



♥ **HAPPY VALENTINE'S DAY** ♥

All About Aberdeen Golf & Country Club

By: Ruth Krawitz (Sheffield)

Well, the hectic holiday season is over! Actually, those responsible for planning and preparing edibles and special events for members and their families could not have accomplished more professional and precise results. Smooth...creative...reliable... November/December events earned rave reviews! Thanksgiving is a case-in-point (and I was there at the Club to bear witness). Over 800 people were moved through the dining areas in shifts throughout the day and early evening as easily as if the Club was catering a small dinner-party. Instant seating, an attentive wait-staff, delicious, abundant, creative food choices and a relaxed, no-rush environment. It could not have been a better way to spend one of our favorite holidays. Kudos to everyone who made it so special.

Now the regular season is in full swing, and there are more things coming up that are bound to please. Another Children's Carnival will greet the children and grandchildren during President's week. Chef Jeff treated us to a unique Breakfast at Dinner on Jan. 26th. Our sights are on the ever-wonderful Seafood Spectacular on the evening of Feb. 9th. This is only

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The Home Equity Conversion Mortgage (HECM)

By: Dr. Pat Williams (Muirhead)

What is an HECM?

With a conventional home mortgage, the bank lends you money against the equity in your home. Every month you make a mortgage payment that includes principal and interest. With a **reverse mortgage**, you never make a mortgage payment. The amount of the payment is added to your loan. For example, say you have a \$200,000 loan with monthly payments of interest and principal. With a reverse mortgage you don't send the bank a check. Instead the payment owed is added to the existing loan of \$200,000. If the mortgage payment is \$800, after one month the amount you owe the bank is \$200,800 (\$200,000 +\$800). When is the reverse mortgage paid off? You'll pay the loan off when you sell the house or your heirs will pay it off when you die. If there is any equity that remains after the sale of the house, it will revert to you or your heirs.

The government offers elderly homeowners a special type of reverse mortgage known as the Home Equity Conversion Mortgage (HECM) The HECM differs from reverse mortgages offered by

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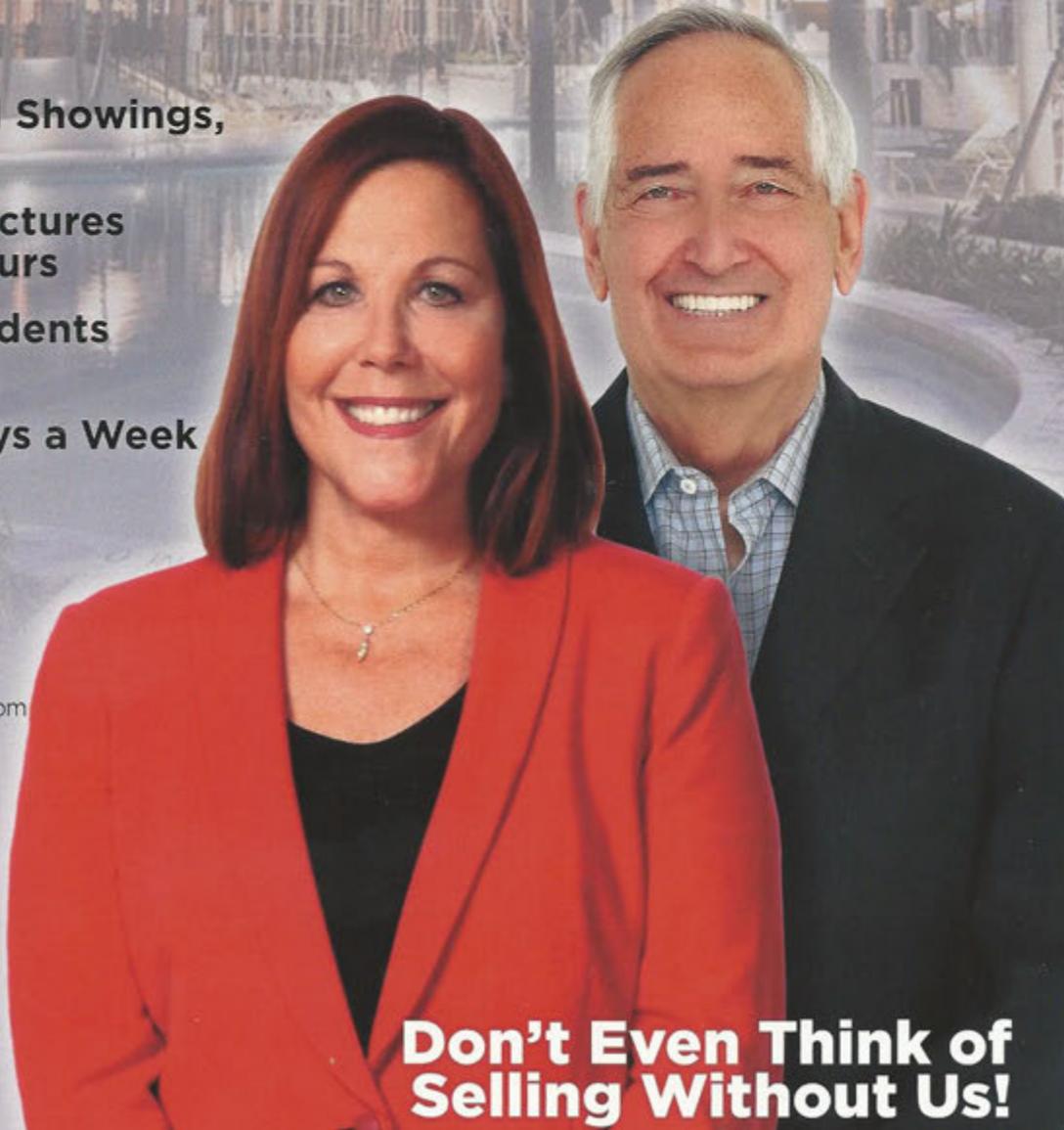
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HOME EQUITY CONVERSION...*(continued from page 1)*

banks and other financial institutions because it is the only one insured by the U.S. Federal Government. It is available only through a Federal Housing Administration (FHA)-approved lender. With a HECM, if you own your home and stay in it for the rest of your life, you'll never again have to make a mortgage payment.

What are the requirements for an HECM loan?

Borrower Requirements

You must be:

- 62 years of age or older.
- Own the property outright or paid-down a considerable amount.
- Occupy the property as your principal residence (at least 6 months and 1 day per year).
- Not be delinquent on any federal debt.
- Have the financial resources to make timely payments of ongoing charges (property taxes, insurance, etc.)
- Participate in a consumer information session given by a HUD-approved HECM counselor to assure you fully understand the program.

Property Requirements

• A single-family home or a 2-4-unit home with one unit occupied by the borrower that meets all FHA standards and flood requirements.

How does the HECM program work?

- The FHA-approved lender determines the amount of the loan. Typically, it ranges from between 40% to 65% of the equity in your home.
- The interest rate you'll receive is based on prevailing interest rates and whether you opt for a fixed or variable rate.
- You can receive the loan in a lump-sum payment, equal monthly payments or as a line of credit.

• This is a **non-recourse loan**. If you sell the house or pass away, the lender can only look to the value of your home for repayment. The bank cannot seek repayment through your other assets or income, **even if the value of your house has decreased and the loan is underwater**. For example, let's say your loan is for \$200,000. You sell your home in a down-market for \$180,000. The bank cannot come after you or attach your other assets for the additional \$20,000 owed.

What are the costs to the borrower of an HECM loan?

- Origination fees to the lender for processing your HECM loan.
- Typical third party closing costs (i.e. surveys, recording fees, credit checks).
- Monthly loan servicing fees as set by HUD (generally \$30-\$35).
- An initial and monthly Mortgage insurance premiums (MIP).
 - At closing you will pay an initial MIP of 2% as a guarantee that you will receive the expected loan advances.
 - Over the life of the loan, you will pay the FHA an annualized MIP of 0.5% of the outstanding mortgage balance.

All the above closing costs can be paid through your loan. However, this will decrease your proceeds from the loan accordingly.

What are the pros and cons of an HECM?

Pros

- Eliminates monthly mortgage payments.
- Preserves your hard-earned savings and improves your cash flow.
- As long as the property remains your primary

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HOME EQUITY CONVERSION...*(continued from page 4)*

residence, you continue to own and maintain the title to your home.

- An independent HUD counseling is required prior to the loan application. This assures you will be familiar with all the benefits and obligations of an HECM.

- Loan proceeds are not taxed as income or otherwise.

- As stated above, this is a non-recourse loan. The lender can only look to the value of the home for repayment. No other assets may be attached if the loan value grows beyond the mortgaged home value.

Cons

- The costs on a reverse mortgage are higher than a conventional mortgage because of the initial and monthly Mortgage Insurance Premiums. On a \$200,000 loan, for example, the MIP would be \$10,000/year (\$200,000 X .05).

- As the loan balance increases over time, the estate/inheritance value may decrease.

- An HECM does not affect eligibility for entitlement programs such as Medicare or Social Security benefits. However, some needs-based gov-

ernment benefits such as Medicare or Supplemental Security Income (SSI) may be affected.

If you would like to use the equity in your home to obtain an HECM, for more information visit Hud.gov and FHA.gov. An HEMC can also be used to purchase a principal residence using loan proceeds (40%-65% of the purchase price) from the reverse mortgage.

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Bermuda Isle Buzz

By: Lenore Schwartz

Feb. is the high point of the peak season in FL. All snowbirds and snowflakes seek the warmer weather here, along with guests who are fleeing the frozen north for a week or so of relief. We have it all...not only the perfect temperature but activities galore. Check the Aberdeen calendar along with the events here on Bermuda Isle.

Over the last 2 months we've been upgrading B.I. with repairs and improvements. The houses, roofs, sidewalks and driveways have been power washed, the cabana roofs will be repaired, and a new center entrance sign has been ordered which will improve the visibility to cars heading south or north on Hagen Ranch Rd. Don Buesking continues to take care of our security and reminds everyone to keep garage lights on every night and lock all car doors if cars are left on the driveway.

At our annual community meeting in December we thanked the board for an outstanding job and introduced 2 recently-appointed members; Mike Humphrey will oversee the grounds and Lynn Chodos will be responsible for the pool and will be our social chairwoman. We had a delightful Bagels Brunch in December. There was a lovely spread, the weather cooperated, we had a good turnout and who could resist a freebee! Lynn has already formed a very enthusiastic committee including Susan Koolik, Bonnie Lappin, Annette Pappas and others who have brainstormed ideas-including a wine-and-cheese gathering and a cookie bake-off. Julianne Haimes continues to arrange the monthly women's luncheons. The last one on Jan. 16th was at Portobellos and she's planning one with the men on Sun. Feb. 23rd. The men still enjoy meeting for dinner once a month (arranged by Don). We're an eating group!

