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November, 2018



**HAPPY THANKSGIVING**



## All About Aberdeen Golf & Country Club

By: Ruth Krawitz (Sheffield)

It has been two months now, and the refurbished Clubhouse continues to draw attention and admiration! Many of our snowbirds have come back to FL earlier than usual to witness, first-hand, what the excitement is all about. They have joined the regulars in pride and praise for a project that has turned out so magnificent. It seems that everything has been elevated to new level; it is not just the decor; members are giving rave reviews for the food. The service, the ambiance and the positive sense of community that has emerged. It is a pleasure to invite friends and family to wine and dine.

It is also a pleasure to note all of the amenities and activities that are keeping pace. Committees have been functioning all along, and by this time, our clubs are going strong. Our newest amenity is BOCE. Come out and join the fun at the courts located below the Sunset Lounge (SSL) Terrace. You may get lucky and see boce guru, Tony Caselli, practicing for the big Boce Bash scheduled for December.

Our newest club is the Photography Club, spearheaded by Jay Levine. Jay is also in charge of the

*(continued on page 2)*

## To Convert or Not to Convert: That is the Question

By: Dr. Pat Williams (Muirhead)

**What are the primary differences between a traditional IRA and a Roth IRA?**

A traditional IRA is funded with pre-tax dollars. Funds in the account are allowed to grow tax-deferred. Withdrawals from the traditional IRA are taxed at the account holder's tax rate.

When the account holder is 70 ½ years old, traditional IRAs are subject to Required Minimum Distributions (RMD). The RMD is determined by the IRS. You may withdraw more than the amount. If none or a partial withdrawal of the RMD is made, a 50% excise tax is levied on the mandatory amount not taken.

A Roth IRA is funded with after-tax dollars. Monies in the account grow tax-free. No tax is applied when funds are withdrawn from the account. A Roth is not subject to RMDs.

From a tax perspective, the Roth IRA is the better investment vehicle as profits and withdrawals are not taxed. Prior to retirement, the amount one can invest in either the traditional or the Roth IRA is determined by age and income level.

**Can you convert a traditional IRA to a Roth IRA after 70 ½?**

You can transfer funds from your traditional IRA

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**TO CONVERT OR NOT ...** (continued from page 1)

to a Roth IRA through an IRA conversion. An IRA conversion, also known as a rollover, generally refers to the act of transferring assets held in a traditional IRA, or a similar retirement account (i.e., SEP IRA) to a Roth IRA. The biggest drawback to an IRA conversion is that it is considered a taxable event. The funds taken from the traditional IRA and placed in the Roth will be included in your gross income for the year. Additionally, in the year of the conversion, you must still make your RDM prior to the transfer of any funds. In other words, you cannot move the money that you are required to withdraw to your Roth IRA. Any conversion must be made with additional funds from your traditional IRA.

**Will your social security be hit by the “tax torpedo?”**

The “tax torpedo” is a name given to the unexpected way that Social Security can get taxed, depending on how much other income you have. To determine how much of your Social Security income is taxable, the IRS uses what they call “combined income.” Combined income uses the following formula:

$$\text{Combined income} = \text{Adjusted Gross Income} + \text{Nontaxable Interest} + 50\% \text{ of your Social Security Benefits}$$

Why only 50% of your Social Security benefits? When you were working, you and your employer contributed an equal amount towards your future social security benefits. The 50% is related to the funds paid by your employer.

Adjusted gross income includes all income from other sources (e.g., salary, dividends, interest, capital gains and traditional IRA withdrawals). Withdrawals from Roth IRAs are not included.

Taxes on Social Security benefits are based on the following combined income threshold amounts.

	Combined Income Threshold Amounts	
	First Threshold (\$)	Second Threshold (\$)
Single Filers	25,000	34,000
Married Filers	32,000	44,000

If your combined income is below the first threshold (\$25,000 for a single filer; \$32,000 for a married filer), your social security is not taxed. If your income falls between the first and second thresholds you are subject to a 50% tax on social security benefits. If your income exceeds \$34,000 if single and \$44,000 if married, filing jointly, the tax on social

security benefits rises to a maximum of 85%.

**Should you do a Roth conversion?**

The answer is relatively simple. If converting to a Roth will save more taxes in the long run than the amount of taxes that must be paid at the time of conversion, then convert.

(Note: My thanks to Alan McDonley of Addison Green for suggesting this topic.)

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

or the wall opposite the desk, or go to the Club website. Remember that notices about all our upcoming events are emailed to all members, and reminders appear in a weekly Sunday email feature, "Around and About Aberdeen."

Keep in mind as a coming attraction - the first Thanksgiving celebration in our beautiful updated dining room, and a Dinner Show featuring Tony Pace on Saturday night, Dec. 15th.

In order for all of us to enjoy all of these experiences to the fullest, our President and our COO are asking that everyone adhere to the following policies and practices:

**Dress Code:** With the re-opening of the Clubhouse, the Dress Club has been slightly modified with regard to the wearing of jeans and tee shirts. Go to our website so that you can reacquaint yourself with the dress code. Please note the minor changes pertaining to the wearing of jeans and tee shirts.

**Cell Phones:** Upon entering the Clubhouse, cell phones must be, either turned off or placed on "vibrate." Should you receive an incoming call while

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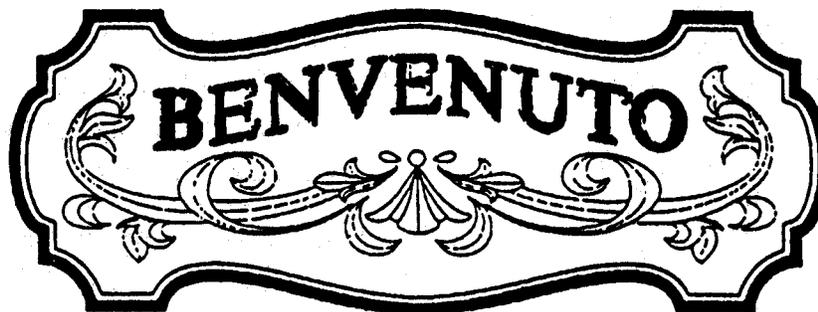
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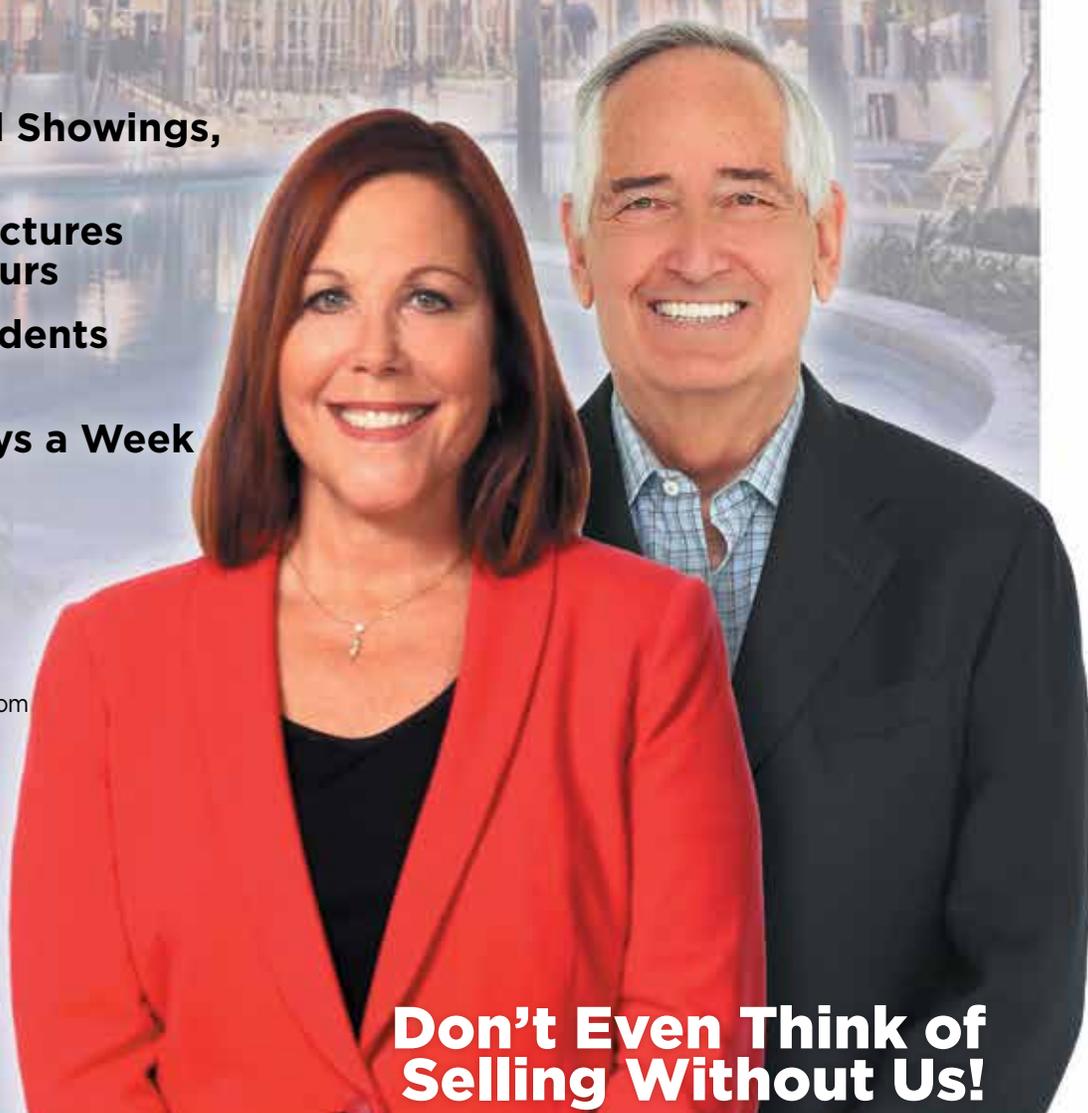
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in the Clubhouse, it is preferred that you let the call go to voicemail. However, if you must take the call, please leave the building from the closest exit. Go to our website to reacquaint yourself with the cell phone policy.

