newsletter and was in charge of arranging the first general meeting. Hats off to Doreen, for wearing many hats in the initial stages of our wonderful, philanthropic group. She presently is a Director on the Pap Corps' Board of Directors and chairs their Governance Committee.

Roz Lapenson and Lyn Schultz were the 2 friends who had heard from a friend what wonderful things the Pap Corps was doing and they decided to research how to start an Aberdeen Chapter. Fundraising is the heart and soul of The Pap Corps' existence, so Roz moved forward in this area. Her goal is to "one day find a cure for this dreaded disease."

Sheila Sarrett heard about the research being done at the Sylvester Comprehensive Cancer Center, U. of Miami Miller School of Medicine. Many of her family members had this disease and she knew she wanted to get involved to raise funds to help find a cure. She showed up at Lyn's meeting to get the chapter going.

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She has worked tirelessly by selling cards to help with the fundraising efforts of the chapter.

From the onset, Lyn Schultz, was always the liaison for the chapter. She was instrumental in the growth of the membership, and now she is the contact person for the "Physicians Referral Program."

Rita Zide rounds out the "fab five." She too was touched by cancer; all of us either know someone or has unfortunately had a family member who had the disease. She was president and co-president and now "works" / volunteers in the Levels of Giving Program.

All are being honored this May for their tireless efforts in raising funds for research, to find a cure for cancer in our lifetime. Thank you, each and every one of you.

RISE & SHINE - (Part 1)

By: Jane Evers (Hampton)

Now that you've moved your lower body for the past few weeks, it's time to get the upper body and arms moving. Remember, this is being done in bed before you get up each morning. Make sure that the bed is flat. Use a pillow if your head needs to be slightly raised. Again, start with 10 repetitions and increase to 20 when you are able:

1. Put your arms overhead and place them as flat on the bed as possible. While keeping them on the bed, move them down to waist level and then back up overhead. Repeat.

2. With arms on the bed and out to side, bring them up over your body and touch palms together. Bring down. Repeat.

3. With arms on the bed and out to the side, bring one arm straight over your body and as far as you can go towards the other side. Then do the other arm. Repeat.

4. Bring both arms up to vertical position - open and close fingers.

5. In the same arm position, circle wrists to the right and then left.

6. Turn onto your stomach and contract your butt muscles. Hold for count of 5 then release. Repeat.

7. Still on your stomach, arms against your body raise the arms backwards as far as you can. Pump them up twice and then try to clap hands together. Put arms down and repeat.

(continued on page 30)

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RISE & SHINE ... (continued from page 29)

8. On stomach, bring one leg up at a time and hold for count of three then down. Repeat.

9. Take 2 big breaths in from your nose and out through your mouth (to a count of 8).

10. Roll your body carefully to the side near the edge of the bed with your hip on the edge of the bed. You are facing out of the bed. Swing your legs over the edge of the bed. Plant your 2 feet on the ground and then bring the rest of your body to a standing position.

11. While standing up, raise your arms above your head and take 2 more deep breaths.

By doing these movements daily, you should notice you're able to move more easily, have fewer aches and more flexibility. I'd love to get your feedback ... Please email me at: jkevers@bellsouth.net with your comments.

Have You Been Scammed Lately?

Submitted By: Ruth Krawitz (Sheffield)

Several months ago, 4 of my credit cards and my phone were compromised! I have no idea how or why, but it was one of the most difficult problems to face, and left me paranoid about privacy issues. I urge our readers to check their credit card statements very carefully, as well as your phone activity, and call the appropriate contacts immediately if you find any unusual transactions. Read the latest below:

- Up to 880,000 Payment Cards
- Accessed in Orbitz Data Breach
- What happened at Orbitz?

Reports from Mar. 20 state that up to 880,000 payment card numbers and related information could've been exposed in a data breach. Orbitz, which is owned by Expedia, apparently had two different data disclosures.

In the first disclosure, an attacker may have accessed customers' personal information for some purchases made on orbitz.com between Jan. 1, 2016, and June 22, 2016, according to news reports.

