



Vol. 24, No. 13

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December, 2018



**HAPPY HOLIDAYS**



## All About Aberdeen Golf & Country Club

By: Ruth Krawitz (Sheffield)

Have you ever given thought to the hundreds of non-paid persons we have working year-round to perpetuate the lifestyle that we, as members, enjoy at Aberdeen? The problem is, we take these volunteer unsung heroes, these hard-working, hard-driven, creative, knowledgeable, giving people, for granted. Yet, their contributions are invaluable, both to the governance of the Club as it is organized, and to the members who are the recipients of their effort in a myriad of ways. This month's column is a tribute to all the Aberdeen volunteers. Our heartfelt appreciation is long overdue!

THANK YOU ...

To the presidents and directors of the village HOAs. Home sales need to stay brisk each year to maintain Aberdeen's budgetary requirements. Buyers are enticed by well-tended homes, sparkling roofs, beautiful landscaping and a general sense of caring. The HOA boards, in addition to housekeeping and maintenance details, must deal with everyday problems and keep everyone informed and happy. No small tasks, to be sure, but House sales are at

*(continued on page 2)*

## Beware the Web

By: Dr. Pat Williams (Muirhead)

The media informs us of large scale Internet abuses (e.g., the Equifax theft of personal data on 143 million Americans by hackers). However, there are smaller Web exploitations that are worthy of mention. Following are three low-level scams in which I was a victim.

### *Beware of copy-cat websites*

I needed mail forwarded from a summer residence to my primary home. I googled - "forward mail to new address." Up popped numerous sites. I clicked on the first one, US Mail Forwarding/Postal-Changes.com that I thought was the US Postal Service (USPS). The site asked me to fill in my present and forwarding addresses. Then I was asked for credit card information for "a one-time online processing and identity verification fee of \$24.99." It wasn't until after the payment was made that I was informed that this was not the official USPS site.

After searching in vain for a contact phone number or email address to cancel the transaction, I called my credit card company to contest the purchase. I then found the correct website for the [USPS \(USPS.com\)](http://USPS.USPS.com) and completed the transaction for \$1. A receipt from the phony USPS website provided an email address. All ended well. I told them they were a sham

*(continued on page 5)*

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

its highest peak and still going strong.

To the chairs and members of Club committees. The committee-system is the core of Aberdeen's organization. Volunteers apply and are selected discuss and advise the Board on matters dealing with budget, insurance, activities, membership, golf, tennis, fitness, food and beverage and more. The work these members do translates into the practices, dining experiences, social/special events and a host of opportunities for enlightenment and/or enjoyment. Where would we be without these tireless workers!

To the singular volunteers who want to share their specialty or interest with us, and in doing so, broaden our interests and provide new choices. How about the guy who volunteers to give pickleball lessons ... or the member who gives bocce lessons, both activities being new additions to Aberdeen! And cheers to our "Charity Angel" in our midst who selects a monthly charity for Aberdeen to sponsor ... serves as chair, collects the donations, and delivers to them to the charity of choice. Let's not forget the ladies who offer lessons in card and table games so members new to the game can join in this very popular activity. There are so many others who give of themselves ... charring events, planning bus trips, charring programs or project, serving as a speaker

handling ticket sales ... members stepping up to the plate. Think of how hard key members have worked to get the Men's and Ladies' birthday luncheon and dinners up and running. Their success is obvious by the number that attend these events.

To the very capable, creative, knowledgeable chairpersons of our Aberdeen-sponsored clubs. They never miss a beat ... exploring new ideas, examining the trends, dealing with communication issues, the logistics and preparation associated with their individual club. They are a most reliable and affa-

*(continued on page 4)***SAVE THE DATE****Monday, March 18, 2019**

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

ble group. The club program features something for everyone, encompassing Aberdeen Anglers (which, in one year, has grown from 15 fishermen to 50), Current Events, Cinema Connection, Book Clubs I and II, Art, Knitting & Crocheting and Photography. Anyone with a desire to start a new club need only to apply to the Activities Committee and be willing to handle the demands of the proposed endeavor.

To the team of totally-devoted men and women who head up our Board of Directors. The presidents, officers and directors are the hardest-working volunteers of all! It is their task to pull all the pieces together, and come up with a Master Plan that keeps us solvent, entertained, well-fed, motivated, at the top of the competitive heap, busy and perpetually HAPPY! Their lives are filled with long hours, many problems to resolve, constantly-changing issues to resolve, budgetary demands and decisions ... all the while staying in touch with the needs and interests of our diverse membership. It is this team that has to take all the different aspects of the categories indicated above and put them together, beautifully, successfully, into one magnificent masterpiece.

So, are kudos sufficient to address our volunteer? Hardly, but giving them some sense of appreciation is certainly called for. If this column brings an awareness of how much these members do (and they know who they are without naming names), then I will have achieved my purpose. We do not volunteer our time and effort expecting thanks in return. Volunteerism is a self-satisfying endeavor. But it does not hurt to say "Thank you" once in a while. I feel qualified to write about this subject because I have been pleurably involved as a volunteer in several of the above-mentioned categories for 26 years!

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**Family Matters**

By: Bea Lewis (Lancaster Lakes)

*Do your grown kids see you as their personal ATM machine?*

*Do they ignore any advice you give them?*

*Does your daughter-in-law treat you like a second-class citizen?*

*Does your son or daughter's divorce keep you from spending time with the grandkids?*

Fear not. Help is on the way with answers for the many issues we struggle with our adult children and their families in this day and age. Starting next month, Bea Lewis will respond to your questions. A retired staff writer for Newsday and former advice columnist for The Palm Beach Post, she is the author of "My Kids Are All Grown Up, So Why Are They Driving You Crazy? How to Get Along With Your Adult Children, Their Spouses and Other Aliens." Send your questions c/o Aberdeen Times, Ask Bea, 8781 Shoal Creek Lane, Boynton Beach, FL 33472.

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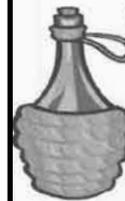
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**BEWARE THE WEB ...** (continued from page 1)

company and to cancel my transaction. They did.

*Beware of third parties.*

I booked a rental car from, what I thought, was Dollar Rental Car. In a rush when I picked up the car at the airport, I only half-listened as the agent read to me from the computer the terms and conditions of the contract before signing the agreement. Upon the return of the vehicle, I received a receipt for the price I thought I had contracted with Thrifty.

When my credit card bill arrived, I was surprised to see a charge from Transport Car Rental in addition to the Thrifty charge. I called and found out that I had actually rented the car through the Transport Car website-not directly through Thrifty. To add insult to injury, since this company was located in Ireland, my credit card company charged me a foreign transaction fee.

*Beware of assuming you know who is providing the service.*

I used [Expedia.com](http://Expedia.com) to book a rental car on a recent trip. Their least expensive car was substantially lower than any other I could find. I checked to make sure there wasn't a separate fee for Expedia. Since there wasn't, I booked the car. Usually I pass on purchasing any extra insurance since rentals are included in my regular coverage. However, the cost was so minimal, I decided to purchase it ... just in case.

As luck would have it, it was money well spent. I was sideswiped by another car resulting in some scratches on the rental car. When I turned the car in, I assumed there'd be no hassle since I had purchased the company's insurance. Wrong! The insurance wasn't issued by the rental car company but by Expedia. So now I'm stuck filling out forms and dealing with 2 separate entities - the rental car company and Expedia.

*Lessons Learned the Hard Way*

Whenever purchasing a product or service over the Internet, avoid the middleman. Usually you get the best price by dealing directly with the retailer or service provider. I've tried using travel sites to book hotels only to find the least expensive is to call the hotel directly and ask for the AARP or AAA discount. The same holds true with most airline tickets, cruises and car rentals.

When you do an Internet search, make sure you are dealing with the company or agency you are seeking. Companies pose as others to take advantage of Internet users. Search companies (e.g., Google) usu-

ally list advertisers first. Look for the "official site" designation to get the company you want.

Almost all of the look-alike and third-party sites include this type of testimonial: "This site has been visited by 10K users in the past month." Note the company did not say "used by 10,000 people." I imagine most viewers were smart enough to move on.

**Sharing With Sheffield**

By: Ruth Krawitz

CHANGE Is simply unavoidable! It can have bad ramifications, or good. If, for example, you have suffered a serious loss, the resulting changes can be horrific; if you have been privy to the gift of a new life in the family, the results are overwhelmingly positive. Temperament has a great deal to do with how you react to change. If you are one who always sees the glass half-empty, the thought of any change can be too fearful to contemplate, if you are the ones who see the glass half-full, the thoughts of change may challenge, excite, motivate you to move on.

Remember Sherry Morris' quote in a recent article she wrote for the [Aberdeen Times](http://AberdeenTimes.com)? It said: "... seeing the glass half-empty implies that you are incapable of obtaining a refill." Some people will always see danger of unhappiness in any change in their lives, minute or large. They become argumentative, distraught, minds closed to the possibilities of anything good or productive or satisfying coming out of anything new or different. On the other side of the

(continued on page 6)

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**SHARING WITH SHEFFIELD ...** *(continued from page 5)*

coin are those who take on change as a challenge, an uplifting endeavor, a new and different chapter in their living style or their lives. They are eager to jump into it, not hide or dismiss it.

Think of the people you know who exhibit, (or have exhibited) either of these behaviors. I recall how fellow-teachers had panic attacks when they were assigned to a different grade than the one they were used to teaching; it was like the end of the world had come, and they were descending into darkness! They let fear of the unknown cloud their judgement and they were going to be miserable until the actual experience showed them otherwise. 10 years I taught on the elementary level before I went into administration, I was assigned 4 different grade levels! I loved each of them ... getting to work with different ages, different curriculum, different strengths and never boring.