**Smoking Policy:** During 2017, the Board approved a policy to be implemented when the three restoration projects were completed. This policy is now in effect and identifies two areas on Club property where smoking is permitted. Got to our website to acquaint yourself with the Club's Smoking Policy.

**Perfumes:** Either avoid wearing perfumes or apply them sparingly. We have a number of members who have allergies to perfumes.

**Table Games Scoring:** Pencils will be made available in the card room for the purpose of score keeping. Please avoid using pens when keeping score. We have already had an incident when a table surface was stained with ink.

Thank you for your support and cooperation in maximizing experience in our beautifully restored Clubhouse for years to come.

In his October President's Message, David Fager states: "Many of our hardworking committee members have been working overtime in order to provide activities and events, which will appeal to our entire membership who have a wide array of interests. Getting involved is the best way to maximize your enjoyment of the Aberdeen Lifestyle."

## Sharing With Sheffield

By: Ruth Krawitz

Several months go, I heard a segment on the Today Show dealing with the prominence of loneliness amongst Americans, and the studies that were being made with people starting at college-age and moving into adults. It stayed in my mind as a theme that would resonate with our readers, but I did nothing about it until I read an article this summer in the June 26, 2018 edition of the NY Times, written by Jane Brody, which took excellent, articulate aim at this topic. We all seem to know people who are lonely; some of us may have felt alone at some point in our lives for some reason; most of us don't know how pervasive the problem is right in the midst of this

(continued on page 10)

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

place often alluded to as "Paradise." There are a multitude of conditions that engender loneliness, including, but not limited to - moving to a new location and leaving old friends and family; losing a significant other, be it spouse of partner or family member; suddenly being confronted with illness or physical afflictions like hearing or vision loss; not being able to achieve or accomplish tasks that used to be so natural and easy. So, the problem exists, as do the causes. What can we do to make the dramatic change, to get, as Jane Brody says, "On the Road Map out of Loneliness?"

*"More than a third of adults are chronically lonely, and 65 percent of people are seriously lonely some of the time," Dr. Nobel, said in an interview. Among the groups with especially high rates of loneliness are veterans and top level executives.*

*The rate of persistent loneliness is high among older adults, who, in addition to limits imposed by illness, may suffer the isolating effects of mobility issues, lack of transportation and untreated hearing loss.*

*However, Julianne Holt-Lunstad, a psychology professor at Brigham Young U., told the UnLonely conference that no one is immune to the toxic effects of social isolation. "It's so distressing, it's been used as a form of punishment and torture," Dr. Holt-Lunstad said.*

*"Loneliness saps vitality, impairs productivity and diminishes enjoyment of life," Drs. Nobel and Williams wrote. Its effects on health match those of obesity, alcohol abuse and smoking 15 cigarettes a day, raising the risk of early death by 30 percent.*

*The aim of the UnLonely Project, Dr. Nobel said, is to raise awareness of its increasing incidence and harmful effects and to reduce the stigma - the feelings of embarrassment - related to it.*

*"We want people to know that loneliness is not their fault and to encourage them to become engaged in programs that can diminish it," he said.*

*In Augusta, GA, in partnership with AARP, a program of group painting, music and dance was created for caregivers who often have little opportunity to connect with others and reap the benefits of mutual support and friendship.*

*Doing something creative and nurturing helps*

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

both caregivers and people struggling with serious chronic illness get outside themselves and feel more connected. Dr. Ruth Oratz, medical oncologist at NYU Langone Medical Center, told the conference, convened by the Foundation for Art and Healing.

The foundation's goal, Dr. Nobel said, is to promote the use of creative arts to bring people together and foster health and healing through activities like writing, music, visual arts, gardening, textile arts and culinary ones.

"Loneliness won't just make you miserable - it will kill you," Dr. Nobel said. "Creative arts expression has the power to connect you to yourself and others. How about a monthly potluck supper? It's so simple, such a great way to become connected as well as eat good food."

Muck of modern life, though seeming to promote connectivity, has had the opposite effect of fostering social isolation and loneliness, experts say. "Internet and social media engagement exacerbates feeling of loneliness, depression and anxiety."

People rarely relate tales of misery and isolation on Facebook. Rather social media postings typically

feature fun and friendship, and people who lack them are likely to feel left out and bereft. Electronic communications often replace personal, face-to-face interactions and the subtle signals of distress and messages of warmth and caring such interactions can convey.

So consider making a date this week to meet a friend for coffee, dinner, a visit to a museum or simply a walk. Online communities like Meetup.com, can be a good source for finding others with common interests. If nothing else, pick up the phone and have a conversation with someone. Chances are, you will both be better off for it."

Living here, in the Aberdeen community-at-large, we are surrounded by opportunities to become involved - socially, physically and mentally. Mentally - paving the way to alleviate those feeling of loneliness. You have take the initiative and grab those opportunities. Call a friend or neighbor and make a date to go out and do something pleasant. Go to the gym to swim or work out and meet lots of people. Take advantage of the activities offered by your community clubhouse. Join a Book Club. Join



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

one of the charitable organizations sponsored by Aberdeen (PAP, Brandeis, ORT, Hadassah) and offer our services.

Explore the volunteer experiences available in the Boynton Beach area (Caridad and Feeding America come to mind). Go to meetings, attend lectures, movies, the Bar at Happy Hour ... be FRIENDLY. Don't be afraid to take the first step - to reach out to someone or something that interests you. It may turn out much much better than you think and you will have followed that map that will lift you out of loneliness!

**Turnberry Isle**

By: Sherry Morris

October has come and gone, but our Women's Club has not let it go by without some interesting activities. Our first meeting of the year was held on Oct. 9 at the home of Rhoda Schwartz. Despite Rhoda's difficult year with 2 surgeries and stays in Rehab, she continues to welcome us into her home each month. We appreciate her loving kindness. As usual, our VP of Programs, Maureen Kilar, provided

us with a program and the accompanying interest and/or chuckles.

Socially, we gathered at The King's Academy in West Palm Beach to see a wonderful presentation of "Newsies." The event was chaired by Barbara Pearlman. As usual; lunch (which is never optional) preceded the play.

Turnberry Isle Book Club continues to thrive in its 21st year. Our first meeting of the new season was at the home of Ellen Livingston, and Joyce Meltz facilitated the book The Bridal Chair by Gloria Goldreich. Joyce, our new leader, led us in a discussion of the life of Marc Chagall, born Moishe Segal. This novelized version of the chaotic life of an artistic genius was enjoyed by all members. Next up is The Japanese Lover at the home of Barbara Pearlman. Thanks go to Regina Green, who has been our leader for the past few years. Unique to our club is the ability of each member to ably facilitate each reading choice. We remain an "up close and personal" type of book club.

Last month we discussed the challenges of cable chaos and gate dysfunction. They continue. But, we

(continued on page 14)

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

continue to smile and remember the quote of one of our neighbors, "These are first-world problems." Or the quote of our mothers, "Patience is its own reward."

Events to anticipate include a Dec. 5 date with songs we all know from Peter, Paul and Mary at the Delray Beach Playhouse, painting paired with vino, another unforgettable luncheon and, hopefully, a chance to display our croquet skills.

A special shout-out to our neighbors who keep their homes and yards in first class condition. A walk through the neighborhood is such a pleasure when we observe beautiful floral plantings, healthy shrubbery and a welcoming atmosphere.

**Ashford Bytes**

By: Dr. Marty Phillips

By the time you read this most snowbirds will have returned, so welcome back to paradise. I hope you have been to and enjoyed our beautiful new Clubhouse and what it has to offer. I heartily recommend ordering Tapas in the fantastic expansive new Sunset Lounge, which is now known as the SSL. I prefer Sunset Lounge as I believe it is more descriptive of the beautiful view. The Tapas menu has a wonderful variety of small plates that are all delicious. We have tried many of the fine choices on our numerous evenings spent there with friends. Some of our favorite dishes are; tacos, flat breads, sliders, veal parm and short ribs. And I must say the deserts are quite good. I am impressed with the variety of offerings in the menus for lunch and dinner in the Panache Room. There are many new and outstanding items from which to choose. I honestly also believe that the quality of food is vastly improved. I feel we should give credit for all these dining innovations to our new chef Jeff. So, if you see him walking around the dining room and agree with me, tell him.

In driving around our community of Ashford and other Aberdeen communities in the evening, it is

*(continued on page 15)*

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- Shut off valves

**ASHFORD BYTES ...** (continued from page 14)

disheartening to see so many homes that do not have an outside light on. Please keep a light on until at least midnight, not only for your own protection, but to show that the community does not look deserted.

It was nice to see Barbara and Don Metsky, and Barbara Lasher at synagogue on the High Holidays. Also at the services, was a delight to see Sean Lutwin (former golf pro and assistant GM at Aberdeen) and his lovely family. Sean is now the GM at The Wanderers Club in Wellington.