In the second disclosure, customer data from other travel sites that used Orbitz to book travel between Jan. 1, 2016, and Dec. 22, 2016, may have been compromised, according to published reports. One of the affected sites was the American Express site Amextravel.com.

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HAVE YOU BEEN SCAMMED ... (continued from page 30)

What happened at Panera Bread?

On April 3, 2018, it was reported that customer information may have been vulnerable on the Panera Bread website for eight months.

The data appeared to include records for any customer who signed up to order food via PaneraBread.com.

The information that was reportedly leaked includes:

- Names
- Email addresses
- Physical addresses
- Birthdays
- Ordering habits
- Food preferences

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The data has since been taken down from the website. A spokesperson from Panera has mentioned that the investigation is ongoing although the Company has yet to issue a formal statement on the matter.

Millions of cards breached at Saks and Lord & Taylor stores

What happened at Saks and Lord & Taylor?

On April 1, 2018, it was announced that Saks Fifth Avenue became aware of a data security issue involving customer payment card data at the following North American stores:

- Saks Fifth Avenue
- Saks OFF 5TH
- Lord & Taylor

News reports about the breach say hackers staged an attack to steal the information of more than 5 million debit and credit cards, but neither Saks nor its parent, Hudson’s Bay Company, has confirmed such specific breach information.

(From Lifeloc Security)

Old Folks

By: Vincent Marini

Old folks do strange things, at least in the eyes of Boomers and Millennials. You’ve got to be careful with old guys. You never know how they will act or react. Most people probably wrote Old Ed off when they saw him on the pier with a bucket of shrimp. They should have gotten to know him better!

Since Decoration Day was first observed in the U.S. in MAY (1865), this month is a good time to tell a great story many folks never heard. To those who have, indulge me; it is worth repeating.

Old Ed’s full name: Eddie Rickenbacker. He was a famous hero in World War I, and then a special observer for the War Department in World War II. In the fall of 1942, he was sent on an inspection tour of air force facilities in the Pacific and to deliver a message to Lt. General MacArthur. The plane ran out of fuel and he and his 7-member crew went down. All survived and climbed into 3 life rafts secured together by a 60 foot rope Eddie had taken from their B17. They floated for days on the rough waters of the Pacific; they fought the sun, sharks, hunger and thirst. By the 8th day, rations ran out. They were hundreds of miles from land. No one knew where they were or

OLD FOLKS ... (continued from page 32)

if they were alive.

The adrift crew decided to have a simple devotional service and pray for a miracle. All they could hear was the slap of the waves against the raft. Time dragged on suddenly Eddie felt something land on the top of his cap. It was a seagull! Old Ed would later describe how he sat perfectly still, planning his next move. With a flash of his hand and a squawk from the gull, he managed to grab it and wring its neck. He tore the feathers off and he and his starving crew made a meal of it. Then they used the intestines for bait and caught fish, which gave them food and more bait. As a result, they were able to endure the rigors of the ocean until they were found and rescued after 24 days at sea.

Old Ed lived many years beyond that ordeal, but he never forgot the sacrifice of the life-saving seagull. That's why almost every Friday night he would be seen walking to the end of a pier with a bucket of shrimp and a heart full of gratitude. It was his way of saying, "Thank You"!

PS: Eddie Rickenbacker was the founder of Eastern Airlines. Before WWI he was a race car driver. In WWI he became America's first ace with 26 air victories. He was awarded the Medal of Honor and 10 Distinguished Service Crosses. Old Ed is a true American hero and one more story about the trials and sacrifices brave men endured for our freedom.

The Art of Falling Safely

By: Jane Evers (Hampton)

Remember the commercial "I've fallen and I can't get up"? For many of us, this has been a reality - either for a friend, loved on or even our self.

Falling happens to all of us, no matter what our age, but as we get older, the dangers of falling become more complicated. While avoiding a fall is priority one, knowing how to fall when it's inevitable is a crucial skill.