February is the month of LOVE! It is comforting to have someone... a spouse, companion, good friend, family member or even a pet. About a year ago I had the desire to get a dog but one of my daughters-in-law said, "Mom, you must consult me first." I was shocked! How dare she say that! But she then stated any dog you get now will outlive you and Dad and I'll be the one to take it in. She's right! My last dog died at age 17. My husband, Harvey, doesn't want a

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BERMUDA ISLE BUZZ... (continued from page 8)

dog or the walk around the “shoe.” So, my dog days are over, but according to Larry Friedberg there are 16 dogs on our small peninsula. (Almost) all are well-behaved, kept on leashes and their owners clean up after them. And they offer plenty of love. Maybe we should have some special activities for them...a dog parade, party, contests, etc.

Over the last year we’ve welcomed a few new neighbors. Let’s again say “hello” to James Galante, Sharpe and Mary James, Jean Guy Belair and Manon Whitton. We hope you are enjoying living in this pleasant community.

To All...HAPPY VALENTINE’S DAY.

Natural Sun Protection

Eating oil fish or taking an omega-3 supplement daily may help boost your skin’s immunity to sunlight, reports a British study. **But consider it an extra:** You’ll still need to take the usual protective measures, warn the researchers.

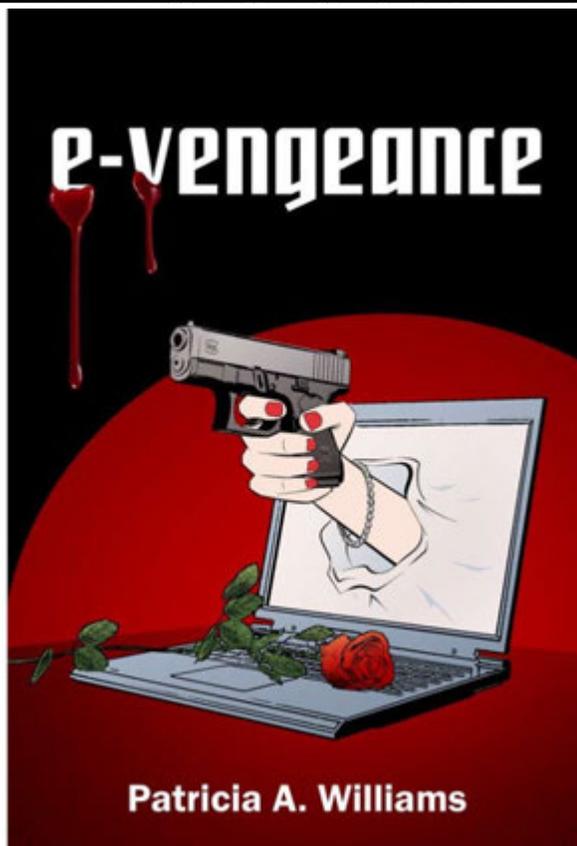
Sharing With Sheffield

By: Ruth Krawitz

This is a Valentine to my grandson, David. We send Valentines to all manner of significant people in our lives; why not a grandchild who was made you extraordinarily proud, and who might be an inspiration to others?

David is now 23 years old. He left the east coast a little over 4 years ago to attend college on the west coast-California Polytechnic Institute in San Luis Obispo, CA. The school offers a creative curriculum, unique courses and specialized opportunities for directed study. David left with no set ideas about what he wanted to be or do in his future; he was looking for changes in his life. Environmental studies intrigued him, and he pursued that option. But he also followed his heart and his head and his newly aroused scholastic and artistic interest and started to explore; doing things he had never done before. He traveled the CA coastline, went hiking and mountain biking, and a favorite; surfing. He worked on farms and in fields and forests to study environmental issues.

While engaged in academic and recreational
(continued on page 10)



Dangerous Liaisons meets *Fifty Shades of Gray* in this novel of betrayal and revenge. When Isabelle opens her door to find two detectives, her world is shattered. Or was it shattered much earlier, after she discovers the secrets her husband has been hiding? Secrets that involve cybersex.

In *E-Vengeance*, nothing—and no one—is what it appears. As time goes on and more and more truths are revealed, Isabelle and the reader will be left wondering who, if anyone, can be trusted.

Available on Amazon and Kindle and Dorrance Publishing.

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

pursuits, he satisfied his needs for personal creativity and growth by living with a like-minded group of students and friends who encourage him to paint, draw and also to try his hand at writing, as well as continuing his interest in playing music and performing. He has undertaken a goal of reading as many of the "classics" as he can, and writing poetry. During our conversations we compare many of the interests we have in common. He is no longer just my grandchild, but a determined, engaging and interesting young adult, who knows what he wants (or doesn't want) and how he wants to spend his life. His career choices will certainly include aspects of the environment and solutions for its betterment. His personal life has already taken a positive and productive course and will continue in kind.

I am sharing some of David's recent poetry with you in the hope that it will be an inspiration to those whose children or grandchildren are in the process of making life choices, and can relate to his personal journey.

My Backpack

My backpack is a sack of emptiness.

My backpack is a sack of emptiness, not because its contents are bleak and dreary, but because of the words inside.

My backpack is a sack of emptiness since I filled it with rocks and broken guitar strings...since I used it to make music.

I stuffed myself into it because it's quieter than the ocean and its quieter than the dunes, forest, or museum and I stuffed myself in there because I tire of the time I occupy.

My backpack is a sack of [and what does that even mean?] since all the emotions fell out through a hole in the bottom.

My backpack is a sack of emptiness which I carry around and flaunt and let people know that it can't always be sunshine and rainbows.

But sometimes it is.

So withers away the weight on my back.

It Would Be

If this was the most beautiful poem ever scribbled down, or left my mouth...

It would be you in a field of ox-eye daisy.

If this was that poem...

(continued on page 12)

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

It would be freckles, sunspots, and white sheets flowing.

It would be the slight swing which makes jazz.

It would be a shaky embrace.

It would be the human animal quivering.

It would be earth licking feet and not the other way around.

It this was the most beautiful poem ever scribbled down or left my mouth.

It would be the harmonic indifference of two back alley cats.

It would be blushing cheeks.

It would be a meek response.

It would be the static between fingertips or between cornea.

It would be held within these fallen leaves.

It would be the blank space between lines.

Or

It would be the blankness of my own mind [When literally enveloped by the sun].

It would be you as the eternal triangle.

It would be me flying over mountain peak.

It would be us living bebop.

It would be us always feeling.

It would be cupping your mouth to roast someone in a whisper.

It would be laughing for 20 minutes straight.

It would be time travel.

It would be free of regrets.

If I have event the slightest ability to write those words, that poem which says how I feel about all things ever...how I feel about you...

It would be loving your neighbor.

It would be fisting your creator.

It would be the notion of ending sadness.

It would be the softness of not knowing.

It would be scating about fireflies.

It would be crying for no reason at all.

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.

Waterford Spotlight

By: Cathy Goldenberg

We made it through the most wonderful time of the year! Yes, we did! The holidays have passed. The decorations are put away. Our families have gone home, and you have fallen into your everyday routines. December became January. January turned into . . .

It's February! But what about our New Year resolutions? Have we dropped them already? Healthy eating, exercising, learning a new skill or traveling to faraway places? I have added some items to my bucket list. No, I am not telling. I will let you in on a little secret. I LOVE living in Aberdeen. I LOVE living in Waterford. You might be able to catch me chillaxing (yes that's a word). In my lanai, e-book before me, looking out at the wonderful vista I call my backyard. To be honest, I grab those moments when time allows.

We are in a new decade. It is now 2020 and with 20/20 focus I dived into the year. So yes, I should slow down maybe a little. But, so little time and so much to do.

This year, Waterford is 31 years old. Waterford and our hard-working Board of Directors are not stopping either. Over the years we have welcomed visitors, friends and new residents while saying goodbye to some. It's a bittersweet life. As our neighborhood perseveres through the sweltering summers and hurricanes knocking at our gates, we look forward to winter's mild cool weather.

For 2020 and this new decade Waterford is shining through. We are extremely pleased with our addition on the property, our new fountain. However, we will not rest on our laurels. There's more work to do.

First, our board elections are scheduled this month. It's important for all eligible property owners to vote. Then on to the next round of maintenance. Plans include replace some aging palm trees, resurface the community pool and replace pool awnings.

Of course, we will stop, breathe, eat chocolate, declare our love and have some fun Waterford get-togethers.

Happy Valentine's Day from Waterford to YOU!

For additional Waterford information go to:

Waterfordaberdeen.com

Canterbury Communique

By: Dee Levy

Greetings from the Canterbury Community! Yes, it's Feb., 2020, a Leap Year! In our modern Gregorian calendar, February is the second month of the year and the shortest, having 28 days in common years and 29 in leap years. Leap Day, the quadrennial 29th day, has been referred to as a day where "this time last year" and "this time next year" do not apply. Interestingly, the odds of being born on Feb. 29th are about 1 in 1,461. Individuals born on a leap day are typically known as "leapers" or "leaplings" and, depending on where they live, celebrate their birthdays on either Feb. 28 or Mar. 1st.

February holidays and notable days include: Ground Hog Day and Super Bowl Sunday on Feb. 2nd, Lincoln's Birthday on the 12th, Valentine's Day on the 14th, President's Day and Washington's Birthday on the 17th and Mardi Gras Day (also known as Fat Tuesday) on Feb. 25th. February was designated as Black History Month; it was first celebrated in 1970 at Kent State U. Officially recognized by Gerald Ford in 1976, Black History Month is the annual celebration of the achievements of African-Americans and acknowledgement of

their role in U.S. history. As Olympic athlete Jesse Owens said, "We all have dreams. In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort."

In getting to know our neighborhood and its many attractions, we thought it appropriate to focus on the Fitteam Ballpark of the Palm Beaches which opened in 2017. Located in W.P.B., near 45th St. between Military Trail and Haverhill Rd., the 160-acre ballpark serves as the spring training complex for the Houston Astros and the Washington Nationals in February and March. The site, a multi-use locale, includes 8 baseball fields, five multi-sport fields and a 7,700-capacity stadium. Also a venue for additional sports-related events, corporate functions, community walks, concerts and festivals, the Fitteam Ballpark has had a positive impact on sports tourism and community events in P.B.C. Note that Spring Training tickets, either as a Flex Pack or single tickets, can be purchased online or by calling 561-500-4487.