Change arrives in a variety of ways and settings; sometimes un-expected, sometimes planned, sometimes self-initiated, often spontaneous. Often it brings joy; other times pain. It's how you accept it,

*(continued on page 8)*

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**SHARING WITH SHEFFIELD ...** (continued from page 6)

cope with it, turn the negative into the positive, that makes it come out right. Just the other day, a young adult told me how great it made him feel when, on impulse, he changed all the furniture in his room around for the first time in years. Many of us are always changing something in our homes to change the look or update it. People make new friends, or lose old ones all the time. People start new chapters in their lives by changing partners or homes or careers, or facing physical or mental challenges; these imply huge changes. New chapters and second chances call for strength, faith and fortitude!

I read the following article recently which resonated with my views on change. You will find yourself asking: Why can't adults adapt to change as well as children?

Did you ever watch closely how little children adapt to change?

Last year my nephew - an infant/toddler of one year old fractured his leg. He came home with a heavy cast all the way up his leg. Completely immobilized he was visibly frustrated for approximately two minutes. In no time at all he came to terms with his new reality and figured out how to scoot around happily.

Kids are amazing; no matter what you throw their way they seem to adjust to and deal with happily.

As adults we tend to react to change and challenge by worrying about the future or comparing to the past and kvetching. We have expectations of what we think life should be like and are disappointed with our reality. Not exactly a recipe for happiness.

Young children, on the other hand, embrace the present. There's no worry about the future for the whole concept of future is too abstract for them to grasp and yesterday no longer exists so there are no expectations, just what is. Their present reality is the only life they know and they make sure to enjoy it.

Learn from the young. The past and future are meant to guide and direct the present, not destroy it. Stop the could have, should have and what if's and embrace your present reality.

Here are some famous quotes:

There is nothing so stable as change. Bob Dylan

You can't change what you don't acknowledge.

Dr. Phil

(continued on page 10)

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

If you don't like something, change it. If you can't change it, change your attitude. Don't complain. Maya Angelou

If you want to change the world, change yourself. Tom Robbins

Not everything that is faced can be changed, but nothing can be changed until it is faced. Lucille Ball

If you want to make enemies, try to change something. Woodrow Wilson

Our dilemma is that we hate change and love it at the same time; what we really want is for things to remain the same but get better. Sydney J. Harris

It is the most unhappy people who most fear change. Mignon McLaughlin

Progress is impossible without change, and those who cannot change their minds cannot change anything. George Bernard Shaw

People change and forget to tell each other. Lillian Hellman

G-d gave me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Reinhold Niebuhr

Be the change. Mahatma Gandhi

May all the changes in your life in 2019 be uplifting, positive, fulfilling ones!

**The Sunny Shores**

By: Estelle Morganstein

Hope everyone is happy with the recent cleaning/painting of our driveways and walkways. If you have encountered any issues in this regard, phone Kris at Campbell Property Management at 432-2703, or email her at [kris@campbellproperty.com](mailto:kris@campbellproperty.com).

Our Annual General Meeting took Place on Nov. 14th, at which time the 2018 board ran unopposed and was therefore re-elected as your Homeowners' Association Board of Directors for the 2019 calendar year. If you missed the meeting, the board would like you to know that, thanks to the sound financial management of the past several years, your monthly fees will not increase for the coming year, save for the annual increase of approximately 4% in our Comcast costs.

We have been advised that Comcast hopes to complete its fiber optics installation in Aberdeen

(continued on page 11)

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**THE SUNNY SHORES ...** (continued from page 10)

East by no later than next spring. However, in order for each sub community to be hooked into the new system, Comcast's contractor will need to obtain access to every house within that sub-community. If you will not be in full-time residence in your home for the coming year, please ensure that a key to your dwelling is filed with either one of your neighbors or with Barbara Ladd (200-0159.) Make sure that you have noted this information with our Key Registry which they can help you complete. Your board has been advised that even if only one homeowner fails to comply with this request, our entire community will be denied access to the new system so please comply so that access to your property is possible at all times.

Our trash collection company is going to be upgrading its fleet as of Oct. 1, 2019 from the current manual collection to an automated residential curb-side collection service. We have been advised that every homeowner will be issued a new trash bin 30-40 days prior to the new contract date. Each community will select one of 3 sizes. Bins will replace the ones we are presently using. All trash will be re-

quired to be placed within these containers on both scheduled collection days.

**NEIGHBOR NEWS**

Best wishes to Diane Greenberg who fell some weeks ago and is currently undergoing physical therapy to get back to her usual vibrant self. Diane has been our community's liaison person for more years than I can count, for which we are eternally grateful. I know everyone joins with me in wishing her a speedy recovery.

On a sad note, condolences to the family of Laura Kavazanjian, our eldest resident, who passed away recently at the age of 100.

I understand that 2 homes were tentatively sold recently in The Shores and I look forward to welcoming our new residents in the coming months.

To our Jewish neighbors, a Happy Chanukah and to our Christian friends, Merry Christmas. As 2018 draws to an end, I want to wish everyone Happy and Healthy New Year.

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## Turnberry Isle

By: Sherry Morris

So much to say; so little space. We always have a wealth of activities to report here in Turnberry. We have dedicated volunteers, exciting outings and a beautiful venue to enjoy on a daily basis. After 21 years of joy, we also occasionally hit a rough patch. As reported last month, we still have the same challenges with Comcast and with our entrance gate. By the time this is published, we hope to have the gate issues solved. It appears the company hired to replace our existing system, which worked for 20 years, have not exactly been at the top of the food chain. But hope prevails!

Comcast is another issue entirely. It is difficult to believe that a giant corporation hired a group to install fiber optics without vetting them first. We know first-hand that the job was botched from the beginning, resulting in our beautiful neighborhood being torn up and ugly for many months. The newly-hired group has told residents that it would never have done the job as started. It is now trying to finish installation, but Comcast is very slow to get folks hooked up. Some neighbors are waiting for 10 days after requesting

service. Nothing will be resolved until all 97 homes are connected. What kind of benefit we receive from fiber optics has yet to be determined. A voice keeps whispering, "Direct TV, Direct TV."

If you are reading this article, be sure to leaf through the issue, looking for interesting columns of opinion. Last month, there was an article by Bea Lewis, entitled "Crying Children." If you missed it, go back and locate a copy, as it was a beautifully written piece about the plight of migrant children.

Speaking of migrant children, many of us in Aberdeen have volunteered at the Caridad Center, which is right in our own backyard. We are able to put a face on the plight of the children whose parents might be undocumented.

And that face is one of hope, promise and freedom - qualities that seem to be getting lost in the ugly rhetoric coming from some of our leaders.

Leadership brings us to Nov. 6, 2018 -- exactly one day after this article is due to the Aberdeen Times. Whatever happens, let it bring peace into a world which has been recently stained by hate and racism.

*(continued on page 14)*

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

Getting back to our social lives, we are currently looking forward to many enjoyable events sponsored by the Women's Club. We have a detailed list of dates, which has been e-mailed to all TIWC members. To join, please contact Diane Mallow, our membership chair, or Anita Ostrow, our president.

The social event that has had us talking for over a month was our trip to The King's Academy Theatre Company. A private school in West Palm Beach, this group bills itself as "Broadway on a High School Stage." That is not overstating their production! We saw the musical "Newsies," which left us amazed and almost in disbelief. We have all participated -- or watched our children and grandchildren -- in school productions. This group has nothing in common with those school plays and musicals we have witnessed in the past. With a cast of over 100 students, a theater that is on a par with Kravis and talent that seems professional, our group was left in awe. We will return.

As this is published in December, we look forward to a holiday season filled with good cheer and good will. And, most importantly, let us all hope for a new year filled with more love than hate. May 2019 be good to each of you.

**Ashford Green**

By: Patricia Hirsch

Do you know your DNA?

This is a story about how the circle of friends and family can be so powerful. Back in the mid-nineties, my niece, Anita Prinz, was living with me and my husband, Mike Hirsch, in NYC, after getting a divorce and leaving San Francisco.

Mike and I were active bridge players at the Beverly Bridge Club and met a new couple, the Levines, who relocated from Hong Kong. Their daughter, Amy, had just moved back in with them too and didn't have many friends in the area. I invited them all to a dinner party and we all became fast friends.

*(continued on page 15)*

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

Our friendships grew and our circle of friends grew too.

Over the course of the years, Anita met several of Amy's friends from Hong Kong. Dominique (Dom) in particular, who now lives in the UK, is that special gal who brings us all together.

Here's how the story goes ... Anita was playing "Words with Friends" with Dom when she got a message from Dom asking where she lived in FL. Boynton Beach of course. Well Dom proceeds to message her that she thinks her father lives in Boynton Beach too. This did not make sense to us because we understood that Dom's father had passed away and was previously living in the Philippines. It turns out Dom did a DNA test and discovered she's not Filipino; she was Italian! When Dom asked her mother about this, she admitted to having an affair with an Italian