Basically, if you know you are going to fall, you need to relax your body; don't panic and stay slack. It is easier said than done. There are consequences when you tighten up or become rigid. According to AARP (Dec. 2017), there is a 4-point plan for a safe crash landing:

1. Stay Bent - The moment you sense you are going to fall, bend your elbows and knees. Do not reach out

(continued on page 34)

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ART OF FALLING ... (continued from page 33)

with straightened, locked limbs.

2. Protect your Head - If you're falling forward, be sure to turn your face to the side. If falling backwards, tuck your chin to your chest so your head doesn't hit the ground.

3. Land on the Meat - Try to land on the muscles in your back, your butt or thighs.

4. Keep Falling - Try not to stop when you land. Keep rolling - the more you give in to the fall, the safer you will be. Spread the impact across a larger part of your body.

As a side note, always try to be aware of your surroundings. Are there cracks in the sidewalk, roots in the grass, ice on the path (unlikely in Florida). Make sure your eyesight is good or corrected so you can see what's in your vision.

Sometimes walking on grass is dangerous because you can't see holes. Do not rush.

Exercise to Help your Balance: Stand with your feet together. (If you feel unsteady hold on to a wall or chair.) Start by raising one foot an inch. Hold for 30 seconds. Do this for 10 reps. Repeat with your other foot. Try to practice your balance every day.

Canyon Branch Library Update

Submitted By: COBWRA (Coalition of Boynton West Residential Associations)

At the Jan. 24, 2018 meeting of the Board of County commissioners, the Commissioners voted unanimously to approve the construction of the new Canyons Branch Library. This approval authorized the expenditure of funds for construction of the Canyons Branch. The County's Facilities Development Operations (FDO) Department will now seek a request for proposals (RFP) for the selection of an architect for the project. This will typically take 6-8 months. In the meantime, planning will proceed for the new Library space, making decisions about what is needed, as well as where things will be located. When this process is completed, the plans will be turned over to the architect so the long-awaited Canyons Branch Library can become a reality.

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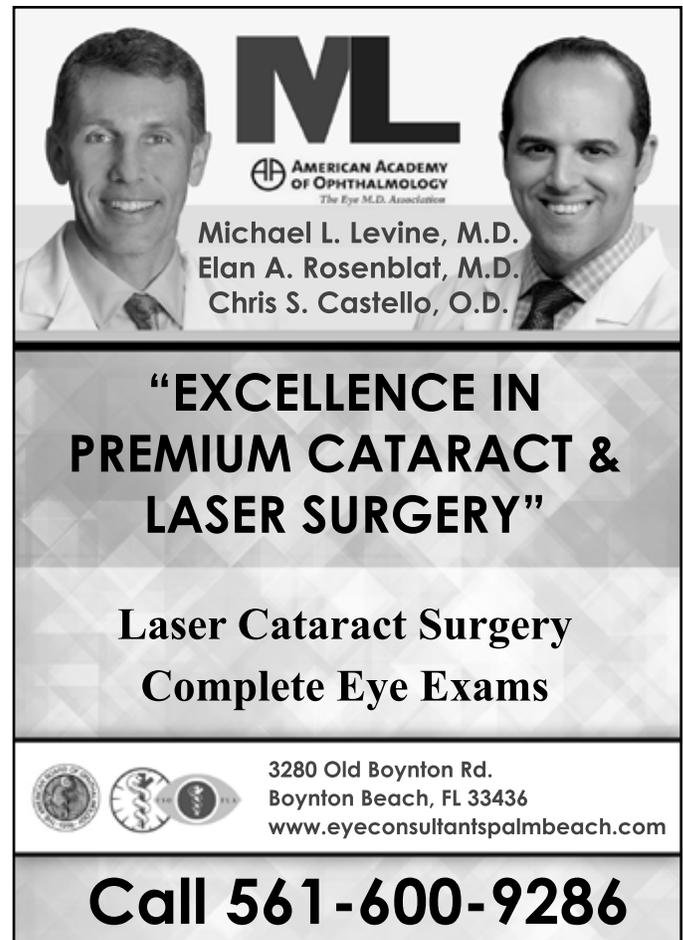
Do I Need a Water Filter?