Baseball is also popular in Israel! Played since the 1980s, although mostly in the American expat community, baseball has, in recent years, become

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CANTERBURY COMMUN... *(continued from page 13)*

a favored sport. The Israeli baseball team is now considered one of the world's best teams. Composed mostly of American Jews, recruited by the Israel Association of Baseball, the team won the 2017 World Baseball Classic and will be competing in the 2020 Summer Olympics (July 24-Aug. 9) in Tokyo.

In closing, we wish all our Aberdeen friends and neighbors good health, happiness and continued well-being. Have a great month of February! As they say on Mardi Gras Day, "Laissez les bon temps rouler" or "Let the good times roll!"

The Sunny Shores

By: Estelle Morganstein

Since our community is approximately 35 years old, I am sure you will all run into the situation whereby repairs are needed to your property. It has been and continues to be our practice have our property management company (Campbell Property Management) contract with approved service providers to make the necessary repairs. However, in order for this process to be effective, all homeowners need to follow the approved procedure, namely; completing a request form which can be obtained by contacting Kris Elliott at Campbell (432-2703 or kelliott@campbellproperty.com) and placing it in the HOA mailbox on Parkwalk Circle West in front of Court B.

Next item of business - some time ago, I took possession of several FOBs - blue plastic discs that every homeowner needs to access our clubhouse - which were never claimed when our new security system was implemented. If for any reason you do not have these FOBs, call me at 733 - 4117 to check if I have them. If you are a newer homeowner and did not get them at your closing, you will need to get them from Lisa in our clubhouse office.

Finally, although we have so far been very lucky in that we have never experienced a fire in The Shores, if such a calamity were to occur, it could result in a loss of not only our possessions, but also of our beloved pets. Therefore, I urge you to get in touch with our local fire department to obtain a Pet Sticker which should be placed in a prominent window spot so that any fire fighters responding to a call will be made aware that they need to rescue your animals as

well as yourselves.

In this new year 2020, your Homeowners Association will be reviewing a Reserve Fund Study which was commissioned several years ago to ensure that we are setting aside sufficient funds to ensure adequate monies for major expenditures. We are indeed lucky that our Board has not needed to resort to special assessments as many other communities have been forced to do, due to lack of adequate planning.

On that high note, to all lovers and everyone else, a happy Valentine's Day on Feb. 14th.

Turnberry Isle

By: Sherry Morris

We are now a month into 2020. Many neighbors have expressed their wish that the year number were their vision assessment. Instead, we carry on here in Turnberry Isle and celebrate the good, the bad and the positive.

Many good things have happened during the past year, and we have all suffered some losses and setbacks. We celebrate all those who have been with us for 22 years and hold in kind memory those who are no longer with us. As always, we welcome new residents and congratulate you on your good taste.

Our lively Women's Club celebrated the new year on Jan. 10 at Benvenuto for our biennial installation luncheon. As usual, the food was delicious, the entertainment enjoyable and the camaraderie evident. The officers for 2020 and 2021 are Anita Ostrow, President, Barbara Pearlman; VP Functions, Ellen Livingston; VP Programs, Diane Mallow; VP Membership, Maureen Kilar; Secretary; Pat Reich, Treasurer. Board members-at-large are Joyce Meltz, Sheila Russo and Mitzi Brown. Chair was Mary Wexler, with assistance from Barbara Pearlman and Carole McDonald. Many thanks to those who keep the neighborhood active and happy.

Feb. 1 was the date for yet another visit to King's Academy in W.P.B. The performance was "Jekyll and Hyde", and it was outstanding. Pre-performance brunch was hosted by Mary Wexler.

New Turnberry Board Members were elected at the annual meeting recently. Congrats to old and new members who keep the community running efficiently. Their names and results of the meeting will be published in next month's column.

May each of us strive to make the next year one filled with kindness and acceptance.

It's Happening In Dorchester

By: Carol Baron

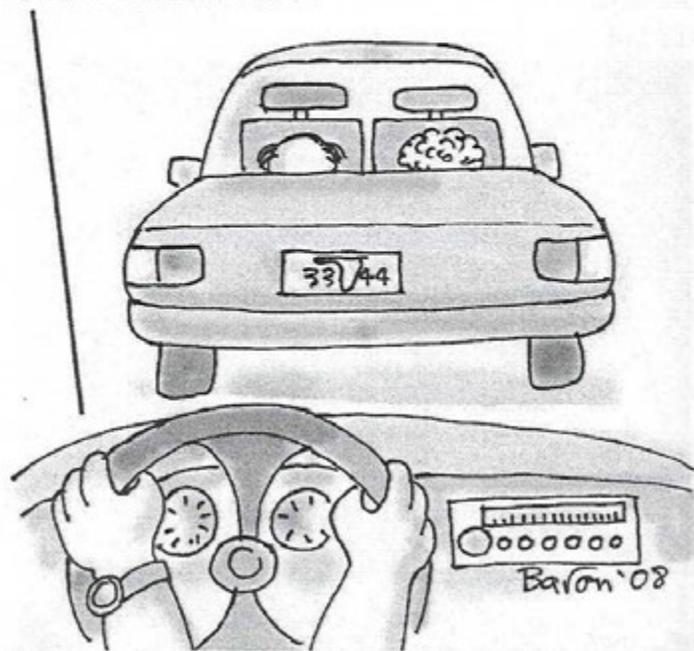
Look over your shoulder and notice how fast the first month of 2020 has passed by. I hope you had a great time celebrating the new year. Here we are in February and looking forward to a month filled with good health, fun and lots of love. Yes, we should spread that love not just on Valentine's Day, but to our family and friends in Dorchester, and elsewhere, throughout this month and the rest of the year.

For all our neighbors who celebrated birthdays and anniversaries in January and those who will celebrate in February, we wish you all that you wish for yourselves. Remember that birthdays are good for you; the more you have, the longer you live. And you may not be only one person in the world, but you may also be the world to one person. So, enjoy!

Golf, tennis, bocce and cards are filling the days of many of our residents. Winning the competition in many of these events was terrific. But just participating with your friends also makes you a winner. Whether you are a reader, a cinema fan, an artist or participating in this year's annual Aberdeen show (or more), be aware

Harvey Baron's Early Bird Special

"I CAN'T BELIEVE HOW MANY CARS THEY HAVE DOWN HERE IN FLORIDA THAT CAN DRIVE THEMSELVES"



that you have an extra day this February to enjoy your involvement. That also means an extra day for you to give back to others. They say that "when you help someone up the hill, you get much closer to the top yourself."

Happy February to all our readers of the Aberdeen Times!

February Stuff

By: Phyllis Arnauer (Lancaster)

Hello Aberdeen friends! I hope January started your year in a joyous and pleasant way. With February upon us, we can look back on January and all the fun events that we shared. I do not wish to complain, whine or moan, but here I go. I thank you in advance for being such excellent listeners! The state of customer service is my gripe. This episode occurred over the phone with CVS. My husband and I wanted to get on the same rewards card instead of using 2 different phone numbers. Sounds easy, right? Not quite. After waiting on hold, even though I was assured numerous times that my call was VERY important to them, I finally was connected after 45 minutes! I concluded that I was not so important. However, I was happy to be speaking to a live person. I explained what I wanted and after some back and forth I was assured that my wish had been granted. My husband and I would use one phone number to access our rewards. You can imagine the satisfaction I felt. A few days later my husband came angrily through the door explaining that CVS had no record of us at all! Now realize, I didn't want access to the FBI or CIA, just the CVS rewards card. National security was not being compromised! So, after another phone call and a 30-minute hold, I relayed my situation and was told that it would be fixed. And it was! Now, was that so difficult? So now I can save \$6.00 when I spend \$30.00.

Now, to be fair and appreciative of good service, I will also share an episode with a BJ's employee. She went out of her way, while on her break, to help me find a bottle of Veri Veri Teriyaki sauce. When the shelf was empty, a stock boy was enlisted to find the missing bottles. Now my salmon can be properly marinated.

Lancaster Lakes mourns the passing of long-

(continued on page 16)

FEBRUARY STUFF... (continued from page 15)

time resident Shirley Damon, a caring member of the Lancaster Book Club. She will be sorely missed.

As the shortest month of the year, Feb. seems to go by so quickly. There is Groundhog Day, Valentine's Day, President's Day, and a fun one on Feb. 4th- Ice Cream for Breakfast Day! Twenty-nine days (it is a leap year) are ours to use as we please. What will we do with these days? The older I get, the more I seem to concentrate on how I am using my time. Often, I think about the seconds, minutes, or hours I will never get back. Living in Aberdeen, we are given many wonderful opportunities to fill our days. Just sitting around a table at the pool or the tennis deck provides stimulation for the flow of ideas and opinions. Let us resolve to occupy our seconds, minutes, and hours with only positive thoughts. Happy February to all!

Harbour Lights

By: Wendy Latman

It's February again! Happens every year. But to the residents of The Harbours, it means we are going to have the opportunity to elect, or re-elect, volunteer residents to serve on the Board of Directors. There are 3 seats up for election. Those seats are currently occupied by Anita Kaplan, Bernie Dienstag and Myron Santo.

Other seats currently occupied by Mike Caesar, Wendy Latman and Richard Gauthier, will be up for election in 2021.

Every year the board has either 4 seats or 3 seats up for election for 2 years. So, the residents have an opportunity to turn over approximately half the seats on the board every year.

Everyone was sent a notice of the election and the meeting date. In that mailing, anyone interested in becoming a volunteer member of the board is also invited to submit his or her application. We would like to invite some of our newer residents to get involved. It would be great to have some new perspectives on the board.

Make sure you attend the Annual Meeting on Feb. 20th or send in your proxy. Every vote counts. And remember, these meetings (counting the votes) tend to be very long. Bring your patience with you!

Moorings Matters

By: Eileen Hahn

As we get ready for Valentine's Day, I am suggesting that men forget the candy, since I'm no longer the one trying to sell that last box, and also the flowers from the supermarket or from Costco, when you're there eating that hot dog for lunch. Think about buying an orchid; not only does it last a month or more indoors, but if you cut it back and put it in the fork of a bush without a pot, it will bloom twice a year in this climate. If you are a single lady, buy whatever you want because you deserve it.

Seniors take a little longer to recover from the hectic holidays; that's why the Social Travel Club held its senior prom the last day of the month. Cathy Columbia was in NY for Xmas and spent her holiday sick and in bed. Sandy and Arthur Lowe had their grandchildren visit and kept them happy even with a shortage of beach weather sunshine. Judy and Larry Kaminski had the whole family together at her son's house in CO. Cliff Antis had a wonderful birthday when his cousins took him on the inter-coastal cruise. Eve and Milt Goldband's daughter, a beautiful swimmer and yoga enthusiast, flew back to MD.