We will soon be celebrating Thanksgiving and we sure have a lot to be thankful for, especially for being able to live this wonderful lifestyle that we have here at Aberdeen. Some of us will be going north for the holiday and others will have family come here. I am heading up to Dutchess County, NY where my daughters have second homes. My Swiss son-in-law

cooks two turkeys, one in a smoker and one deep fried. Frankly, I prefer deep fried. You can see by this column that I enjoy food. Friends and family call me "never-miss-a-meal Marty." Therefore, I will reveal a few of my favorite restaurants: Cafe Europe, Cathy's Gazebo, Al fresco at the Palm Beach par 3, Cuchina Maderna and Kaplow.

**Bermuda Isle Buzz**

By: Lynn Chodos

It's November already! Most of our snowbirds are back, and summer/fall travel is giving way to holiday visits with family and friends.

A couple of years ago I wrote a LONG article about some of the odd (at least to me) places I came across driving from WI to FL with my son. This year, my wife and I took several car trips in the southeast

U. S., and we passed even more places that caught my eye. Here's just a sampling:

- Museum of Salt and Pepper Shakers, Gatlinburg, TN - It has a collection of more than 20,000 pairs of salt and pepper shakers. If that's not enough for you, be sure to visit its sister museum in Alicante, Spain, which has another 20,000!

- SC Cotton Museum, Bishopville, SC - Go there to see the world's largest boll weevil. This is only the #2 thing to do in Bishopville according to TripAdvisor. What could be a bigger attraction than this!

- Paquette's Tractor Museum, Leesburg, FL - If you farm equipment lovers go in February, you can attend the annual Historical Farmall Tractor Show and Pull.

- As you drive up I-95 near Ridgeland, SC, keep your eyes open for the Lloyd "Fig Newton" overpass, named after a USAF 4-star general who was the first African-American pilot in the Thunderbirds. This isn't a place to visit, necessarily, but I never could resist

**Harvey Baron's Early Bird Special**

**Has it ever occurred  
to you that the word  
GOLF  
spelled backwards is  
FLOG!**



(continued on page 16)

**BERMUDA ISLE ...** *(continued from page 15)*

a Fig Newton!

Everyone of these places rated 4.5 stars on TripAdvisor (except for the overpass -- unrated, but I suppose the general would get four stars!), I guess I'll have to go back and visit them all someday when we have (a lot) more time!

We wish a warm Bermuda Isle welcome to new residents Debbie Williams and Josh Goode and Sabrina, Michael and Julia Abbodanza. It's great to have you as neighbors and friends. We also celebrate Leon Haimes' 80th (!) birthday.

Happy Thanksgiving, everyone! And please remember to vote.

**Loving Lancaster Lakes**

By: Phyllis Arnauer

"What smells so good?", my husband asked as he entered our house. Naturally, there was cooking going on because the Jewish holiday of Rosh Hashanah was fast approaching. For my friends and neighbors who are not familiar, this holiday is associated with certain very specific foods and their accompanying aromas. I can lovingly recall the kitchen of my Nana in the Bronx, NY when I was growing up. She didn't have a vast repertoire of culinary dishes, but each one evokes a smile and a wonderful memory. The tiny kitchen was a seemingly discombobulated arrangement of pots and pans bubbling over on the tiny gas stove. This was organized chaos! Even today I can remember the delicious smells of chicken soup, roast chicken, and potato "kugel" (which is just a bigger version of crispy potato "latkes").

Don't we recall with a smile the great aroma of freshly baked chocolate cookies as we entered the house after a long day of school? The whole apartment said, "Relax, chill, have cookies and milk." On other days, there would be apple cake loaded with cinnamon or sponge cake on Passover. How about the delicious aromas associated with Thanksgiving - turkey, stuffing, and marshmallow-topped sweet potato casserole? Can you remember all those wonderful get-togethers with family and friends? And let's not forget

the aromas of apple pie and pumpkin pie accompanied by a strongly brewed cup of coffee. Do you smell all those wonderful aromas? As we make our way through the calendar, let's breathe in the delicious aromas of hot dogs, french fries, and chicken wings available at baseball games, Memorial Day, Fourth of July and Labor Day celebrations. Nothing smells as inviting as the smores being created at dessert time. How about funnel cakes available on boardwalks everywhere.

Of course, there are aromas not related to food that also remind us of happy occasions and make us smile. The smell of a roaring fireplace on a cold night, especially for those of us who experienced fall and winter, always brings up memories of happy gatherings. Or scented candles, especially vanilla, a personal favorite, providing a cozy environment. For many, the smell of newly-mowed grass evokes happy springtime memories. I am sure that you can each recall a very particular aroma that makes you remember a time of happiness and joy. On the day that my husband asked, "What smells so good?", it was brisket and gravy - yum!

A note of thanks - Friends of Maryann and Arthur

*(continued on page 17)*

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**LOVING LANCASTER ...** (continued from page 16)

Bellinson are so grateful that they are improving every day after a horrible auto accident. Maryann and Arthur would like to express their deep gratitude to all those who continue to have them in their prayers. With the start of November comes thoughts of cooler days and nights. The Thanksgiving holiday looms large as we look forward to spending happy times with friends and/or family. I want to wish everyone a very Happy Thanksgiving!

Remember the aromas and the memories!

**Hampton Happenings**

By: Janet Friedman

**MEET YOUR NEIGHBORS**

It is a pleasure to introduce you to Harry and Nancy Rosenstein. Harry and Nancy have been living in Aberdeen since 2007. They moved here from NY. They are snowbirds and have had a most interesting summer up north visiting their children and celebrating their 60th anniversary. Harry was honored by the NY Giants at Met Life Stadium. He is a season ticket-holder since 1956! Harry and Nancy were invited onto the field at the opening game of the

season. Harry was invited to ring the bell to open the game and was announced on the Jumbitron and was on the screen! Fantastic!

Hampton is in the process of starting a website. You can have a look at it now although it is not fully operational yet. The web address is [www.hamptonhoa.us](http://www.hamptonhoa.us). We are hoping to use the website to post events, meetings and all important information pertaining to our community.

Our on-going Hampton book club will meet again on Tues., Nov. 6. We will be discussing The Force by Don Winslow. This book has been selected by the NY Times as one of the best books of 2017. Our meetings are at Connie LaMendola's home at 10:30 AM. Watch your email. We will send out notification of our next books and coming meetings. All are welcome. We have read some fabulous books and have had very interesting discussions. We'd love to have you join us!

Coming up in the future, our social committee has scheduled some great events. Sun., Jan. 13, back by popular demand, Bingo at the Pool. Sun., Feb. 3, we will be going to the Delray Playhouse to see Neil

(continued on page 18)

**BACK BY POPULAR DEMAND.  
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(A free gift for our neighbors in Aberdeen. See Steve in the lobby after the show.)

**HAMPTON HAPPENINGS ...** *(continued from page 17)*

Simon's "California Suite." Sun., Apr. 7, will be our annual Hampton luncheon at Arrabiata's Restaurant. We hope you will join us. Thank you to our social committee for all its work. Janet Friedman, Joyce Hirschman, Ellen Gold, Connie LaMendola and Alyce Simons.

Of course, November is the month in which we all celebrate Thanksgiving. Did you know that there were no potatoes at the first Thanksgiving dinner in 1621? The Irish immigrants had not yet come to North America bringing with them our first potatoes. What would we do without them! Burgers without fries? Steak without baked? Turkey without mashed? No way!

As you have all probably noticed all the palm trees in our front have been trimmed as well as the hardwood trees. All trees will be trimmed again, front and back, in June 2019.

We are sending best wishes for a speedy recovery to Linda Stuart, Jeff Hirschman, Susan Eastlick and Fran and Len Bon. Hope to see you all out and about soon.

In accordance with our Thanksgiving holiday, let's look around us and be thankful for all we have ... a very beautiful community full of special friends. Aren't we lucky!

\*If you have any information you would like to include in our monthly newsletter, please call Janet Friedman 561-777-8977.

**The Sunny Shores**

By: Estelle Morganstein

Apologies from our HOA to our residents for the recent inconveniences you have been subjected to this past month regarding restricted parking options and limited household access - but wasn't it all worth it!! We now have new and/or repaired driveways and clean and attractive walkways, all freshly painted, which should last for many years to come. Our new look will enhance the overall appearance of our properties and hopefully the value of our homes.

A note to those of you who are considering any repairs/renovations to the exterior of your homes and/or landscaping change: DO NOT NEGLECT to complete the required Architectural Review Forms PRIOR to undertaking any such work. Failure to do so may make it necessary for you to have such work

redone in conformity with the rules and requirements of our POA. These forms are available from Diane Greenberg, tel. 737-9811.

If you have recently changed your telephone number, please advise Diane (see above) so that she can update the information to be included in the 2019 telephone directory currently being assembled.

If you still have not picked up your FOBs which will allow you to gain entry to our clubhouse, do so now by contacting Barbara Ladd, tel. 200-0159.

Finally, if you have not yet given Barbara your email address, give her a call so she can add your contact information to our community's list. When the need arises, your board sends out email blasts to keep you up to date on what's happening and your HOA wants to ensure that everyone is included in these news updates.

**NEIGHBOR NEWS**

Save the date - Sun., Nov. 18, from 10:30 AM to 12:00 PM - for a complimentary brunch and Aberdeen East Club Showcase.

