



# WELCOME BACK

## All About Aberdeen Golf & Country Club

By: Ruth Krawitz (Sheffield)

When the newly-built Fitness, Tennis and Aquatic (FTA) opened in 2009, it was to great acclaim. It was magnificent, like having a 5-star-resort-style facility right here in the midst of Aberdeen. It was a venue that was immediately and thoroughly embraced. The FTA Center became a magnet for new members, and a popular habitat for all members, who are still enjoying the environment and offerings that have enhanced the Aberdeen lifestyle all these years. But that was only the beginning.

On Aug. 28th, we took a another giant leap into Aberdeen's bold and beautiful "Bright Future" the opening of our refurbished Clubhouse. "Refurbished," is hardly the correct word for this revival. The words I heard from members coming and going, their heads nodding in wonder, were "breathtaking," "unbelievable," "gorgeous," "extraordinary." You have to actually see it to believe it is OUR Clubhouse! It will be a source of pride to us for years to come. So, what is different? It would take a book to describe each distinct and elegant detail, but I will attempt a sampling.

*(continued on page 2)*

## And They're Off ...

By: Dr. Pat Williams (Muirhead)

On Aug. 2, 2018, Apple's shares gained \$5.89 to close at \$207.39. This was a momentous occasion for the firm. At this price, Apple became the first U.S. company to achieve a market value of over one trillion dollars.

Worldwide, Apple is not the first trillion-dollar company. Oil giant, PetroChina, claimed that title when it debuted on the Shanghai Stock Exchange on Nov. 5, 2007. Unfortunately for investors, the stock peaked on that day eleven years' ago. Today its market value is around \$205 billion, a decrease of almost 80%.

Analysts do not feel the same fate awaits Apple. In fact, most view the company's achievement as the start of a trillion-dollar race to the finish line with Amazon, Google (parent company Alphabet), Microsoft and Facebook following close behind.

How is Market Value (MV) calculated? The market value of a company is determined by the closing stock price multiplied by the number of shares outstanding on a particular day. Apple actually attained trillion-dollar status when the stock reached \$207.04521 with 4,829,926,000 shares outstanding.

$$\begin{aligned} & \$207.04521 \times 4,829,926,000 = \\ & \$1,000,000,000,000 \text{ (rounded)} \end{aligned}$$

*(continued on page 6)*

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

own and are showpieces in and of themselves. There is much to see, but I am sure you will select your own favorites soon enough!

Sunset Lounge-SSL (formerly Oak Room and Bar): This is a major jewel in a crown of many splendors. The large re-done room now features a magnificent new 45-ft. bar (with the extra lure of a cappuccino maker). It provides an unobstructed view of the fabulous outdoor, wrap-around terrace, the golf course and the bocce courts. The SSL is a definite winner! It will serve as a prime attraction for the happy-hour crowds as well as a wonderful place to gather with friends, neighbors and guests.

Lighting Fixtures: These cannot be ignored. They are all new and do so much to enhance the whole refurbishing project. Even the walkway into the Clubhouse has been uplifted with grand carriage lights. The interior lighting is new and unique, and some fixtures serve as accessories as well as features for Aberdeen. Again, we are shining light on our "Bright Future."

With just a digest, you get part of the picture. If you have already had the pleasure of wining and dining, you will sing your own praises. If you have not, then you have plans to make. Watch your emails for upcoming special events taking place at the Clubhouse in the upcoming month. A wealth of joy and satisfaction is there for the taking. Thank you to the Club leadership and the committee members who participated in delivering this outstanding model of perfection.

In President David Tagers "Message From the Board of September 13, he reiterated the pleasure of our Aberdeen members.

"It's no secret that a major part of the excitement surrounding the Club, at the moment, is the opening of Aberdeen's amazing, magnificently restored Clubhouse. I'm delighted to be able to report that the feedback from the membership has been extremely positive. Michael, the Board and I have heard state-

ments like, "This exceeded my expectations;" "I can't wait to bring friends and relatives for a meal so that they can see our magnificent Clubhouse;" or "We now have a club with 1st rate facilities everywhere you go." Needless to say, hearing these comments is extremely gratifying.

"In addition to receiving such amazing feedback, we have also received many positive suggestions from members, which the Board and management will be looking at in the weeks ahead, prior to returning to a full-service schedule on Nov. 5th.

With the opening of the Clubhouse, we have now taken a major step towards returning to our full and active country club lifestyle. As such, in the weeks and months ahead, as in the past, you will regularly be receiving e-mails announcing club activities. To simplify things for you, as a result of the efforts of the Communication Committee, on a weekly basis (on Sundays) you will continue to receive Around and About, which will provide you with easy access to information pertaining to all Club activities."

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**AND THEY'RE OFF...** (continued from page 1)

To maintain its status as a trillion-dollar company, Apple's stock price must remain at this level or higher. At the time of this writing, its stock price was \$217.58 per share.

Who will be the next trillion-dollar company? Following is a chart of the four most likely contenders in the \$1 trillion race. For each company the following items are noted: the share price needed with the current level of shares outstanding to reach a market value of \$1 trillion, the highest closing stock price attained to date, and percentage-wise, how close the companies have come to the trillion-dollar market value goal.

Company	Share Price For \$1 trillion MV	Highest reported price to date	% toward goal
Amazon.	\$2,050.44/share	\$1,925.00/share	94%
Google	1,437.40	1,291.44	90
Microsoft	130.41	111.15	85
Facebook	346.02	218.62	63

Investors, it's time to place your bets.

(Note: This article was written and submitted in August. By its publication in October, some of these companies might have attained trillion-dollar status with others added to the list of contend.)

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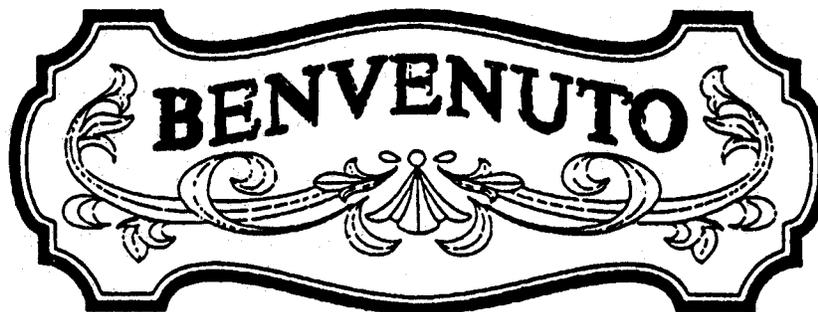
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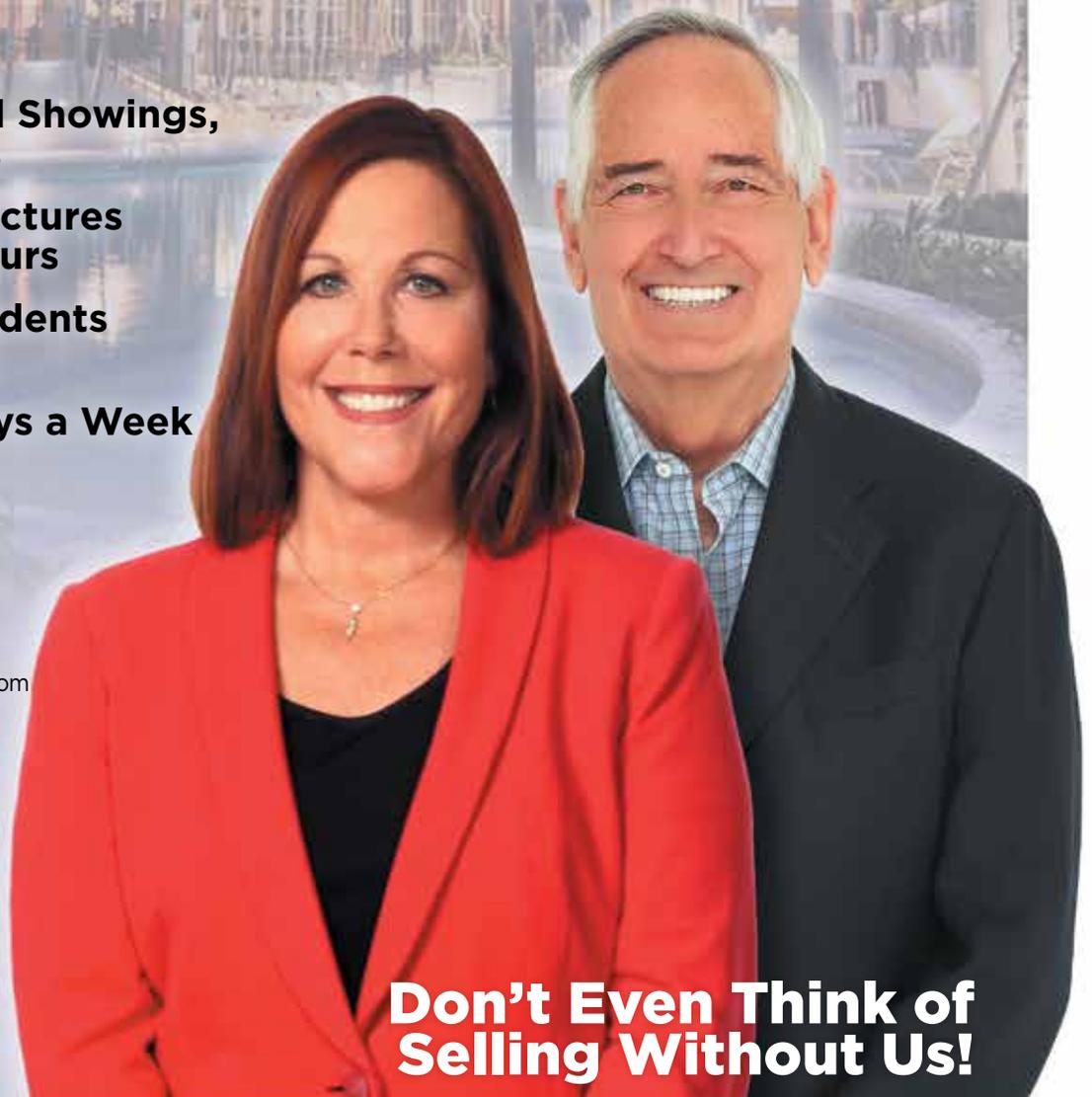
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## Musician Alert

By: Alan McDonley (Addison Green)

Do you play an instrument? I live in Addison Green and play the flute for fun. My 92-years-young piano-playing neighbor just sold, leaving for the temperate north. I am looking for a new guy with to whom occasionally play music. I had been playing "standards" just for the fun to it, a few times a year, with this snowbird fellow for the last 12 years. If you play an instrument that pairs with the flute, even if you are rusty, please consider giving me a shout. I have music for strings, piano, guitar, and flutes.

alanmcdonley@yahoo.com.

## Sterling Lakes

By: Marsha Menahem

Welcome Sterling Lakes residents and the new 2018-19 season! We hope everyone has had an opportunity to enjoy the new Clubhouse, and are happy to be in our own card room and dining room again. For those who celebrated the Jewish New Year, they had a double joy being able to attend the fabulous "Breakfast" event after Yom Kippur, which was the first celebration in our refurbished surroundings.

Welcome to the Ebers, our newest residents to Sterling Lakes; who we will interview next month. We also send our condolences to the families of Adele Miller and Elsie Tropper, who passed away over the summer. Adele's husband, Don, was the prime mover in building Sterling's reputation as the most "fun" community to live in. He actually built a stage in the west cul-de-sac, acted in all our plays, and created a stickball court in the other cul-de-sac for everyone's entertainment.