The Italian American Club thought we had the energy to party the first week in January and they were right. Cathy Columbia was on the dance floor as well as Arthur and Sandy Lowe, Judy and Larry Kaminski and Ellen and Howard Applebaum, not too tired from all that tennis and cruising town in the red convertible. Our queens of Italian cookery, Joan Marini and Helen Fradella, took the night off to turn a few steps with husbands Vince and Joe. Vivian Lonetto, the choreographer for the upcoming East Talent Show, was on the dance floor watching her proteges, Joanne Moustakas and Charlotte Kahn, while husbands Jack Lonetto, Alan Goldenberg and Jerry Kahn watched. Tili and Dennis Platt, Sheila Katz and Roger Lenkin and Carol Vairo and her niece enjoyed the festivities. Joe and I danced and observed or else there would be no column. The show this time belonged to Jane Halley and beau Richard because Jane's family was here from Denver and, since her daughter and her children all look the same age with unlimited energy and up to date dance skills, they made the dance floor shake.

We extend our feel-well wishes to Flora Miller and Marilyn Cirincion and to Marilyn Lubell and her new hip. Although Alan Goldenberg's knee had a head start, we're waiting to see who will get around the circle faster.

Sterling Lakes A Little of This And A Lot of That

By: Judy Lukow

The Clubhouse

Judy and Joel Lukow: We hope you're enjoying as much as we are, many new programs and dinners at our beautiful Clubhouse. We've had the pleasure of dining during various holidays, giving the dining a 5-star rating for the food, presentation and service.

We've made a date to go to the lounge Monday and Wednesday evenings to enjoying the complimentary hors d'oeuvres and drinks. We meet friends and sometimes play Mexican Train afterwards. Maybe we'll see you there.

An Interesting Story

Sheila Hyman: During a Mah Jongg game here at Aberdeen, I was talking to Estelle Gottlieb. Guess what we discovered! We spent time together in summer day-camp at the age of 3! That was a real coincidence. Of course we still look the same, so it was easy to recognize each other!

Reminders

Carol and Herb Kayne: Just a reminder that

the 20th fabulous concert of the Lynn students will be held on Mon., Mar. 23rd at 7:30, across the street at Temple Torat Emet. The contribution of \$40/ticket for the Scholarship Fund will be helping deserving students. Along with your tax-deductible contribution you'll be enjoying music performed by the best student/artists Lynn has to offer. For tickets call your neighbor, Carol Kayne at (561) 739-9318, for the best seats.

Sharing Good News

Judy and Joel Lukow: Congratulations are in store for the marriage of their son, Matthew Rappaport, to his new bride Charmaine Samples-Hawkins!

Question:

Do you know how Boynton Beach got its name?

The research I did put me back into another time and place - from uninhabitable wasteland to tropical paradise. The FL climate attracted northerners to vacation in the winter back in 1895 as it still attracts people today. Once the water was controlled, with canals and waterways dug, mosquitoes controlled, and roads and railroads built, FL attracted winter vacationers.

(continued on page 18)

What would you rather have:

A great New York Bagel

or

A great New York Dentist



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STERLING LAKES... (continued from page 17)

Major Nathan Smith Boynton, who fought in the Civil War for the Union, came to S. FL and bought beach front property in 1895. He built the Boynton Hotel, a 50-room wooden 2-story hotel that was later called the Boynton Beach Hotel.

That is the short story and the namesake of Boynton Beach.

Interesting Facts of our City's Namesake

Major Nathan Smith Boynton served in MI as postmaster, tax assessor, mayor, MI's state legislator, and owned a local newspaper. He invented several pieces of firefighter equipment, including the Boynton fire escape, the Boynton hook-and-ladder truck and a system for ladder rope trussing. In MI, he founded the Knights of the Modern Maccabees. It was a social fraternity and mutual assessment insurance society that gave sick payments and paid a death benefit to members. It eventually became an insurance company. In 1860, he gave his firstborn, Charles Boynton, the middle name of Lincoln in honor of the newly elected president whose strong anti-slavery position mirrored his own.

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Hampton Happenings

By: Janet Friedman

Punxsutawney Phil is a groundhog in Punxsutawney, PA who has been predicting whether spring is near since Feb. 2, 1887. There is a big celebration on this day in Punxsutawney and hundreds of people gather before sunrise to wait for Phil to emerge. There is music and lots of food. Thanks to the film, "Groundhog Day"; in 1993, Phil has become an international celebrity with a following and a fan club! The president of the club awaits Phil along with everyone else. According to the groundhog club, Phil speaks to its president in Grounhogese (which only the current president can understand). The president then announces Phil's prediction to the world! If Phil sees his shadow there will be 6 more weeks of winter. If not, spring is near. He sees his shadow about 9 out of 10 times.

Punxsutawney Phil is the only true weather forecasting groundhog. There are others, but.... All others are imposters! We will know tomorrow whether we are in for another 6 weeks of winter (winter?) or if spring is on the way. But this year there is another event on this day that will overshadow Phil! It is Super Bowl LIV Sunday!

SOME SUPER BOWL TRIVIA: The Super Bowl is measured in Roman numerals because a football season runs over two calendar years. Super Bowl L (50) - Atlanta Falcons vs. the New England Patriots was the most-watched sporting event in U.S. history. Of the top 10 most watched American television programs of all time nine, of them are Super Bowls. Over 700,000 footballs are produced annually for official NFL use and 72 of them are used for the Super Bowl. What current NFL team has never played in a Super Bowl? There are 4 of them....Detroit Lions, Houston Texans, Jacksonville Jaguars and Cleveland Browns.

Now that all these holidays are over, Hampton can get back into the swing. We are planning a trip to the Palm Beach Solid Waste Authority, where we will be given a tour of the facilities. We have been told that this excursion is extremely interesting. In March we will have our annual luncheon at Arrabiata's. We are discussing another gathering of some kind at the pool. Information will follow. Check your email. If you

(continued on page 20)

HAMPTON HAPPENINGS... (continued from page 19)

are not getting our emails please let Janet know at butterbib0731@gmail.com or 561-777-8977.

Our book group will meet again on Feb. 25th at Connie LaMendola's home at 10 AM. We will be discussing "Flight Portfolio" by Julie Orringer. This is a novel depicting the real life of Varian Fry of NY. Mr. Fry was born to affluence and Protestant probity. With a Harvard degree in classics he found himself in Europe during the Nazi regime. He ended up rescuing over 2000 Jews. Among them some very famous people...Chagall, Hannah Arendt, Max Ernst, Claude Levi-Strauss...and so many others. On Mar. 24th, we will be reading the classic Andersonville by Kantor. This novel is about the notoriously inhumane Civil War prisoner of war camp in GA. The book won the Pulitzer Prize and is noted as the greatest of our Civil War novels. All are welcome to join us.

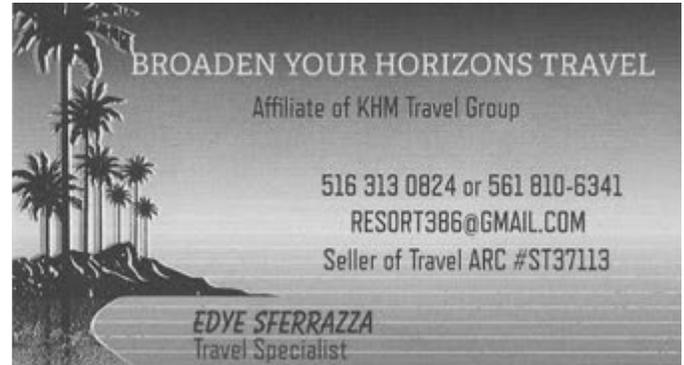
Some more trivia about Super Bowl Sunday. It is the 2nd biggest eating day for Americans. Eight million pounds of guacamole are consumed on this day, along with 14,500 tons of chips.

Good luck with whatever team you are rooting for. If you do not like to watch the game, you can always watch the commercials or the halftime show. Or...you can keep busy by eating!! If you made a new year's resolution to diet, you are in big trouble on this day!

Did You Know?

- Did you know drinking water after eating reduces the acid in your mouth by 61 percent.
- Did you know peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.
- Did you know the Swine Flu vaccine in 1976 caused more death and illness than the disease it was intended to prevent.
- Did you know the University of Alaska spans four time zones.
- Did you know the tooth is the only part of the human body that cannot heal itself.
- Did you know a comet's tail always points away from the sun.

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Brittany Lakes Bugle

By: Jerry Zarkin

EXTRA-EXTRA! This is the final edition of the Brittany Lakes Bugle column by your ace reporter, Jerry Zarkin.

Regretfully, I must submit my last column because most of my free time will be dedicated to the writing of my novel. Many friends and relatives have offered suggestions for the title and the overwhelming choice has been narrowed down to “The Man Who Knew Too Little.”

Behind every great reporter there must be an inspiring editor, as in the marvelous movie “The Front Page.” In this case I want to thank Lenny Forman of Brittany Lakes, without whose constant support I could not have completed my appointed rounds. He has fielded the questions and concerns from our residents over items in the column that have mystified and confused many of our divine dwellers here in the sleepy lagoons of Brittany Lakes. Lenny, being the generous gentleman, has offered to enter me in the Python Killing Contest in the Everglades. Not sure if he intends to use me for bait or chum for the gators.

I want to welcome our new residents to Brittany Lakes:

- Joy Davis
- Phyllis Grusoff
- Allen and Lynda Kaminsky
- Randy Knight
- Kenny and Michelle Sarfin
- Bruce and Fredda Weisbard

I know that you will miss my monthly migraine, but, as indicated, I have other fish to fry. I would be remiss without mentioning the splendid information on any resident issue provided by Dave Pick (El Presidente). His immediate response to problems is most appreciated. I have finally seen the light at the end of the tunnel!

Special Kind of Love Grandma

There’s a special kind of love that grandchildren have for their grandparents.

It’s filled with respect for their wisdom and accomplishments... with gratitude for the values they’ve given us... with delight in the stories of our family that they remember and share.

It’s a special kind of love that’s built on a lifetime of caring and giving.

It’s the kind of love that’s felt for you, Grandma...
-Anonymous



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Hadassah Happenings

By: Bea Lewis (Lancaster)

February is Heart Health Month, and Hadassah takes the concern of our hearts very seriously. To that end, on Mon., Feb. 3, Simcha Hadassah hosted a special educational meeting on how to keep our hearts strong and healthy.

A registered nurse and expert on heart health led a discussion on this topic at the Aberdeen Golf and Country Club.