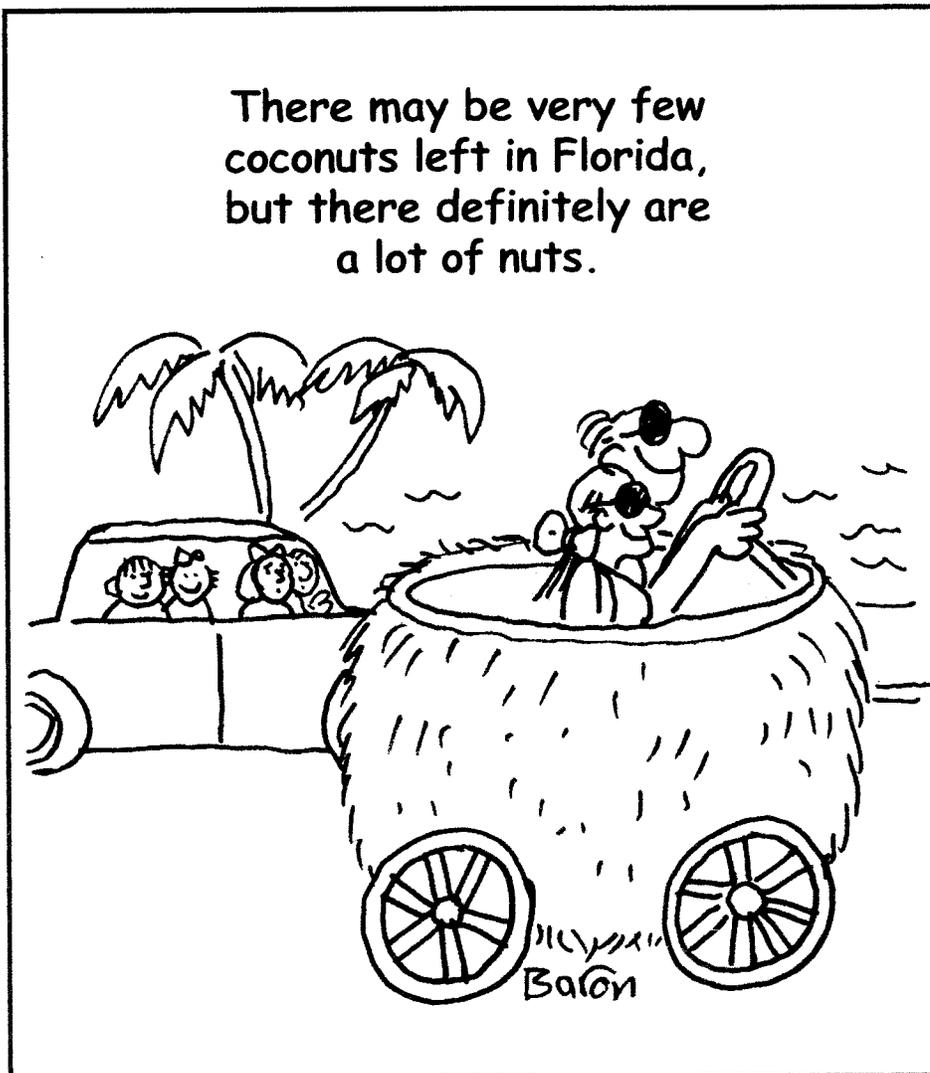
man around that time, but always assumed nothing came of it. She remembered his name, and an internet search found him living in Boynton Beach! Can you imagine Dom's surprise to find out she wasn't Filipino but was Italian! And of her 2 friends in the USA, one of them lives in Boynton Beach? What a coincidence!

Dom wrote a letter to the new Papa with photos, which Anita mailed. At the last minutes she wrote her name and phone number on the letter indicating she was Dom's local friend. When the Papa (Tony) received the letter, he first thought it was a sham and showed all his friends. They said it looked authentic and he called Anita. She met Tony and his friends at the Ale House and shared stories of Hong Kong and how he met her mother and their mad affair. Then they did a quick video call to Dom in England - all

smiles and giggles, all giddy with emotion. They were all in awe that this could be happening, an 80-year-old man meeting his 55-year-old daughter for the first time.

Two weeks later, Dom and Tony met at our home. When we opened the door and met him, our mouths dropped open! Ooooo! There was no doubt about this relationship being kin. They looked so much alike it was uncanny. It was an incredible reunion and Tony was so receptive to having Dom in his life. "Who doesn't need more love in their life?" Anita kept saying. They got to know each other and all of our friends. We had dinner parties with our neighbors who were so intrigued by this story and wanted to meet the "new familia."

It turns out Papa Tony is a snow-bird and lives half-time in NJ. Last weekend, Anita went to NYC to meet up with Dom, Papa Tony, and the Levines. Dom also met her half-brother and nephew. Interestingly, Dom revealed the true reason for doing the DNA test was to find a

**Harvey Baron's Early Bird Special**

(continued on page 16)

**ASHFORD GREEN ...** *(continued from page 15)*

brother that her mother had given up for adoption. The universe had other plans for her, as she found a brother, he's just from another mother!

**Lancaster Lakes**

By: Phyllis Arnauer

## Falling for Fall

It is December in Aberdeen and it is still fall. How do I know this? My windows have been opened to the fresh air and gentle breezes. There is a crispness that evokes Autumn. My hair tells me that there is no humidity. Jackets, sweaters, long-sleeve shirts, and long pants have appeared everywhere. Soon fashionistas will bring out their Uggs boots, tights, and scarves. Shivers emanate from the brave water aerobics participants in the pool each morning.

Everyone seems to have an added spring in his or her step. Little-by-little, our resident snowbirds are returning to their abodes. Warmer quilts can be taken out of the closets and put on beds. Maybe iced tea and iced coffee are being replaced with cappuccino, espresso and hot chocolate. Comfort foods like meatloaf, macaroni-and-cheese and split pea soup make an appearance. Perhaps the longer nights and less daylight hours have limited our outdoor activities. But maybe that gives us permission to burrow under an afghan and stream all those Netflix shows we've been meaning to watch. Or maybe we can catch up on our reading for the many book clubs available at Aberdeen. I can strongly recommend "The Great Alone" by Kristen Hannah. As you read it you will be SO thankful for our season of fall.

Of course, it is not the Autumn of other parts of our country. There are no gorgeous yellow, red and orange leaves piling up on our sidewalks and lawns. Our palm trees stubbornly hold on to their various shades of green. Oak trees are not dropping their acorns. Squirrels have not frantically started to bury their nuts in preparation for snow. If you are like me, you remember the smell of inviting fireplaces, long walks on park paths and city-strolling with carts selling roasted chestnuts and hot pretzels.

With Thanksgiving over and Hanukkah and Christmas approaching, we may even be thinking of Winter! Remember, we will have cold mornings with temperatures in the 50s! Yikes!! But At least we will not have to defrost our cars. And a warm bowl of

oatmeal is a welcome start to the day.

Native Floridians have educated me about their seasons and what differentiates them. I guess when a person is used to 4 distinct seasons with unique characteristics, Paradise takes some getting used to. But I say - bring on the fall and winter. I am ready!

An early wish for a Happy Hanukah, Merry Christmas, and Happy New Year 2019 to all my friends and neighbors of Aberdeen.

FYI: Congratulations to Eva Agosta and Jerry Levine, who tied the knot after many years together. We wish them continued joy and happiness!

A concerned dog-loving neighbor wants to remind pet owners to be aware of their dogs' whereabouts before leaving the house. Also, your dog should have a collar with your name and phone number in case of an emergency. Our pets are precious to us!

**Brittany Lakes Bugle**

By: Jerry Zarkin

This is the first edition of the newly-named "Brittany Lakes Bugle." We want to extend our appreciation to Judit Unger, who previously wrote this column, and especially wish her well.

*(continued on page 17)*

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**BRITTANY LAKES BUGLE ...** (continued from page 16)

As you enter Brittany Lakes, you cannot help but notice the beautiful new landscaping surrounding our signage. Prior to entering, you pass through the Aberdeen Lakes gate manned most weekdays by the vigilant, affable and highly competent gate guard, whose name is Everett. Always a friendly greeting and he remembers your name!

I just finished reading an incredible medical mystery novel call the "Bite of the Krait." The late Dr. Russell Goldbaum is the author. It is set in a large northern metropolitan hospital and is a riveting story with a magical ending, especially interesting for residents of Aberdeen and Brittany Lakes.

Having lived here for almost 3 years, one always hears of gripes and groans regarding their HOA. I imagine it is part of the culture. Well! I was taking a nap on a recent Saturday afternoon trying to recover from a severe cold and a bad knee problem. All of a sudden, torrents of water are soaking the furniture on our Lanai as well as waves of water spraying our rear windows. I sent an e-mail to the president of our HOA. Abracadbra! Less than an hour later a

car drives up and a man emerges carrying a shovel. I thought it was someone from Eternal Lights coming to get me. In 2 minutes, the sprinklers were corrected and directed elsewhere. I guess I PICKed the right person to call!

We want to welcome the homeowners new to Brittany Lakes. If you live near or see them around, say "hello."

- Barbara Lockhart 7888 RR
- James & Michele Hodges 8879 BLD
- Gary Paradise 8867 BLD
- Roger & Barbara Deel 7828 RR
- Kenneth Franklin 7871 RR
- Debra Davis & Linda Bosse 8894 BLD
- Harry Freedman 7800 RR
- Anne Nadler 8947 BLD
- Maryanne Chima & Sharon Visconti 7827 RR
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<b>Homes from 1,800 to 2,400 sq.ft.</b>	<table border="1"> <tr><td>DWELLING</td><td>380,000</td></tr> <tr><td>OTHER STRUCTURES</td><td>7,600</td></tr> <tr><td>PERSONAL PROP.</td><td>95,000</td></tr> <tr><td>LOSS OF USE</td><td>38,000</td></tr> <tr><td>LIABILITY</td><td>300,000</td></tr> <tr><td>MEDICAL PYMTS.</td><td>5,000</td></tr> <tr><td>DEDUCTIBLES</td><td>\$2,500 AND 2%</td></tr> <tr><td>12-MONTH TOTAL PREMIUM</td><td>\$1,926</td></tr> </table>	DWELLING	380,000	OTHER STRUCTURES	7,600	PERSONAL PROP.	95,000	LOSS OF USE	38,000	LIABILITY	300,000	MEDICAL PYMTS.	5,000	DEDUCTIBLES	\$2,500 AND 2%	12-MONTH TOTAL PREMIUM	\$1,926	<b>Homes from 3,001 to 3,600 sq.ft.</b>	<table border="1"> <tr><td>DWELLING</td><td>525,000</td></tr> <tr><td>OTHER STRUCTURES</td><td>10,500</td></tr> <tr><td>PERSONAL PROP.</td><td>132,500</td></tr> <tr><td>LOSS OF USE</td><td>52,500</td></tr> <tr><td>LIABILITY</td><td>300,000</td></tr> <tr><td>MEDICAL PYMTS.</td><td>5,000</td></tr> <tr><td>DEDUCTIBLES</td><td>\$2,500 AND 2%</td></tr> <tr><td>12-MONTH TOTAL PREMIUM</td><td>\$2,335</td></tr> </table>	DWELLING	525,000	OTHER STRUCTURES	10,500	PERSONAL PROP.	132,500	LOSS OF USE	52,500	LIABILITY	300,000	MEDICAL PYMTS.	5,000	DEDUCTIBLES	\$2,500 AND 2%	12-MONTH TOTAL PREMIUM	\$2,335
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## Bermuda Isle Buzz

By: Harvey Schwartz

Bermuda Isle -The Center of Our World ... An Update

In my previous missive, I concentrated on technology advancements having the potential to improve our way of life. I thought that Elon Musk would make significant progress with his projects so that we would see the effects in Bermuda Isle this year.

