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MARCH 2020



All About Aberdeen Golf & Country Club

By: Ruth Krawitz (Sheffield)

Are you ready for a wonderful treat?

Aberdeen on Stage Presents – “Beyond Broadway”

Aberdeen on Stage is excited to announce that it will be presenting its fourth production on Mar. 27th, 28th, and 29th, 2020. The original show, starring our own talented Aberdeen members, is once again being directed by Shelly Karnilow, who developed the concept for Aberdeen on Stage shortly after moving to Aberdeen in 2011.

Shelly’s very capable co-directors are Maddy McCann, Jan Martin and Miriam Hanan, with Ethel Pinkwasser serving as stage manager.

“This year’s show is different from previous ones in that it takes the audience “Beyond Broadway” as they get an insider’s view of Broadway actors expanding their horizons beyond the stages of Broadway.

“Beyond Broadway” will be staged at the Aberdeen East Clubhouse. Tickets will be available, at the date announced, at the Aberdeen Golf and Country Club reception desk. Seating is limited, and priority will be given to Aberdeen Club members on a first come, first served basis.

(continued on page 2)

Buy Low Sell High

By: Dr. Pat Williams (Muirhead)

Following are some suggestions for buying and selling stock based on research I did for my doctoral dissertation.

Buy what you know.

My mother, Ethyl Weinblatt Kinney, bought the stock of every company to whom she paid a bill. These included her water, electric, and gas companies. She was aware every time the companies raised rates as they were reflected in her bills. Higher rate: more profit. She also received and read from cover to cover performance information from these companies.

Publicly traded companies are required to make annual (10-Ks) and quarterly (10-Q’s) reports available to the investor that detail the company’s performance during the period. Before buying a stock, read the company’s most recent 10-K’s and 10-Q’s. At a minimum, see what financial professionals have to say about the company by reviewing analysts’ reports, such as Ford Equity Research or Zack’s Investment Research.

Think Taxes.

If you sell a stock at a profit and hold it for less than a year (short-term capital gains), the gain is

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BUY LOW SELL HIGH...(continued from page 1)

taxed at your ordinary tax rate. However, if you hold the stock for a year or more before selling (long-term capital gains), your profits are taxed at a lower rate. Currently, these rates range from 0% to 15%, depending on your taxable income.

Keep stocks that you plan on holding long-term in your regular accounts. Short-term holdings should be kept in nontaxable accounts such as IRA's and Roths. In retirement accounts, gains are not taxed until you withdraw the money from your account.

When to Buy a Stock.

You've done your homework and are ready to buy 100 shares of Company XYZ. When should you execute the trade?

- Check out the high and low price for the year. If Co. XYZ sold between \$50 and \$100 during the year, don't buy it at \$99/share.

- Wait for a dip in the market, such as we've had in response to the Coronavirus. Co. XYZ's price drop is not due to something specific to the company. Once the virus threat passes, the market as well as Co. XYZ's stock should recover.

When to Sell a Stock.

If you're a long-term investor, probably never. However, if you're buying the stock for the short-term, here are suggestions based on the findings of my doctoral dissertation. WARNING: My husband calls it gambling.

When you buy a stock, mark on your calendar the next date that the company will announce its earnings. The earnings announcement can significantly affect a stock's performance. Let's use Amazon (stock symbol: AMZA) as an example. Financial analysts that follow the company constantly query Amazon's management as to what they expect quarterly and annual revenue and earnings per share will be. Generally, management will give conservative estimates. If they are too optimistic and the earnings fall below expectations (a "negative earnings surprise"), the stock will fall when earnings are announced. If earnings are above expectations (a "positive earnings surprise"), the stock will generally rise.

Let's see what happened with Amazon when the company reported earnings on January 30 after the stock market closed. The day before the earnings announcement, Amazon closed at \$1,858/share. When the market closed on January 30, the price had increased to \$1,870/share. Five minutes after the clos-

ing bell, Amazon reported blow-out earnings, far above analysts' expectations. The stock closed the next day at \$2,008/share. In three days, Amazon's shares had gone up 150 points (\$2,008-\$1,858).

But that's not the whole story. After the announcement, the stock rose even higher in extended trading hours (4PM-8PM and 8AM to 9AM) to \$2,078, an increase of 220 points (\$2,078-1,858). In monetary terms, if you had purchased 100 shares of Amazon on January 29 and sold it one day later during extended trading hours, you could have made a profit of \$22,000 (100 shares X 220).