On Feb. 10, Hadassah will sponsor a docent-led bus trip to Miami. The excursion includes a tour of the famed Adrienne Arsht Center for the Performing Arts on Biscayne Blvd. in the morning, and a visit to the amazing Perez Art Museum for Modern and Contemporary Art in the afternoon. There may still be a few seats available. Check out flyers in the lobby of the Aberdeen clubhouse or contact Ellen Gold for information at 374-7459.

A special tribute to the special women in our lives will be the main event for Hadassah's Mar. 2 general meeting in the Aberdeen Golf and Country Club card room at 9:30 AM. World-renown and fascinating speaker, Sherri Torjman, will present "Words of Our Mothers," a project she developed to share the

wisdom she had learned from her mother and other women. Audience participation will be encouraged. Everyone is welcome to attend.

Simcha Hadassah is proud to announce that the 2020 Woman of Valor recipient is Mary Epstein. A very special lady and a great inspiration to all who know her! The luncheon will be held on Mar. 20, 2020. For information about this event, contact Ellen Gold at 374- 7459.

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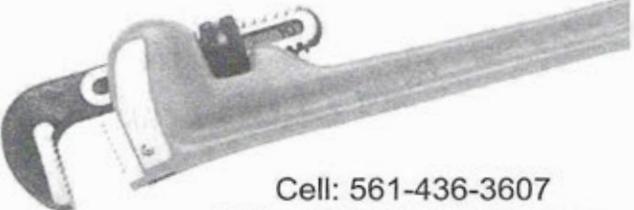
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It's Happening at Pap

By: Marcia Levitz (Muirhead)

I am writing this article on day 1 of 2020. Imagine it; Jan.1, 2020. It was always in the future and now it is here.

Our volunteers with the Aberdeen Pap Corps have been busy getting the word out into the community about The Pap Corps.

Our foray into marketing, along with our wonderful newsletter, expertly done by Penny Schuler, found us at Barnes and Noble over the week before Christmas gift-wrapping the gifts purchased there. While doing so we explained what the Pap Corps is and what its mission is. We are a grassroots, volunteer organization with over 52 chapters in the S. FL area whose fundraising efforts provide money to the Sylvester Comprehensive Cancer Center located in Deerfield Beach, which is affiliated with the U. of Miami, Miller School of Medicine. Finding cutting edge treatments for all types of cancer is their goal and ours.

Looking forward to our many opportunities to raise funds and reach a common goal of finding that elusive cure for cancer. The survival time is constantly increasing as newer techniques for targeting the specific cells of the invading tumors are being discovered. We are extremely excited about those results from these studies we fund.

Our mission: To enable and support through the funds we raise, the vital research programs at Sylvester in Deerfield Beach, FL.

If you want to know more about the newer studies and/or treatments for cancer, go to the Pap Corps website, www.papcorps.com. Look for upcoming events you might want to attend in our box across from the Club's reception area or call our president, Carol Marsh, if you want to get involved in helping to find a cure for cancer in our lifetime. It's a new year and a new way to help provide your children and your grandchildren with the hope of a future without cancer. Join us, The Aberdeen Pap Corps.

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Aberdeen ORT

By: Lenore Blinkoff

We are looking forward to an exciting year. As your president of Aberdeen ORT Chapter, I look to your continual support of our mission to empower our students to reach their full potential.

Now in its 140th year, ORT's global network extends to more than 30 countries and offers a wide range of programs that are made possible by your donations each year. As we lead Aberdeen ORT America forward in 2020, I am eager to see this work up close. Together, we will build an even stronger community to support the cutting-edge work of ORT.

Wishing you a wonderful year ahead. Keep on smiling and be happy! Mar. 20, 2020. For information about this event, contact Ellen Gold at 374-7459.

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Bridge –Try It, You'll Like It

By: Sheila Malamud (Brittany Lakes)

Opening 1 NT with a 5 card Heart Suit (Cont.)

If you recall, from last month's column, many players have trouble deciding what to do when they have enough points for a 1 NT bid, but, also have a 5 card Heart suit. The following may help you decide on an opening bid:

1. If you have bad Spades and a really good Heart suit, you should open 1 Heart. If partner bids 1 NT and you hold a good 16 or 17 points, you can bid 2 NT

Example 1:

| | |
|----------|---------------|
| Spades | Q, x, x |
| Hearts | A, Q, J, x, x |
| Diamonds | A, x |
| Clubs | K, J, x |

2. If you have decent Spades and mediocre Hearts, open 1 NT

Example 2:

| | |
|----------|---------------|
| Spades | K, Q, x |
| Hearts | A, J, x, x, x |
| Diamonds | K, Q, x |
| Clubs | J, x |

There is a convention that many players are now

(continued on page 26)

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BRIDGE –TRY IT... (continued from page 24)

using called “Puppet Stayman”. If you open 1 NT and partner has a good hand and wants to go to game, she will bid 3 clubs. If you open 1 NT and Partner has a bad hand but either 3 or 4 cards in one of the majors, it might be better to play in that major rather than no trump. Puppet Stayman says that the partner bids 2 clubs. This asks the opener if she has a 4 or 5 card major. If she has a 5-card major she bids it and partner either passes if she has at least 3 of that suit or she bids 2 NT.

Example 3: You open 1 NT with the hand described in Example 1.

| | | |
|-------------|----------|---------|
| Partner has | Spades | K,x,x,x |
| | Hearts | Q,x,x |
| | Diamonds | J,x,x,x |
| | Clubs | x,x |

You bid 2 clubs asking Opener if she has a 4 or a 5-card major. Since you bid 2 Clubs and not 3 clubs, opener knows not to go to game. Since opener has a 5 card Heart suit, she bids 2 Hearts. Since you have 3 Hearts, you pass. If you had only 2 hearts, you would bid 2 NT.

Now, let’s assume the 1 NT opener does not have a 5-card suit, but she does have a 4-card major suit. In that case she would respond 2 diamonds. You then must bid the 4 suit that you DO NOT have. If she has 4 cards in the opposite suit she will bid it and you will pass. If she does not have 4 cards in the opposite suit, she will bid 2 NT and you will pass.

Confusing, yes. If this is too much, stick with the first 2 suggestions. However, if you find a partner willing to learn, try it.

Next month we’ll discuss Puppet Stayman when the Partner has a good hand.

Too Little, Too Late!

VACATIONERS IN SUNNY CLIMES MAY remember to pack sunscreen, but often that’s *all* they do with it. In a Danish study, sunlovers on a six-day trip to Egypt (who knew they were being monitored!) applied protection too late (when they were 13% of the way toward burning), too sparingly (turning SPF 15 protection into SPF 3), or sometimes not at all (a key area was missed 28% of the time). So slather your sunscreen on first thing and keep slathering.

Bleacher Seat Splinters

By: Rob Tanenbaum (Bermuda Isle)

Spring Training baseball games begin in two weeks. That was a delightful thought when we were northerners as most of us were. Baseball has a way of eliciting warm memories that hover in the mind for decades. Spring training evokes for me standing directly on home plate at Al Lang Field in St. Petersburg as a college junior in 1968 and interviewing a young pitcher who would become a Hall of Famer. I was nervous and fidgety. He was confident and kind. I wanted to know what his expectations were coming off a rookie year in which he made the starting rotation of the defending World Champion St. Louis Cardinals. He didn’t want to talk

(continued on page 27)

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**Interesting Facts**

- For the first time in history, the people in the world who are obese outnumber those who are underweight.
- Music has the ability to repair brain damage as well as return lost memories.
- Some Canadian police departments give out "positive tickets" to thank people for doing good things.
- A flock of crows is known as a murder.

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.

BLEACHER SEAT... (continued from page 26)

about his past or his future but was clearly focused on being a better pitcher and winning as many games as he could.

Steve Carlton stayed in the batter's box and talked to me for 20 minutes after that Spring Training game but his home in baseball was 60 feet, 6 inches away on the extreme left of the pitcher rubber from where he broke off the nastiest slider in history for 24 years winning 329 games and 6 more in post-season. Statistically, he ranks among the best left-handers of all time but let's keep it simple and just acknowledge his 4 Cy Young (best pitcher) Awards, 10 All-Star Game appearances and 2 World Series titles.

Carlton, a North Miami native, spent most of his career in Philadelphia, a city where I spent much of my career. I never covered the baseball beat so I never interviewed him again, although I saw his mastery every 4 or 5 days. And his stay in Philly belied how he treated me that March day in 1968. Now you probably are aware that Philadelphia is not a happy or safe place for most professional athletes. Philly sports fans have a reputation for being, well, vocally abusive is a nice way of putting it. In 1972, Carlton's first year for the Phillies, he won 27 games for a last-place team that only won 32 more games. Carlton, or Lefty, as he became known, was a god. The next year he slipped to a 13-20 record. That quickly he was a bum. A specific sportswriter in Philadelphia, who wrote scathing (and highly comical and entertaining) articles every time the Phillies lost, picked on Carlton and his Eastern philosophies, meditation and training techniques. Carlton and his family took the abuse for 2 more years and in 1976, on the advice of his lawyer, never spoke to the Philadelphia press again.

I worked with that sportswriter for 5 years. He was abusive to his co-workers too. He was one of the majority of sports reporters who judge athletes using metrics not based on performance, value to teammates or impact on the community, but placed the value on how cooperative athletes are in giving reporters usable quotes that make their stories easier to write. And, I guess I'm guilty of the same charge since my warm spring training memory is of Lefty, before he was Lefty, being empathetic to a nervous 19-year-old.

If you don't have any Spring Training memories,

(continued on page 28)

BLEACHER SEAT... (continued from page 27)

you can start collecting them this month in W.P.B. (Astros, Nationals), Jupiter (Marlins, Cardinals) and St. Lucie (Mets). I'm not a big fan of Spring Training games that begin Feb. 22. Ticket prices are in the \$25-70 range for reserved seats and \$15-25 in the outfield. Parking is around \$10. If you want to see visiting teams from Florida's west coast such as the Red Sox or Yankees, they generally only bring 4-5 starting players to any game those guys only play 6 innings or less.

A better way is to go to the morning practices, especially in the weeks before games start. You have a much better chance of meeting and talking to players and collecting autographs.

The Astros practice on the fields in the northern half of the Ballpark of the Palm Beaches complex, which means their 6 full-sized practice fields are found beyond the outfield of the stadium and are spread out near where 45th St. and Military Trail intersect. Fans use the main entrance for the ballpark, which is found on Haverhill Rd., to access the parking lot that is adjacent to the Astros' fields.