We begin the 2018-19 season with a little Sterling history remembered by Carol and Herb Kayne, one of the original families, who began their years in Aberdeen by renting a house in the Hamptons in the mid 90s. The Kaynes were very athletic and community-oriented, playing tennis, bridge, and dancing the nights away; they made many life-long friends. At that time the "Club" was a small building and pool where our huge pool, gym and café stand today. The original Clubhouse, as we know it, was built in 1996-97 and the old "Club" became the first

(continued on page 10)

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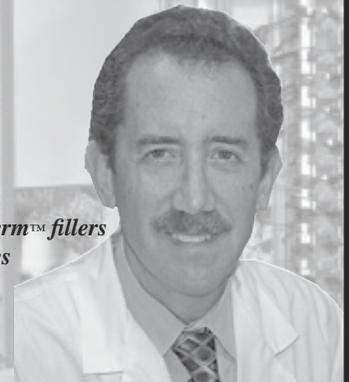
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**STERLING LAKES ...** (continued from page 8)

Aquatic Center. The Aquatic Center Director was a woman named Debbie Barry, for whom Carol would occasionally substitute as the exercise instructor, given her strength, stamina and teaching background. The gym consisted of 3 rooms, and needed standing fans to help the air conditioners keep the rooms cool (with little success.) There was a small concession by the pool that served drinks and snacks and distributed towels. The present Activities Center was the original realty office, and was purchased by Aberdeen shortly after the take-over from the realtors. The new Clubhouse, the camaraderie of the people and the joy of the many activities, made the Kaynes decide to buy and not rent thereafter.

At the time they bought, Sterling Lakes was the latest expansion of Aberdeen, built just after Aberdeen Estates. The Dover model was purchased by the Kaynes, and the builder, UDC, allowed them to customize the floor plan. Traumatized, UDC went bankrupt during the construction, and Transeastern Homes (which later became Engle Homes in 2003) took over and erected a make-shift office on cleared, leveled land, where the Oxford Place community stands today. The first HOA president of Sterling was Dr. Elizabeth Force, who lived in the house now owned by the Werbers, and was followed by Herb who was President for 2 years before he moved on to the Aberdeen board for the next 15. Ruth Rabinowitz, now a member of the Aberdeen board, was the head of the Sterling's Social Committee, along with a few other residents from the original owners.

As a member of the Aberdeen board, Herb is proud to say that he played a part in planning the FTA Center, and is proud of the results we now enjoy. Carol was a supporter of pickle ball and brought that sport to the country club's attention. Both Herb and Carol are classical-music enthusiasts and became interested in the Harid Conservatory for classical music, in Boca Raton, located next to Lynn U. Originally a Catholic girls' college, Lynn opened its doors to men and the music department embraced the Conservatory.

Herb's interest and Carol's love of the violin, made them a valued partner in developing the music department. They have been their its fundraisers for many years, having events at Aberdeen, the Royal Palm Yacht Club, Indian Springs, and Boca Point. The

(continued on page 11)

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

Kaynes have established, today, a smooth fundraising operation with the support of Aberdeen Country Club's leadership. This year they plan to step back somewhat, and they have great faith in their supporters to continue their efforts.

Along the way, the Kaynes have helped individual musicians reach great success. Carol donated her violin to Xinouwei (David), a star at Lynn, who eventually received his PhD, as well as Valentin Manserov, who also went on for his PhD at the U. of Maryland. We thank the Kaynes for their dedication to others, and we wish them well with their new great-grandchild, Josie, "the cherub." Your work for Aberdeen is duly noted!

**Loving Lancaster Lakes**

By: Phyllis Arnauer

I Know ...

Recently my husband received a very appropriate tee shirt from a new friend for his birthday. On the front it says "I KNOW." It got me thinking about the things I know, one way or another.

Things I Know because they Happen Regularly  
If I have my umbrella with me it does not rain. If I

am looking for my reading glasses they are on top of my head. If I get the car washed it will rain very soon afterward - especially in the "rainy-season." If I find a product I like in the makeup department, like lipstick, it will be discontinued the next time I need it. If I am in a hurry and running late, every light I come to will be red. If the phone rings and I make a mad dash to get it on time it will be a wrong number or a robo call; of course it would be wise to check the tv screen for the name of the caller, but that would be too easy. If I am watching a parade with many musical bands, by the time they reach my location only the drums will be playing (not that I don't like the drums). If I go to an evening movie with my husband, he will be asleep and snoring by the time the coming attractions are done - especially if it is a movie HE really wanted to see, like "The Terminator"!!! I know that watching movies like "The Way We Were" is a guarantee of a good cry. I know that hearing certain songs, like Smoke Gets in Your Eyes, makes me think of slow dancing in low-light places (when I was a teenager).

Things I Know because my Nana told me so (when I was little)

(continued on page 13)

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**LOVING LANCASTER ...** (continued from page 11)

If my nose itches I will have a fight. If my right palm itches I will receive money. If my left palm itches I will give money. It is bad luck to put shoes on the furniture; of course I was never specifically told what would happen if I did. If I find a penny in the street pick it up only if heads is showing.

**Things I Know From Living in Florida**

The summer is hot... Then there are frequent rain storms accompanied by thunder, lightning, and wind... Then the sun returns... And the summer is hot!

**Things I Know from Living in Aberdeen**

I know that the new Clubhouse is absolutely fabulous! I know that having our snowbird neighbors back is a good thing! I know that we should all be thankful everyday for the great life we live here at Aberdeen!

I Know that Phyllis and Jerry Friedland will be snowbirds no more. They have sold their home in NJ and will be living permanently in FL. Welcome to the "year-rounders" club!

**I Know ...**

That longtime resident and Lancaster Lakes board member Sol Demel celebrated his 85th birthday in June. His loving family came from near and far to help celebrate this wonderful landmark occasion! His son,

Harris, came from Austin, TX; his son, Eric and wife, Felicia, came from Bridgewater, NJ; and son Todd and wife, Irene, drove up from Cooper City, FL.

**I Know ...**

That Larry and Sue Dix travelled to NY in June where Larry played in the 4th Annual Stuart H. Dix Memorial Golf outing held at the Hudson National Golf Club in Croton-on-Hudson. The outing is a charitable event in memory of Larry's brother, with all proceeds going to the Blythdale Children's Hospital in Valhalla, NY.

I Know that we all are happy to see Gary Akawie up and around after hip surgery, and walking his beautiful dogs again.

**I Know ...**

That although Rene and Meyer Zitter did not go up north this summer, their children came in September.

I Know that the 4 Lakes communities are feeling "enlightened" by the beautiful lanterns providing light at the guardhouse.

Labor Day has come and gone, signalling the end of summer and the start of fall, in name only! "Shana Tova" to my neighbors who celebrated the Jewish New Year. Let us continue to enjoy each other and our time spent in Paradise!

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## Sharing With Sheffield

By: Ruth Krawitz

It is a new season for the Aberdeen Times, bringing with it a perfect opportunity to extend warm Sheffield good wishes to our newest residents. Join me in giving a hearty welcome to the newcomers on Bridlington Drive. They are: Ira and Mindy Cohen (7763); Elizabeth Pressman (7848); James Lambert (7832); William and Patricia Appleman and Mom Mary Bello (7860); Mark and Tara Deiana and Mom Anita Offner (7816) and Joseph Davidow and Shelley Emburg (7723).

On a sadder note, we send condolences to long-time resident Marlene Bass, whose husband, Stuart, passed away in July.

I thought readers would enjoy an upbeat, universally-liked topic for my first column of the season. Let me take you into the "Wonderful World of Dance."

I remember exactly how and when I fell in love with DANCE! I was 5 years old; my oldest girl-cousin, Gloria, was 8. There was only enough money in the large family for one child to take any kind of lessons, so Gloria, as the eldest girl, was chosen. I guess the theory was that she would teach the 2 other girl-cousins whatever she had learned. Gloria was not interested in the lessons or teaching anyone. But I, hungry to learn everything, I stuck to her like glue. I learned to tap-dance and improved my speech with her "elocution" lessons (fancy name for "speech"). She was blessed with a gift of a second-hand piano; regretfully, it was not something could master by watching. When Gloria was asked to show off what she had learned in dance class, she pushed me to the front and told me to perform, which, of course, I did many times in front of my parents' grocery store! Well, I was hooked - forever! I took every opportunity to get involved in the medium from then on; I.e, dancing in the junior high school variety shows, teaching square dancing to my students as an after-

*(continued on page 15)*

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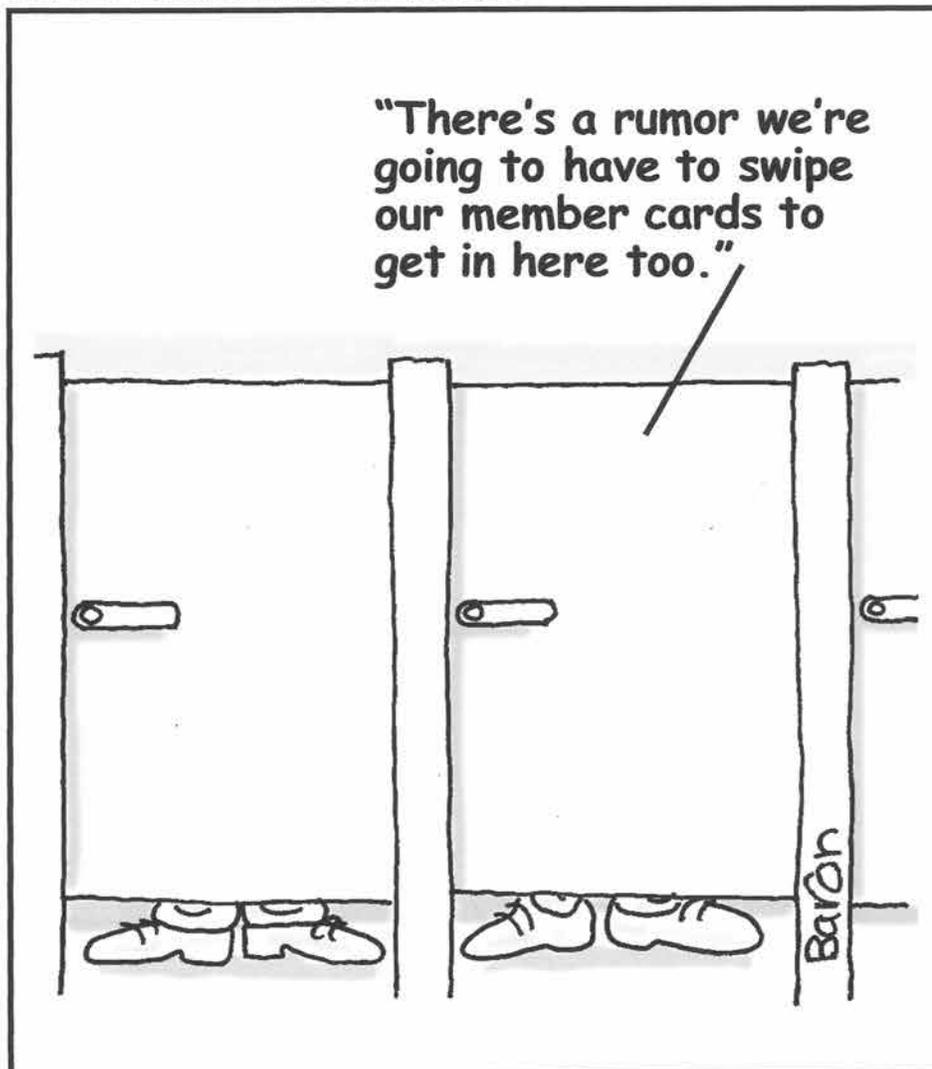
**SHARING WITH SHEFFIELD ...** (continued from page 14)

school activity when I was an elementary-school teacher, adding a dance-class component to the activities offered in the day camp I owned, even threatening to divorce my husband early in our marriage because he refused to get on the dance floor. Well, we went to Arthur Murray together and he shed his inhibitions and became a DANCER!