Sell When Everyone's Buying; Buy When Everyone's Selling.

Be a contrarian; don't follow the crowd. When everyone's buying, the price of the stock is pushed up (example, the Dot-Com bubble). Selling the stock at this point generally means a profit. If you buy when everyone's selling, you are usually purchasing the stock at a low point.

Warning: Stay out of the market if you need the cash in the next 1-2 years. Invest instead in relatively risk-free instruments such as Treasuries or federally insured (FDIC) CD's.

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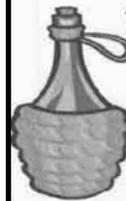
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ATTENTION

Pat Williams, our brilliant, prolific and expert on things financial will be writing her final column for the Aberdeen Times in May. Pat and her husband Chuck will be leaving Aberdeen and the Times. Like me, I am sure readers learned a great deal during the years she produced her excellent and insightful articles. She will be missed...both personally and professionally.

If there is someone out there with a strong background in finance and who also adept at WRITING, or knows someone who is, the Aberdeen Times needs YOU!

Please contact me ASAP:

Ruth Krawitz, Editor 561-734-5244



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WHAT OTHERS PROMISE... WE DELIVER!

Sharing With Sheffield

By: Ruth Krawitz

“At what point in our lives do the children start acting like they are our PARENTS! Is it when we hit our 60s, or 70s, or 80s? When we are living alone? It really doesn’t matter how or why; it is a phenomenon that is bound to happen. My friends and I joke about it all the time, and realize how difficult to diffuse because that is what love is all about – children caring and worrying about their parents as they get older. “Don’t climb on ladders (or even step-stools)”, “Don’t forget to set the alarm before you go to sleep.” “Going out shopping at night is dangerous.” “You should consider down-sizing or moving to an independent facility.” “Do not leave your handbag in the cart when you are shopping at Publix.” Sound familiar? It can go on and on... The kids have become wise, experienced, capable ones (they think) as the aging process takes its toll on us!

What brought me to this topic was an article in the May 22nd issue of the New York Times, written by popular author “Barbara Ehrenreich” and self-described myth-buster, entitled “Aging in Place and Living Safely, Too.”

“Of course, aging in place is not for everyone. Some seniors may prefer to leave the dwelling long shared with a now-gone partner. Some may want the security of knowing that physical and medical assistance is but a bell ring away. Others may simply be fed up with having to care for a home.

But for those of us who relish the familiarity of the status quo and perhaps cannot afford the \$50,000 a year or more that assisted living would cost, our current homes may require some adjustments to postpone – and perhaps obviate – any need to move to safer if not more pleasurable dwellings.

‘It’s cheaper to stay in your home, even if you have to make some renovations and get an aide a few days a week to help,’ Ms. Shrager, an occupational therapist, said in an interview. ‘It’s money well spent and a lot cheaper than assisted living. But it’s important not to wait until there’s a crisis – a parent falls and breaks a hip.’

The most common response of aging parents to their children’s concerns is, ‘I’m fine’ when they

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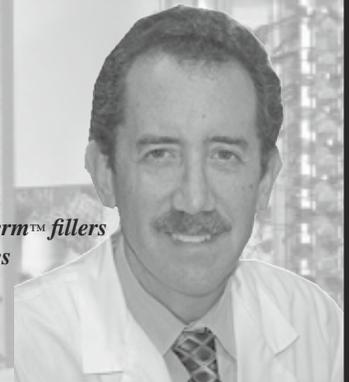
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SHARING WITH SHEFFIELD... (continued from page 8)
insist, 'You're not fine.' She's found that things can usually work out if the parties are willing to meet in the middle.

Spend a few days in the house with your parents, watch how they get around, and identify changes that can make things safer and easier. It's a win-win situation to make the home safe and parents can stay there. Then everyone's happy.

Her book navigates the aging person's dwelling room by room, starting with how the home is entered and ending with the basement, and, for each, offers many tips on issues that often put seniors at risk and how to orchestrate the needed adjustments.

Is the furniture designed and situated to accommodate someone with mobility issues? Identify trip hazards like wires on the floor or furniture legs that protrude, even pets with a habit of lying on the stairs or in the middle of the floor. Get rid of items long unused, piles of magazines and other forms of clutter, a problem I desperately need to tackle myself. Clutter collects dust, creates stress and takes up space better used, say, to place a phone or a hot pot.