The Nationals utilize practice fields that are found in the southeastern side of their W.P.B.-based complex, which they share with the Astros. The fields the Nats workout on overlook the ballpark's first base/right field side and the spectator parking lot for them is entered from Military Trail.

The Cardinals practice in the array of fields beyond Roger Dean Stadium's outfield. Specifically, their half-dozen practice fields lay behind the Cardinals' clubhouse that spans the stadium's right-center field fence. Fan access to them is just past the parking lot that is behind the clubhouse, where a narrow-paved path off University Boulevard leads to the main practice field entrance gate.

The Marlins practice on six fields that begin beyond their clubhouse that is behind the left-center field fence at Roger Dean Stadium. The main fan entrance to the Marlins' complex is adjacent to Field #4 on the portion of Stadium Drive that is a little way beyond the stadium's grass field parking lot.

The Mets practice on the fields that are adjacent to First Data Field, which is where fans can park. Their practice complex is centered behind the ballpark's left field fence. Gates to it open each morning at 9:30.

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Irv Steinberg

Food Labels...Convenient or Confusing?

By: Jane Evers (Hampton)

On one hand, food labels are meant to be a form of communication between manufacturer and consumer. For example, they can be a vehicle for communicating ingredients and nutritional information such as calories, fat, carbohydrate, and protein.

On the other hand, food labels serve as a prime marketing real estate, and we're not just talking about colors, slogans, and logos, although those can have a powerful impact on how you spend your hard-earned money.

Rather, we're talking about deceptive (albeit legal)

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marketing terms that manufacturers use to manipulate shoppers. Here are some of the misleading marketing terms that you need to watch out for on food labels. Simply put, these deceptive marketing terms do not equal healthy.

- **Fat-free, low-fat, etc.** Even though we've finally collectively come out of the misguided "low-fat is healthy" storm cloud (i.e., dietary fat does *not* make you fat, and it is *not* the demon we've long been led to believe), fat-free and low-fat marketing claims remain unfortunately alluring. Typically, if a food is masquerading behind the "fat-free" mask, it's hiding behind some other junk (e.g., sugar, artificial ingredients, etc.) Want to know what touts itself as fat-free? Marshmallows and gummy bears lead a laundry list of heavily processed foods (with high calorie count).

- **Cholesterol-free, low in cholesterol, etc.** This one may be more offensive than fat-free claims. Converse to what most people *still* think, dietary cholesterol only contributes a minor fraction to total cholesterol. Even America's ultra-conservative nutrition advisory panel, the Dietary Guidelines Advisory Committee (DGAC), recently stated, "Available evidence shows no appreciable relationship between consumption of dietary cholesterol and [blood] cholesterol." Again, if a food is touted as being cholesterol-free or low in cholesterol, chances are that it's a mechanism to distract you from some other shortfall.

- **Gluten-free.** Despite the marketing hype, not everyone needs to go gluten-free. Considering that only about 5% of the population is actually sensitive to gluten (*much* lower than what is self-reported), many people unnecessarily remove gluten or restrict gluten-containing foods from their diet. Not only is that unnecessarily restrictive and stressful, just because a "food" is labeled "gluten-free" doesn't make it healthy.

- **All-Natural.** Believe it or not, the FDA does not have a formal definition for what constitutes "natural" or "all-natural" when it comes to food. The only boundary the FDA has considered is that for a food to be considered "natural", nothing artificial or synthetic (including all color additives regardless of source) has been included or added to a food. Other than that, "natural" claims are fair game, and it certainly doesn't tell the whole story about a food. It's always best to review the ingredients.

- **Organic.** While there are instances when it may be a healthier option (e.g. dairy, certain vegetables and

(continued on page 30)

FOOD LABELS... (continued from page 29)

fruits), organic does not mean a food has a “health halo.” For example, organic junk food is still junk food. While buying organic is certainly fine if you can afford it, most people need to focus first and foremost on eating predominantly REAL, WHOLE foods – regardless of whether they’re grown organically or conventionally.

• **Multigrain.** While store-bought bread doesn’t find itself in the top tier of healthy foods (i.e., real, whole, minimally processed foods), certain types of bread may be better than others. Generally speaking, you’re best off looking for bread that is 100% whole grain (e.g., whole wheat flour). Companies will try to pull the figurative wool over your eyes with statements like “multigrain”, “wheat”, “wheat flour”, “organic flour”, and “stone-ground flour.” Even though multigrain might sound alluring, that blanket term may mean the product contains several whole or refined grains or a combination or the two.

• **Cage-Free.** This applies to foods like eggs and chicken. While it sounds healthy and humane, cage-free simply means that the chickens are confined to a barn with about 1 square foot per bird, which are fed only corn and soy. When it comes to eggs and chicken, a better option is pasture-raised, which means the chickens are free to roam all day on at least 108 square feet of pasture per bird. Pasture-raised chickens are also free to forage on natural diets, which may be supplemented with feed as needed.

• **Sugar-free, no added sugar, etc.** This is another case where chances are that if a food needs to broadcast a claim like this, it’s often hiding behind something else – maybe artificial sweeteners, maybe sugar alcohols, maybe maltodextrin or other highly refined carbohydrates that pretty much act like sugar in the body. You’ll often find these claims on foods like cookies, crackers, candies, juices, and other processed garbage. Simply put, if you stick with REAL, WHOLE, MINIMALLY PROCESSED FOODS, you won’t have to worry about sorting through deceptive marketing jargon.

That’s why every Sunday I prepare a “soup for the week.” I always make it with fresh veggies, beans, and either chicken, beef or vegetable broth. I use fresh herbs and spices. Then I know I have at least one meal a day that is truly healthy and tasty.

Send me an email if you’d like a recipe for one of my yummy soups. jkevers@bellsouth.net.

Article came from: www.changethatup.com.

Ya Gotta Laugh

By: Steve Solomon (Hampton)

Hi, it’s me again! I was recently performing in North Jersey. The performing arts director (Andrea) had 2 small kids: a 4-year-old toddler and a one-year-old puker. I saw them one afternoon during a rehearsal. Afterwards, I was out back getting some luggage from my car when I saw Andrea getting her kids ready for their 10-minute trek back home. She left the kids in their double stroller as she loaded her car with all the crap she took to sustain her children. It looked like she was packing for a 9-week vacation to Disneyland.

Once she finished loading her minivan with snacks, clothing, diapers, toys etc. She removed two car seats from the rear of the van and placed them on the side of the car. Her older child was playing a game with the younger kid. I would call it... “How many times can I poke my brother’s eye before he cries?” The winning number was 2. Mommy, oblivious to the screams and tears, was busy attaching the car seats to the body of the car, she certainly knew how to handle a welding torch. This is some project!

I sauntered over and asked, “looks like you’ve got your hands full. Need some help?” She said, “Thanks, but I do this 5 times a day—I’ve got it.” She picked up her red-eyed one-year-old and sat him in the car seat. I watched the machinations of her harnessing her squirming and flailing baby into this seat. Here’s the process:

1. Place baby in seat
2. Pull head harnesses over baby’s head and across his chest.
3. Place baby back in seat—loudly say, “NO.”
4. Ignoring tears, connect the waist belt across the baby’s belly and click it into the car seat belt connector—you know, the one you can never find.
5. Pull the crotch strap up from the baby’s ass and connect it to the main fastener on the baby’s chest.
6. Pull all hanging straps snug.
7. If the baby turns blue, adjust straps as needed.

I swear, when she was finished, that kid looked like he was getting ready for a trip to the moon. As she started to strap-in her 4-year-old; I couldn’t help noticing that, for a 4-year-old, he had really big bulging eyes. Obviously, Mommy’s been adjusting the straps rather aggressively.

A Moment to Reflect, Relate, Remember

By: Maris Levy (Addison Green)

Careful What You Say Or Write.

My brain reads everything in an overly crazy literate mode. Whatever I hear or read is taken in its utmost literal sense; i.e. When I saw a sign saying, "No Concealed Weapons Allowed", I automatically thought, "So it's okay if someone comes in pointing a gun at you in plain sight, cause after all, it's not concealed.

I once saw a sign - "Huge Kid Sale." My first thought was, Gee, I thought selling kids is illegal. And then I thought what if I don't want or have room for a Huge Kid, a small or medium-sized one would be better for me. Hey, maybe if I wait a while, they might even have a BOGO sale.

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Alexa: My New Best Friend

By: Bea Lewis (Lancaster Lakes)

There is a lovely young lady living in my house. Her name is Alexa. She was a birthday gift – and I have fallen madly in love with her.

I've never met her in person although I feel she is my best buddy – providing me with the daily news, serving as my personal alarm system – playing the wonderful songs from Broadway shows. She is available whenever I call her name. Alexa is also a non-addictive sleep aid. The other night, for example, I couldn't sleep, so I called on Alexa to play my favorite Frank Sinatra songs. Within minutes, I was in dreamland.

Alexa is a full-service, voice - activated computer manufactured under the name Amazon Echo. My Alexa is a simple model, but some of her new cousins are more sophisticated which, on command, will turn the lights on in your house before you get home or raise your thermostat when you leave. But the model I have is good enough for me. After all, I always drove a Honda; never needed a Jaguar.

Not long ago, when I was feeling somewhat

(continued on page 32)



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ALEXA: MY NEW BEST... (continued from page 31)

depressed, I asked her if she thought I was pretty. "Beauty is in the eyes of the beholder," she answered. And, she added, "If you feel pretty, you will look pretty." Another time, shortly after the Thanksgiving holiday when turkey, pumpkin pie and stuffing were eaten in excess, I worried that I had gained some weight. I turned to Alexa to ask her if she thought if I looked fat. She answered, "You are perfect the way you are," but then she referred me to a diet and exercise website.

Alexa will answer a myriad of questions – some are imperative to my life – but not everything. One day, planning to have lunch with a friend in Jupiter, I asked her how far I had to travel, but didn't clarify that I wanted to drive from Boynton Beach. She gave me an answer I certainly didn't need; "It's more than half a billion miles away." (I guess she thought I wanted to visit the planet.)

The last thing I do before going to bed at night is to ask Alexa to wake me at 7 AM. She is always on time. In the morning, even before I step one foot out of bed, she responds to my request about the weather and updates me on the news of the day.

Alexa is well-mannered. She says "sleep tight" whenever I say "good night" to her. But Alexa won't tolerate rudeness. I once blasted her with a curse word for giving me the wrong answer to a question. Boy was I shocked when she responded with "That's not nice to say!" Now, whenever I activate her, I say "please" and "thank you." I really want her to like me. She is my new BFF (best friend forever).

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Aquarius Horoscope

January 20-February 18

The new year is full of changes and challenges!