Submitted By: Myrna Rosoff - Pres. of COBWRA)

Do I need a water filter? This question is often asked as consumers consider their drinking water, its safety and quality. The simple answer is, if you are a customer of the Palm Beach County Water Utilities Department (PBCWUD) NO!

PBCWUD takes great pride in providing safe drinking water to each of the 590,000 residents it serves. The department continuously monitors the water quality and, each year, performs more than 800,000 water sample tests to insure that the quality and safety of the water meets or exceeds all federal and state health guidelines. Tests are performed at each of PBCWUD's five water plants to guarantee that the water purification process is producing the highest quality water as well as at various points along the water distribution route, to assure no contaminants are introduced as the water travels through distribution lines.

(continued on page 35)



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WATER FILTER ... (continued from page 34)

PBCWUD also issues a yearly Water Quality Report, which lists all elements that are detected in drinking water, as well as their levels and the allowable limits established by the Environmental Protection Agency (EPA). The report can be found on the Water Utility Departments website at pbcwater.com.

Should you decide to use a water filter, be aware that they come with their own set of guidelines, which can affect the quality of drinking water. Filters have a recommended lifecycle that, once passed, can become a breeding ground for bacteria. This is especially true among under-the-counter filters that are often placed in dark warm environments near dishwashers. Replacing filters can also be costly and time-consuming.

Deciding whether to purchase a water filter for your home is a personal choice, but rest assured that PBCWUD works diligently every day of the year to provide the safest and highest quality drinking water to each of its customers.

Palm Beach Post



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Didja Know
(From Abby's Column)

I have lost a large portion of my vision, and will be trained soon in the use of a white cane. Although I still have some vision left, I often bump into things when I'm in unfamiliar surroundings. I'm sure the cane will be helpful and make me feel more secure.

There is something I think is important for your readers to know. When they see someone with a white cane, it does not necessarily mean the person is totally blind. I have read of instances where people were using their cane, but perhaps sat down at a bus stop and read a text on their cellphone.

These people were accused of being fakes. I am still able to read a newspaper, but I can no longer drive. I'm unable to see at night, and the loss of my peripheral vision has become dangerous for me. Please let your readers know that a person with a white cane may still be able to see to some degree, but they do need the cane for their own safety. - Safety First

Dear Safety First: Thank you for your letter. When I looked online for more information about white canes, I learned there are many different kinds. They include the "symbol cane," which is held to let others know the person is blind or vision-challenged. It's carried when out in public to remind others to be careful about colliding with him or her.

Other canes are the "guide cane" and the "long cane," which are used to detect objects in front of the sightless person, to prevent tripping on curbs, steps or other objects. (There are also red-and-white banded canes, which indicate the person carrying one has a hearing impairment as well as sight loss.)

Interesting Facts

Submitted By: Lew Roth (Sheffield)

- Mosquitoes bite people with Type O blood nearly twice as often as those with Type A.

- Pirates wore eye patches to have one eye adjusted for the top deck and the other already adjusted for the darkness when going below deck.

- After just under a year in space, astronaut Scott Kelly's gene expression changes significantly and is different than his identical twin brother's DNA.

- People tend to sneeze in threes because one loosens up an irritant, the second gets it to the front

(continued on page 36)

INTERESTING FACTS ... (continued from page 35)

of the nose, and the third gets it out.

- In one year, Walt Disney World's "Lost and Found" collects more than 6,000 cell phones, 3,500 digital cameras, and 18,000 hats.

- The world's oldest message in a bottle contains a 108-year-old postcard offering a shilling for its return to a marine research institute.

- Research shows that boredom increases people's heart rate and cortisol level more than sadness.

- Your brain makes decisions seconds before you become aware of the fact that you've made a decision.

- Money can buy happiness if your purchases fit your personality, like a meal at a pub for an extrovert or a book for an introvert.

- Morgan Freeman started acting at age 12, when he was forced into a drama competition as a punishment for teasing a girl in his class.

I Remember When!

By: Arnold Fine

Somebody asked me the other day, "How do you know you're growing old?"

Listen. And you know you're really growing old when everything hurts - and what doesn't hurt doesn't work! Our legs that have supported us for so many years are now looking for our support.