We wisely had cabinets built with pullout

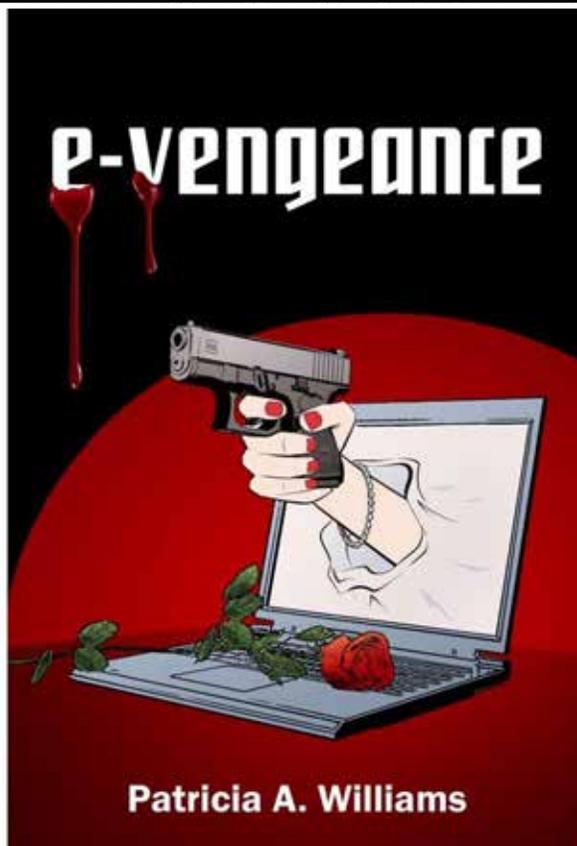
drawers. I store the most used items on lower shelves, but now reaching even the bottom shelf of some cabinets is a challenge for me. I often use a grabber, but sometimes I need a stool. I suggest one with wide steps and treads and perhaps even a safety bar handrail. Avoiding folding stools that have the potential to collapse.

Cooking in a toaster oven or microwave can be a lot safer than using the stove for many seniors. The bathroom, however, is probably the most dangerous room in the home. Here, safety changes like installing grab bars and easy access in and out of the tub or shower are critical. Grab bars don't have to look institutional; many brick-and-mortar and online store sell attractive ones.

You get the idea. Tell Mom: "We're really concerned. Please let's talk about it. We want this to work so you can live your life and be safe, and we can stop worrying."

Neighborhood News:

Sincere condolences to Paul Lieberman on the loss of his father, Sam. Paul is the newest resident in Sheffield. Our thoughts are with the family.



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.

Canterbury Communique

By: Dee Levy

Greetings from the Canterbury Community! "In like a lion, out like a lamb!" Yes, it's March, the third month of the year according to the Gregorian calendar, and the month heralding the spring equinox. "No matter how long the winter, spring is sure to follow." (Proverb)

March holidays and notable days include Daylight Savings Time on Mar. 8th, St. Patrick's Day on Mar. 17th and the First Day of Spring on Mar. 19th. Not to be forgotten, is the 2020 Census. Mandated by the Constitution and conducted by the non-partisan U.S. Census bureau every 10 years, the Census requires that every person living in the 50 states, District of Columbia and the 5 US territories be counted. Beginning in March, each home will receive a short questionnaire to which they are asked to respond either by mail, telephone or (for the first time) online at 2020census.gov. In June and July, census-takers will be going door-to-door to count those individuals who haven't as yet responded; by Dec. 31st, the Census Bureau will report to the president the population count and the apportionment of seats in the House of Representatives to each state.

In getting to know the surrounding neighborhood and its many attractions, we focused on the Manatee Lagoon. Its mission is "to educate the public about manatees and the Lake Worth Lagoon ecosystem, and to inspire communities to preserve and protect Florida's environment and wildlife for future generations." Note that while the FL manatee population has increased over the last few decades, the species, recently down-listed from endangered to threatened, remains protected by federal and state law.

Located in W.P.B., next to the FL Power and Light Company's Riviera Beach Next Generation Clean Energy Center, the Manatee Lagoon offers engaging family-friendly exhibits that stimulate curiosity and enhance knowledge of the Lake Worth Lagoon and the manatee's migration patterns. Attracted to the warm-water discharges of FPL's energy center, the manatees can best be seen when the local water temperatures drop and go below 68 degrees (Nov. 1st – Mar. 31st.) Admission and parking are free; the Center is open Tuesday – Sunday, 9AM – 4PM. Also worthy of

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CANTERBURY COMM...*(continued from page 10)*

mention is the live-streaming webcam which gives viewers the opportunity to see the manatees at the Center and/or at home. (To access the online manatee cam, go to www.VisitManateeLagoon.com.) Yes, a visit to the Manatee Lagoon is indeed a rewarding experience for both residents and tourists alike!