Now, world-wide, the growing fascination with "Art of Dance" - in all genres - has gone from fascination to explosion! It has been fanned by You Tube, prominence in commercials, international dance competitions, steady growth of dance studios, and most important, outstanding TV dance shows featuring extraordinary talent and opportunities for people invested in the medium. I have watched "Dancing With the Stars" and "So You Think You Can Dance"

on TV religiously since their inception, rarely missing either show. In June, when I was contemplating an article on the dance craze for the new Aberdeen Times Season, along came Brian Schaeffer, with his own wonderful article (in the June 2018 issue of the NY Times) expounding on the same theme! It had to be karma! I am giving you excerpts from Mr. Schaeffer's article that underscore the dance-boom and justify my passion!

In spring 2005, the television producer Jeff Thacker went to Miami to hold auditions for a new reality dance competition. He contacted schools and dance studios and handed out fliers at nightclubs and discos. Four people showed up. Two years later, he returned to Miami to audition contestants for that same show, which had become an unexpected hit. More than 1,400 people showed up.

**Harvey Baron's Early Bird Special**

That show was "*So You Think You Can You Can Dance*," and in the years since its debut, it has helped move dancers from backup into the spotlight, elevated the status of choreographers in the entertainment industry and led to other dance shows here and abroad, with franchises in dozens of countries, including China, Vietnam, Poland, Armenia and Mozambique. On Monday, "*So You Think*" begins its 15th season on Fox, to the surprise of pretty much everyone involved. Its run has coincided with something of a dance boom in American popular culture. "*Dancing With the Stars*," which pairs celebrities with professional ballroom dancers, arrived on ABC the same summer as "*So You Think You Can Dance*." Other television dance competitions have followed, like "*America's Best Dance Crew*," and, more recently, Jennifer Lopez's "*World of Dance*," which began its second season this year on NBC.

"*Dancing is normalized through these mediums*," said Da-

(continued on page 16)

**SHARING WITH SHEFFIELD ...** (continued from page 15)

mian Woetzel, the former New York City Ballet star. Mr. Woetzel, the incoming president of Juilliard, is also the director of the Vail International Dance Festival, where he curated a "Dance TV" series for five years that featured stars from TV dance competitions, including Mr. Wong. "So You Think" has facilitated "an active conversation" about dance," Mr. Woetzel said, and "it leads young people into the field." Especially boys, he added.

That was clear to Sabetha Mumm, who founded a dance studio in Johnston, Iowa, in 2003. (Her son participated in "So You Think" Season 13, subtitled "The Next Generation," in which competitors were 8 to 13 years old.) The show has driven demand for dance in her region, Ms. Mumm said, providing aspiring professional dancers out-side of urban dance hubs "so many more people to look up to." She frequently invites former contestants to teach workshops there.

Ms. Mumm's studio is now populated almost entirely by a generation of dancers who grew up on "So You Think." The show has influenced the way they think about the art form perhaps as much as what takes place in their dance classes: In the hallways,

they rewatch "So You Think" routines on YouTube, debate their favorite dancers and discuss the choreographers they dream of working with. "It's their version of the water cooler conversation," Ms. Mumm said.

Beyond these shows, dance has been popping up more frequently in film and TV - from "Glee" to "La La Land" to the "Step Up" films. Mr. Thacker, a dancer and choreographer before he became a producer, sees a correlation. "So You Think You Can Dance," he said in a phone interview, "opened up avenues for dance across the board."

For the dancers who appear on it, the show has been a clear boost, providing an instant fan base and industry connections. Alex Wong was a principal soloist with Miami City Ballet when he decided on a whim to audition for "So You Think." Mr. Wong, who grew up dancing tap and jazz and had been itching "to go back to my roots," was a standout on Season 7 until an injury side-lined him. Still, he has been able to parlay the experience into a constant string of work on stage and screen, as well as lucrative teaching opportunities. "Without the show, it would have been a difficult transition from ballet company to the commercial world," he said. "It's almost like a quick boot camp."

Yet appearing - or even winning - on "So You Think," is not a golden career ticket. Melanie Moore, the Season 8 winner who has gone on to a successful Broadway career, said the show either holds little value for theater directors or has a negative connotation because of its reality TV roots. "I've found both stigma and a shrug," she said. Ms. Moore is now on Broadway in "Hello, Dolly"; Ricky Ubeda, the Season 11 winner, is performing in "Carousel." Winners have gone many routes: Benji Schwimmer (Season 2) choreographed Adam Rippon's Olympic ice-skating routine; Jeanine Mason (Season 5) is on "Grey's Anatomy"; and others created the touring dance show "Shaping Sound."

"So You Think" is a natural springboard for dancers, but perhaps a more significant and enduring legacy is the platform it has provided for choreographers. "Unless you were in the dance world, you didn't even know the word 'choreography,'" said Mia Michaels, a three-time Emmy winner for her work on the show.

(continued on page 17)

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**SHARING WITH SHEFFIELD ...** (continued from page 16)

“Choreographers became household names, which was incredible for our industry.”

That visibility has led to increased clout in Hollywood, where the Television Academy recently established a Choreography Peer Group, whose members vote on the Emmy for best choreography. “The show has really put more fighting power in our corner,” said Mandy Moore (not to be confused with the actress, and no relation to the contestant), a leader of the peer group, who started as an assistant on “So You Think,” began choreographing on Season 3 and is now a producer on the show. “There’s an ability to have a more open conversation in negotiations because people are more aware of what we do and what our needs are.”

Choreographers have just a short window to make a mark on the show each week: Routines last around 90 seconds and are often packed with virtuosic movies to arouse cheers from live audiences. Certain styles in particular have caught on, like the show’s characteristic brand of contemporary dance, an expressive fusion of styles from lyrical jazz to hip-hop, which is distinct from contemporary con-

cert dance and which has become as recognizable in Vietnam as in Vegas.

“It made contemporary dance a commercial art form,” Ms. Michaels said of the show.

**Ashford Greenery**

By: Tony Casselli

Hello, everyone! Welcome home snowbirds!

We’ve often missed having our Ashford Greenery article in the Aberdeen Times as we’ve been having a hard time getting news from the community. We would appreciate any input you’re willing to share so we can be included in the November, December, and January issues. Perhaps you’ve gone on a fantastic trip and would like to make the rest of us green with envy! Or, your brilliant grandchildren have done something outstanding! Maybe you’ve read an interesting book and would like to tell us about it. Or, you’ve seen a movie worth the price of admission and popcorn - not cheap! Have you been to a fabulous restaurant - we’d like to hear about it! Please send your information to me at [casselli@bellsouth.net](mailto:casselli@bellsouth.net).

Don’t forget to check out our webpage! We have

(continued on page 18)

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**ASHFORD GREENERY ...** (continued from page 17)

a beautiful design with lots of helpful and valuable information, including a real estate section where you can review all sales in Ashford Green. It can be accessed at [www.ashfordgreenhoa.com](http://www.ashfordgreenhoa.com).

All's going well here in the Green. The landscaping looks great. I want to thank those of you who keep your outside lights on at night - it's good to see the community so lit up - and it's also a safety factor.

Best wishes to Arlene Norris and Phyllis Ravinett who suffered injuries over the summer. Arlene is back at home. Phyllis, we hope to see you soon. We miss your smiling face! Both ladies are doing as well as can be expected considering what they have been through.

Congratulations to Carol Marsh, who has taken on the tremendous responsibility of president of the Aberdeen Chapter of The PAP Corps. The mission of The PAP Corps is to enable and support through funds raised, the vital research programs at Sylvester Comprehensive Cancer Center, U. of Miami Miller School of Medicine. If you're not already a member of Pap, please consider joining and supporting this very important cause.

When you and your vendors and guests pull up to the call box for access to the community, please look at the sign and take a moment to read it. We have already amassed over \$800.00 in damages to the gate due to tailgating. Remember, the arm goes down in one second so it's impossible to tailgate without damaging the arm and/or the gate. We have video camera surveillance 24/7 and we will determine who caused the damage and, if necessary, enlist the assistance of law enforcement to locate that individual, who will be responsible for paying for the necessary repairs.

On a sad note, Al Wolfson passed away on Aug. 24th at the age of 92. Al and his wife, Sybil, were long-time residents of Ashford Green. Al was a hero in WWII, serving from 1943 to 1945. His assignment was one of the most dangerous in the U.S. Army, that is, detecting mines all over Europe. He landed on Omaha Beach in Normandy on D-Day and was in the Battle of the Bulge. He was instrumental in freeing concentration camps and was awarded the WWII Victory Medal and was knighted by being awarded the *Ordre national de la Légion d'honneur*,

(Chevalier of the Legion of Honor from France). Al and 97 other Aberdeen Veterans were honored at the Aberdeen PAP Veterans Day ceremony in 2013 where he humbly mesmerized those in attendance with his military exploits.

He took his only daughter, Jo-Ellen, and her cousin, Beth, to see the Beatles at Shea Stadium in 1964, and got tickets to see them at their dress rehearsal for the Ed Sullivan show. Al was a true gentleman and an avid golfer, achieving many holes-in-one and Aberdeen Club' championships. Al will truly be missed. Our sympathy to Sybil and Jo-Ellen.

**Hampton Happenings**

By: Janet Friedman

Did you know that October is National Pizza Month? It is ... and so to honor the occasion our Hampton Social Committee has scheduled a Pizza Party at our beautiful pool. The party will be a special welcome event for all our new community members/as well as a welcome-back for our snowbirds.

(continued on page 19)





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**HAMPTON HAPPENINGS ...** *(continued from page 18)*

The party will be on Sun., Oct. 21 at 4 PM. Did you know that Oct. 21st is National Babbling Day? No kidding!! So come and babble with us. \$5/per person. We will supply all food and soft drinks. A 50/50 and gift basket give-away will be part of the fun! We hope to see everyone there! More information to follow.

The Hampton Social Committee has a lot of exciting plans for the upcoming season. We have reserved seats at the Delray Playhouse for Sun., Feb. 3rd, at 2 PM for Neil Simon's "California Suites." Tickets are \$25/per person.

The deadline for reservations is Jan. 3, 2019. Need a ride? We will be happy to oblige. More information to follow about this as well.

Back, by popular demand: Bingo at the pool! So many of you have asked for another Bingo day. So, we have scheduled a repeat performance at the pool for Dec. 9th! Don't forget our annual luncheon, which will be sometime in March.

We are about to start the third season of our Hampton Book Club. All are welcome. We meet on

the first Tuesday of the month at Connie LaMendola's home on Cassia. Our first meeting this season is on Tues., Oct. 9th 10:30. We will be discussing "Salvage the Bones" by Jesmyn Ward. This novel is about Hurricane Katrina. We hope some new Hamptonites will join us.

I have found a gold earring at our pool. It says "Vicki." Please let me know if it is yours so I can return it ...

A speedy recovery to Susan Eastlick who is in the hospital.

To make reservations for our pool party or the theatre trip, call Connie LaMendola or Janet Friedman. If you have questions about anything, you can call anyone of us on the Social Committee. Connie LaMendola, Janet Friedman, Ellen Gold, Alyce Simons and Joyce Hirschman.

It is a pleasure to be a part of this wonderful community. If you have any news or information you would like to include in the monthly newsletter, please let me know.