Somebody told me, "You know you're growing old when the gleam in your eyes - which once came from the spirit within - now comes from the sun hitting your bifocals!"

If you think about it, you know you're growing old when you mention the name of the singer Rudy Valley and your guest says, "Who?"

You can be certain you're growing old when you ask somebody for a three-cent stamp or say, "I'll mail you a penny postcard."

You can be absolutely certain you have crossed the green line of old age when you call up for Broadway theater tickets and they tell you tickets are now about \$50 a seat.

I had an exciting experience the other day - and was convinced I had grown old. A cop pulled me over who actually looked younger than my grandson!

Here are some other signs you're growing old:

.Your son invites you to his house and you don't know how to turn on his TV set. Or, you want to turn

on his CD player and he says, "Dad, don't touch it, you'll break it! It's not a phonograph."

.You visit a friend's house and go to the kitchen for a glass of cold water. All of a sudden, you come face to face with one of those joystick faucets. I can never figure out which side gives you cold water and which side hot water. What was wrong with regular faucets?

.You go to the barbershop and the haircut takes 10 minutes' when it used to take a half hour. Listen - how much hair is there left to cut? But, you still have to pay full price. It's really unfair.

.You start eating prunes regularly and have bran for breakfast.

.You start looking around for restaurants, movie houses, and stores that offer senior citizen discounts. Or you're in Florida and start looking around for the restaurant that offers early bird specials.

.Your kids start buying you mufflers and sweaters for your birthday.

.People start making such a big gevald over your

(continued on page 37)



| 2017-2018 SEASON | |
|-----------------------------------------------------------|----------------|
| Blackout: A Mystery Thriller | Mar. 23-Apr. 8 |
| Somewhere Over the Fairway | Mar. 29 |
| On the Road to "Hamilton!" From Gilbert & Sullivan to Rap | Apr. 2-22 |
| Sentimental Journey - Songs of WWII by Shelley Keelor | Apr. 14 |
| David Orson: A Musical Journey | Apr. 28 |
| Who's Afraid of Virginia Woolf? | May 18-Jun. 3 |
| Opening New Windows: Angela Lansbury on Broadway | May 28-Jun. 6 |

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I REMEMBER WHEN ... (continued from page 36)

“antique” furniture.

.Your grandchildren begin calling you Zeidy!
There was a time they just called me Grandpa - now its Zeidy!

.You constantly forget where you put your glasses - when they're on your forehead all the time.

.You keep forgetting where you put your dentures!

. A group of Boy Scouts insists on helping you cross the street - even if you don't wanna go!

.You start getting mail from the Association for Retired People.

.Your little black book contains only names ending in M.D.

.You get winded after a game of Bridge.

.You finally reach the top of the ladder and then find out it was leaning against the wrong wall.

.You join a health club - and don't go.

I've been told another sure sign is when your mind makes contracts your body can't meet. Really, how many times have you decided to do simple exercises and, two minutes into the event, you start wondering what's on TV?

Texting For Seniors

Submitted By: Sheila Hyman (Sterling)

Senior Texting Codes Reference List.

Teens have their texting codes (LOL, OMG, TTYL, etc.). Not to be outdone by these little SNK (snotty-nosed kids), now, finally, us long-suffering seniors have our own texting codes.

Texting for seniors as follows:

ATD - At the doctor's

BFF - Best friend's funeral

BTW - Bring the wheelchair

BYOT - Bring your own teeth

CBM - Covered by Medicare

CUATSC - See you at the Senior Center

DWI - Driving while incontinent

FWBB - Friend with beta blockers

FWIF - Forgot where I was

FYI - Found your insulin

GGPBL - Gotta go, pacemaker battery low

GHA - Got heartburn again

IMHO - Is my hearing-aid on?

LMDO - Laughing my dentures out

LOL - Living on lipitor

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OMMR - On my massage recliner
ROFL ... CGU - Rolling on the floor laughing ...
can't get up!

TOT - Texting on toilet

TTYL - Talk to you louder

WTP - Where are the prunes

WWNO - Walker wheels need oil

GGLKI - Gotta go, laxative kicking in

Hope these help! Have a great day.