Newer residents are encouraged to attend. Every-

*(continued on page 19)*



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

one is welcome to come out to meet your neighbors and learn about the many clubs and activities that our community offers.

Diane Greenberg was happy to host her daughter who came down this past month from upstate NY for a visit. Last, but hopefully not least, I spent a wonderful week up on Canada visiting family in a small town just across the lake from Detroit.

To one and all, a happy and safe Thanksgiving. Let's remember all that we are grateful for and try to ignore that which we are not.

**Canterbury Communiqué**

By: Dee Levy

Greetings from the Canterbury community! Yes, it's November, the eleventh and penultimate month of the year in the Julian and Gregorian calendars. Originally, the ninth month in the ancient Roman calendar, November retained its name from the Latin "Novem," meaning 9, after January and February were subsequently added. November birthstones are the topaz, which symbolizes friendship, and the

citrus. Zodiac signs are Scorpio (Oct. 24 - Nov. 22) and Sagittarius (Nov. 23 - Dec. 21).

November holidays include Election Day on the first Tuesday after the first Monday of the month, Veteran's Day on Nov. 11, and Thanksgiving, on the fourth Thursday in November. Although George Washington issued the first formal proclamation of Thanksgiving in 1789, the holiday didn't become official until 1863. At the height of the Civil War, Abraham Lincoln proclaimed a national Thanksgiving Day to be celebrated in November.

The "first Thanksgiving" was celebrated by the Pilgrims in 1621 after their first harvest in the New World. The feast lasted three days, and was attended by 90 Native Americans of the Wampanoag Tribe and 53 Pilgrims. The meal consisted of seasonal and indigenous foods including waterfowl (and possibly wild turkey), venison, ham, lobster, clams, berries, fruit, squash and pumpkin. As the early colonists lacked the essentials for "pie-making" they improvised by hollowing out pumpkins, filling the shells with milk, honey and spices, and then roasting the whole pumpkin in hot ashes.

In modern times, one of the highlights of the traditional Thanksgiving dinner is the dessert. Fresh-baked pies, including pumpkin, pecan or apple, topped with a dollop of whipped cream are usually served. For those of you who enjoy the "home-made", an easy but great recipe for pumpkin pie can be found at <https://www.verybestbaking.com/recipes/...LIB BYS-Famous-Pumpkin-Pie>. Also, a tried and tested recipe (by yours truly) for a delicious pecan pie can be found at <https://sallysbakingaddition.com/2015/11/.../my-favorite-pecan-pie-recipe>.

In closing, we remind everyone that it's time to "fall back" to Eastern Standard Time on Nov. 4, be sure to VOTE in the coming elections on Nov. 6. Your vote is your voice ... make yourself heard! To all our Aberdeen friends and neighbors, we wish you good health and an enjoyable Thanksgiving holiday. As the American poet and philosopher Henry David Thoreau said, "I am grateful for what I am and have. My thanksgiving is perpetual."

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## Addison Green

By: Marilyn Benvenuto

Happy November to my Aberdeen neighbors. I want to welcome back our snowbirds. This is the month for giving thanks for our friends, family, work and just life. My husband, Max, and I have much to be grateful for! While recovering from ACL reconstruction (June), Max had to have open heart surgery (July). We are forever grateful for our neighbors who stepped in and helped us in so many ways, from going food-shopping for us, to driving us to the doctors and checking in phone calls. Thank you to all who were there for us. We are forever grateful to have such great friends and neighbors. I've learned from this experience that we should all wake up every day and write down all things we are grateful for; this surely helps us to keep going even when there are struggles.

I'm happy to have the weather cool down in the next few weeks. If you feel like taking a drive for the day, through Nov. 12 you can visit Epcot International Food and Wine Festival, Walt Disney World. The annual food and wine lover's paradise offers tapas-style dishes and beverages from 30 global marketplaces. The Festival features culinary demonstrations, concerts, beverage and cheese seminars, as well as guest celebrity chefs. Visit [disneyworld.disney.go.com](http://disneyworld.disney.go.com) for info. I look forward to seeing my snowbird neighbors again. Enjoy the holidays!

Marilyn's Monthly home tip: Protecting your home and its valuables. Many owners have homeowners insurance policies and having appropriate home insurance coverage is critical for your protection in the unfortunate event that something happens to your valuables, but what is the best and easiest way to document your possessions? Take video or photos of all your valuable belongings and even take pictures of that sofa and bedroom sets you have. Taking a photo inventory is an excellent way to show that you had the items and the condition they were in prior to the loss. This can also be a great way to determine if you have adequate insurance coverage.

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## Sterling Lakes

By: Judy Lukow

How can you tell when it's fall in Boynton Beach? The color of the license plates change. The snowbirds will be here soon, Welcome Back! And May all the good things of life be yours, not only at Thanksgiving but throughout the coming year, Happy Thanksgiving!

Introducing Alan and Judy Eber

Alan and Judy moved here from AZ with JJ, their Australian Shepherd. Originally from NY (Brooklyn and Rochester), the Ebers lived in many places in the US and overseas.

When you meet them? ask them what they did in Israel for 2 years, it's fascinating!

The Ebers adopted 2 siblings, Nikolai and Fiana, and are excited about Fiana's wedding in September.

Alan, a tax attorney, always wanted to live in FL and so they set out to find a place that he and Judy, an educational computer teacher, would like - and they found Aberdeen. They both love to learn and this area of FL has many cultural programs from which to learn.

Alan loves gardening and has begun cultivating pygmy plants and pygmy trees on his patio. Judy likes hand crafts and her computer and realizes she may have to learn Mah jongg to keep up with "the Joneses." Let's give Alan and Judy a hardy and warm welcome to the Sterling Lakes Estates!

Review of Our New Clubhouse

Yay! I think we all agree - we're happy the clubhouse has finally reopened!

Sterlingites overwhelmingly approved:

Sheila Hyman: "I think the clubhouse is to die for. It is gorgeous - a long time in coming. I'm happy to be "home." It's a beautiful way of life."

Honey and Saul Karasyk: "Delightful. I'm pleased with the food and very glad we're in the clubhouse."

Jerry and Carol Finkel: "Fantastic, beautiful and overall a very nice job. The food is good!"

Ruth Katz: "Love it, love it, love it! About the

dinner - "the fillet mignon was perfect. We may have some things to iron out but they aim to please!"

David and Sandy November: "Beautiful! The Sunday night Buffet was good. We're happy with the direction the club is moving in and with the people in charge."

Carol and Herb Kayne: "We like it very much. It suits our purpose and happy it's done."

Linda and Seymour Werber: "Very, very tastefully done and very inviting! We can't wait for the outside tables to open. We're happy to be here and enjoying life!"

Carol and Mike Wallach: "So loved it! The bar area, inside and outside, is fantastic! Our new chef, Jeff, has great new recipes." Life is good at Aberdeen

Good News

Congratulations to Mike and Carol Wallach on the wedding of their son, Stefan, who finally decided to tie the knot with his fiancée, Jessica. The Wallachs headed to Puerto Vallarta, Mexico for the Oct. 27th nuptials.

Congratulations again to Mike and Carol Wallach, whose grandson, Ben, is a freshman at Tufts U. in Boston. WTG Ben!

We're So Sorry to Inform You

We're so sorry to inform you of Alan Shawn's passing. Alan was like the mayor of Sterling Lakes and one of the original residents here. We wish to extend our warmest sympathies to his wife, Sandra, and their family.

We're so sorry to inform you that Carol Wallach lost her sweet baby brother on Aug. 10th, from Pancreatic Cancer. Carol, please accept our deepest and warmest sympathies to you and your family.

## Harbour Lights

By: Wendy Latman

Can you believe it's November? Lots things going on this month. Major local and national elections. Please, if you haven't registered to vote by mail, get out and vote. Every vote counts and these are very important mid-term elections, including the Governor and Senator of FL.

We have some more new residents. When you see an unfamiliar face, stop and introduce yourself. I'll repeat what I said last month. You never know when you are going to meet your new best friend.

(continued on page 22)

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

Say hello to ...

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Vivian Lopez and Sherman Marshall Hollins,  
8292 #1 03

Bernie and Stephany Robbins, 8336 #103

Cindy Stromeyer, 8300 #101

Peggy Federovich, 8328 #103

Andrea and Peter Degregory, 8308 #201

Ray and Melanie Healey, 8292 #201

We have seen turnover in 11 units over the past several months. That is more than a 10% turnover in The Harbours in 2018.

On a sad note, another one of our residents has passed away - Lydia Blaser. Condolences to all of her family and friends.

Looking forward, this month is

Thanksgiving. It's a holiday that usually includes lots of food, family and fun. If you are traveling, have a safe trip and come back to us, here, at the Harbours.

Please send your news to [wlatman@bellsouth.net](mailto:wlatman@bellsouth.net).

---

**Waterford Watch**

By: Steven Ledewitz

As I write this column fall is starting up north. ND has had its first snow storm and the leaves are changing colors in New England. Here in S FL, the temperature has stopped going into the 90's. Another sign of fall is the car carriers loaded with cars for the returning snowbirds. It is nice to see all our returning friends and neighbors. The social committee will be planning a welcome back snowbirds event in December or January.

It has been quiet in Waterford. The power washing of the sidewalks and the drive ways will be happening soon. We finally have the permits to start work on our new sign. At the September meeting the board voted to allocate money for holiday lighting which should go up in late November.