**Ashford Bytes**

By: Dr. Marty Phillips

Summer is over, fall is upon us and snowbirds are soon to return. Summer has been great, restaurants are easier to get into and traffic is light. Aberdeen was quiet and relaxing. A few snowbirds did pop into Ashford for short stays. Paula and Herb Greenberg sold their home up north and are now becoming year-rounders. They spent a few weeks at Ashford to prepare their home here for permanent residence. Stan Gelman spent a week here during the summer and was seen on the golf course. I enjoyed playing golf with Marty Chase, who is 89 and hits the ball pretty well. We celebrated Jane Casden's 75th birthday at Al Fresco at The Palm Beach Par 3 on the ocean in Palm Beach. Jane and I had a nice talk with Leah Keitz. She stated that she is "home and adjusting to a new way of life after a recent life-threatening experience. Continued thoughts and prayers are always welcome." Our best wishes go out to her.

Jane and I decided to take the Brightline high-speed train to Miami this past month when I had an appointment with a doctor at U. of Miami Medical

*(continued on page 20)*

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**ASHFORD BYTES ...** (continued from page 19)

Center. We drove to the West Palm station parked for the day. We took the Select class [1st class] so we went to the special waiting area where coffee, croissants and soft drinks were complimentary. Upon boarding the train, we were offered mimosas, which of course, we imbibed. The trip was 1 hour and 15 minutes, with one stop in Ft. Lauderdale. Visited the doctor, had lunch and spent the afternoon at the interesting and delightful De La Cruz Gallery. We enjoyed the contemporary art at this beautiful museum, almost on a par with the Whitney in NYC. I heartily recommend this museum - and it is free. We hopped on the 6:00 pm train back to West Palm and were back in time for dinner at Grato. A wonderful day with a good report from the doctor. The Brightline train is a delightful way to spend a day in Miami.

I hope you all are as thrilled about the new Clubhouse as Jane and I are. It is absolutely beautiful. I especially love the contemporary design. When sitting in the sunset lounge or on the outside patio overlooking the bocce courts and beautiful new golf course, one would think you are at a fine resort. What a spectacular view! I honestly feel that the new Clubhouse and golf course has elevated Aberdeen to the highest tier of Country Club communities in Palm Beach County. We appreciate the dedication and hard work of management, board, and committees that brought this project to fruition.

A Happy and Healthy New Year [5778] to all our Jewish family and friends.

**Turnberry Isle**

By: Sherry Morris

The beat goes on here in Turnberry Isle as we enter our 22nd year as a neighborhood of note. The October column always welcomes back our snowbirds and informs them of our summer activities. Consider yourselves warmly welcomed.

While you were gone, we busied ourselves with pursuits other than keeping the air conditioning setting low and the outdoor activities to a minimum. After a glorious send-off last May at our party at the community pool, we immediately began planning the next get-together. It turned out to be an Aug. 2 gathering at the home of Mary Wexler, our in-house

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**TURNBERRY ISLE ...** *(continued from page 20)*

catering expert. Billed as a cocktail party for a “girls’ night out,” it was actually a gourmet evening filled with fun, games and laughter. The buffet table would have made the Food Network take a second look. Great company made it a very special evening.

The big things our snowbirds missed were not so much fun, however. I reference the Xfinity fiber optic mess and the neighborhood gate issues. It has taken more patience than many of us can muster. When we embraced the Triple Play option with Comcast (AKA Xfinity), many folks left the meeting with the same response: What could possibly go wrong with one company handling telephone, internet and TV?

At the time we laughed, but the smiles are gone when we have frequent outages that are not weather-related. Our record this summer was a 15-hour period without any of the 3 above-mentioned services. This is especially difficult for our elderly residents without cell phones. Since our gate system is dependent on our phone system, we frequently had visitors and service people stranded at the gate. The big black trucks that are installing the fiber optic system have become the enemies of the people. For too many months, we have endured orange cables everywhere, big black cables over our driveways and holes dug deep enough to engulf dogs and small grandchildren. Let’s just hope this new and improved cable system lives up to the hype and makes months of inconvenience worth it.

Enough for the negative. Let’s look on the bright side and anticipate a new season filled with new friendships and renewal of old ones. To that end, our Turnberry Isle Women’s Club is planning a new and exciting agenda for our meetings and outings. Thus far, we’ve purchased tickets for a Peter, Paul and Mary tribute performance at the Delray Beach Playhouse on Dec. 5, a progressive luncheon, a performance of “Newsies,” a day of croquet and a museum trip. And there’s more to come, thanks for

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our TIWC Board, headed by Anita Ostrow.

Among all the complaints we’ve heard over the summer, the fact still remains that our neighborhood and all of Aberdeen exists as a wonderful place to live because of one central fact - the dedication of its volunteers. Regardless of things that go wrong, there is always that group of dedicated people who make things happen and try to correct the things that go wrong. Above all, we thank everyone who volunteers time and energy to enhance our quality of life.

**Harbour Lights**

By: Wendy Latman

It’s autumn again. As my neighbor and friend likes to taunt me, she can’t wait until daylight savings time makes us take our walks an hour earlier. I’m proud to say she and I stuck it out all summer and did our walks at 8AM everyday unless work or other appointments interfered.

We have several new residents to welcome into our community.

George and Lucinda Hernandez, 8300, Unit 6, came to the U.S. from Uruguay, South America. George came as a professional soccer player for a league in Long Island, NY. He is still active in soccer.

They have a son who was in the Navy and is now part of the Delray police department. They currently work in their own business. Say “hello” and welcome them into our community.

Also new to our community are:

*(continued on page 22)*

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**HARBOUR LIGHTS ...** (continued from page 21)

Ricardo Pouchet and Maria Hall, 8284 #106  
 Julio and Ana Moreno, 8308 #103  
 Cesar and Belinda Valuga, 8332 #106

We also have a number of new renters as well. If you see an unfamiliar face, say "hello" and introduce yourself. You never know where you will find your new best friend.

Some sad news:

There have been some passings in the Harbours. We will sorely miss Betty Wilson, Phil Rosenberg and Rosalie Silver. Condolences to their friends and family.

Some glad news:

Adele and Bernie Dienstag got to live out their dream honeymoon 60 years after they married. This past June, they celebrated their 60th anniversary on a cruise to Cuba. They became instant celebrities on the ship after winning the Marriage Game. Congratulations Adele and Bernie!

Wes Ervin, who retired last July, has been invited to train as a docent at the Norton Museum. The Museum has been undergoing a \$100 million renovation for the last several years and is scheduled to have a grand reopening in February 2019. Congratulations, Wes. Wes is also been approved to teach a course at FAU's Life Long Learning Institute on Jews in India in the spring term.

Wendy Latman (that's me) celebrated her 70th birthday by visiting Costa Rica. My husband, Wes Ervin, put together an itinerary, including river rafting, nature walking, hiking, soaking in mineral

baths, a private chef to prepare the birthday dinner, etc. If anyone is in need of someone to help your spouse be more romantic and plan wonderful things for you, contact me at [wlatman@bellsouth.net](mailto:wlatman@bellsouth.net). LOL!!!

Congratulations to Paula and Greg Morton on the marriage of their youngest daughter, Jaimie. The ceremony took place on July 20th in the Yellowstone County Courthouse in Billings, MT. Jaimie and new spouse, Ryan Clark, celebrated with a reception for friends and family at Jake's Steak House in Billings.

Judy and Mike Santo will be celebrating their 50th anniversary in Israel in October. Congratulations, we hope you have a wonderful experience.

Welcome back to all of our snowbirds. They will be dribbling in over the next couple of months.

Please contact me with your news at [wlatman@bellsouth.net](mailto:wlatman@bellsouth.net).

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## Moorings Matters

By: Eileen Hahn

Theoretically summer is over and the white shoes and bags are put away, but this is FL and most live in summer all year long. Many of us have tried to escape the heat, have adventures, and keep the airlines solvent. East coast forays had Lola Greenberg fly to NY for a visit with three generations from children to great grandchildren and Flora and Jack Miller off to Philadelphia for a visit with their sons and family. Joe and I hit the same city earlier to see our very pregnant granddaughter and their new home in center city. Carol Carelton and her sister flew to OH and

upper MI, which should have had cooler temps. Sally Sage and Herb Schwab started a little farther west and visited family in Chicago, but left their car and flew to CA to visit her boys and their families. Going farther west, Judy and Larry Kaminski flew to Denver where both she and her son were feted on their birthdays. Back on the airplane and Larry had fun in Pittsburgh attending his 50th high school reunion. He had to look better than most of the guys coming from the easy

(continued on page 23)

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

Aberdeen lifestyle. Last U.S. travel and our award for best planning and travel goes to Joan and Vince Marini. Leaving the Moorings, they boarded first class seats and flew to San Francisco for their granddaughter's wedding. Boarding a train, the next stop was Chicago and then flew to Long Island for a visit with their daughter, into a car and drove to old haunting grounds in ME back in the car to Long Island and onto a plane coming home. Extensive planning and having it all work out, well done! Out of the country travel had some airline glitches for Helen and Joe Fradella, who visited their children and grandsons in Italy, and trying to get to a family reunion. In the same vicinity, Marcia Weisberg, and her son visited Greece and some of its famous Islands. Joe and I cruised for 15 days visiting Havana, Bonaire, Granada, and Trinidad (most interesting) on to Bermuda, flying home from NY.

Back on our home turf, Penney Fischler came home from a hospital and rehab stay to join Felix for their 72nd wedding anniversary. Their traveling days are over and they derive pleasure from their great-grandsons' frequent visits via Skype and email. Catching up are Eve and Milt Goldband, who

celebrated 68 years in August. Between holding court in the big pool and occupying the card tables, they can attest to healthy longevity. Jane Bartecki, the angel of our cul-de-sac who moves up trash cans and newspapers and helps out with Martini Fradella, had a birthday and celebrated with the Fradellas, the Hahns and her good friends. She was well fed. Our new neighbors are all in attendance now, we hope to get to know them soon. Unfortunately, Harriet Safier has been moved from rehab to NY to be nearer to her children. We wish a speedy recovery to Jim Pagoulatos; he chose a medicare reservation over the airlines for his summer vacation.

Joanne Moustakas announced that the Aberdeen East Social Travel Club has its own Facebook page. It is a private domain and you must be approved by her before being able to see it. Hopefully besides preparing for Halloween, you will spend this month reading about the candidates and be an intelligent voter.

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## Bermuda Isle Buzz

By: Lynn Chodos

I joined the Bermuda Isles Buzz Communications team recently after my husband and I became full-time residents. I am happy to be in great company!

Most would agree that the centerpieces of our lives here are developing friendships, enjoying special occasions and having fun exploring life in FL. We did all of the above, starting with a jazz brunch, coordinated by Everetta and Myron Lofton. We enjoyed great music, home-cooked food and wonderful conversation. In addition, our monthly women's luncheons and men's dinners continue as staples of our social calendars.

Thanks to Juliane Haimes and Don Buesking for organizing these enjoyable get-togethers. The next date for the women's luncheon is Wed., Nov. 7 at 12:15 at Lucille's Bad to the Bone in the Fountains Shopping Center. It is not too soon to RSVP to Juliane at 561-452-5682, or [jeweles10@gmail.com](mailto:jeweles10@gmail.com).

We extend best wishes and congratulations to Ketly Blaise Williams, Rob Tannenbaum, Ronnie

Ostrow, Harvey Schwartz and Leon Haimes as they celebrate birthdays. We are also delighted to report on the recoveries of Timmy Fried, who recently had hip-replacement surgery, and Sid Rose, who had a bad fall. It's great to hear they are back on their feet.