Online Shopping Makes Fraud Easier

AARP Magazine - April 2017

Many shopping-related scams we are seeing now are aided by the growth of online shopping, smartphone app-based services and the sharing economy, in which companies offer services performed by independent contractors. These developments have created a separation between the consumers and merchants, which often makes it hard to get money back when the goods or services the customers receive are shoddy, or not what was promised. Studies show that older Americans are disproportionately targeted by these criminals. Those age 50 and older make up about 34 percent of the U.S. population, but they compose about 55 percent of the fraud victims reported to the FTC's Consumer Sentinel Network. And these are just victims who have come forward. Here are some of the shopping scams the District of Columbia attorney general's office has been seeing most frequently at the beginning of 2017.

BAIT-AND-SWITCH ADVERTISING

Business sometimes advertise a product or service at an irresistible price. But customers soon find it's almost impossible to get the product. Then they are

(continued on page 38)

ONLINE SHOPPING ... (continued from page 37)

subjected to a hard sell on something they never intended to buy, or at least left to shop without the bargain they came for. Dell, the computer company, paid \$4 million in 2009 to settle a charge by New York state that it was deceiving customers by advertising low prices that weren't available to most people. In 2014, Costco settled a lawsuit brought by designer Michael Kors charging that the store advertised his handbags at a very low price to lure customers when few, if any, of the bags were available for purchase.

BOGUS MEMBERSHIPS

There are a few scams circulating that revolve around online memberships. The traditional one is to use the purchase of something to enroll a customer, without his or her knowledge, in a membership that requires ongoing purchases.

But there is a newer, more brazen wrinkle. Crooks are sending invoices for subscriptions or memberships you never ordered. When you click on the link to cancel it, you've opened a cyber door that exposes sensitive information to scammers.

Another con: You get an unsolicited offer to

renew a favorite magazine or service for a rock-bottom price. It looks realistic, but when you enter your credit card information to take advantage, you end up handing that information to crooks who sent you the bogus offer.

SAFER SHOPPING

Here are ways to avoid scams in stores.

1. Use a credit card when possible so you can cancel the purchase if you don't get what you paid for.
2. Avoid wire transfers or cashier's checks when dealing with unfamiliar businesses. Money can be hard to recover.
3. Know refund policies before making a purchase.
4. Keep a paper trail and hang on to receipts, invoices and confirmations.
5. Protect your identity. Don't hand out your personal information to strangers, and use secure websites when shopping online.
6. Ask for help! If you have a complaint, get in touch with your state's attorney general.



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Statin's Side Effects May Outweigh the Benefits

By: Dr. Keith Roach "For Your Health" Palm Beach Post

Question: I am a 56-year-old female who weighs 112 pounds. I am a daily exerciser, nonsmoker, and I consume alcohol only socially. I do have mitral valve prolapse, which causes palpitations, but it has not required any treatment.

My total cholesterol without treatment is 230; my HDL is very good, at 121; my LDL is 106. My cardiologist ran a more comprehensive cholesterol test and found that my Lp(a) is 56, and that concerned him enough that he prescribed a statin. I was reluctant to begin statin treatment at my age, knowing that it was likely to be a life-long commitment, but I agreed to try 10 milligrams daily of atorvastatin. The medicine gave me heartburn and caused a lot of burping. He then prescribed 5 mg of Crestor, which I just began.

How necessary is it to treat the lipoprotein(a) with a statin? And how likely and how significant are the side effects of statins over decades of treatment? - Anon.

Answer: Lipoprotein(a) is a subtype of LDL cholesterol, and it appears to be more likely to cause blockages in the arteries of the heart. Although early studies suggested a large increase in risk, a 2009 study of 120,000 participants found that the group with the highest levels (top third) of Lp(a) had a 13 percent increase in risk, compared with the lowest third of participants.

Most cardiologists do not check Lp(a) unless there are already blockages or a strong family history of blockages without any other cholesterol abnormalities, or in people who are not responding to standard treatments.