A couple of reminders about our rules. Garbage and recycling should not be put out before 5 PM the day before pickup. At the request of the fire department, we have alternate side of the street parking so that fire trucks or ambulances can get through. Parking is allowed on even sides during even months and odd side during odd numbered months. Please ask you guests to park that way, and to park in the direction the traffic would flow. Residents are responsible for

their guests following our rules.

Nov. 11 is Veteran's Day. Some of us remember when it was called Armistice Day in honor of the end of World War 1. The war ended on the 11th hour of the 11 day of the 11th month 1918. This year will mark the 100th anniversary of that war. Let us remember those that made the ultimate sacrifice in all wars so that we could live free.

Let me know if there is something you would like to have put in the Aberdeen Times. For more information about what is happening in Waterford, plus all of our rules go to our website at [Waterfordataberdeen.com](http://Waterfordataberdeen.com).

---

**It's Happening in Dorchester**

By: Carol Baron

It's hard to believe that it is already November. We better watch out as this year is flying away!

The first thing we would like to do is welcome Robin Katz and Lynda Parker to their new home here in Dorchester. They moved into 7958 Dorchester Road. We discovered them at our beautiful new SSL in Aberdeen as they were getting to meet so many of their neighbors. We are glad to have them with us.

We would like to send our greatest congratulations to Roslyn Seftel who celebrating another fantastic birthday. Happy birthday to her from all of us. Wishing her a year filled with good health and lots of love.

Halloween came and went and I did not have to buy a lot of candy. That's great because the last thing I wanted was to have Snicker Bars and Hersey's here in the house for me to snack on. Chocolate is my delicious enemy!

As for improving our community so that all our residents are delighted with their local environment, we are about to beautify the area. Very soon we will be taking 2 big steps: first, we will be replacing all the mailboxes with beautiful new ones: and then, we will be milling and repaving all of the roads. They will look terrific and a pleasure to drive on. However, the speed limit will still be 20 mph.

On the "get well" list we hope that Murray Bender will be feeling better soon so that he and Maxine will be able to return to their home here. Also, we want to see Richard Pyne back on his bike without the brace on his foot. Isn't this growing older just so much fun?

(continued on page 23)

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

Thanksgiving, which is just around the corner, is going to fill us up. Some of us are going north to be with our children and grandchildren for the holiday, others have the luck of having their family joining them here or celebrating with friends. However you enjoy the holiday, we wish you a wonderful Thanksgiving. Perhaps you can add or give something to someone's life so they too, can have a lovely Thanksgiving for which to be thankful.

**Moorings Matters**

By: Eileen Hahn

Welcome November and hopefully some cooler weather. Is there such a phenomenon as "Climate Change?" In June I promised you the return of car-carriers and that is correct. There are no hurricanes in our area because my husband decided it was time to purchase shutters. As I write this on Oct. 2nd, I'm still good, although I apologize to the Carolinas. Ginger and Mitch Weiser are back from their extended stay in Rhode Island enjoying their children and grandchildren. Addie Caputi is home after doing her

health care stint for her relative in GA. Joe and I had an interesting experience in September when NBC flew us to Los Angeles to be in the audience of the TV show, The Wall, as cheerers for our grandson and son-in-law who were contestants. You are sworn to secrecy and as soon as the taping ends, you are given your plane tickets home. No knowledge if and when it might air.

Good News --- Judy and Larry Kaminsky are awaiting the birth of their grandson and Joe and I await the arrival of our great-grandson. Looks like it's going to be a man's world. Wonderful to see and greet Jane Halley and her Aberdeen beau, and new residents Kathy and Paul Aguirre at "bring your own bottle." This is definitely the place to socialize. We welcome Miriam Smalls, who is conquering her mass of cartons and Diane Geary busy walking her dog. We await more new neighbors when the Finkel house sells and Aaron moves to Abbey Delray. The McDermott home that was previously rented by Cheryl and Mike, (who are relocating in the southwest), has new owners.

Maris Appel is a good sport and out and about

(continued on page 24)

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**MOORINGS ...** (continued from page 23)

with her hand in a cast. She is our latest pickleball catastrophe, with numerous fractures. Larry Darrow, who had a miserable fall last year, has had a great recovery and is back at the pool with Alice and walking well. After being forced to live here all year, he may decide it's a nice place to be. We look forward to the return of our treasurer, Alfred Lubell, who was having battle with a toe. Alfred is so much bigger, he surely has to win.

It is a good idea to keep your garage door shut, and your eyes wide open because there are rodents around. Be sure that there are no open spaces into your attic. This has been a problem ever since the school chased them across the street.

There is also a neighborhood site on line that I noticed says my neighbor has accepted my invitation to join. I never did this although if you like to get and give recommendations on all topics from health to home it's fun to read. Once again I remind you to be an intelligent voter and consider the issues and cast your ballot for what you believe in as a human being.

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

By: Sheila Malamud (Brittany Lakes)

Better Bridge Communication

I have always felt that the word BRIDGE should mean 2 people communicating through bidding and defending. A bridge spans the space between 2 two points and the game of bridge should span the space between partners.

In order to do this effectively, both of you need an understanding of what your bids and discards mean. This article suggests how you might improve your bidding, your play and your defense.

Let's assume your partner opens the bidding and there is competitive bidding from the opponents. You have support for your partner's suit. How can you tell your partner how many points you have and whether or not game is possible?

Case 1- Cue Bid

Partner opens and opponents bid a suit. A cue bid of their suit says "Partner, I have a good raise for you

(continued on page 25)

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

in your suit." I have 10 or more points and support in your suit. Now, the partnership must decide whether to go to game or not.

Example 1:

South	West	North	East
1♥	2♣	3♣	P
3♥	P	P or 4	

Note that if the original bidder (South) had 16 or more points, he would go directly to game and not leave it up to his partner.

Example 2:

South	West	North	East
1♣	P	1♠	2♥
3♥	P	3♠ or 4♠	P

In this example, the original bidder must have 4 Spades because his partner is only promising 4. The partner then decides if together they have enough points for game.

Case 2- Simple Raise

Your Partner opens and you have support in her suit, but have only 6 to 9 points. A simple raise will do

Example:

South	West	North	East
1♥	1♠	2♥	P
P	P		

Case 3 - Weak

Your Partner opens and you have support but less than 6 points. Support in this case means at least 4 pieces. With only 3 pieces and less than 6 points, you would probably pass. A jump in partner's suit over an opponent's bid is weak.

Example 1:

South	West	North	East
1♥	1♠	3♥	

Example 2:

1♠	2♥	3♠	
----	----	----	--

In both examples you are showing your partner a weak hand with 4 pieces of support.

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**Bleacher Seats Splinters**

By: Rob Tanenbaum

This self-professed "sports know-it-all" learned dozens of new facts yesterday (date: 9/26/2018) during a visit to The Olympic Museum in Lausanne, Switzerland. I've decided to share with you rather than spend the time trying to munch on more Swiss chocolate or trying to illegally get free money samples from the nearby banks of Geneva or catching perch in Lac Lemman.

Much of the enlightenment came from a display of Olympic heroes from the rebirth of the games in 1896 to the Berlin Olympics of 1936. Sure, I'd known much about Jesse Owens, Johnny Weissmuller and Babe Didrikson, but the stories below were all new to me. (Hint to my female readers: I've saved the best for last.)

**Ray Ewry, Lafayette, IN**

Won 8 gold medals in the 1900-1908 Olympics. All were in jumping events. Backstory: Ewry contracted polio as a boy and was never expected to walk. He started jumping to regain use of his legs.

**Thomas Hicks, Cambridge, MA**

Won the 1904 Olympic Marathon. Backstory: He finished second to Fred Lorz, an American who was disqualified for climbing into a car after 9 miles and re-entering the race with 5 miles to go. Meanwhile, Hicks was given strychnine and brandy twice during the race. A third dose, they say, would have been fatal.

**Archie Hahn, Dodgeville, WI**

Won three sprint events in the American-dominated 1904 Games of St. Louis. Backstory: "The Milwaukee Meteor" was known for his fast starts. He became a coach and wrote one of the first books on sprinting techniques.

**John Flanagan, NY**

The Irish-born champion for 4 gold medals from 1900-1908, 3 in the hammer throw. Backstory: He was already a world-record-holder when he emigrated to U.S. in 1896. He joined the NYPD's Police Bureau of Licenses Department so he had plenty of time to train.

**Matt McGrath, NY**

Followed the same path as Flanagan's meaning Ireland to NYC Police, winning hammer throw gold in 1912 and silver in 1908 and 1924. Backstory: unlike Flanagan, who left the U.S. to return to a family farm in Ireland, McGrath was a proud member of the NYPD

(continued on page 26)

**BLEACHER SEATS ...** (continued from page 25)

for decades earning the Medal of Valor twice.

**Duke Kahanamoku, Honolulu**

Won 5 medals as a swimmer including one gold in 1912 and 2 in 1920. Backstory: After Olympics, he popularized surfing and was called "Father" of the sport. He became a Hollywood character actor, including appearance in "Mr. Roberts." In 1925, using his surfboard, he rescued eight drowning men from a fishing vessel that capsized in heavy surf.

**James Connolly, Boston**

Became the first Olympic champion by winning the hop, skip and jump in the 1896 Athens Games as well as 2 more medals in '96 and one in 1900. Backstory: in Naples, on the way to Athens, he was robbed of his train ticket to the Games. He pursued the robber, recaptured it and arrived just in time to compete.