Welcome and best wishes to our new neighbors, Judy and Mike Humphrey, from MA and Diane and Ken Strauss from PA.

We remember 2 Bermuda Isle residents who have recently passed. Stan Hubsher is remembered as someone who loved the arts and often performed in and attended theater. William Hawkesworth was a man of many talents, including his invention of the "Miracle Cane."

We are delighted to pass along several restaurant recommendations from our Bermuda Isles neighbors:

Boynton Beach: *Copenhagen, Prime Catch, Cafe Frankie, Baciarni*

Boca Raton: *Seasons 52*

Delray Beach: *50 Ocean*

Highland Beach: *Latitudes*

Palm Beach Gardens: *Carmines*

*(continued on page 25)*










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

West Palm Beach: *Rhythm Cafe*

Finally, we wish our Jewish neighbors a happy and healthy New Year. To all Aberdeen residents-we hope you keep on celebrating and having fun, especially in our new, dynamic Clubhouse!

**Canterbury Communique**

By: Dee Levy

Greetings from the Canterbury Community! Yes, it's October and we welcome the resumption of the Aberdeen Times. October, the tenth month of the year according to both the Julian and the Gregorian calendars, has a length of 31 days and is commonly associated with autumn in the Northern Hemisphere. It is the month when Nature delights us with spectacular foliage color displays. "Autumn is a second spring, where every day is a flower" (Albert Camus). Originally the eighth month in the old Roman calendar, October retained its name ("octo" meaning eight) after January and February were added. Holidays include Columbus Day, celebrated this year on Oct. 8th, and Halloween on the 31st. October birthstones are the tourmaline and opal; its flower the marigold; and its zodiac signs Libra (until Oct. 22) and Scorpio (from Oct. 23 -31).

And for those who enjoy a bit of trivia ...

October is the only month during which each of the "Big Four" major North American Sports Leagues (the National Basketball Association, National Football League, National Hockey League and Major League Baseball) schedule games. On 17 occasions, all 4 leagues have played games on the same day, a "sports equinox," with the most recent occurring on Oct. 19, 2017.

In getting to know our neighbors, we welcome home all those returning and hope that everyone has had a pleasant and restful summer. Lou and I spent 3 months in Israel, where we enjoyed lots of quality time with both our families. Being the proud grandparent of 26 grandchildren (many of whom reside in Israel) and a retired school psychologist, I was particularly interested in an article entitled "How to be the Perfect Grandparent" (Batya Ludman, PsyD). Essentially written for new grandparents, the issues and guidelines that Ludman describes are applicable to even the most experienced grandparents. She states that besides loving your

grandchildren and sharing your historical perspective with them, it is most important to maintain a positive and meaningful relationship with your children and their spouses. Knowing when to give advice or intervene and keeping the lines of communication open are amongst the rules essential for success. Yes, grandparenting can be challenging at times, but for me it's truly enjoyable and great time of life.

In closing, we wish all our Aberdeen friends and neighbors a happy, healthy and productive month. As the Scottish poet Alexander Smith wrote, "In the entire circle of the year, there are no days so delightful as those of a fine October."

**It's Happening in Dorchester**

By: Carol Baron

Can it be possible that we have the summer of 2018 behind us and Thanksgiving is on its way! Where has the time flown to? Hopefully, your summer was filled with fun times and good health for all with whom you shared your time.

Many of our residents took off all over the country and even beyond. Some went to CT, CA, NY, NJ, MA, ME and PA. A few of us went out of the country as we did (yes, Harvey and I) spending some time with our family vacationing in Mallorca, Spain. A little fattening, but delicious and fun.

I've heard there were many celebrations that took place over the summer. Rita and Don Zide celebrated their 61st wedding anniversary. I guess they just are just starting out. Congratulations to you both for that accomplishment. They should write a book to educate all those who are really starting out together.

Roz Kern took time to celebrate her birthday. With her talented background, the celebration should have taken place on Broadway.

Even I celebrated! It seems that my 3 kids (NJ, CT and CA) were all involved when my daughter put together a huge party of my children, grandchildren, other family members and friends from all over who

*(continued on page 26)*

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

gathered at a lovely restaurant in Piermont, NY to wish me a happy 80th birthday (but it didn't really happen until Sept. 18). They brought a piano, guitars, banjos and drums to sing songs for me, including their original "Tell Me What I Wouldn't Do For Carol."

Yes, I was in tears and having the time of my life. Everyone said that 80 is the new 60. But I know that only the 80-year-olds say that.

For all of you who celebrated Rosh Hashonnah and Yom Kippor, we wish you a new year filled only with good health, lots of love and a little fun every day. For everyone else, we wish you the same here at Aberdeen or wherever you may wander. We will see you all in the beautiful new Clubhouse, on the golf course, on the tennis courts, on the pickleball courts or maybe playing bocce.

Remember, "Life is short. It is up to you to make it sweet."

**Waterford Watch**

By: Steven Ledewitz

By the time you read this it will be October and hopefully the weather will start to get cooler. Those of us who stayed here during the summer had a couple of fun events. On July 4, we had a BBQ at the pool. Paul and Cherry Cinnante went out and bought a grill for the community and we cooked whatever people brought to eat. The weather was overcast with a lite shower, but over 45 people attended. Paul spent most of the day over the grill and he and Cherry and Marcia and Steve Ledewitz provided paper goods, ice, condiments, etc. The 49 people who attended had a great time. Paul and I decided that we would do a second BBQ for Labor Day (hoping for better weather). Unfortunately, it was worse, with heavy wind and rain. 19 people showed up to enjoy the company of their neighbors. Again, Paul did the cooking. Thanks to everyone who helped with the cleanup.

Our next social activity will be put on by the Waterford Social Committee. On Sun., Oct. 28, we will have a Halloween party at the pool, starting at 5 pm. Cost of this event is \$10. Costumes are optional but it would be fun if neighbors wore them.

This summer a number of our residents went on special vacations. Among them Martha Lefkowitz and Sheila and Marty Glass who celebrated their 25th anniversary. We also had visits from some of our

friends who usually come down in the summer. Bruce and Francine Levin were here, and Sid Blackman and Linda Boulton dropped in for a couple of weeks. During the summer, long-time resident Leslie Cohen moved to NJ as did Joyce Tarmon.

On a sad note, Janet Warren passed away this summer. For those long-time residents who remember Marvin Guberman, he also passed away during the summer. On the bright side we have 2 new neighbors. Veteran seasonal renters Linda and Arthur Sheran bought a home here, as did Sherry and Michael Topf. Both couples will be snowbirds for now but when they see how great it is to live in Waterford they will stay longer and longer.

Anyone who has information about the community are invited to notify me so I can put it in the next addition of the Aberdeen Times.

Since the first edition of the Aberdeen Times will appear after the Jewish holidays, I would like to wish all of our Jewish residents a Happy, Healthy Sweet New Year.

**Addison Green**

By: Stephanie R. Baker

Please notice that I've omitted a title for my article, it is no longer "Rethinking Retirement."

Why? Because I formally retired from my RN career 5 years ago to move to FL. The last 4 have been spent trying to decide what I want to do with the rest of my life. Folks warn that a busy career person, such as I was (am) would have challenges with nothing to do. Hah! I learned mah jongg, polished my canasta skills. I tried some golf, Zumba, water aerobics, joined book club and, of course, met some terrific people and made dear friends.

(continued on page 27)

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**ADDISON GREEN ...** *(continued from page 26)*

So, now as I reflect, I realize that this chapter is about what I want to do, when I want to do it, why and with whom. I have found teaching Nursing students at the college level perhaps the most rewarding role of my life. Those of you who know me, know of my passion working with seniors in a nursing home environment. And my decision to return to school to earn my master's degree in Nursing Education was fueled by my peers at PBSC, most of whom have advanced nursing degrees. So, the axiom about never teaching an old dog new tricks doesn't fit here.

On another note, not being much of a mathematician myself, I am proud to share my discovery of a new algebraic formula! Perhaps it means a Nobel Prize in Mathematics? A million-dollar prize for my brilliance? Here is what you have been waiting for: Seniors + Florida = dehydration.

It's a truism! The majority of us don't want to drink too much because of potential embarrassment ... our arthritis, aches and pains make it difficult to get to the rest room in time, accidents happen and no matter how flattering those adult liners or pull-ups are, who wants to be caught dead in them? Remember how your mom told you to always wear clean underwear in case you get hit by a car? This doesn't apply. The leading cause of medical complications for those of us over 60 is due to dehydration. You don't have to sweat on the golf course, tennis or pickleball court, or in the aerobics class to become dehydrated.

Our body's filtering system doesn't work like it used to; we don't reabsorb water to the same degree as when we were younger. So, this means you have to drink more during the day. Those 8 glasses of water a day is a truism unless your physician has you on fluid restrictions. Dehydration can increase your risk for urinary tract infections. So, if your friends notice you look pale, your skin is dry, AND you are acting spacy, you are probably dehydrated. DRINK and go see your doctor.

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**Mobile News**

(New Monthly Feature)

Compiled By: Philip Levine (Sterling)

A new Cumberland Farms, with gas pumps, is being built on the NE corner of Hypoluxo and Jog Roads.

A new Day Care Center on Jog Road and Hypoluxo

near CVS will be opening soon.

At Boynton Beach and Lyons Road, Cobblestone Commons will be completed in about a year. It includes; A Club Pilates studio, a barbershop, Sports Clips Haircuts, 9Round kickboxing Center, MOD Pizza, a dental office, 3 retail stores, a breakfast restaurant, a cellular store and a national restaurant. In addition, it will feature an Earth Organic grocery store, PetSmart, Chase Bank, Pollo Tropical, a Mattress Firm, Lang Reality Office, David & Company Hair & Nail Salon, Noire Nail Bar, and Cucina Modena restaurant.

A Wawa will also move into the Lyons Road, Boynton Beach Blvd. area as a stand-alone and will join another Wawa at Woolbright and Congress.

The Fountains mall has changes coming soon. Lucille's restaurant and Maniello's Barbershop will be moving to the eastern corner and a LA Fitness center will be built in the space vacated.

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**The Sunny Shores**

By: Estelle Morganstein

As I do each year at this time, I sat down to write this article after 3 months of hiatus as the Aberdeen Times does not publish during the months of July, August and September.

It has been a quiet summer in terms of happenings around The Shores. Thankfully, as of the time of composition of this article, we have been free of major storms. However, in order to ensure that our landscape is able to withstand strong winds, our trees are trimmed and thinned annually, which preventative measure was carried out over the summer.

Also, by the time you receive this copy, your driveways and walkways will have been repaired and painted, brightening up our community and offering a fresh new look to our homes.

In addition to freshening up the appearance of The Shores, your HOA board has, with the approval of a majority of our homeowners, revised several of our by-laws to bring them into conformity with current standards. Everyone should have received a copy of these revisions which you should retain in your files together with your Deed of Purchase. If for any reason you did not receive this mailing, advise Kris at Campbell Property Management; she will be

*(continued on page 28)*

**SUNNY SHORES ...** (continued from page 27)

happy to send this document to you.

Reminder: If you need or want to do any work on the outside of your home, you will need to obtain, complete and turn in an application form which is available from Diane Greenberg. No work may be undertaken prior to board approval.

**NEIGHBOR NEWS**

Norma and David Littman are thrilled to announce the birth of their ninth grandchild, a bouncing baby girl born in September. We welcomed new neighbors Sheila and Marty Chasen, formerly from IL in my court in July, only to learn that Marty was hospitalized for several days a month later. Thankfully, I can report that he is up and about, thankful for the care he received and looking forward to enjoying many happy years in S. FL. Also, we send speedy recovery wishes to Selma Hoovis who is recuperating from surgery and to Estelle Tornick who recently underwent rehab. She enjoys having her daughter, Helene, nearby and frequent visits from daughter, Sue, who comes down from NJ to boost her morale. Finally, welcome home to Ron Birsa, my neighbor 2 houses down, who was hospitalized for some time this past summer and underwent extensive therapy.