The Tesla battery-powered vehicles' current business results are disappointing. Tesla production and financial difficulties have put a damper on this venture. The mainstream automobile manufacturers are working diligently towards alternative-fuel-vehicles ranging from pure battery, combination battery/gasoline to hydrogen-powered engines. The competition is growing quickly.

The Space X heavy rocket program seems to be progressing as one would hope. This past month, a Space X rocket launched from CA. Within five (5) minutes; the entire rocket assembly launched and 2 massive booster engines were retrieved as they opened their tripod, landing gear coming back to the exact location of the vertical take-off. Whew! The Jetsons are at it again! The boosters are retrievable and re-usable, thus making an affordable space travel/exploration venture feasible. Private enterprise is competing where only government programs were once able. Elon Musk is not the only space exploration entrepreneur. Other risk-takers in the USA and Europe are attempting non-government space exploration. The great practical scientific achievements involved with these explorations come when "spin-off" technology creates commercially viable products and services.

I am able to report that the "Don't Worry" Tesla convertible is still circling earth in orbit. It was launched from Cape Canaveral in the last Space X flight. We note that there are other convertibles on Bermuda Isle and don't want the reader to be confused that these might be the "Don't Worry."

Musk isn't perfect but he is trying to make the world a better place while creating a profitable investment environment for his company, employees and investors. Albert Einstein wasn't a perfect per-

*(continued on page 19)*



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**BERMUDA ISLE ...** (continued from page 18)

sonality either. It must have to do with genius. Those with it have an incredible gift. No one is perfect. Geniuses make issues for themselves and those around them, attracting ridicule when they too need an “at-taboy” moment from us mere mortals.

Wish all well; see you in the neighborhood.

**Canterbury Communique**

By: Dee Levy

Greetings from the Canterbury community! Yes, it’s December, the month of the Winter Solstice, and the month of several multicultural celebrations, including Hanukkah (Dec. 2-9), Christmas (Dec. 25), and Kwanzaa (Dec.-26 -Jan. 1). Note that while these holidays fall in close proximity to each other, they are significantly different in both meaning and practice. New Year’s Eve, also known as Sylvester in Europe and Israel, marks the end of what has been a “memorable” year. New Year’s resolutions, generally related to self-improvement, abound, with the hope and expectation that 2019 will be a better year for all. As Grammy-Award-winning songstress Taylor Swift said, “This is a new year. A new beginning.

And things will change.”

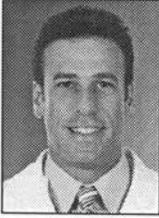
December zodiac signs are Sagittarius (until December 21), followed by Capricorn (Dec. 22 - Jan. 21); its birthstones are turquoise, zircon and tanzanite; and its flower the narcissus.

In Getting to Know our Neighborhood and its many attractions, we focused on Park Vista Community H.S. and its award-winning marching band, The Performers. Park Vista, located a stone’s throw from Aberdeen, is one of the top-rated high schools in Palm Beach County, having earned a Golden School Award from the County every year since its inception in 2004. A magnet school, offering four “academies” or areas of study, including Information Technology, Television and Film, Medical, and Automotive, Park Vista attracts students from all over Palm Beach County. In 2012, 3 college dual enrollment courses and 23 advanced placement classes were added to the curriculum.

The Park Vista Marching Band is ranked among the finest in the country. Performing in local, state and national competitions, The Performers have consistently earned top ratings and awards. They’ve just returned from NY, where they marched in the 92nd annual Macy’s Thanksgiving Day Parade, an honor bestowed on only a few high school marching bands. Kudos to the Park Vista Community H.S. Marching Band, and to its director Patrick Duncan, for their outstanding performance. Needless to say we’re proud to be their neighbors!

In closing, we wish all our Aberdeen friends and neighbors a Happy and Healthy New Year, with success in all your endeavors. As in the words of Helen Keller, “Your success and happiness lie in you. Resolve to keep happy and your joy and you shall forever form an invincible barrier against difficulties.”

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**Waterford Watch**

By: Steven Ledewitz

Congratulations to Al and Rose Darien who celebrated their 70th Wedding anniversary in September. Not many people reach that milestone. You have to start young and live long.

Waterford has more new neighbors. Susan and Curtis Waxenberg moved into the community during

(continued on page 20)

**WATERFORD WATCH ...** (continued from page 19)

the summer with their son, Joshua. Joshua is a senior at Park Vista H.S. They will be here year round. If you see them walking with their dog, stop and say "Hi" and welcome them to the community.

On Oct. 28 the community held a Halloween party. Donna Doyal and her social committee did a great job planning and coordinated the food. It broke a string of rainy parties at the pool as the weather was perfect. Thanks also to the guys who did the heavy lifting both before and after the party. The committee will send out notices for our next event.

Talking about notices, be reminded that Waterford has its own website, [Waterfordataberdeen.com](http://Waterfordataberdeen.com). You can find our documents, minutes of board meetings, forms for the ARC and our rules. There is also a list of vendors that people in the community have used.

This has been a quiet month in Waterford. If anyone has any news he or she would like in the [Waterford Watch](#), send it to me.

I hope you have a Merry Christmas and Happy Hanukah. Wishing all a Happy and Healthy New Year!

**Harbour Lights**

By: Wendy Latman

The elections are behind us and we'll all just have to learn to live with the results - good or bad. Thanksgiving has come and gone. The Harbour's budget for 2019 has been approved. Most of our snowbirds are back. We can now look forward to the end-of-year holidays and celebrations.

End-of-year holidays are a time to reflect on the year that is now part of our history and celebrate how we plan to live in the new year, which is our future. I think the best way to approach this is to repeat all of the good things and put aside things that are not so good. Most of us enjoy living here, partly because of the camaraderie we share with our neighbors. If being neighborly is a good thing, we need to just focus on doing even more of that in the coming year.

To all my neighbors,

"This is my wish for you:" peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays!"

- D.M. Dellinger

Enjoy your holidays and have a very Happy New Year!



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## Hampton Happenings

By: Janet Friedman

### MEET YOUR NEIGHBOR:

Our neighbor, Pat Brown, is the president of Hampton. She also sits on the Aberdeen POA Master Board. This board represents 1400 acres of property and 2418 homes.

Pat moved to Boynton Beach in 1976 after living in CT and NY. She graduated from St. John's School of Nursing in NY and began her career in FL as a nurse practitioner at Bethesda Hospital. She became the Director of Surgical Services at Bethesda and remained there for over 30 years.

Pat has 2 children, Tara Lynn and Jeffrey. Her hobbies include antiques and reading. Pat has been on the Hampton board for 8 years; 2 as a director and the past 6 as president.

Serving on the board of a community association is a challenging and often thankless job. There are thousands of dedicated volunteers in S. FL who have stepped up to lead their communities. Thank you, Pat, for investing your time and energy to helping make Hampton a wonderful place to live!!

### MEET THE PET

This past June, Joyce and Jeff Hirschman lost their beloved Yorkshire terrier, Katie. By July they were feeling the emptiness of not having a dog. Upon scouring the internet for reputable Yorkshire terrier breeders, they discovered one from Miami that was showing a dog at the Florida Fairground Dog Show. They went to the show and afterwards were invited to meet a new puppy. They were smitten on the spot. They named their new puppy, Juno, and took her home. She is black, silver and gold ... part angel and part devil! When she came home, she ran right up the foam stairs they had kept for Katie, got onto their bed and looked right at home. This dog has no fear! Juno is learning to be housetrained and doing really well. Raising a newborn puppy is a huge re-

sponsibility and a challenge. Juno is getting spayed this month and "We are going to celebrate like crazy when she heals." We will also celebrate when she sleeps through the night!!!

On Sun., Oct. 21, Hampton had its pizza party at the pool. The party was attended by 70 Hamptonites. We welcomed all our new neighbors and all had a great time. We collected non-perishable food for the Boynton Beach soup kitchen and filled 3 huge cartons to bursting. One of our neighbors brought in a 50-pound-bag of rice! Marion Drutman won our 50-50 raffle and then donated part of her winnings to the soup kitchen as well!!! Sheila Cherry won our door prize and then informed us that it was her anniversary! We could not have planned it better!! Thank you, Marion, and all of our neighbors who so generously contributed.

December is a month of holidays. December 5th is Repeal Day. It is the day that the 21st amendment ended Prohibition. I'll drink to that!! HAPPY HOLIDAYS EVERYONE!!

## Sterling Lakes

By: Judy Lukow

### Season's Greetings

May this Hanukkah and Christmas season bring you closer to all those that you treasure in your heart, and may you find more smiles on your face than ever before. Wishing you and your families a Merry Christmas, a Happy Hanukkah and a Healthy, Happy and Prosperous New Year!

### Sterling Lakes Social Committee

They're at it again with some wonderful events for the Sterlingites. Mark your calendars!

Sterling's Bagels and Brunch - Dec. 9 (Sunday)

The Wick Theatre and Costume Museum - Tour and Lunch - Jan. 9 (Wednesday)

Morikami Museum and Japanese Gardens - Tour and Lunch - Feb. 6 (Wednesday)

Annual Sterling Dinner - at Aberdeen - Mar. 3 (Sunday)

Good Job Social Committee! Expect a flyer with all the details before each event.