**Alvin Kraenzlein, Minneapolis**

The first and only American to win four track-and-field gold medals in one Olympics Games. In 1900 in Paris, he won the 60- meters, 200-meters, 110-meter hurdles and long jump. Backstory: known as "Father of Modern Hurdling Technique" for developing straight-leg hurdling.

**Charles Jewtraw, Clinton Co., NY**

Won the 500-meter speed skating event in the 1924 Chamonix Games. Backstory: His gold medal, now in the Smithsonian, was the first in the first ever Winter Olympics Games.

**Eddie Eagen, Denver**

Won the light heavyweight boxing gold medal in 1920 and was a member of the gold-winning 4-man bobsled team in 1932. Backstory: He remains the only athlete ever to win gold medals in both the Summer and Winter Olympics. He was a World War II veteran who reached the rank of colonel.

**Marjorie Gestring, Los Angeles**

Won the 3 meter springboard diving event in 1936. Backstory: Only 13, she was the youngest athlete to win a gold medal by upsetting her favored American teammate Katherine Rawls. In the last 82 years, only one younger athlete was won gold.

And the best:

**Betty Robinson, Riverdale, IL**

Three-time medal winner including 100-meter gold in 1928 and 4x100 relay in 1936. Backstory: She was 16 and running the 100 meters for the third time in her career when she won at Amsterdam. It was the

first women's 100 meter gold medal awarded. In 1931, she was severely injured in a plane crash. The man who found her thought she was dead and drove her to an undertaker, who discovered Robinson was in a coma. She remained in that state for 7 months. Another 6 months later, she got out of a wheelchair and was another 2 years before she could walk normally. She missed the 1932 Games in LA, but in 1936 and still unable to kneel for a start, she had the third leg of the relay. When the heavily-favored Germans dropped their baton, Robinson completed her miracle.

**You Can Create Your Own Luck**

By: Jane Evers (Hampton)

During my research for interesting articles, I found this piece from GQ about creating luck. From my point of view, I really don't believe in luck. Personally, I have never felt lucky, but I've usually accomplished what I've set out to do. (Success has varied.) Not realizing what I was doing, I was actually following the rules in this article to achieve my objectives. I've compressed the actual article entitled **How to Get Lucky: A Guide to Creating Your Own Good Fortune** down to its core. In case you want to read it in its entirety, the link is at the end of this summary.

Some people seem to have all the luck. A perfect career, a perfect partner, a perfect life. When they're not sitting next to a book publisher on a flight, they're discovering a vintage Burberry trench in the thrift store around the corner from their apartment. It's unbelievable. It's annoying.

Their luck seems random - and these days, thanks to social media, it seems like everybody's getting lucky but you. But if you're sitting around waiting for luck to hit you like a benevolent lightning bolt, you're thinking about it all wrong. Nobody's just born # blessed.

(continued on page 27)

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**YOU CAN CREATE ...** (continued from page 26)

We each are born with unique attributes and some of us are more fortunate than other. Being born creative, handsome or beautiful, having blue eyes are well-built are all fortunate. There's nothing you need to do. It just is.

The difference between fortunate and chance is that chance is something you must do. It requires action on your part in the moment. Buy a lottery ticket. Ask someone on a date. Apply to a job.

Luck is something more. You need to plan for luck. You make your own luck by identifying and developing opportunities in advance.

That's because luck isn't something that happens to you; it's something that happens because of you. At least that's what Tina Seelig (a professor of entrepreneurship at Stanford and best-selling author of 17 books) would tell you.

Luck is something you can create for yourself and learn to control, she says, which means that you can actually teach yourself to get luckier. Make a few tweaks to the way you approach opportunities that arise in your daily life and you too can become one of the savvy and brave people capable of making their own lucky breaks happen.

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She gives you the tools to do exactly that, and shares a few of the secrets that she's used to unleash good fortune on her everyday life.

**Front the interview of Tina Seelig:**

We live in a world where every single choice you make has consequences. Many people don't pay attention to the little things they do that have an enormous impact. If you don't actually think about the consequences, you're missing a huge opportunity - and they're often things you don't even notice you missed.

**What kinds of behaviors can you practice to attract luck?**

1 - Show appreciation. It doesn't take very much time and yet it has a huge impact on people. Most people are not appropriately appreciative of what other people do for them, and they take it for granted. Showing appreciation results in a tremendous outpouring of other opportunities.

2 - Take risks. Go up and say hello to somebody you don't know. Try a sport you haven't tried. Go somewhere you haven't gone before. Each of these opens up the door to possibilities.

3 - Embrace crazy ideas. It's a little like improv, saying, "Yes, and..." Being able to look at everything that comes to you as a gift and embracing it, as opposed to reacting quickly with a no or with a negative response.

**Risk is risky. What do you do to make risk more acceptable?**

Take baby steps. Experiment. For example, if I get a chess board, I don't immediately sign up for the biggest tournament in my neighborhood - I just play a game of chess.

You don't instantly sign up for the World Series the first time you pick up a baseball bat. The key is to do something little that gives you a little experience. Then add something more to that experience.

**What else can you do to become luckier?**

Hard work matters, but it's also really important to think about resilience. It makes you luckier. If you can extract the learnings from mistakes and failures, you're going to move forward much more quickly.

I can think of very specific people who have one failure and then they don't want to try anything else. Whereas other people go, "Okay, I have a failure, I learned a lot, and now I'm going to go do something different." You practice being resilient. You get better

(continued on page 28)

**YOU CAN CREATE ...** (continued from page 27)

at recovering from failure.

So, according to Tina Seelig, luck takes planning, being appreciative, taking risks, learning from failure, adapting behavior and not giving up. That's all!

Complete GQ story at: <https://www.gq.com/story/how-to-get-lucky>

Joel Pavelski  
Sept. 12, 2018

**Mobile News**

(A Monthly Feature)

From: COBWRA

RE: The New Trash Hauling Contract

WILL 48, 65, AND 96 SAMPLE SIZE GARBAGE CONTAINERS BE DELIVERED TO EVERY COMMUNITY IN ORDER TO DECIDE ON THE SIZE SELECTED?

The SWA goal is to have our service area coordinators provide community leaders a sample of the three (3) cart sizes within the next three (3) months. Based on the current two (2) times a week garbage collection service and considering the majority of use a 32 to 50-gallon container for twice a week service we recommend selecting a cart size (48 or 65 gallon) that will best meet the needs for the majority of residents within the community.

WILL EACH COMMUNITY BE REQUIRED TO SELECT THE CONTAINER SIZE FOR ALL OF ITS RESIDENTS?

Based on the two (2) a week garbage collection schedule we require each community to select one size based on the majority of their current level of service.

WHAT HAPPENS IF A RESIDENT WISHES TO USE A CONTAINER SIZE THAT IS DIFFERENT FROM THE ONE SELECTED BY THE COMMUNITY ASSOCIATION?

There is no perfect system. However, the goal is to have communities select one cart size based on the majority of the current garbage container(s) and size(s) used today within the community for the two (2) days a week garbage collection service. We recommend selecting a cart size matching or exceeding the size used today that will meet the needs for the majority of the community. This will avoid very time consuming and costly exchanges following the 90 day no cart exchange period.

CAN A RESIDENT CHANGE THE CONTAINER

SIZE AFTER A TRIAL PERIOD?

Yes, following the 90 day no exchange period a customer requiring additional service only may request a one time exchange for larger cart size. We do not expect or plan to make cart size changes for entire communities. The goal is to remain under a 10% cart exchange. The only time a customer may purchase an additional cart is if they currently have the largest cart (96 gallon) and still require another cart. They can purchase another 96-gallon cart for \$65.00.

IS IT TRUE THAT THERE WILL BE A COST OF \$2.10 PER MONTH ADDED TO OUR TAXES

(continued on page 29)

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**MOBILE NEWS ...** (continued from page 28)

**FOR THE CONTAINER?**

The \$2.10 monthly cart maintenance fee is included within the total collection rate the SWA assesses each residential curbside customer on their annual property tax notice.

**IF YES, WHY CAN'T RESIDENTS PURCHASE/ OWN THE CONTAINER IN LIEU OF PAYING THE MONTHLY FEE?**

The main reason for not having a resident purchase carts is the SWA annual garbage and recycling collection assessment. It is important to have a uniform billing system for all customer within a Service Area. It is important to know also a bidder calculates the monthly cart fee within their collection bid for the service. This fee provides uniform containers that are compatible with the hauling company's collection equipment, the maintenance fee cost includes the delivery of 50,000 to 55,000 carts to each residential curbside home that includes a tracking barcode system on each cart. The hauler is required to maintain, replace and exchange carts that is also calculated and reflected within the monthly fee. At the end of the contract the carts belong to the SWA.

**SINCE THE SWA BOARD VOTED TO CONTINUE TWICE A WEEK COLLECTION, CAN ONE ASSUME THAT COMMUNITIES WILL NOT BE CHARGED AN ADDITIONAL FEE FOR TWICE-A-WEEK GARBAGE COLLECTION NOW OR IN THE FUTURE?**

The SWA is finalizing the 2019 solid waste and recycling collection competitive bid process requiring two (2) days a week residential curbside garbage collection service. The bids will be awarded to the lowest qualified responsive bidder for a seven (7) year contract.