In closing, we wish all our Aberdeen friends and neighbors good health, happiness and continued well-being. As Oprah Winfrey said, "If you want to feel good, you have to go out and do some good." Have an enjoyable month!

Addison Green

By: Marilyn Benvenuto

Happy March to all my Addison Green neighbors. I want to start off by welcoming our new neighbors - Stanley and Meri, Jack and Joanne, Rita and Allen and Judith. It's nice to see the new friendly faces. Last year we organized the Fairway Lakes Ladies Social Club. We meet every other month during the season and share what's happening in our lives, schedule outings, activities, events and more. The group has been great and since last year has grown to over 30 members! Our next meeting will be on March 28th at 10AM at Fairway Lakes pool. We are happy to have you join the group if you have not already done so. If you are interested contact Marilyn at yourhomematters2@gmail.com or Leah at leahshaw10@gmail.com. We want to give our condolences to Mr. Parella who lost his brother and want the Parella family to know they are in our prayers.

Sixty-two and Better? If you dream about a new home with modern design, amenities and low maintenance, then you owe it to yourself to learn about a powerful alternative to using additional financing or paying cash to purchase your next home. Imagine moving into a neighborhood close to your friends and family with walking paths, a clubhouse, and neighbors just like you.... and doing all of this while retaining a large portion of your life savings.

You're about to discover a little-known strategy that boomers like you have been using since 2009 to purchase the dream home: The home equity conversion mortgage for purchase program (or H4P program). With this option you can increase your purchasing power and significantly reduce your out-of-pocket expenses as compared to paying cash or

securing traditional financing.

The H4P Program comes at a time when many boomers are trying to protect their nest-egg and boost monthly income. If you or your spouse is at least 62, then the FHA- insured H4P program can help you purchase the home you really want without depleting a large portion of your life savings.

The H4P Program is unlike a traditional home mortgage in that monthly mortgage payments are deferred and the loan balance increases over time. As is true of all loans, you must satisfy loan terms, which include, but are not limited to maintenance of the home and payment of property taxes, homeowners insurance, and any HOA fees. The home must be your primary residence. There is a consumer safeguard built into the program. Because the loan is insured by the FHA, neither you nor your heirs have any personal liability repayment of the debt.

So, what does that really mean? It's actually very simple let's say you use the H4P program to purchase your dream home and decide to move in 10 years. When you sell your home, you'll receive 100% of the net proceeds after paying off the loan balance at the time of sale. This is exactly how a traditional mortgage works. So the primary benefit to you during your living years is that you don't tie up all your savings by paying cash and, as long as you continue to meet loan terms, you increase your monthly cash flow by not having a monthly mortgage payment. The H4P program is based on 3 primary variables: your age, the interest-rate and the purchase price of your home. I've had the honor of working with RFS (retirement funding solutions) and have realized this is something you want to know more about. Contact Marilyn at yourhomematters2@gmail.com or Josh Blum at 203-648-6060.

FAIRWAY LAKES LADIES SOCIAL CLUB

The Fairway Lakes Ladies Social Club is for members of Addison Green, Oxford and Turnberry and is open to all ladies in these developments. The group discusses ideas for mah jongg and canasta games, breakfast club and outings to places of interest such as the Norton, Flagler and Wick Museums, a Delray Yacht cruise, croquet at the Nation Croquet Center in W.P.B. and a visit to the Hoffman Chocolate Factory. If there is enough interest, ideas for a photography group, bike riding, board games, bunco and others as

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ADDISON GREEN... (continued from page 12)

well as a pool party or pot luck dinner.

A book club is already in progress and will meet the last Wednesday of each month. A breakfast club is meeting the first Saturday of each month.

Join us at our next group meeting on Mar. 28, 2020 at 10AM at the Fairway Lakes pool. Bring your ideas and your friends!

Contact Marilyn Benvenuto at 732- 570- 7073 for further information.

THE SENILITY PRAYER:

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

ALWAYS REMEMBER THIS:

You don't stop laughing because you grow old, you grow old because you stop laughing!