To our Jewish friends and neighbors, Rosh Hashanah greetings for a Happy New Year 5779. May it be filled with health and happiness, peace and prosperity.

**Mostly Muirhead**

By: David Bloomgarden

**WHAT'S IN A NAME?**

Most of us when moving into MUIRHEAD, merely take the name for granted, never thinking of what the origin may be. Because I like the name so much, my curiosity got the better of me and I did some research.

The first fact I encountered is that Muirhead has always been a name based on location. What is the origin of the word Muirhead? What is known is that it is not purely of gaelic origin or even Norman origin, but most likely a combination. In Gaelic "muir" refers to the sea, while the second half of the word is not gaelic, but English. Also, muirhead is the word for fishing spear in gaelic and symbols of fishing can be seen in some of the Muirhead heraldry.

Going back to as early as 1393, public records show a Sir William de Muirhead. There was a deed of land granted to him at this time. He was said to have had a reputation of being a man of great integrity. By being granted land he became laird of Muirhead and the honour of Knighthood was conferred on him by King Robert III. The name has variously appeared as: Moirheid, Moorehead, Moorhead, Mored, Morehead, etc.. As branches of the family moved the spelling and pronunciation evolved.

Muirhead was a village located in The Barony of Bothwell which history shows was under the rule of the Norman, David de Oliphant. Nisbet says that the Moorhead family were 'fixed' in Bothwell before the Oliphants gained the Barony. It was in the Parish of Bothwell, that the lands of Lauchope and Lauchope House were located. And it was Lauchope that was first associated with the name of Muirhead. The story of how the Muirheads then gained the land of Lauchope which lay just to the south of Muirhead is an interesting one, part of family legend.

The laird of Muirhead fought off and killed the infamous robber and killer Bartram de Shotts, who had terrorized the region for years. The government issued a proclamation saying whomever finds this man and kills him would be rewarded with land. The story goes ... Muirhead set a trap for Bartram by stacking a big pile of heather at the spot this notorious villain usually stopped to get a drink. William Muirhead hid in the pile armed with his sword. As Bartram lay on the bank of the stream to get a drink of water, Muirhead quickly attacked him, slashing Bartram's hamstrings - just behind his knees. He was rendered helpless. Bartram merely laughed at Muirhead, who then said to him just before beheading him with his sword, "Lauch up, for its yer last laugh!" It is believed that this is where the name Lauchope came from. The laird carried the severed head to the king, who in the terms of the proclamation, ordered him a charter and interment of the lands that were later called Lachop.

We thought buying a home in MUIRHEAD was arduous. Now we can all be grateful we didn't have to lop off someone's head to get our land.

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## Mindfulness ...

By: Jane Evers (Hampton)

Are you aware how your thoughts dictate your reality ... your life?

Are you aware that you have the ability to change the way you think about yourself? It turns out that you can improve how you feel just by altering your thoughts.

Your brain is flexible and constantly adjusting to your life experiences. This gives you the ability to learn and adjust throughout life. Sometimes, though, your thought patterns get the better of you. You can become trapped or hindered by negativity.

Research shows that our mindset can either be fixed or evolving. What does that mean?

The fixed mindset is patterned by a life where parents, teachers, bosses, friends may have commented on your abilities, praising you, calling you "smart," or you're so good at sports, or you're a such hard worker. Over time, these messages can "fix" how you see yourself. People call you smart, so you must be. Eventually this view of yourself will slam into life's inevitable failures or criticisms. What happens then?

Growing up with negative comments about yourself can also set the mind. It doesn't seem that we can win with a fixed, negative mindset.

The fixed mind either interprets common setbacks and mistakes as a personal shortcoming or lack of ability, or enforces the negative remarks. This can result in:

- Negative emotions
- Self-doubt
- Blaming others
- Quickness to give up
- Avoidance of challenges in the future.

Enter the evolving mindset. Folks with this outlook understand that they can develop their abilities and adapt them to different situations. They know mistakes are inevitable, which helps them recover more quickly from setbacks.

The evolving mindset values:

- Effort to achieve goals
- Opportunities to learn from mistakes
- New challenges
- Constructive criticism
- Resilience in the face of setbacks.

An evolving mindset correlates with good physical

*(continued on page 30)*

**MINDFULNESS ...** (continued from page 29)

and psychological health and is a strong predictor of achievement. Students with an evolving mindset engage with school more fully and have better grades over time. Throughout our lives, we have challenges both good and bad that we need to deal with. Having an evolving mindset makes dealing with those changes go more smoothly.

How do you cultivate an evolving mindset?

Try applying any of these growth mindset tactics the next time you face a challenge:

1. Understand that your brain is like a muscle - regular exercise makes it stronger. Give your brain new challenges. Feed it new knowledge and focus it for longer periods of time. These exercises create new and denser connections of neurons which will make your brain more powerful. Also, ask yourself if you see challenges as an opportunity or a threat.

2. Boost your confidence and recall times when you successfully learned something and increased your understanding. Was there a time when you didn't know how to do something, then practiced it and got better?

3. Try a "Saying is believing" exercise. Identify a struggle -perhaps it's exercising, saving money or a project at work. Imagine writing a letter to someone struggling with the same issue. What advice would you give? Explaining how someone else can respond makes it easier to recall those thoughts and put them into action for yourself.

4. Try evoking any of these thoughts to kick-start evolving your mindset.

- Think, "I am curious to learn what will happen if I try this challenge." This will keep you from focusing on a particular outcome or expectation.

- If you aren't 100 % successful at reaching a goal, try thinking: "I will try a different approach the next time I do this and apply what I learned the first go-round."

- After achieving a goal or action, ask yourself what you did to make that happen. Note the process and your mindset when entering into action.

Adjusting to an evolving mindset will give you more resilience in the face of challenges and better outcomes throughout life. So, accept some new opportunities in your life and then learn and grow from them.

Adapted from an article Mayo Clinic Staff  
03/06/18

**Circling The Coves**

By: Debra Sackin

I hope you have survived this very rainy, hot and humid summer. I know I'm looking forward to a cooler 'winter' in a couple of months. How about you?

Our usual, wonderful writer of this column, Mary Chuzi, has not been feeling well recently. Please say a prayer for her speedy recovery.

We have several new residents in the Coves; say "hello" to them when you see them:

Lisa De Marinis            Bldg. 14 - Full time

Judith Carol                Bldg. 7 - Full time

Cindy Ferraro /

Chet La Brozzi            Bldg. 7 - Snowflakes

Janice Carrazzi /

Alexander Scungio    Bldg. 11 - Snowbirds

Let me know if you have any towels, blankets, quilts, sheets, etc. you no longer want as they will be donated to Tri-County Animal Shelter in Boca Raton. I will pick them up from you or you can bring them to me. Call me at 561-752-1671. The dogs will greatly appreciate your contributions!

If you have any news, or going someplace interesting on vacation, let me know and I'll write about it in this monthly article.

Aging Face

Twinkle, twinkle aging face,

How I wish fine lines erase.

Creams and gels are cost exempt;

Fragrance sweet like roses' scent.

I pat creams on as I am told

Soon I know I won't look old.

By morning next I looked to see ...

Good lord, can that new face be me?

Not a wrinkle do I see.

Not a wrinkle seen on me.

Looking younger I'll agree,

Fragrant gels and creams are key.

Into my mirror I smile and pose,

I'm lovely down to polished toes.

Off I run to call the masses

Until I see I lost my glasses!!

# ORT

By: Lenore Blinkoff

It is important that we, as a chapter, be a part of ORT (Organization for Rehabilitation through Training). ORT has met the world's educational needs for over 135 years. There are over 300,000 students worldwide, including the U.S., who are supported by ORT. Their education includes a variety of fields, i.e.: science, technology, engineering and mathematics. The curriculum includes basic education for grades 1 through 12.

These programs are expensive to maintain. Some of our schools are in danger of closing because of the lack of funds. By supporting our fundraisers and other various functions, you are contributing your support. How do you spell support? suppORT.

Please help us keep the torch burning for another 135 years. We would love to have you join us to show your support. Our first meeting of the season is scheduled for Oct. 15th, at 9:30 AM at the Original Pancake House (on Boynton Bch. Blvd. at Hagen Ranch Rd.). Our program for that day will include a speaker explaining the Amendments and giving insights into the candidates for their respective positions in the upcoming election.

This meeting is open to all, non-members invited.

Contacts are: Phyllis Wiegand, Membership, at 561-345-4924, or Linda Kirsch, President, at 561-225-5471.

# It's Happening at PAP

By: Marcia Levitz (Muirhead)

The hot summer is winding down as we welcome back the snowbirds for their winter sojourn. We hope you enjoyed your travels, children, and sightseeing, but we are happy for your return to us. There were, however, many more of us who stayed year 'round and have been planning for this year's Pap Corps Champions of Cancer Research events.

We are excited about our new president, Carol Marsh, who comes to us with a varied and dynamic skill-set that is sure to help us grow even bigger and better.

We give our gratitude to Lisa Weinstein, who held the president's position for an extended time and did a tremendous job organizing and planning many successful events that helped raise funds for our research - finding, in our life time, a cure for cancer, which is the main focus of this group's efforts.

Should you find yourself or a family member who needs a second opinion due to a diagnosis,

*(continued on page 32)*

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**IT'S HAPPENING AT PAP ...** *(continued from page 31)*

not necessarily related to cancer, you may call Lyn Schultz, our liaison to the Doctor's at the Campus of the Pap Corps and someone there will arrange for you to be seen very quickly and all in the strictness of confidence.

For further information call Carol Marsh.

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

By: Lew Roth (Sheffield)

**Point Count**

Silly as it may seem, many newer bridge players don't know how count their points. Some believe that once you've counted, that number becomes the count you use to determine your bids for the entire auction. Let's look at how your point count actually changes with each bid made by your partner and by the opponents.

Just like bidding at an art auction, you need money. The money you use in a bridge auction is called points. To determine how much money (points) you have and how high you can go in the bidding, you need a counting system. It is generally accepted that there are 2 primary factors determining the value (how much money you have) of your hand ... High Card Points (HCP) and distribution.

There is absolute agreement on the value of HCP ... 4 for an Ace, 3 for a King, 2 for a Queen and 1 for a Jack. There is almost no agreement on the value of distribution. Some like to give points for shortness, some for length and some not at all. When attributing points to distribution for an opening one bid, most players will require 13 points. If distribution is not taken into account for an opening bid, many players will open with 11 or 12 HCP.

Let's now look at how the count might change if your partner opens and you are the responder. If it is likely that you will become the Dummy, there is much more agreement on the count for distribution. To count your points as Dummy, you should count the HCP and Distribution points as follows: Void counts as 5 points, a Singleton counts as 3 points and a Doubleton counts as 1 point.

Let's look at one example:

- ♠ None
- ♥ K 10 8 6
- ♦ Q6543
- ♣ A753

For purposes of opening the bidding, you only have 9 points. But, when we count Dummy points you have 14. So, if partner opens one heart, you have sufficient values to go to game. What if Partner opens one Spade. Then your void does you no good so you can only count on the original 9 points and you would bid one NT. This example shows why you should not count distribution until you have determined that you have a fit.