**Somebody(s) Asked Me So ...**

By: Vincent E. Marini (Moorings)

This is in reverse of that original column titled, "Nobody Asked Me But," by Jimmy Cannon from the NY Post (back in his day). My column will attempt to answer questions "Everybody Asked Me", since my Facebook posts about Joan and I taking the CA Zephyr Train from San Francisco to Chicago this past summer.

(continued on page 30)

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

The CA Zephyr (the CZ or Silver Lady) is a passenger train operated by Amtrak between the San Francisco Bay Area and Chicago. The trip covers 2,440 miles and takes, or should take 51 ½ hours. It is always late and Amtrak admits it is always late. It's important to know it is Amtrak, not Amtrack because Amtrak doesn't own any tracks. They borrow or rent rails from commercial railroads like CSX or BNSF who own the rails. Since it's their bat and ball and their tracks, their freight trains have priority over passenger trains, which is the main reason Amtrak and other passenger trains are late. For the record, we were 4 hours late.

However, this was a case of better late than never, since our trip was special and did support the claims of experienced travelers who have said, "The CZ is one of the most beautiful train trips in all of North America."

The Zephyr rails makes its way across the border from CA to NV, climbing through the heart of the Rockies and the legendary Donner Pass, which is the highest point in the snow-capped Sierra Nevada Mountains. It then passes through the "best little city in the world" of Reno and continues east crossing the Continental Divide through tunnels and canyons. This scenic route covers 7 states; CA, NV, UT, CO, NE, IO and IL.

Cost to travel on the CZ for 2, ranges from \$516 for Coach Seats, \$645 for a Roomette to \$1,200 for a Bedroom. A Bedroom includes a bathroom, which although - tiny - contains a toilet and a shower. Our Bedroom also served as our private observation car. It had a large window from which we were able to enjoy and photograph the scenery. There is an observation car; however finding a empty seat is a rarity. Three meals are included with a Roomette or Bedroom reservation. Meals were fine; breakfast and lunch were quite good, dinner was not as good. Conversation among folks from abroad and different parts of our country was most enjoyable.

*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.*

My summation of our trip on the CA Zephyr is best described by the following quote from a travel brochure: "There is simply no better way to describe the majesty of America than to glide past - not above, the magnificent Rockies, the snow-capped Sierra Nevada Mountains, the amber waves of grain, the vivid hues of UT deserts and the raging water of the CO River."

**It's Happening at PAP**

By: Marcia Levitz (Muirhead)

News from Sylvester Comprehensive Cancer Center indicates that the American Cancer Society studies suggest that massage reduces stress, anxiety, depression and pain and increases alertness in people with cancer. Sylvester's Support Services can provide massage therapy tailored to people with cancer. Licensed massage therapist, Karen Lipay at Sylvester indicated, "Oncology massage in a hospital setting is relatively new, but the American Cancer Society and hospitals around the nation are seeing how it helps patients." Lipay says, when massaging the hands and feet of patients, the therapist watches the patient relax and breathe deeper. This, in turn, helps the patient's overstressed nervous system function better. Massage may also alleviate neuropathy or nerve damage caused by medication.

Remember, if you are member of PAP and you or a family member needs medical care or a second opinion whether due to cancer or other medical issues you only need to call Lyn Schultz. Lyn is the Aberdeen PAP Chapter liaison to the doctors at Sylvester. She is there to help you quickly and with the strictness of confidence.

**Crying Children**

By: Bea Lewis (Lancaster)

It's been a while since we've seen the newscasts about the thousands of migrant children who were separated from their parents while trying to enter the U.S. Even now, many months later, I still feel sad whenever I think about them.

The audio we heard over and over of a little child sobbing for her mama pained like a non-ending throbbing toothache. And anyone who has ever been frightened or confused as child - knows that anguish.

(continued on page 31)

**CRYING CHILDREN ...** (continued from page 30)

You don't have to be a migrant youngster, dragged away from your parent, to know that feeling of panic.

Scroll back to your early childhood memories when your mother dropped you off on the opening day at the day care center, or when you entered nursery school for the first time. Go back to the moment when she kissed you good-bye, told you to have fun, and then - whoosh - you turned around and saw she was gone. Your lifeline had disappeared and vanished into thin air. That fright, however, only lasted for a minute or two because the teacher would give you a hug and assure you that your mommy would come back very soon.

There is a popular kiddie song - Your mommy comes back, she always comes back to get you - (Check You Tube baby songs) that promises children their mommy is not gone forever. The lyrics remind the preschooler to go play, have fun, because, before you know it, you will be in your mommy's arms once again.

But for the thousands of migrant children who fled with their parents from Central America violence, that promise will probably not happen.

Childhood developmental experts warn us about the harmful and lasting effects of early-age abandonment. TV shrinks and child psychologists

disclose the traumatic life-long damage that the loss of trust and care inflicts on a child's healthy development.

I know more about that issue than I'd like to because my mother died when I was 6-years old. Grown-ups told me she'd gone to heaven, but wherever and whatever that was made no sense to me at all. The only thing I knew was that she was not there to hold my hand when we crossed the street or to laugh when I was silly. She was not there to comb my curls or tell me what a smart little girl I was.

For years I felt she'd left me because I had done something wrong. Very wrong. (Why didn't I finish the spinach on my plate? Why didn't I listen when she told me to put my toys away?) Mommies don't leave little girls who are good; they only leave the naughty ones.

I question if those asylum-seeking girls, and the thousands of other children just like them. I wonder if their mamas left them because they did something bad, like I had felt. I wonder if confusion and guilt swirl around in their heads, the way that mine did for decades.

It's been months since we first learned about those frightened children. By now, I hope, they have found happiness either with their parents or people who will love them.

I'll never know, but I sure do hope.

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## Here We Go Again!

### Facebook Security Issue Affecting 50 Million Accounts

What happened at Facebook?

On Fri., Sept. 28, 2018, Facebook said that an attack on its computer network had exposed the personal information of nearly 50 million users.

The attackers exploited the "View As" feature that allows users to see their Facebook page the way someone else would. This could allow the attackers to take over Facebook accounts. Facebook has fixed this issue and informed law enforcement. They also do not know if the affected accounts were misused or if user information was actually accessed.

## Flexibility: Stretch your way to better health

Believe it or not, stretching is a critical part of any exercise program. Keep your body healthy with these pointers for a good stretch.

You might be thinking that it's hard to carve out time in your schedule for exercise, let alone stretching. But most cardio and strength-training programs cause your muscles to tighten. That's why it's important to stretch regularly to keep your body functioning well.

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- Improves range of motion of your joints, which helps keep you mobile
- Improves circulation
- Promotes better posture
- Helps relieve stress by relaxing tense muscles
- Helps prevent injury, especially if your muscles or joints are tight

Stretching essentials - Keep these key points in mind:

- Target major muscle groups. When you're stretching, focus on your calves, thighs, hips, lower back, neck and shoulders. Also stretch muscles and joints that you routinely use at work or play.

- Warm up first. Stretching muscles when they're cold increases your risk of injury, including pulled muscles. Warm up by walking while gently pumping your arms, or do a favorite exercise at low intensity for five minutes. If you only have time to stretch once, do it after you exercise - when your muscles are warm and more receptive to stretching. And when you do stretch, start slowly.

- Hold each stretch for at least 30 seconds. It takes time to lengthen tissues safely. Hold your stretches for at least 30 seconds - and up to 60 seconds for a really tight muscle or problem area. Then repeat the stretch on the other side. For most muscle groups, a single stretch is usually sufficient.

- Don't bounce. Bouncing as you stretch repeatedly gets your muscles out of the stretch position and doesn't allow them to relax, making you less flexible and more prone to pain.

- Focus on a pain-free stretch. Expect to feel tension while you're stretching. If it

(continued on page 34)

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**FLEXIBILITY ...** (continued from page 32)

hurts, you've gone too far. Back off to the point where you don't feel any pain, then hold the stretch.

- Relax and breathe freely. Don't hold your breath while you're stretching.

Fit stretching into your schedule

As a general rule, stretch whenever you exercise. If you don't exercise regularly, you may want to stretch at least three times a week to maintain flexibility. If you have a problem area, such as tightness in the back of your leg, you may want to stretch every day or even twice a day.

Think about ways you can fit stretching into your daily schedule. For example:

- Do some stretches after your morning shower or bath. That way, you can shorten your warm-up routine because the warm water will raise muscle temperature and prepare your muscles for stretching.

- Stretch before getting out of bed. Try a few gentle head-to-toe stretches by reaching your arms above your head and pointing your toes.

- Sign up for a yoga or tai chi class. You're more likely to stick with a program if you're registered for a class.



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What you should know before you stretch

You can stretch anytime, anywhere - in your home, at work or when you're traveling. But if you have a chronic condition or an injury, you may need to alter your approach. For example, if you have a strained muscle, stretching it as you usually do may cause further harm. Talk with your doctor or a physical therapist about the best way for you to stretch.

**Same Doctor, Better Life -  
Sticking with one physician may  
help you live longer**

By: Heather Hurlock (AARP)

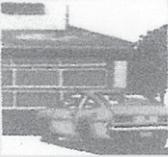
When it comes to medical care, variety is not the spice of life. In fact, seeing the same doctor over several years may increase your chance of living longer, according to a review of studies by researchers in Exeter, England.