### Questions That Tell a Story.

As part of my ongoing Questions That Tell a Story, I asked Renee Engel, when she has company, what

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*(continued on page 22)*

**STERLING LAKES ...** *(continued from page 21)*

favorite dish does she like to serve? She didn't have to think about an answer; she quickly said "Stuffed Cabbage and Chicken Soup."

I asked Beverly Tessler, growing up, what was her favorite subject in school? She said that in high school she liked History. Although her background was in other areas, she's always been interested in History. She played the violin with the All City Symphony after attending the Manhattan School of Music, and taught Early Childhood Pre-K - 1st.

**Good News**

Rene Engel was excited to talk about her 2 grandchildren who have gotten married within the last year and "2 more to go." Her granddaughter, Rachel, is living with her and graduated with a Masters Degree in Nutrition. She's working at Quick Weight Loss as a dietitian. WTG Rachel!

Beverly Tesler told me she recently became a great-grandmother to little Morgan Paige Franklin. Little Morgan lives not too far from her. How lucky she is! Beverly was also excited about her son-in-law, Ron Kaehler. He's written a Broadway Play called Under the Overture. It's a musical farce; an operetta. He's in the process of getting investors to bring it to Broadway. It was recently shown at the West End Theater in NYC as a fully-staged performance. Europe is interested in it and it may be in Europe first as it became a Finalist: 2018 MUT International Musical Entertainment competition, Munich, Germany. Good Luck to Beverly's son-in-law, Ron Kaehler! <http://undertheoverture.com/>.

Judy Lukow participated in the American Cancer Society's walk, Making Strides for Breast Cancer. She raised \$660. WTG Judy!

We're so sorry to inform you of Charles Kessler's passing. Charlie and Thelma bought one of the first homes built in Sterling Lakes. Charlie was an avid golfer and our go-to man. He was loved and respected and always with a smile. His great loves were his antique cars: his 1934 Packard with a rumble seat, and his convertible car from 1955 with ladies' legs covered in net stockings sticking out of the back seat. He will be sorely missed. Our condolences go out to Thelma and the family.

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**Circling The Coves**

By: Debra Sackin

We at the Coves would like to wish everyone a very Merry Christmas, a very Happy Chanukah and great New Year! May 2019 be the best ever.

The Coves welcomes its new residents:

Michele Anicola and her son, Joseph (Bldg. 6)

Rochelle Brafman (Bldg. 9)

Valentina Pintchouk (Bldg. 13)

We know you will love our friendly, happy and busy community.

Please remember that a seat belt is not as confining as a wheelchair. Buckle Up!!

**It's Happening in Dorchester**

By: Carol Baron

Someone told me that we only have one month left in 2018. My reply was "yes, but then opportunity starts again with 2019." I also offered them what I know is true about time. "

"Time is ...

too slow for those who wait

too swift for those who fear

too long for those who grieve

too short for those who rejoice

But for those who love, time is eternity."

We've made it through Halloween and all those calories from the candy. We had a lovely Thanksgiving whether with family and/or friends. And now we are ready to celebrate our participation through Chanukah and Christmas. It can get a little expensive before the end of the year, but all it takes is time and love. Just remember to give a warm hug to those near you because that is the only treasure you can give with your heart and it doesn't cost a cent.

How do you know that the snowbirds have returned? Well, it looks like Dorchester has refilled with its residents, and some are actually attending our HOA meetings. Welcome back! It is so nice to see everyone again. You can see that snowbirds have arrived because the lines are back at the movie theaters and the restaurants and the traffic has increased. Residents all get to enjoy their newly-paved Dorchester roads.

Now, if the drivers will only slow down to 20MPH, they will get to see how many of us beautified our

*(continued on page 23)*

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

landscapes and redone the exterior of our homes.

As we look around and wonder where this year has gone, we miss those who are no longer with us and send our love and warmest wishes to those who are having health-related problems. To all, we wish you a good new year and remind you that ... "the true meaning of life is giving something back."

**Moorings Matters**

By: Eileen Hahn

December is here, reminding us that there is one month left in 2018. It seems that I've just begun to write it! Elections are over and half the robo calls at dinner-time have ended. Thanksgiving came and went. Some of us cooked, like the Lubells, who had the pleasure of the company of Julie and Simone. Folks like Joe and I, drove to Johns Creek GA to spend it with our children and grandchildren. Linda and Vince Segal were off to NJ to cook and share the holiday with their children and granddaughter. Visitors came early and Carol Carleton entertained her sister with a trip to Key West. Cathy Columbia was thrilled to have her brother spend some quality time here. Kathy and Paul

Aguirre took a trip to Houston and are lucky enough to have Jayne Bartecki, professional pet-feeder, as a neighbor, to cater to their cat. Joanne Moustakas, Alan Goldenberg, and Judy and Larry Kaminski had a brief Epcot get-away. Our most prolific traveler, Herb Schwab, took his last vacation at JFK Hospital, but with the tender care of Sally, Sage is quickly recovering. Soon he will be polishing his car or planning the next trip in this country.

The "circle of life" continues in the Moorings and beyond. We mourn the passing of Ralph Mann and extend our condolences to long-time partner, Vicki Kahn. They had recently moved to independent living to make life simpler. We send our condolences to Louise Lahnstein and daughters on the loss of Rudy. He served our community for many years on the board and actively compiled a list of residents' choices for keepers of their house keys in case of emergencies. Into the world have entered Aidon Lassiter, grandson of Judy and Larry Kaminski and Scott Dresner, great-grandson of Joe and me, both entering the world at 8lbs 11 oz. We drove to Philadelphia for this event, but the

(continued on page 24)

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

Kaminskis will have to fly to California. The following weekend our grandson; Peter, who was shot 3 years ago saving a girl being dragged down a New Orleans street, had the opportunity in NY to meet the woman whose life he saved by donating stem cells last year. The emcee of this event was an NBC commentator who said as a medical resident in orthopedic surgery, he has saved 2 lives before using a scalpel. A very touching event. Flora and Jack Miller had an exciting experience when new neighbor, Miriam Smalls, invited them in to meet her guest, Rod Rosenstein of Washington fame, and take a photo as proof.

Houses in the Moorings are a hot commodity. Rita Wolfe decided to move to Independent Living in Boynton Beach and her home was sold as well as the former Reichman villa. The Finkel residence was purchased by Georgianna Panos and Bob Cedar; she is a cousin of Linda and Jim Pagoulatos who live around the bend and will have them sitting at the pool shortly. Walk your dog as Diane Geary does with Gilligan and it's a sure way to meet you neighbors.

Wishing everyone happy holidays and a happy and healthy new year.

---

## **A Tribute to "Rudy" - (2/13/1930 - 10/31/2018)**

By: Vincent Marini (Moorings)

In Memoriam

Rudy Lahnstein was one of the finest gentleman I had the pleasure of meeting during my 34 years in Aberdeen. His name is synonymous with "Good Guy." The chemistry between us resulted in a brotherly relationship.

Rudy's journey to Aberdeen started in Idstein, Germany, where he was born. He was considered a Holocaust survivor since he lived the first 10 years of his life during the years the German government passed laws excluding Jews from civil society.

The most traumatic day of Rudy's life was Nov. 9, 1938, the day the world knows as "Kristallnacht" or "The Night of The Broken Glass" Rudy was 8 years old. His father was arrested by the Gestapo, on trumped up charges and sent to Buchenwald Concentration Camp. Five months later, his father was released in a trade made with a Nazi business man; his life for his home, warehouse and offices. Rudy was told by his mother to bring a pillow case

full of clothes and whatever money she could find to his father who would be waiting at the train station, planning his escape from Germany. She told him, "Don't get caught by the Nazis."

His father got to the U.S., where he arranged for Rudy, his mother, 2 sisters and grandfather to leave on the last ship to legally transport Jews from Germany. The Lahnstein family settled in the Washington Heights neighborhood in NYC.

When Rudy was drafted in 1951, he showed ingenuity by revealing he spoke German. He knew they would not need that asset where our country was at war with North Korea. He was sent to Austria, assigned to the Military Intelligence Service and given the enviable task of interviewing German soldiers who had been repatriated from behind the Iron Curtain.

Rudy never forgot the special time and place of his wedding. In 1952, he married his beloved sweetheart, Louise, in Salzburg, Austria.

In 1992, Rudy sold his Greeting Card Distribution Company to one of his employees, retired and he and Louise moved to Aberdeen East.

Rudy's achievements and accomplishments during his 23 years in the Moorings are too numerous to mention; however, his contribution as communications director while on the Moorings Board of Directors was invaluable as was his admirable volunteer work at the Caridad Center teaching children of migrant workers how to cope and uplift their lives. His leadership as Director of the Duplicate Bridge Club was applauded and the time and effort he devoted to the Aberdeen East Mens Club earned him its "Man of the Year" Award.

I will miss the time the two of us spent sitting on my patio talking and enjoying the wonderful donuts he brought to our personal coffee klatch. He will be missed by all whose lives he touched.

---

## **You Gotta Laugh**

By: Steve Solomon (Hampton)

I'm on the road doing my comedy shows about 30-40 weeks a year; I come in contact with all sorts of folks! Some stand out. This weeks "Mr. Potato-head" award has to be given posthumously to a gentleman who passed away at work at one of the large office supply stores, but he continues to help people since no one informed him that he was dead. Those of us who have a modicum of intellect will truly appreciate the

(continued on page 25)

**YOU GOTTA LAUGH ...** *(continued from page 24)*

answers I received from this remnant of the old west.

I walked into the store "Office-Max", Office Depot, Office Earth whatever. I had to copy something on to an existing flyer that had been printed already. So, essentially, I had brought my own paper stock to be reprinted. I stood by the paper copiers looking for the "on" switch. Just then, moseying over to me comes Sales associate, Earl, or Bubba, JB, BJ, JR, or PU. And, with a whisp of straw dangling from his mouth he says, "So you need some help there young man? Fixing to make some copies are ya?"