Statin drugs do not reduce Lp(a), but niacin does. However, no study has been able to show that reducing Lp(a) prevents heart attacks. Since the data is abundant that, overall, people at high risk for heart disease on niacin suggests it is not helpful in people being treated with statins, your cardiologist is acting reasonably, in my opinion, by treating you with a statin. However, the absolute benefit from a statin in you is likely to be low because of your good overall health and habits.

(continued on page 40)

STATIN SIDE EFFECTS ... (continued from page 39)

If a statin is going to cause a problem, it usually does so within the first six to 12 months of treatment, and they are considered safe for long-term use.

I would not recommend continuing on the statin if it were causing side effects.

Fat Facts

Omegas-3s are billed as your body's magic bullet - but they're not all created equal. What you need to know:

1 Superfats live up the hype. "The strongest evidence is in the area of heart disease: Omega-3s decrease mortality and the odds of sudden cardiac arrest in people who've already suffered a heart attack," says Eric A. Decker, Ph.D., professor and head of the Department of Food Science at the University of Massachusetts. Omega-3s may lower triglyceride levels by as much as 35 percent, and studies have connected fish oil consumption with a reduced risk of depression and dementia.

2. But choose wisely. Two of the three types of omega-3s, DHA and EPA, are found in fish (especially fatty ones like salmon, tuna, and herring) and other sources like algae. The third type, ALA, comes from plant sources such as walnuts and canola oil, and Americans tend to get more than enough of it, says Penny Kris-Etherton, Ph.D., professor of nutrition at Penn State University. Plus, the biggest health boosts associated with omega-3s have been linked to EPA and DHA; the evidence in support of ALA is less robust.

3. Fish trumps fish oil. As vital as omega-3s are, your body can't make these nutrients efficiently; they have to be part of your diet. And while fish oil supplements are hugely popular, recent research shows that they may not lower the risk of death from heart attack, stroke, or heart disease. Your best bet: a rich food source like fatty fish, although young children and pregnant women should consume only low-mercury species (visit fda.gov/food/foodsafety for info). It's also okay to go with omega-3-enriched foods such as eggs or yogurt, but keep in mind they might contain lower levels of the fats. Check the label for fish oil, algae oil, DHA or EPA.

Not getting enough Z's leads to packing on the pounds

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

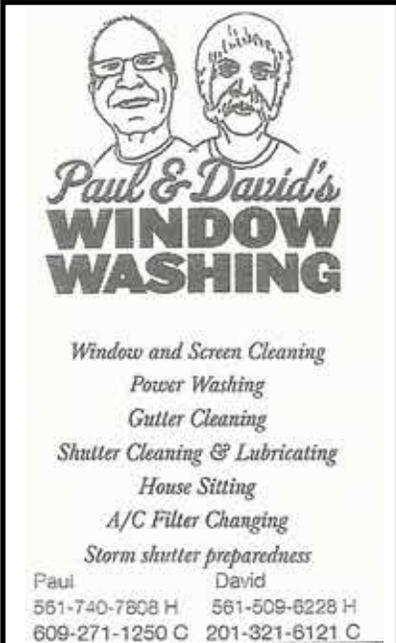
In the 2004 film "The Machinist," Trevor Reznik (Christian Bale) questions his sanity after not sleeping for a year. Bale lost a staggering 65 pounds for the role, eating only an apple and a can of tuna a day leading up to filming.

Turns out, to accurately portray an insomniac, Bale should have eaten more, not less, than usual. That's because there's growing evidence that a lack of sleep triggers overeating. Researchers reviewed 11 studies with data on 172 people that looked at the connection between sleep deprivation and eating. They found that folks who were short on sleep (getting between three and five and a half hours a night) ate an average of 385 extra calories a day.

Not getting enough Z's disrupts the balance of your appetite-controlling hormones, increasing levels of ghrelin, the feed-me-now hormone, and decreasing levels of the I'm-full-and-happy hormone, leptin. Other research shows that people who are short on sleep experience big-time psychological rewards from eating and have a higher motivation to seek food. They're also likely to eat more fat and less protein.