Previous research has shown that continuous care results in greater patient satisfaction, fewer emergency room visits and better adherence to medication. "This is the first systematic review showing that continuity of care is associated with reduced deaths as well," says lead study author Denis Pereira Gray, a retired general practitioner. Researchers didn't identify the length of time in continuous care that would most benefit a patient. The median time spent with one physician for all those studied was two years, extending up to as long as 17 years. Those who switched doctors tended to suffer the consequences: "In one case, mortality actually doubled when people did not have continuity of care," Gray says. "We think this is a human effect. This is about two human beings influencing each other."

While the physician shortage in the U.S. makes

(continued on page 35)

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**SAME DOCTOR ...** (continued from page 34)

finding one perfect doctor difficult, Gray says, “The best thing is to have a generalist doctor who knows you as a person and understands why you are getting illnesses and how you react to them, and then see specialists when you need them.”

Heather Hurlock is a health and wellness journalist and the editor of Mindful.org.

**Palm Beach County Guardian Ad Litem Program**

Guardian Ad Litem is a state-supported program consisting of trained volunteers (21 years of age and older) and professional staff. These volunteers are citizens from the community who now become part of the court process in order to represent and advocate for a child’s best interest. Most of these children, now subjects of judicial proceedings, have been removed from their homes because of alleged abuse, abandonment or neglect.

While cases vary in complexity, most require approximately 10-12 volunteer hours per month. Volunteers must pass a screening process and background check as well as complete the training process. Our volunteers see their children at minimum once every 30 days; advocate for needed services for the child; report to the judge, case manager and attorney via written reports and testimony; monitor the case from beginning to end with all efforts toward permanency and reunification and speak with all parties associated with the case (teachers, therapists, parents and the child.) With a GAL, a child is half as likely to languish in the foster care and child welfare system and more likely to find a safe, permanent home.

In Palm Beach County, there are approximately 1400 children in the system at this time. To be part of Guardian ad Litem, there are no special legal skills necessary - just good common sense and the desire to help abused and neglected children. Someone interested in helping children may also volunteer for our Speak Up for Kids program. Speak Up for Kids’ is a 501(c)3 non-profit whose sole purpose is to support the GAL program and its mission through fund raising, grants, community events/awareness and presentations. Volunteers are needed for Marketing, Website Management, Administrative, Special Events

(continued on page 36)

**PBC Guardian Ad Litem ...** (continued from page 36)

and Media Relations.

**To obtain more information regarding Guardian ad Litem and Speak Up for Kids, visit our website at [Galpbc.org](http://Galpbc.org) or [speakupforpbc.org](http://speakupforpbc.org) or call 561-355-6224.**

**Sleep - You're Doing It Wrong**

By: Paula Spence Scott (Parade)

Your body wants to sleep. It really does. To work, every system in your body needs z's.

Sounds simple, but sometimes our expectations and habits get in the way of the very thing we need most, says Nancy Foldvary-Schaefer, director of the Cleveland Clinic Sleep Disorders Center. We have trouble falling asleep, staying asleep or getting refreshing sleep, she says. In short, we're doing it wrong—and we could be taking years off our lives.

The good news: "Sleep is a skill. It's not like eye color, which you can't do anything about. If you're not happy with your sleep, it can be improved," says W. Chris Winter, M.D., author of *The Sleep Solution* (available April 4).

Here are just a few of the ways you might be getting it wrong—and how you can fix it.

You're stressing too much

Whether you're obsessing over tomorrow's to-do list or ruminating about a tense email exchange, anxiety is a major sleep killer. Treat it like other stimulating activities like reading, binge-watching and binge-eating, and do everything you can to banish it from your bed.

"Keep a worry journal that you can focus on by day—then literally close the book on those thoughts," suggests Foldvary-Schaefer.

You're being random

Our bodies don't do random well. To maximize sleep, start by picking your desired wake-up time and planning a bedtime routine backward from there.

How far back to count? That's where it gets tricky. Adults need seven to nine hours of sleep—a pretty wide range. Some of us are larks, some night owls. Most of us need less as we age. But you need about the same amount most nights. If you're lying awake, you might be starting too early or napping too much by day.

Like kids, we all do better when routines prompt

(continued on page 37)

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**SLEEP ...** (continued from page 36)

our bodies for what to expect: consistent mealtimes, consistent exercise and then a consistent wind-down and tuck-in time. Pick whatever plan works for you (like brushing teeth, meditating, then snuggling). Just do it consistently.

You're not comfy enough

What experts have dubbed "sleep hygiene" does matter: Keep the room cool, use your bed only for sleep and sex, limit afternoon caffeine and don't eat much before bed.

But above all, make sure that your sleeping quarters are inviting. Ask yourself:

Do I like my mattress and pillow? Firm or soft, all that matters is that you like them and that they don't cause pain or stiffness, which can wake you.

Am I comfortable with my sheets and blankets? Same idea: Pick the hay that makes you want to hit it.

What am I wearing? There's no right or wrong, but wearing less lets you more easily regulate your temperature. Loose clothing in fabrics like cotton, silk and bamboo—or sleeping in the buff—will keep you coolest.

Your dog is disturbing the peace

Here's the tough part: As much as we love our pets, they really have no business in bed with us. A recent study of pet owners found that 63 percent of respondents who shared a bed with pets more than four nights a week had poor sleep quality. You may not feel like they're disturbing you, but remember that dogs have different sleep-wake cycles from humans and don't tend to zonk out for eight hours straight like we do.

Don't believe it? Run this test: Wear a tracking device (like a Fitbit) while

(continued on page 38)

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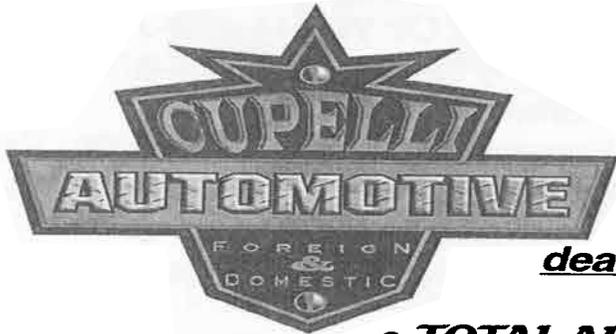
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**SLEEP ...** (continued from page 37)

sleeping with your pooch for two weeks. Then sleep solo for two weeks. Compare the amounts of actual sleep you got.

You're letting in too much light

If sleep specialists were polled on the one key word for a good night's sleep, it would probably be dark. (Let's hope you're not reading this on your phone in bed.) Get blackout shades or heavy curtains so that you're not waking up at the crack of dawn (unless you choose to).

Banish other light sources too: Phones, tablets, laptops, TVs—even some bright clocks and night-lights—really do interfere with your body clock and keep you up. The short-wavelength blue light, also found in morning light, messes with your melatonin, the hormone that regulates sleep and wake cycles. And it's a bigger problem than ever: A 2017 study found that after subjects followed natural light/dark rhythms on a camping trip, their levels of melatonin reset by as much as two hours, so they felt sleepy earlier, even after they returned to civilization.

One piece of good news for screen addicts:

Swedish researchers recently discovered that you can offset some of the ill effects of looking at digital devices late at night by getting plenty of daylight while the sun's up, whether by spending time outside or keeping your blinds open.

You're overthinking it

We've all lain awake worrying that we can't get to sleep—a problem that can build on itself. Try to quell the panic by reminding yourself that simply lying in bed is good for you too. "Sleep is awesome, but resting is not wasted time," Winter says.

Think dull, pleasant thoughts—tour every hole at your favorite golf course or mentally whip up a pie. Use progressive muscle relaxation to clench and stretch every body part, up from your toes.

If all else fails and you can't bear the thought of lying awake, it won't hurt you to get up for a while and do something else. Iron. Read. You will feel sleepy eventually.

Whatever you do, don't try to sleep. "You don't try to be hungry," Winter points out. "When you take the expectation of sleep away, it tends to come in a hurry."

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### Lexophile

Submitted By: Sheila Hyman (Sterling Lakes)

“Lexophile” describes those who have a love for words, such as “you can tune a piano, but you can’t tuna fish,” or “To write with a broken pencil is pointless.” An annual competition is held by the NY Times to see who can create the best original lexophile.

This year’s winning submissions is posted at the very end.

\* No matter how much you push the envelope, it’ll still be stationery.

\* If you don’t pay your exorcist you can get repossessed.

\* I’m reading a book about anti-gravity. I just can’t put it down.

\* I didn’t like my beard at first. Then it grew on me.

\* Did you hear about the crossed-eyed teacher who lost her job because she couldn’t control her pupils?

\* When you get a bladder infection, urine trouble.

\* When chemists die, they barium.

\* I stayed up all night to see where the sun went, and then it dawned on me.

\* I changed my iPod’s name to Titanic. It’s syncing now.

\* Haunted French pancakes give me the crepes.

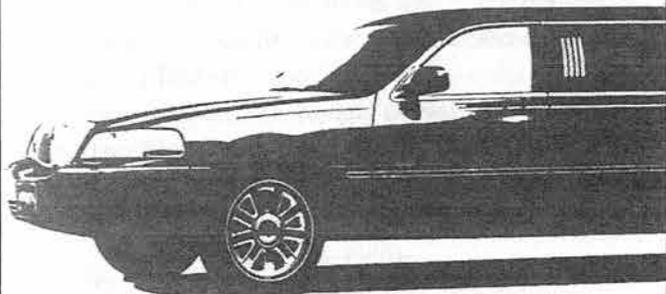
\* This girl today said she recognized me from the Vegetarians Club, but I’d swear I’ve never met herbivore.

### Questions for Prof Pat

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

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