"Yep," I responded, enthusiastically: "... I want to use my own stock ... how much per copy?" He scratched his head and said, "Yer own stock huh? Let's see ... each copy's 5 cents with our stock but if yer using your own stock ... it'll be 5 cents a copy." "WHY;" I said. It's MY stock! Shouldn't it be less if I supply the paper?"

Randolph Scott then tipped his "I'm here to help-hat" back on his brow and started to think. I could tell he was thinking because I smelled something burning. He said, "I don't rightly know "RIGHTLY? I was waiting for HANKERIN ...

Then his face lite up with excitement, like the day he taught his daughter to spit tobacco. He said, "It's 5 cents for each copy for the use of the machine and toner."

And, with a one-tooth smile, he slid that whist of straw from one side of his mouth to the other, placed his thumbs under his suspenders and awaited his promotion.

Not wanting to be intellectually outdone by Hoppilong Cavity, I inquired: "If the 5 cents is only for the use of the machine and the toner how much is the paper in the machine?" He started thinking again out loud, "If the 5 cents ... If the five cents ... Well ... That, there paper comes with the price of the use of the machine and the toner. I said, "So, essentially the papers' free ... right???" He chuckled, "YEP young man, you finally figured it out!" "Good, may I please have two reams of free paper?" CHECKMATE.

This guy spends his free time trying to put M&M's in alphabetical order.

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

By: Lew Roth (Sheffield)

**Bidding Messages**

I recently came across a pamphlet edited by Audrey Grant entitled, "Bidding Messages." It is a compilation of messages sent by bidders and responders during the auction. The point of the article is to sharpen your awareness of the messages and to use them in both bidding and defending.

As an example, using a suit opener and not NO Trump, when you hear your partner open the bidding on the one level, do you immediately understand that you must PASS with less than 6 points and cannot PASS if you have 6 or more points? So, what are your choices?

1) If your partner opens a major, you can bid 2 of that major with 3 pieces and 6 points.

2) If your partner opens a major and you do not have 3 pieces of that major and you only have 6 points, you must bid, but stay on the one level. So your options are:

a) If your partner bid Hearts and you have 4 or more Spades, you can bid One Spade.

b) Otherwise, you must bid One No Trump.

3) If your partner opens one of a minor and you have 6 or more points, you must bid.

a) One of a major, if you have a 4 card major, or

b) One Diamond, if you have 4 Diamonds and your partner bid Clubs, or

c) Two of the bid minor, but only if you have 5 pieces, or

d) One No Trump, if all other bids are inappropriate.

Another point made in this pamphlet is when do you have to bid again and when should you Pass. Every bid carries a message. The messages are:

1. Partner, I expect you to bid again, i.e., Forcing

2. Partner, you decide, i.e., Invitational, or

3. Partner, I expect you to PASS; i.e., signoff

So, which opening bids are Forcing? Most players use a 2 Club bid as the only Forcing opening bid. All other opening bids are Invitational. The rules for whether you accept the invitation with a minimum hand or not are given above.

What about Responders bids? Assuming Responder has not already PASSed, any change in suit by a Responder is Forcing. A raise in the opener's suit

*(continued on page 26)*

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

whether to the 2 level or the 3 level is Invitational. A raise to the 4 level is generally considered a SignOff, but doesn't have to be depending on the Opener's hand.

What about the Original Openers rebid after a Forcing Responders bid? A jump-shift or a Reverse are forcing. All other bids are Invitational.

Finally, what about the responders rebid. A new suit (or a jump in a new suit) is Forcing. An old suit at the 3 level or 2 NT are Invitational, and 1 NT or an old suit at the 2 level is a Signoff.

**Mobile News**

(A Monthly Feature)

From: COBWRA

Effective October 1, 2019

Curbside Residential Garbage Collection Service  
- Two days per week

Residential curbside service will change from the current manual collection system to automated/semi-automated residential curbside garbage collection service.

Special carts will be provided for collection. The SWA expects the majority of communities would prefer the 96 gallon cart. However, if this size will not work for a community there is the option to choose a 48 or 65 for all keeping in mind all trash must be placed in the can for collection.

For the first 90 days of the contract there will be no cart exchange. After that, exchanges will be made on a case-by-case basis.

Carts will be delivered approximately 30 to 40 days prior to the new contract startup date of October 1, 2019. Each cart will contain a pamphlet explaining the service requirements and proper placement of the container for curbside collection.

All garbage is required to be placed within the container on both scheduled collection days.

Curbside Residential Bulk Items Collection Service - One Day per week

Household Bulk items (furniture, appliances, etc.) will be collected once per week. Bulk collection is limited to three (3) items.

Curbside Residential Recycling Collection Service - One Day per week

The recycling collection will remain the same

except the truck will resemble a rear load garbage truck with a split body for the two bin system Palm Beach County uses. The yellow bin is for paper products and blue bin for commingle containers

(continued on page 27)



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**MOBILE NEWS ...** (continued from page 26)

(aluminum, steel cans, plastic containers and glass bottles and jars). Please call 1-866-NEW-BINS for replacements.

Curbside Residential Yard Waste Collection Service - One Day per week

Yard waste collection service is limited to residential yard waste maintenance, such as grass cutting, tree pruning, palm frond cutting, hedge trimming, etc. The service is not intended for debris related to land clearing or tree removal.

Yard waste service will be limited to six (6) cubic yards per week and no more than six (6) cubic yards may be placed at the curb or none will be collected. All small yard waste debris (leaves, clippings, hedge trimmings, etc.) must be containerized less than 50 lbs. We strongly encourage residents to use their current garbage containers for small yard waste debris for the new contract effective October 1, 2019. Plastic bags are acceptable, however the Authority would like to discourage their use.

Branches and palm fronds may be placed neatly outside the container. While there is no limit on the length of palm fronds, tree branches may not exceed six (6) feet in length, exceed fifty (50) pounds and the diameter must be less than six (6) inches.

The resident will be responsible for having piles exceeding six (6) cubic yards or containing tree removal debris, large branches or stumps removed. The Authority can assist the resident in identifying alternatives, including providing an estimate for the contractor to remove the material for an additional fee of \$8 per cubic yard.

**Help Your Body Beat Inflammation**

By: Jane Evers (Hampton)

Current research finds that chronic inflammation of the body is the root cause of many serious illnesses - including heart disease, many cancers, and even Alzheimer's disease. We all know inflammation on the surface of the body as local redness, heat, swelling and pain. It is the body's healing response; it brings more nourishment and more immune activity to a site of injury or infection. But when inflammation is internal and persists, it damages the body and causes illness.

Stress, lack of exercise, genetic predisposition,

(continued on page 28)

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

and exposure to toxins (like secondhand tobacco smoke) can all contribute to chronic inflammation. In addition, what you choose to eat can also play a big role in causing inflammation.

Learning how specific foods influence the inflammatory process is the best strategy for containing the inflammation and reducing long-term risk of disease.

Dr. Andrew Weil is convinced that the single most important thing you can do to counter chronic inflammation is to stop eating refined processed and manufactured food's. Considering that premise, I attempted to monitor what I ate, just for a day. I'm a pretty careful eater and make my own soups, breakfasts and many dinners. With that understanding, I evaluated what went into my mouth for the day and concluded even with my careful eating program, it's almost an impossible task. Even so, I present Dr. Weil's Anti-Inflammatory Diet.

The Anti-Inflammatory Diet is not a diet in the popular sense - it is not intended as a weight-loss program (although people can and do lose weight on it), nor is the Anti-Inflammatory Diet an eating plan to stay on for a limited period of time. Rather, it is way of selecting and preparing anti-inflammatory foods based on scientific knowledge of how they can help your body maintain optimum health. Along with reducing inflammation, this natural anti-inflammatory diet will provide steady energy and ample vitamins, minerals, essential fatty acids dietary fiber, and protective phytonutrients.

You can also adapt your existing recipes according to these anti-inflammatory diet tips.

**General Anti-Inflammatory Diet Tips:**

Aim for variety.

Include as much fresh food as possible.

Minimize your consumption of processed foods - this includes foods where any deliberate change in a food that occurs before it's available for us to eat. It can be as simple as freezing or drying food to preserve nutrients and freshness, or as complex as formulating a frozen meal with the right balance of nutrients and ingredients and then there's fast food.

Eat an abundance of fruits and vegetables.

Don't forget to drink loads of water every day especially when it's hot or you're outdoors or exercising.

The gist of this Anti-Inflammatory diet program

is to keep our food simple and fresh. I know that it's difficult in S. FL where much of our entertaining is done in restaurants and we never know what's being used in the preparation of our food. The first step is to just try to pay attention to what we eat. And, in the process of eating, we need to enjoy ourselves beyond the food.

Anyone want to start an Anti-Inflammatory Food Club?



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## Hadassah Happenings

By: Sheila Hyman (Sterling Lakes)

Worldwide, nationally and locally, Hadassah's fund-raising efforts have helped millions to have a better life.

In Israel, Hadassah hospital - which serves more than a million patients a year - has added a school for children who are being treated for their long-term illnesses. The hospital doctors are also the first in Israel to treat localized prostate cancer with a minimally invasive nano-knife technology.

Recently, an ophthalmologist from Cameroon, a Central African nation, came to Israel to be trained at Hadassah hospital for cataract surgery. When her education is completed, she will return to her country to perform eye surgery on more than 700,000 poverty-stricken people.

In the U.S., Hadassah's efforts provide scholarships for youngsters to attend our Young Judea summer camps.

Locally, the Simcha of Aberdeen Hadassah chapter includes community outreach to help our neighbors. We collect - and distribute - eyeglasses for those in need, canned foods for the local soup kitchen, postage stamps for the veterans and wool and materials for the Linus Group - an organization that knits blankets for children in hospitals. In 2019, Hadassah will assist Jewish Family Services in distributing food to the needy in our area.