What about the case where your partner opens one of the minors? Usually, you would not count Dummy points because you would rather play in NT than in a minor. However, if it is determined that NT is not likely, then you can count Dummy points. But, remember, while it takes about 26 points to make a major game, it takes more like 28 to make a game in the minors.

Next month we have a special treat. We have a guest bridge column writer. We are all looking forward to her contribution.

**You Gotta Laugh - Welcome back to the states**

By: Steve Solomon (Hampton)

Jane and I just returned from a wonderful 16-day cruise/tour of the Mediterranean and Venice. I've got lots of funny stuff about that. What I want to share with you is our experience returning back to the us.

We flew directly from Venice into Atlanta. Before we landed the crew made it of the "new and improved" immigration process for U.S. citizens. "Ok," I thought, no long lines getting the third degree, and trying to convince a customs agent that you ARE a non-threatening American citizen whose only desire at the moment is to pee and reset your biological clock:." All this, while being careful not to mention that you are having trouble understanding HIS accent.

Back to the new and improved immigration system ... You leave the plane, you follow a long and winding path to the immigration area where a series of para-customs agents divide the crowd into 2 distinct groups: 1 U.S. citizens, 2 Non-U.S. citizens. Simple?

The US citizens are all directed to a series of machines-yep machines. You touch the screen to start. From here it gets ugly. A sign pops up on the machine (in English) that says "Choose your language." Again,

*(continued on page 34)*

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**YA GOTTA LAUGH ...** (continued from page 32)

that sign is IN English. Now here's the rub; at least for me. A list of languages pops up. The list STARTS with Spanish! Next is Creole, then Arabic, then French, then at the bottom ... English. Sorry, but that just pisses me off.

I clicked on "English." The instruction then tells you to insert your passport, smile for the camera and answer a series of questions. It's the usual barrage of questions: What did you buy? Where did you visit? Did you play with any fungus? And are you carrying any fruit? The machine then gives you a piece of paper with your answers and a tiny photo of you.

The instructions at the bottom of the paper are clear enough; PROCEED TO EXIT. But wait shoppers, there's more. There is no exit. There is an exit line.

I estimated there were at least 200 people "proceeding to exit." We are all waiting to see ONE agent who picked up our papers and asked ONE question. FORTY FIVE minutes later, Jane and I approached this agent (9 empty stalls, ONE agent) and he took our papers and said, "Are you carrying any fruit?" That was it! I was about to say "Are you kidding me?" Jane kicked me. We thanked him and moved on to pick up our luggage.

We got our bags and headed for customs. As we headed to the exit the customs agent stopped me, looked at my docs and said, "Are you carrying any fruit?" He didn't say "Is there a weapon of mass destruction in your bag? Are you carrying and explosive devices? Are you smuggling cocaine? Are you a sex trafficker?" Nope ... fruit!" You have no idea how much safer I feel now knowing my home and family is being protected from fruit.

---

## Bleacher Seats Splinters

By: Rob Tanenbaum

As another NFL season unfurled, my mind wandered back 60 years ago to one of the biggest disappointments of my sports life: the NY Giants overtime loss to the Baltimore Colts in the 1958 Championship Game - often labeled The Greatest Game Ever Played. I can still taste the tears I shed.

But then I remember 10 years later, when I met one of the culprits of my greatest sorrow and he put a smile on my face. Almost certainly you remember Gene "Big Daddy" Lipscomb, Art Donovan and Gino Marchetti, all Hall of Famers on the Colts' legendary defensive line that season. But I doubt that the name, Don Joyce, rings a bell.

He started alongside them in 1958, his only Pro Bowl season. I remembered all that when I approached Joyce on the sidelines of a U. of Missouri football practice 50 years ago. I was the Tigers' head student equipment manager and he was scouting for the Minnesota Vikings.

There was still some resentment in my heart when I introduced myself, but I was caught off-guard by his genuine excitement to be recognized and to talk about his career. He spoke with the lexicon of a

(continued on page 35)

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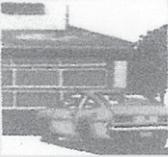
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**BLEACHER SEATS ...** (continued from page 34)

blue-collar football player from Steubenville, OH, that belied his Tulane University education. In 1951, he was drafted in the second round of the draft (18th overall) by the Chicago Cardinals behind Kyle Rote, Y.A. Tittle and ahead of seven eventual Hall of Famers including Donovan, Don Shula and my Giants' hero Andy Robustelli. "You really know who I am kid? You remember me?!!" he gushed. "I can't believe it. I've been going to elementary and high schools for the last 5 years in the Twin Cities and not one kid ever knew who I was."

He spurted out memories non-stop for the next 10 minutes when I asked him about the Colts-Giants championship games in 1958 and 1959.

I knew I had to change the subject or he'd have kept on going so I said to him, "And I know something else about you, too." He stopped in mid-sentence and asked what it was. I said, "I know you were also a professional wrestler in the off-season." "You're amazing, kid. I mean it, amazing," he said. "Geez, you know everything about me. How do you know all this stuff?" Instead, I asked him about the world of wrestling and how phoney it was. He told me, "It's fake as hell. Nothin' about it is real, kid. Don't believe anything you see."

He explained to me that he'd had it good because as an NFL celebrity, he was known as a "face," which meant by contract that he couldn't lose a match. He was always "The Good Guy."

"But let me tell you a story, kid," he went on. "One night we're doing a show at a little high school gym in some small town. Before the matches, we're all in the tiny locker room and the producer is going over who is wrestlin' who and who's gonna win. When one of the stars is told he's gonna lose that night, he goes crazy. He picks up the producer and throws him face-first into a sink. The producer breaks his nose and blood's gushing everywhere. It's the ONLY time I ever saw REAL blood in all my years of wrestling."

He died 6 years ago. He coached high school football and had a long career in scouting including 10 years as head scout of the Indianapolis Colts. In 1983, a robber broke into his hotel room in MO, tied him up and tried to rape his wife. Joyce escaped, took 2 bullets and a pistol-whipping, but his attack made the bad guy flee.

Don Joyce always was and will be "The Good Guy." That's how I remember my enemy now.

## Five Sports Things to Do This Fall

By: Rob Tanenbaum (Bermuda Isle)

1. Go to a Park Vista H.S. football game. Our neighborhood team plays an exciting brand of football. One of the starters busses tables at Panche on weekends. Home dates are Sept. 7, 21, 28; Oct. 26; Nov. 2. Check ahead for game times.

2. Go to a Park Vista H.S. football game to see the school's band perform. There are no words, you've got to see and hear this band to believe it!

3. Try the new bocce ball courts at the Cubhouse.

4. Try pickleball on the Aberdeen courts if you haven't done so.

5. Go to a Florida Atlantic U. football game in Boca Raton. Yeh, the Owls lost to Oklahoma by seven 7 touchdowns, but Oklahoma is a Top 10 team playing at home. FAU, the defending conference champs, has a dynamic offense. But their band isn't as good as Park Vista's. Go see what I mean.

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## From a 1992 Article by Gloria Marion

Submitted By: Mary Epstein (Shores)

Floods, hurricanes, earthquakes, oil spills ... Mary Epstein has been there. Not by accident - but because she is part of the Federal Emergency Management Agency (F.E.M.A.), a branch of the U.S. Defense Department. In Sept. 1985, Hurricane Gloria struck. Puerto Rico was devastated with flooding and mud slides, and Mary was off on her first assignment. What she thought would keep her away for a few weeks stretched on for 5 months. There was that much to manage. She opened and managed disaster application centers in Ponce and neighboring towns and hired investigators to screen applicants for Federal funds. Desks were rented, computers put in place and trailers brought in for the homeless. This is typical of what Mary is called upon to handle. In the past 6½ years, she has been at 2 oil spills and a flood in AK, floods in TX and an ice storm in upstate NY, and a bridge collapse on the New England Thruway.

Mary was in a hurry to get started on life's path. She grew up in Brooklyn, married her husband Nat when she was 17, and went off to several Army camps with him when Uncle Sam called. Nat is a musician, so it was not a surprise when they found themselves after the war (and for the next 20 years) in the Catskill Mountains ... in the hotel resort business. Nat played in the band and booked the talent for the shows, and Mary, besides caring for 2 small sons, worked in the management end. Their season at the hotel was March 'til September. But Mary was also in charge of special events, seminars and over-seeing conventions at one of the largest hotels in the area.

After Mary had a heart attack in 1968, they left the  
*(continued on page 37)*

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**FROM A 1992 ARTICLE ...** *(continued from page 36)*

hotel business, but Mary was not slowed down for very long. She got a job as a secretary at Queens College in NY, working in the office of the then president, Joseph Murphy. She loved the environment while regretting the fact that she had never gone to college. You guessed it - she enrolled as an undergraduate.

Mary worked by day, advanced to Administrator, and took classes whenever she could fit them in. It took 7 years for her to get her bachelor's degree in Political Science and graduate Magna cum Laude. Seven years later ... yet another degree - her master's in urban planning. After one year of Law School at St. John's U., she left to become an Adjunct Lecturer in history at Queens College.

By 1986, Mary and Nat decided that it was time to retire but that meant only from their last careers. Stay home? Not Mary! Together they would join the Peace Corps; their old friend, Joseph Murphy, was now a Director in the Corps. But they knew it might take up to 2 years to be called. Since F.E.M.A. needed reservists, they joined F.E.M.A. just as Hurricane Gloria steamed into the East,

Between assignments, Mary relaxes by walking an hour each day, accompanied by her headset, which she told me is turned to "peppy music." (She came in second recently in a 5-kilometer walk at Aberdeen for D.A.R.E. in the 60-to-69 class.) She swims, plays tennis, and volunteers, along with Nat, at nursing homes and Veterans Hospitals both here and in NY. Mary says, "I love people and live by the Golden Rule: Do unto others as you would have others do unto you!" What an example you are, Mary!

*(Editor's Note: And she still is!)*

**I Will Not Forget**

By: Sandy Lipton (Sterling Lakes)

How long is the fall from the shattered window of a flaming tower? 60 stories? 60 seconds?

Did you choose to jump or did the burning force you out?

Is the outside air a cool relief? or is it, too, thick with acrid smoke?

Does it burn your throat and singe your eyelids?

Do you gasp to fill your lungs or does panic stop your breath?

Are you thinking as you fall? Are you conscious?

*(continued on page 38)*

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**I WILL NOT FORGET ...** (continued from page 37)

As you see the silver building sliding past your eyes, do they close?

Do you tumble, head over heels, over head, over heels, over head?

Or did you dive, head first, face down, with legs and arms extended, like a heavy bird?

Are you praying? Are you mourning? Are you counting your regrets?

Did the past come rushing toward you in the race before the finish?

Did you see your loved ones' faces in the time before the landing?

Did you feel it when it happened? Or were you gone before the crash?

Dear ones, I felt it when it happened. I know that you are gone. I am praying. I am mourning. I am living your regrets. I am seeing the lost faces of your loved ones in my dreams. I am praying. I am mourning. I will not forget.

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**One Woman's Opinion**

By: Vincent Marini (Moorings)

My article in the June 2018 Issue of the Aberdeen Times, "God's Waiting Room, or Not," talked about FL; yesterday, today and tomorrow. Statistics were used to discuss the future of the Sunshine State. It was a positive report of the third most populated state in our country.

After it appeared, I received a phone call from a woman, who we will call Mrs. J, who disagreed with me. Everyone is entitled to his or her opinion. However...

Mrs. J, a resident for 28 years, said she hated today's FL because it was nothing like the one she knew years ago. She was quite disturbed about the new people moving here. Since I do not have the patience to listen to people who look at the glass as half empty, rather than half full, I politely replied with my regular polite response, "sorry you feel that way," and said again in a polite manner, "Goodbye."