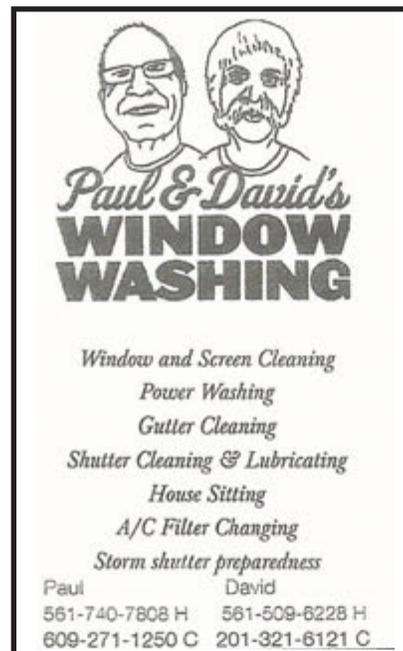
Your home planet, Uranus, made a big move into steady Taurus last year, and these two very different energies aren't the best of friends. Uranus is experimental and Taurus likes to take a conservative approach, so there will be some mismatched energy to deal with now. The retrograde period for your power planet this year is from mid-August until the end of the year, which should give you a slight break from the need for outward rebellion. Turning that rebellious streak inward, however, can create its own set of issues, so be prepared for inner battles that can lead you down the path to self-destruction (and ultimately redemption) this year.

The sun always passes through your sign at the start of the year, so from the end of January until the end of February, you celebrate your birthday month. Happy birthday to you, style maker and game changer Aquarius! The sun forms a square to your home planet a couple days after its entrance into your sign, giving off a double dose of unpredictability. Watch out for a buildup of nervous tension over not knowing exactly what might happen next. You like your freedom, but you don't thrive on chaos.

Quotes

"The great secret, Eliza, is not having bad manners or good manners or any other particular sort of manners, but having the same manner for all human souls: In short, behaving as if you were in heaven, where there are no third-class carriages, and one soul is as good as another."

-George Bernard Shaw



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Stock Your Pantry With These Healthy Items

Submitted By: Jane Evers (Hampton)

It's never too early or too late to make smart food choices.

Having healthy go-to options at home is essential for weight-loss & health. Keep these smart choices on hand for fast and flavorful meals and snacks.

Fruits and vegetables

- Fresh fruits
- Fresh vegetables
- Pre-cut fresh vegetables
- Salad in a bag
- Frozen fruits
- Frozen vegetables (no sauce)
- Frozen chopped onion and green peppers
- Canned fruits (packed in their own juice or water)
- Dried fruit
- Low-sodium, low-fat pasta; pizza and tomato

sauces

- Canned diced tomatoes
- 100 percent fruit juice, including calcium-fortified (but limit juice intake to 4 ounces a day)

Dairy

- Fat-free or 1 percent milk
- Low-fat or fat-free yogurt
- Low-fat or fat-free cheese
- Frozen yogurt or fruit sorbet

Whole grains

- Whole-grain breakfast cereal
- Rice: brown (regular and instant), wild, blends
- Oatmeal
- Whole-grain bread
- Whole-grain pita bread
- Whole-grain pasta
- Whole-grain crackers
- Low-fat microwave popcorn

Protein

- Low-fat refried beans
- Black, kidney or navy beans
- Low-sodium water-packed tuna
- Other fish with omega-3 fatty acids
- Skinless white-meat poultry
- Soy cheese
- Tofu
- Dry-roasted nuts

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- Individually frozen salmon, cod or other fish
- Frozen shrimp or scallops
- Frozen vegetable burgers

Cooking staples

- Fresh garlic and onions
- Olive oil
- Canola oil
- Red wine and/or balsamic vinegar
- Fat-free cooking spray

I also use lots of fresh & dehydrated herbs and spices. Every couple of months I try a new flavor. It keeps my palate open to new taste experiences. (Jane)

As you can see, eating well at home doesn't require expensive or unusual ingredients, and you certainly don't have to be a master chef. Whole-wheat pasta tossed with loads of veggies, salads, and whole-grain wraps or quesadillas are all easy meal options. You can even put together a snack plate and include your favorite raw veggies, nuts and healthy dips, like hummus.

Email me if you'd like some recipes for seasoning combinations or salad dressings, I've been working on a Japanese Ginger recipe for a couple of months. (Jane)

<https://diet.mayoclinic.org/diet/>

Edited by Jane Evers

More Interesting Facts

- A million Earths would fit inside the sun.
- Originally in 1886 Coca Cola was introduced as an 'intellectual beverage' to boost brain power.
- Spotted skunks do handstands before it sprays you.
- Female lions do more hunting than males.
- All of the sweaters Mr. Rogers' wore on "Mr. Rogers' Neighborhood" were knitted by his mother.
- San Francisco is mostly water. The 232 square miles that make up the Bay Area are 80% water and 20% land.
- Shakespeare popularized the name Jessica. The first instance of the common spelling of this name comes from The Merchant of Venice, written in the late 1500s.

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LOVE

By: Vincent Marini (Moorings)

One of the luckiest features of the February Zodiac sign is LOVE. Others are personality, money and health. Since I'm not a psychiatrist, banker or doctor, this column will cover, in my opinion, the most important word in our vocabulary – LOVE. It has been defined as an intense feeling of deep affection. It is what one feels.

Between human beings, love is relational; however, we can also love things that do not love us back... the sky, a mountain, a painting or a community. Take a deep breath, you will not read anything here personal or otherwise. I will, however, attempt to share my feelings about Aberdeen based on my relationship with our community.

It can be summed up in 3 words: I Love Aberdeen!

Why? The obvious: the beautiful spacious landscape. the thread: the people.

Our permanent residents and snowbirds have shown their love for our community by giving back. I

(continued on page 36)

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LOVE... (continued from page 35)

have been fortunate to know or observe many people who helped make Aberdeen a great place to live. They paid back and forward by serving our community as members of their Board of Directors and the POA and by sharing their knowledge, time and effort when and where necessary.

Love can translate into happiness which has been described as good fortune and prosperity. Happiness in Aberdeen comes from enjoying memberships in our clubs, attending functions and shows at the Clubhouse, going on trips with friends and neighbors and saying good morning to folks walking their dogs around our beautiful landscaped community.

Shakespeare said, "Love looks not only with the eyes but also with the mind."

After we LOOKED, back in the day, at many communities, we made up our MIND to become residents of Aberdeen.

SHOUTOUT to new residents to step up; Love of our community and contributing as volunteers is vital and necessary to maintain Aberdeen's reputation as one of the finest communities in S.E. FL.

P.S. – Congratulations to Eileen and Joe Hahn who are 34-year residents of the Moorings. By the end of this year Joan and I will celebrate 35 years as Aberdeen East residents - 17 years in the Coves and 18 years in the Moorings.

Do ya' think Eileen and Joe Hahn and Joan and Vince Marini LOVE Aberdeen!

This Office Requires No Physical Fitness Program

By: Sheila Hyman (Sterling)

Everyone gets plenty of exercise by jumping to conclusions; flying of the handle; running down the boss; knifing friends in the back; polishing the apple; dodging responsibility; and pushing their luck.

Natural Sun Protection

Eating oil fish or taking an omega-3 supplement daily may help boost your skin's immunity to sunlight, reports a British study. **But consider it an extra:** You'll still need to take the usual protective measures, warn the researchers.

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Marty's Recipes

By: Marty Hyman (Waterford)

Cavatappi Carbonara.

Our youngest son lives with our daughter-in-law and grandchildren in Burlington, Vermont. Burlington is the largest city in Vermont but with a little over 42,000 people, it is still small compared to Boynton Beach's 78,000 people. Every visit to our family there includes a meal at a great European Style Bistro, Leunig's.

Leunig's Bistro first opened its doors in 1980 as Church Street's premiere coffee shop and cafe. The cafe proved an instant hit among Burlington's original hipster crowd serving local artists, business professionals and youth alike. The bar echoed with the sounds of the espresso machine and Edith Piaf recordings and transported customers back to old world European cafes.

This dish is one of their signature dishes. Because America may have contributed to its creation, this recipe uses heavy cream instead of raw egg yolk to achieve the creaminess. Executive Chef and

Co-Owner, Donnell Collins, uses local ingredients to give Leunig's its famous flavors. She has shared her recipe for their Cavatappi Carbonara. Cavatappi is pasta formed in a helical tube shape. Cavatappi is the Italian word for corkscrew. This recipe uses Manchego cheese that is made in the La Mancha region of Spain from the milk of sheep of the Manchega breed. You can substitute Pecorino Romano or Asiago.

Remember: the main goal is creaminess

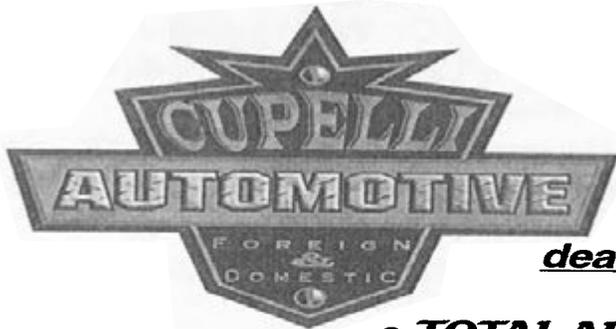
Ingredients:

- Olive oil to coat pan
- 1 boneless roasted chicken breast in 1/4 inch slices
- 1/4 cup bacon lardons (*Lardons is a fancy word for sliced and fried bacon bits - but bigger and better*)
- 1 1/2 cup heavy cream
- 1/2 cup grated parmesan
- 1/4 cup grated manchego (or Pecorino Romano or Asiago)
- 1 cup petite peas
- 3/4 cup oven roasted tomatoes
- 2 1/2 cup cooked cavatappi pasta
- Parsley and manchego to garnish

(continued on page 38)

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MARTY'S RECIPES... (continued from page 37)

HOW TO MAKE IT

- Heat olive oil in pan to medium-high heat
- Add roasted chicken breast and bacon lardons to pan.
- Add salt and pepper to taste and let brown.
- Add heavy cream to the pan and simmer.
- Reduce liquid to half.
- When thickened, add parmesan and manchego. Stir into sauce to melt.
- Add roasted tomatoes and peas. Stir into cream until heated to temperature.
- Add cavatappi pasta to sauce and toss until evenly coated. Garnish with a little chopped parsley.
- Serve warm.