A special "Welcome to Simcha Hadassah Tea" will be held on Mon., Dec. 3, from 4 to 6 pm. For information, contact Marilyn Weiner at 561-733-7676. We look forward to having you join us. Check flyers in the Aberdeen Clubhouse lobby for information about meetings and activities.

## It's Happening at PAP

By: Marcia Levitz (Muirhead)

We, at the Aberdeen Pap Corps, welcome all snowbirds back in full flock and operation to sunny FL. However, you must be careful of the sun's rays. If you were not careful as a child, you may find yourself now with several different categories of skin cancer.

Did you know that while melanoma is less common than other skin cancers, ultimately it is more serious and more likely to spread if not diagnosed and

*(continued on page 30)*

**HAPPENING AT PAP ...** *(continued from page 29)*

treated early?

Sylvester Comprehensive Cancer Center has a world-class melanoma surveillance and detection clinic, which allows for earlier detection, in addition offering advanced immunotherapy clinical trials. It is also one of only a handful of institutions to offer reflectance confocal microscopy (RCM), which gives high magnification images of the skin, allowing more accurate diagnosis.

We are so fortunate to have this high ranking cancer research and treatment center so close to home.

Should you find yourself or a family member who needs a second opinion due to any diagnosis, not necessarily even related to cancer, you may call Lyn Schultz, our liaison to the Doctor's at the Sylvester Comprehensive Cancer Center and someone there will arrange for you to be seen very quickly and all in the strictness of confidence.

We at the Pap Corps wish you and your family a happy and healthy holiday season.

---

## **What's Happened to Dinner Table Conversation?**

By: Jane Evers (Hampton)

Have you noticed that there are fewer and fewer actual conversations going on at the dinner table? Whether at home or at a restaurant, people are choosing to direct their attention to their mobile device rather than the person sitting next to or across from them. I originally thought that this only concerned the younger generation. Upon further observations, I've decided it includes the older ones as well.

To me, it's a sad commentary. The art of conversation seems to be dying. Furthermore, if we can't or don't converse, what will happen to relationships or job interviews?

A simple step to encourage conversation could begin if electronic devices were not permitted at the dinner table. Where else did families go 30 years ago to discuss daily events? We became involved with the people we lived with because we talked. How could we know if there were any problems or concerns that we needed to address?

How do families today discuss happy events or ask questions about daily life? I'm not even sure if the family actually sits down to eat dinner together.

This dinner time ritual might just be wishful thinking.

So, am I being optimistic in promoting dinner-time conversation? And even if we get our family to sit together for dinner, are we at a loss on how to begin a discussion?

Here are a couple of questions for you to try to encourage a friendly chat. Some of the questions require a bit more thought than may be necessary for the dinner table and of course, you can come up with questions specific to your family.

1. If you were by yourself and could do anything you wanted for one day, what would you do?

2. What is your greatest fear?

3. If you could wake up tomorrow and have one new ability or talent, what would it be?

4. What advice would you give your younger self or your grandchild?

5. What is your greatest regret?

6. If you have kids/grandkids: What's the most important thing you hope your kids/grandkids take with them out into the world?

7. Who is your mentor and how has he/she helped you with life?

8. If you could hold on to just one memory for the rest of your life, what would it be?

9. When you imagine yourself at 90 years old, what do you see?

10. What are you most grateful for?

The questions are endless. The results may be enlightening ... Like getting to know yourself and your family or friends a little more.

And, all you need to do is talk.

---

## **Smile Lines**

Compiled By: Sheila Tronn Tannenbaum (Sheffield)

Everyone looks so much better when they smile.  
- Jimmy Fallon

A smile is a facelift that's in everyone's price range! - Tom Wilson

Share your smile with the world. It's a symbol of friendship and peace. - Christie Brinkley

A smile is a curve that sets everything straight. - Phyllis Diller

Nothing you wear is more important than your smile. - Connie Stevens

*(continued on page 31)*

**SMILE LINES ...** (continued from page 30)

Let us always meet each other with smile, for the smile is the beginning of love. - Mother Teresa

Your smile will give you a positive countenance that will make people feel comfortable around you. - Les Brown

Colors are the smiles of nature. - Leigh Hunt

Smile, it's free therapy. - Douglas Horton

Don't cry because it's over. Smile because it happened. - Dr. Seuss

Start every day off with a smile and get it over with. - W. C. Fields

I've had to learn to fight all my life -got to learn to keep smiling. If you smile things will work out. - Serena Williams

I love fashion, and I love changing my style, my hair, my makeup, and everything I've done in the past has made me what I am now. Not everyone is going to like what I do, but I look back at everything, and it makes me smile. - Victoria Beckham

*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.*

A smile is happiness you'll find right under your nose. - Tom Wilson

A smile is so sexy, yet so warm. When someone genuinely smiles at you, it's the greatest feeling in the world. - Mandy Moore

**Medical Breakthroughs - New Remedies**

AARP Magazine Oct. 2018

**Future Pills**

From robotic surgeons to ouch-free injections to snooty sensors, scientists are developing high-tech prototype pills with amazing superpowers. Here's what's ahead.

**THE GAS SNIFFER**

An inch-long capsule, swallowed by participants in recent study by Australia's Royal Melbourne Institute of Technology, it measures gases produced as food travels the length of the digestive tract. Microelectronics inside pick up traces of oxygen, hydrogen and carbon dioxide. In the future, the capsule may help doctors diagnose digestive disorders and food intolerances, and test the effects of various diets.

**THE ACCORDION PILL**

Made of pleated, biodegradable, medical-grade  
*(continued on page 32)*

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**NEW REMEDIES ...** (continued from page 31)

film encased in a capsule, the Accordion Pill unfurls when the capsule dissolves in stomach fluid. The pleated film releases the medication, tucked into its folds, for up to 12 hours. The pill was designed as a delivery system for meds, such as the Parkinson's disease treatment carbidopa/levodopa, that are best absorbed in a slow, steady manner in the upper part of the gastrointestinal tract.

**THE SHOT IN A PILL**

Hate injections? This experimental injector capsule embeds miniature drug-filled needles in your intestinal wall, which lacks receptors that can register sharp pain. The sugar-based needles then dissolve while the rest of the robotic pill deflates and is eliminated the natural way. The technology could someday replace injections for people with diabetes, rheumatoid arthritis and other conditions that now require shots.

**THE ORIGAMI ROBOT**

This tiny biodegradable robot unfolds itself from a frozen capsule and then scoots around in the stomach, controlled by magnets outside the body. So far, it has removed foreign objects and repaired wounds in an artificial stomach. Its creators in the Massachusetts Institute of Technology's Computer Science and Artificial Intelligence Laboratory says ingestible robots may someday perform surgeries and deliver drugs, too.

**Lexophile**

Submitted By: Sheila Hyman (Sterling Lakes)

\*I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.

\*A thief who stole a calendar got twelve months.

\*When the smog lifts in Los Angeles U.C.L.A.

\*I got some batteries that were given out free of charge.

\*A dentist and a manicurist married. They fought tooth and nail.

\*A will is a dead giveaway.

\*With her marriage, she got a new name and a dress.

\*Police were summoned to a day care center where a three-year-old was resisting a rest.

\*Did you hear about the fellow whose entire left side was cut off? He's all right now.

\*A bicycle can't stand alone; it's just two tired.

\*The guy who fell onto an upholstery machine last week is now fully recovered.

\*He had a photographic memory but it was never fully developed.

\*When she saw her first strands of gray hair she thought she'd dye.

\*Acupuncture is a job well done. That's the point of it.

\*Those who get too big for their pants will be totally exposed in the end.

**Doctor, No!**

Study shows patients could save big if they shop for health services

Americans will go out of their way - literally - to spend more money than necessary on health care. A new study of 50,000 patients found that, when traveling to receive a routine diagnostic scan, they bypassed an average of six facilities where they could have paid less for the same procedure.

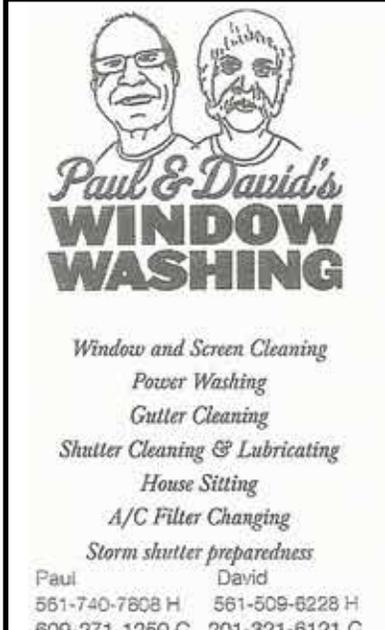
Instead, patients tended to go where their physician suggested, often increasing the odds that they would pay more for a scan.

The study spotlights how valuable it can be to comparison shop for health care services, but also how rarely people do so.

Focusing on a single, straightforward procedure - a lower - limb magnetic resonance imaging (MRI) scan - researchers found that people paid an average of \$306 out of pocket, in addition to their insurer's contribution, for a scan. But if they'd gone to the cheapest nearby MRI facility, they could have saved themselves an average of \$84.

Patients of doctors in hospital-owned practices were more likely to get a scan in a hospital - where average prices were more than double those of scans done

(continued on page 34)



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## DON'T MAKE A MOVE WITHOUT ME!

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

elsewhere.

The study shows doctors' strong influence on their patients' health care choices, says coauthor lack Cooper, a Yale health economist. (Very few patients in the study used a price-disclosure tool.) "In many instances there are tremendous savings available if you shop around," he says. "It's OK to ask your doctor if you can get high-quality care at a lower price than the original location where you were referred." - George Mannes

**More Identity Theft!**

Google+ exposed data of hundreds of thousands of users.

What happened at Google?