(continued on page 39)





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**ONE WOMAN'S OPINION ...** (continued from page 38)

That was the end of my phone conversation. It does not tell you, as Paul Harvey said, "The rest of the story." Her phone call added to my already insomniac condition which is now known as insomnia and Mrs. J. The day after that phone call, my normal nightly can't-sleep-period turned into a sentence, then a paragraph and now an article.

I joined the Mrs. J disturbed club, mumbling to myself, if she hates today's FL that much, why is she still living here? If I felt that way I would have giddy upped outta here a long time ago. Who are those new people moving here? Are they old folks, young folks, just regular folks, people of color, a different nationality, or immigrants? Who are these varmints disturbing her?

I was going to call Mrs. J. and tell her Forrest Gump's Mom always said life is like a box of chocolates, you like some but you don't like others. You eat the ones you like. I would tell her to ignore what she didn't like. If she was still disturbed, I was going to suggest she get "outta town" and try to enjoy the rest of her life.

While I was thinking about calling her, I thought



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about the lyrics of the song: "Let It Go, Let It Go." So, I turned away and hung up the phone!

I slept better that night.

Another woman's celebration: Tip of the tam, high five and a huge shout-out, Happy Birthday to Shores resident and good friend, Laura Altamura Kavazanjian, who will be 100 years young this month. An original Aberdeen resident, Laura has always looked at the glass as half full and family, friends and neighbors as wonderful folks. Congratulations Laura! Stay well!

**Choose the Rain**

By: Sheila Tannenbaum (Sheffield)

One day, about 15 years ago, I was having lunch with a very wise friend. We were seated in the restaurant window and could see that it had started to pour. "Oh, my goodness, I'll get soaked. I don't even have an umbrella. And my shoes will be ruined, not to mention my hair," I complained. And he said, "choose the rain." "What are you talking about ... choose the rain? I questioned him, incredulously "Martin, how can I choose the rain. I'm going to get be drenched and now I'm angry with you too! Choose the rain! For Heaven's sake, what are you talking about?"

"You can't change the rain because you don't like it being there. You can't make it stop. The rain will rain whether you like it or not. Can you make it be less annoying if you resist it? No! All you're doing is making yourself upset. But if you choose it, you can enjoy it. If you stop fighting it, you can befriend it. You can appreciate it for all it does and even the sound it makes. Yes, if you can't beat it, join it. Choose the rain!"

He smiled at me calmly until I got his message: Choose the rain, as a gift to myself, because I'll be

(continued on page 40)

**CHOOSE THE RAIN ...** (continued from page 39)

happier. Choose the rain because it's better for my well-being.

I smiled at him. I got it. There's no reason to fight it. The rain will rain whether I like it or not. So, I chose it and suddenly I felt peaceful.

Many times, over the years I've felt myself in a situation or circumstance I couldn't change and I remembered to "choose the rain." I substitute the necessary word for "rain." It always helps. I can choose the gym teacher I don't particularly like and still enjoy the class. I can choose long lines that might have annoyed me. I can choose the heat or too much air conditioning. Where I do have trouble choosing, no matter what, are the iguanas in my backyard.

Fore sure, raindrops will keep falling on my head ... I have come to notice through that when I choose they don't feel like hail.

**Identity Theft - Again!**

Records of 340 million consumers reportedly exposed

What happened at Exactis?

Exactis, a data marketing firm, located in Florida, exposed a database that contained about 340 million records on a publicly accessible server. The database contained 2 terabytes of personal information on millions of Americans and businesses.

From an article on Wired.com, "While the precise number of individuals included in the data isn't clear - and the leak doesn't seem to contain credit card information or Social Security numbers - it does go into minute detail for each individual listed, including phone numbers, home addresses, email addresses, and other highly personal characteristics for every name. The categories range from interests and habits to the number, age, and gender of the person's children."

Long after a data breach criminals can still use your personal info to open accounts, file tax returns,

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Water Heater (up to 40 gallons)	Included

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Each Additional Bath	\$10.00
Freezer (separate)	\$25.00
Trash Compactor	\$15.00
2nd Refrigerator	\$25.00
Instant Hot	\$15.00
2nd Air Conditioner (up to 4 tons)	\$45.00
2nd Air Conditioner - Replacement (each additional - up to 4 tons)	\$45.00
2nd Water Heater	\$20.00
(up to 40 gallons - each)	
Water Heater - Replacement (up to 40 gallons - each)	\$35.00
Yearly A/C Check-Ups (each)	\$35.00

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**REPLACEMENT (SEE TERMS AND CONDITIONS)**  
Air Conditioner, Refrigerator, Dishwasher, Oven & Range, and Washer & Dryer. (excludes stack sets)

**TOTAL BASIC PACKAGE \$225.00**



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**IDENTITY THEFT ...** (continued from page 40)

buy property in your name and more.

T-Mobile announces data security incident that has affected 2.3 million of its customers

What happened at T-Mobile?

On August 20, 2018, T-Mobile sent a letter to customers who may have been impacted from an unauthorized person accessing certain personal information. Exposed data may have included one or more of the following:

- Name
- Billing zip code
- Phone number
- Email address
- Account number
- Account type

**To Shop or Not to Shop; That is the Question**

By: Toby Wolberg (Oxford Place)

Do you love to shop? Do you love to get a real bargain? Many of you told me that you liked the article

I wrote years ago about my “Bargain of the Century.” I have a not-so funny-story to tell you now.

There is a rule in our house by a certain someone who lives here, about me getting rid of an item of clothing when purchasing another item. I was in a store with my other half; you know, the one who made up this rule. I saw a top that was unbelievably cute. The certain person said, “you are not buying another top, even though you do discard an item for everything you buy.” He said, “I don’t care. You never make a dent in your closet because you still bought

(continued on page 42)

**P.S. THE HANDYMAN**



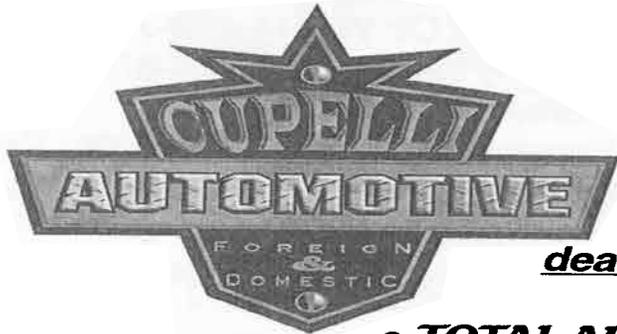
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**TO SHOP OR NOT ...** (continued from page 41)

something. You can only buy underwear.” The problem I have now about that “discarding rule” is that I am running out of things to discard.

When I was talking to my friend, about all the stuff, all the clothes we all accumulate, she told me she has hundreds of pairs of shoes. I am not that bad. I only have \_\_\_\_ pairs of shoes, but ALL THOSE TOPS!! and ALL THOSE BELTS!! My friend did tell me that once in awhile she does get rid of things that she hasn't worn for awhile, but she can't part with any of those shoes.

So, after 47 years of marriage, if I still want to live here, I guess I have to follow certain rules. I can write another article about someone else's closet. ALL THOSE SHIRTS!! and ALL THOSE PANTS!!

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## How Healthy are Your Shopping Habits?

Submitted By: Jane Evers (Hampton)

Smart shopping is a key factor in a healthier lifestyle. Take this quiz to find out whether your shopping habits are on track or off course.

Choose A, B, C, or D to answer each of the six questions:

A: Every time B. Most Often C. Sometimes D. Never

1. How often do you prepare a list before shopping?

A list makes your shopping trip more efficient. And when you plan ahead, you'll have the ingredients you need to prepare healthy meals quickly. (Best answer: Every time)

2. What portion of your fruits and vegetables do you purchase fresh or frozen rather than canned?

Fresh or frozen produce - with no sauce - is typically the most flavorful and nutritious. On occasion, canned fruits and vegetables may be a good choice when no sugar is added and they're packed in water. (Best answer: Every time or Most often)

3. How often do you read food labels?

Food labels can help you learn important nutrition information about a product before you buy it. Food labels can also help you compare similar products to choose the best option. (Best answer: Every time or Most often)

4. When you grocery-shop, how much time do you spend on the perimeter of the grocery store?

Usually the fresh produce, meat and seafood sections, and dairy case are located on the perimeter. That's where to focus your shopping, because these fresh, "real" foods are generally better than ready-to-eat foods since you can control any ingredients that you add. (Best answer: Every time)

5. How often do you buy processed foods or prepackaged meals?

Processed or prepackaged foods are often, though not always, low in fiber and high in fat, calories and ingredients such as sodium. (Best answer: Never or Sometimes)

6. How often do you shop on an empty stomach?

Shopping on an empty stomach can cause you to buy foods too impulsively. When you're hungry you may choose foods and snacks that are not the healthiest. It's best to go food shopping after a meal. (Best answer: Never)

Mayo Clinic Newsletter (8/13/18)

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## And You Think You Had it Tough?

Submitted By: Sheila Hyman (Sterling Lakes)

Following is a list of rules for teachers posted by a principal in 1872 in the City of New York.

1. Teachers each day will fill lamps, clean chimneys, and trim wicks.

2. Each teacher will bring a bucket of water and a scuttle of coal for the day's sessions.

3. Make your pens carefully. You may whittle nibs to the individual tastes of the pupils.

4. Men teachers may take one evening each week

(continued on page 43)

## Questions for Prof Pat

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

**AND YOU THINK ...** (continued from page 42)

for courting purposes, or two evenings a week if they go to church regularly.

5. After 10 hours in school, the teachers spend the remaining time reading the Bible or other good books.

6. Women teachers who marry or engage in unseemly conduct will be dismissed.

7. Every teacher should lay aside from each pay a goodly sum of his earnings for his benefit during declining years so that he will not become a burden on society.

8. Any teacher who smokes, uses liquor in any form, frequents pool or public halls, or gets shaved in a barber shop will give good reason to suspect his worth, intentions, integrity and honesty.

9. The teacher who performs his labors faithfully and without fault for 5 years will be given an increase of 25 cents per week in his pay providing the Board of Education approves.

**Laugh Lines**

Compiled By: Sheila Tannenbaum (Sheffield)

I opened two gifts this morning. They were my eyes. - Lucille Ball

I want my children to have all the things I couldn't afford. Then I want to move in with them. - Phyllis Diller

Life is tough, darling. Life is hard. So we better laugh at everything. It's the best way. - Joan Rivers

Let's face it, a nice creamy chocolate cake does a lot for a lot of people. It does for me. - Audrey Hepburn (She also said, laughing is the best calorie burner!)

We are all of us stars and we all deserve to twinkle and laugh. - Marilyn Monroe.

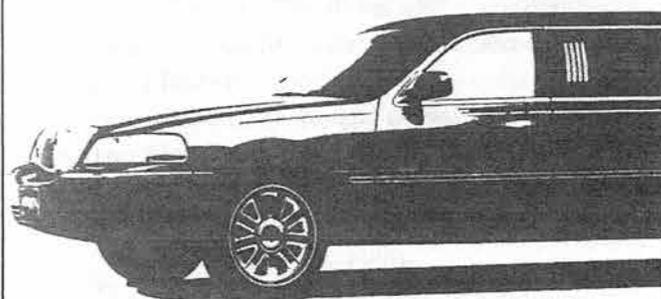
I am thankful for laughter except when milk comes out of my nose. - Woody Allen.

Laughter is the closest distance between two people. - Victor Borge

*Editor's Note - The Aberdeen Times welcomes human interest or feature articles. If you have an interesting story to tell we would love to publish it.*

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