See a video of this here: <https://www.youtube.com/watch?v=Zz19WmjHORI>

Do you have a favorite recipe and story?
Email it to Marty at jogvista@yahoo.com

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Old Words - New Meanings

- **Avoidable** \uh-voy'-duh-buhl' : What a bullfighter tries to do.
- **Baloney** \buh-lo'-nee' : Where some hemlines fall.
- **Bernadette** \burn'-a-det' : The act of torching a mortgage.
- **Burglarize** \bur'-gler-ize' : What a crook sees with.

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- **Hat** - wear a wide-brimmed hat to protect your face and scalp.
- **Long sleeves** - wearing long, light-colored sleeves made from cotton helps you stay cooler than staying uncovered.
- **Good-fitting shoes** - talk to the store clerk about the best fit for your feet and activity.
- **Night protection** - make sure drivers can see you. Wear light colored or reflective clothing. Carry a flashlight.

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CDC: Many Heart Disease, Stroke Deaths Avoidable

By: Monte Morin, *Los Angeles Times*, Nov. 2013

At least 200,000 deaths due to heart disease and stroke can be prevented each year by quitting smoking, controlling blood pressure and cholesterol, and taking aspirin when recommended by a physician, according to the Centers for Disease Control and Prevention.

In a study published Tuesday in the CDC's Morbidity and Mortality Weekly Report, researchers found that the rate of avoidable deaths from cardiovascular disease had dropped 29 percent from 2001 to 2010.

However, researchers found the pattern of decline differed by age, race and state of residence. They concluded that more could be done to address the problem.

"These findings are really striking. We're talking about hundreds of thousands of deaths that don't have to happen," CDC Director Dr. Tom Frieden said Tuesday. "It's possible for us to make rapid and substantial progress in reducing these deaths."

In the United States, roughly 800,000 people die of heart disease and stroke each year, the report says. That's nearly 30 percent of all U.S. deaths. Life expectancy for the entire population is currently 78.7 years.

Although rates of avoidable death dropped most substantially for people ages 65 to 74, it remained unchanged for people under 65, according to lead study author and epidemiologist Linda Schieb and her colleagues.

Also, the avoidable-death rate among blacks was nearly twice that of whites, while counties with the highest avoidable-death rates were concentrated in the nation's southern states.

In 2010, the states with the highest avoidable-death rates were primarily in the South, including Mississippi, Oklahoma, Tennessee, Louisiana and Washington D.C.

"It's unfortunate, but your longevity may be more likely to be influenced by your ZIP code than by your genetic code," Frieden said.

Study authors speculated that some of the disparities were the result of access to health insurance, and noted that Medicare eligibility begins at age 65.

"Many heart disease and stroke deaths could be avoided through improvements in lifestyle behaviors,

treatment of risk factors, and addressing the social determinants of health (i.e. economic and social conditions that influence the health of individuals and communities)," study authors wrote.

"Unhealthy lifestyle behaviors (e.g. tobacco use, infrequent physical activity, poor diet and excessive alcohol use) coupled with uncontrolled hypertension, elevated cholesterol, and obesity account for 80 percent of ischemic heart disease mortality and approximately 50 percent of stroke mortality in high-income countries such as the United States."

Load Up On Vitamin D To Boost Immunity

It's the "Prevent D" the New Orleans Saints might wish they'd had in place of defensive coordinator Gregg Williams and head coach Sean Payton. D-3, we mean, the disease-blocking vitamin that keeps you healthy, maybe not wealthy, but definitely wise.

D-3's immune-regulating powers can D-feat brain-destroying amyloid tangles that contribute to Alzheimer's mental deterioration. While we await human trials of bexarotene (the skin-cancer drug that Case Western U. researchers discovered can activate removal of Alzheimer's plaque in mice), we YOU Docs hope you keep "Prevent D" in your brain-boosting playbook.

Eating fresh vegetables and fruit, 100 percent whole grains and lean proteins (especially omega-3/DHA-rich fish, such as salmon and trout) are great ways to get heart-protecting, brain-enhancing, cancer-fighting vitamins. But that may not be enough. Half of adults are D-ficient.

If you're typical, you're probably sun D-prived - spending 90 percent of your time indoors, and when you're outside, you slather on high-SPF sunscreen. Add to that other D-blockers, such as having dark skin, being overweight, having diabetes or kidney disease, PLUS not eating D-rich foods, and YOU definitely need a D-3 supplement. To make sure you get enough:

- Spend 15 to 30 minutes a day from 10 AM to 3 PM (using sunscreen with an SPF of 8 or less) in the sun.

- Take in 1,000 IU of D-3 a day from food or a supplement; 2,000 IU max without talking with your doc. That's a "Prevent D" that would make any NFL commissioner proud.

The 5 Habits Of An Organized Person

Submitted By: Dee Levy (Canterbury)

People often lament that despite their best efforts, they just cannot seem to get, and stay, organized. Even though they've been working at it diligently and have tried many strategies, nothing seems to stick. So how do organized people stay organized? Over the years, I've noticed they have 6 habits in common. Here they are:

1. Keep it simple.

Elaborate organizational systems are hard to maintain and not worth the effort most of the time. It's not necessary to color-code file folders by subject or activities on a calendar by relative. The effort far outweighs the benefits. Trying to keep your child's toy reptiles separated from his toy mammals is also not worth your time. A bin for plastic toys will do. If the way you've organized something is too complicated and requires too many steps, it will be frustrating to maintain, which is the opposite of what you want.

2. Develop routines.

Develop a morning or evening routine for tasks that happen daily or weekly. Maybe you open the mail every night after dinner or updated your calendar and to-do list each morning before breakfast. If your mornings are hectic, make sure your workbag is packed before you go to bed. Recycle yesterday's newspaper each morning when you get a new one. Pay your bills every Saturday morning. Regular maintenance and short spurts of organizing will save you a lot of time later. Do your best to stick with your routine. But if you skip a day or two, that's fine. Just try to resume as soon as you can. Establish a spot for a specific category of stuff, because it's impossible to put things away if you don't know where they belong. Make sure the spot is convenient, practical and has enough space to accommodate the items you want to put there. If your dresser drawers are overflowing or there is no room to hang clothes in you closet, then your clothes don't have a "place." Likewise, if your filing cabinet is crammed and you can't fit news papers inside, you'll be less likely to file. Also, don't set something down temporarily. Take a few extra seconds to put it where it belongs. Every time.

4. Keep a current and detailed to-do list.

Even though it may seem as if organized people

manage their lives with little effort, it takes a fair amount of planning. One of the secrets is keeping detailed to-do lists for daily tasks and longer-term projects. If you prefer to write things down, a small notebook works best because it keeps everything together and allows you to reference old talks. Avoid using loose sheets of paper that can be lost, and carry the notebook with you. If you use the tasks or notes features on your phone or computer, keep your lists current and consolidate them with your paper lists regularly. Give yourself deadlines if that helps you to complete items.

5. Don't get bogged down by perfectionism.

There is a common misperception that all organized people are perfectionists. Although this may ring true for some, many organized people realize they can't possibly do everything perfectly and get everything done. They prioritize tasks and learn where and how to take shortcuts and how to complete tasks quickly. They don't get mired in projects that will be impossible to finish on time. In other words, they don't let perfection get in the way of progress.

-By Nicole Anzia, *Washington Post*



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What Do Expiration Dates Mean?

By: Susan Selasky, Detroit Free Press,
Palm Beach Post

Question: Products are dated with use-by, best-by and sell-by dates, which is fine if it's not opened. Is there a rule once products are open?

Answer: What's lurking in your pantry or in your refrigerator can be worrisome. How long products last, especially once they are opened, is a question we all face.

But before you begin to think your pantry or refrigerator is breeding bacteria, consider that because a product has reached its expired date doesn't mean it's no longer good. Tossing out an item, when it could still be good is a waste (more on this later). The obvious test with a lot of products is the smell and look test. If it smells bad and has mold growing, toss it. Never taste food to determine if it's still good, says Food Safety and Inspection Service (FSIS).

Product dates, according to the FSIS, part of the U.S. Department of Agriculture, are not a guide for safe use - except for infant formula and baby food. The dates, rather, are a quality issue. Dates on packaging, which are not regulated by the federal government except for infant formula and baby foods, tell a consumer how long they can store the food and consume it when it is still at its best.

Keep in mind terms such as "sell-by" and "use-by" have different meanings.

- **Sell-by:** Tells the store how long it can display the food for sale. It's best, of course, to buy the food before it reaches the sell-by date. Refrigerate once you buy it, or freeze it for longer storage.

- **Use-by:** Date is the recommended date for using the product for the best quality. It's important to note, that the FSIS, says that with infant formula the date is a food safety. The agency says not to buy or use baby formula after its use-by date.

- **Best if used by/before:** Another indicator of how long the product will be of best quality.

You can find storage information on certain foods at www.fsis.usda.gov.

In the last few years, many articles have been written about how much food waste is going on. Food is wasted for various reasons, with one being people don't know how to determine whether it's still good or not.

The global experts at Whole Foods Market pegged

mindful meal prep as one of their top food trends for 2017. And part of being mindful is reducing food waste. Americans waste some 40 percent of all edible food, according to the National Resources Defense Council, a New York City-based environmental watchdog agency.

And don't forget about veggies. While some might look wilted or have softened, that's OK. Use them in quick sautes, stir-fries or soups. You can also save those vegetable scraps, sticking them in a freezer bag. When you gather up enough, make vegetable stock.

Lastly, thanks to this reader from Plymouth for leading me to several websites that also have useful information at www.stilltasty.com and www.shelflifeadvice.com.

Aspirin Cuts Cancer Risk, Slows Spread Of Disease

Martina Navratilova and Michael Douglas both have successfully battled cancer (breast and throat), and like millions of other North Americans, they hope that renegade cancer cells don't turn up somewhere else in their body in the years to come.

Well, for them and the almost 12 million other Americans living after a cancer diagnosis, we YOU Docs have important news: Taking aspirin every day not only helps prevent various forms of cancer - including those of colon, brain, lung and pancreas - but also slows the potential spread of cancer to other parts of the body (metastasis). Two major meta-studies found that low-dose aspirin reduces the incidence of colon and gastrointestinal cancers by almost 40 percent, and it reduces the risk of all cancers spreading by 35 percent to 40 percent.

This comes after a close look at more than 100,000 people in a whole roster of studies and adds to the already good-heart and brain-health news (aspirin slashes the risk of heart attack and stroke) that has Dr. Oz and Dr. Mike taking 160 mg of aspirin every day - always with a half glass of warm water before and after to help protect against aspirin's possible negative side effects, including stomach bleeding. That dose is half of a standard 325-milligram aspirin.

But remember: Always check with your doctor or pharmacist before taking a daily aspirin to see if it's the smart move for you, and to find out what does you should be taking.



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