A software vulnerability in the Google+ social media network gave third-party developers potential access to users' private Google+ profile information for more than three years, Google ran tests to determine the impact of the vulnerability and found 496,951 users who had shared private profile data with a friend could have had data accessed by an outside developer, according to published reports.

If you have a Google+ profile, here's the information that may have been exposed:

- .Full names
- .Email addresses
- .Birth dates
- .Gender
- .Profile Photos
- .Places lived
- .Occupation
- .Relationship status

**Something New Under the Sun**

(Jenny Hanlon, as told to Cathering Clifford)

A sunscreen convert

A couple of weeks ago, I went to the dermatologist with another red rough spot, and he told me that even if I never get any more sun exposure, I'll be dealing with the damage that's already been done for a very long time. But at least I can avoid adding to the problem - now, finally, I'm really careful about sun protection. On ordinary mornings when I'm going to work, I slather an SPF 30 moisturizer, topped with an SPF 25 powder, on my face, neck, and chest. I use SPF 50 or 75 at my daughter's soccer games, and I also

wear a visor. At the beach, I wear shorts and a top, sit under an umbrella, and set my iPhone to remind me to reapply sunblock every 90 minutes.

If only there could be way for me to contact my 20-year-old self and say, "Hey, it's not an easy road - there will be all these treatments, and the pain and scarring, and it's going to happen in 20 years, not 40 or 50." Sometimes I'll see a young woman who's very tan, and it must makes me cringe. I'm not about to start telling strangers what to do, but I'm glad to think that at least for my friends and family, who know what I've been through, I'm a great sun protection billboard.

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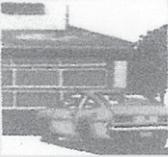
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## Vacationers Are Easy Prey For Scammers

AARP Bulletin - April 2017

YOU'VE LOOKED FORWARD to that trip to an exotic destination for months. But be aware that traveling puts you in the path of scam artists who want to separate you from your vacation dollars. And in 2017, there are some new traps. Be aware of how and when you are most vulnerable.

### The Samaritan Scam

You're boarding a flight overseas and discover your wallet is missing. Your cellphone rings. A guy on the other end says he found it in the airport. But don't worry, the Samaritan has your address from a business card and can drop the wallet in the mail to-day. No need to postpone your trip to deal with canceling credit cards.

The point of the call — which came from a disposable phone that can't be traced — is to lull you into giving the thief a period of time to ravage your accounts while you wait for the mail that never comes, rather than taking the appropriate action of immediately reporting lost credit cards. You don't find out you've been conned until the bogus charges show up.

### Hotel Hoodwinks

Be careful at hotels. Make sure the doors have adequate locks. And don't fall for this scam: You check into the hotel, and a few minutes later you get a call from someone pretending to be from the front desk asking you to repeat your credit card number and security code — claiming it was written down wrong. That's a common ploy by crooks who were lurking when you checked in, to get information they need to rip you off.

### Driver's License Rip-Off

Watch out for unsolicited offers to help you get an international driver's license — for hundreds of dollars. That happens to people who make internet travel plans. Check with AAA to see if you even need one.

### The Phantom B&B

Beware of fancy websites describing lavish accommodations at a great price. All you need to do is sign a lease and send a cash deposit. But when you get there, no such address exists. Do your research

(continued on page 36)

**VACATIONERS EASY PREY ...** (continued from page 35)

— make a call to the Better Business Bureau or the chamber of commerce. In foreign countries, there is usually a tourist bureau that can tell you if the company making the offer has been caught victimizing others.

Stranger Danger

Be alert to strangers claiming that there is a spill on your clothes. This is often a ploy to get close enough to grab your wallet or purse. Also be careful at ATMs — if a bystander offers to help you with an unfamiliar machine, it’s likely a ruse to steal your code and your card. And don’t fall for an unsolicited offer to take your photograph with a friend or spouse. That’s a good way to have someone dash off with your camera or smartphone.

Relax on the Road

Some tips for a stress-free vacation.

1. Take only credit cards on trips. You should face little or no liability for charges from a lost or stolen credit card. A debit card lets thieves steal directly from your bank account, making it much harder to get that money back.

2. Be careful with deposits. If you wire money to someone you’ve never met, there’s no way to recover it. And if the owner of your accommodations won’t take your credit card, it might be a scam.

3. Unsolicited emails offering great deals can be big trouble. If you’ve searched destinations online, assume scammers have you targeted. Ignore too-good-to-be-true offers.

4. Plan ahead, and stick to your plan. Don’t let cab drivers take you off your planned route or to a “better” hotel. Research your accommodations, and don’t make a last-minute change. Don’t respond to unsolicited internet overtures.

**No Easy Way Out This Flu Season, Shots a Must**

Michael Roizen, M.D. and Mehmet Oz, M.D.

Here we go again, the YOU Docs are talking about the importance of your annual flu vaccination. But wait! It’s not the same old, same old. There’s something new: If you or your child is between the ages of 5 and 49, DON’T get the live attenuated influenza nasal spray vaccine! Ya gotta stick with the stick.

(continued on page 37)

Agatha Christie's A Murder Is Announced	Oct. 5-21, 2018
The 1940's Radio Hour	Nov. 30 - Dec. 16, 2018
California Suite	Feb. 1-17, 2019
Showtune: A Celebration of the Words and Music of Jerry Herman	Mar. 22 - Apr. 7, 2019
God of Carnage	May 17 - Jun. 2, 2019

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**FLU SHOTS ...** (continued from page 36)

This year's recommended vaccines include: a trivalent dose, protective against three influenza strains, for folks 3 and older, with a high-dose version for folks 65 and up; a quadrivalent dose that protects against four strains (different versions are for anyone 6 months or older); and a recombinant vaccine for folks 18 and up. All influenza vaccines are around 63 to 65 percent effective at preventing the flu, and though you're not totally protected, if you do get the flu, you'll get a milder case.

Annually, about 235,000 people get hospitalized (20,000 are kids) because of the flu. And though yearly death rates vary, recently they've been as high as 49,000. Those most at risk from the flu are older adults, young children, pregnant women (the vaccine also protects the yet-to-be-born for the first six months of life) and anyone with a compromised immune system.

Bonus: 50 or older? Getting a flu vaccine annually decreases your risk of an early death FROM ANY CAUSE by over 25 percent, because you'll have much less inflammation in your body.

**Heart Attack Signs**

Heart Attack Signs in Women

Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back.

Pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.

Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

If you have any of the signs above, do not wait more than five minutes before calling for help. Call 9-1-1 and get to a hospital

(continued on page 39)

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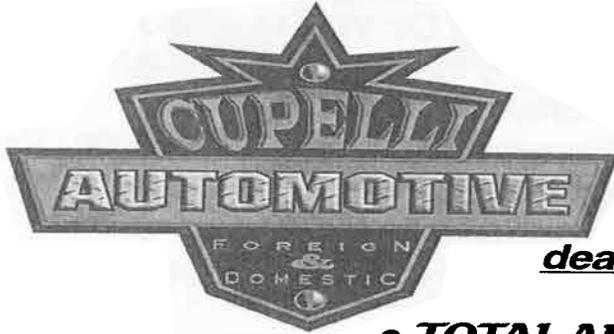
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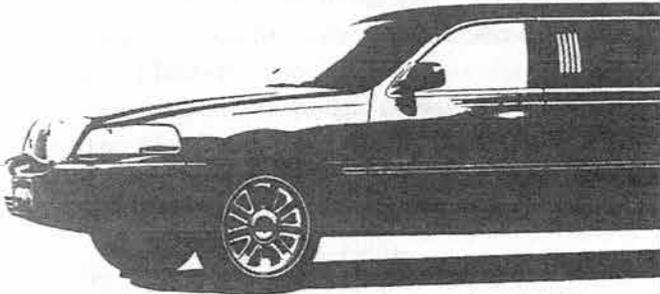
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**HEART ATTACK SIGNS ...** *(continued from page 37)*

right away.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back of jaw pain.

**Heart Attack Signs in Men**

Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back.

Pain or discomfort in particularly the left arm, the jaw, back or stomach.

Shortness of breath with or without chest discomfort.

If you have any of the signs above, do not wait more than five minutes before calling for help. Call 9-1-1 and get to a hospital right away.

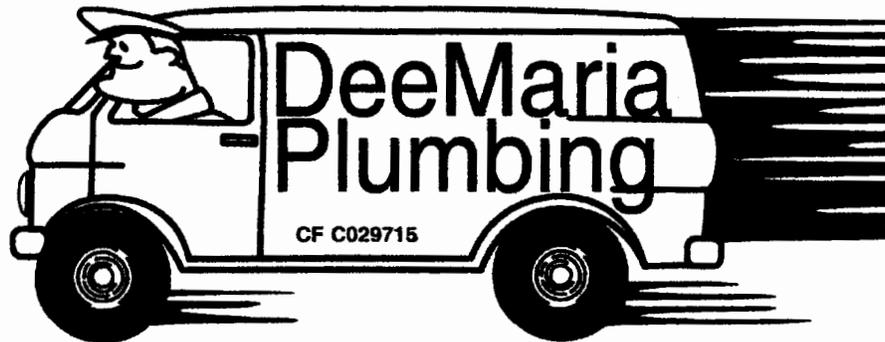
**Teenagers and Cats**

1. Neither teenagers nor cats turn their heads when you call them by name.
2. No matter what you do for them, it is not enough. Indeed, all humane efforts are barely adequate to compensate for the privilege of waiting on them hand and foot.
3. You rarely see a cat walking outside of the house with an adult human being, and it can be safely said that no teenager in his or her right mind wants to be seen in public with his or her parents.
4. Cats and teenagers can lie on the living-room sofa for hours on end without moving, barely breathing.
5. Cats have nine lives. Teenagers carry on as if they did.

And remember, above all else, put out the food and do not make any sudden moves in their direction. When they make up their minds, they will finally come to you for some affection and comfort, and it will be a triumphant moment for all concerned.

**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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