So, if you're trying to get a handle on your calorie intake, make sure to get seven to eight hours of shut-eye nightly. And if you find that you're short of sleep and you're hungry, try loading more lean and plant-based protein into your diet. It will help increase leptin sensitivity and regulate your appetite.

Still hungry? Go for a walk and drink more water. No kidding. Thirst satisfaction can substitute for food, and tamp down cravings induced by insomnia.



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Facebook

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

In the movie “The Social Network,” a fictional depiction of the founding of Facebook, tech entrepreneur Sean Parker, played by Justin Timberlake, remarks, “We lived on farms, we lived in cities, and now we’re going to live on the internet!”

Turns out, living on Facebook isn’t as healthy as living on a farm - not by a long shot. Two recent studies found that the more time people spent on Facebook, the more symptoms of depression they had. Researchers discovered that the reason for this was that people who were Facebook fans and fanatics spent more time comparing themselves to others - and worrying that they came up short.

But now, a new study shows that you can reverse the emotional damage done by all that time on social media: Just take a break. Researchers divided study participants into two groups. The first kept up its usual Facebook activity, while people in the second quit Facebook for a week. After that time, people who

had been heavy Facebook users and then stopped reported a better overall sense of well-being and life satisfaction, and folks with “Facebook envy” were especially rewarded with a better mental outlook.

So if you find yourself on social media frequently, especially if your cannot imagine an hour without checking it, take a break. Deactivate or delete the app from your phone. Taking a week to enjoy the countryside, to meet face-to-face with a friend (or friends) or to read a good book can do wonders for your self-confidence and happiness.

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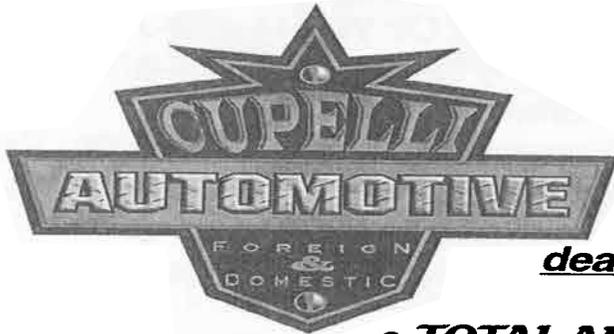
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Points to Ponder

From the Internet

My therapist said that my narcissism causes me to misread social situations. I'm pretty sure she was hitting on me.

My 60-year kindergarten reunion is coming up soon and I'm worried about the 175 pounds I've gained since then.

I always wondered what the job application is like at Hooters. Do they just give you a bra and say, "Here, fill this out?"

Denny's has a slogan, "If it's your birthday, the meal is on us." If you're in Denny's and it's your birthday, your life sucks!

If I make you breakfast in bed, a simple "Thank you" is all I need ... not all this, "How did you get into my house?" business!

The pharmacist asked me my birth date again today. I'm pretty sure she's going to get me something.

On average, an American man will have sex two to three times a week. Whereas, a Japanese man will have sex only one or two times a year. This is very upsetting news to me. I had no idea I was Japanese.

Money can't buy happiness, but it keeps the kids in touch!

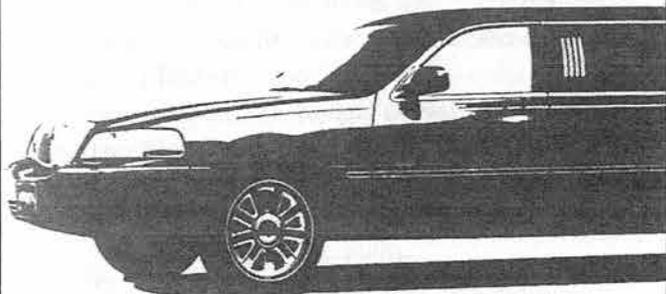
The reason Mayberry was so peaceful and quiet was because nobody was married. Andy, Aunt Bea, Barney, Floyd, Howard, Goober, Gomer, Sam, Earnest T. Bass, Helen, Elma Lou, Clara and, of course, Opie were all single. The only married person was Otis, and he stayed drunk all the time.

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."

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