Bermuda Isles Buzz

By: Stephen Chodos

During my years growing up in the 60s and 70s I stood on the sidelines when it came to the Women's Liberation Movement. With age, I have developed a new respect for women in my generation who have challenged traditions, especially in the business world. They showed courage, vision and intelligence as they often became entrepreneurs and executives, bucking expectations for women in our society. In this article and future ones, I would like to share conversations during interviews I had with several such women who reside in Bermuda Isles. One such woman is Bonnie Lappin.

Bonnie founded the Lappin Company in 1990. Prior to this, she had been volunteering for a few years for a nonprofit women's networking organization recruiting women for healthcare companies in the Boston area. Following her experiences volunteering, Bonnie formed her own company with the goals of recruiting and providing career guidance to help women develop the skills and confidence needed to rise to executive and higher positions in healthcare and pharmaceutical organizations. The training program

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BERMUDA ISLES... *(continued from page 13)*

she developed includes identification of women employees by senior staff for training, development of an ambassador program in which senior executives advocate and support the identified women, and on-the-job training for both the ambassadors and the women trainees. Bonnie has traveled to Europe, India and throughout the U.S. to implement her programs. Thank you, Bonnie, for enriching our community and world with your vision and experience.

Some noteworthy comments made by Bonnie during our interview:

1- Not in a million years would she have thought the most interesting part of her career would start when she was in her late 60s

2- She loves being able to “live in FL and do global work.”

3- “The door to the most interesting work came through a volunteer position in a nonprofit organization.”

As winter slowly ebbs toward spring, there are some updates regarding our lives in the BI community. We sadly report the passing of our long-time neighbors and friends, DeMars and Irving Pleat, who were original BI homeowners. We send our sincere condolences to their family.

Art and Sheryl Feuerstein recently returned from a month-long trip to Australia, loving their adventures despite the fires in other parts of the country.

Flo Sosnik is back at the clubhouse following her bout with a broken arm. So glad you are back!

Elaine Roth has moved away temporarily from BI due to a fire in her home. We hope, Elaine, that you come back soon because BI isn't the same without you.

We are planning a BI pool party on Mar. 14, and hoping to see many of our neighbors there.

Hopefully, all our Aberdeen friends are continuing to enjoy every day living in our beautiful community.

Waterford Spotlight

By: Cathy Goldenberg

Welcome March! Welcome spring! Spring begins on Mar. 19th this year. Growing up, this time of year was always spring-cleaning, signs of flowers peeking through the frozen ground and more sunny days.

However, we live in FL. I've lived in FL for 23 years. I don't perceive any days with obvious signs of spring that makes me want to exclaim, “Oh it's springtime!”

So, I started my spring-cleaning several weeks ago. I don't work well with chaos. It's a pet peeve. When I open a drawer the contents inside must be organized. Not that I'm a neat freak. I'm far from these words. But the items must be exactly placed so I can readily gather up and zero in on the item I'm looking for in a second or 2.

Are you a collector or minimalist? If you ask my husband, I'm a collector. So, I have a few kitchen gadgets and gizmos. Okay, more than a few. I need them to cook. Personally, I believe I'm a minimalist or I try to be.

I admit I do have the emotional collection. You know about that. Everyone does. The family heirloom that you keep and don't know why it's important. The odd-shaped dish or the figurine that was passed down to you. Those stay in their assigned locations year after year.

We attempt to downsize. We try to empty closets. Sometimes it doesn't happen; we believe we failed. There is help for us.

There are experts in the world telling us how to tidy up and to organize our thoughts and “stuff.” Recently, I read an article that said, “Throw out before your children get it and do it for you.” Yes, please. Come clean for me!

It's so much easier to clean up someone else's mess than to clean your own clutter. There's no mental strain. “Should I keep this” is always invading my thoughts. You never want regrets.” “Did I save that somewhere...” or “We threw it out when...?”

Occasionally, a long-forgotten box is opened and within a pile of mishmash we find it. The teaspoons you accused your partner of disposing in the last move. The saving grace in this turmoil is that I don't have a basement in my present abode. I imagine a party of

(continued on page 15)

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WATERFORD SPOTLIGHT... (continued from page 14)

“tchotchkes” ready to invade my personal space.

In the end, after the cleaning starts, we abandon the mayhem and disorganization. It’s exhausting. “I’ll do it later,” enters my mind. Maybe tomorrow turns into the next year. The story is never ending . . .

Waterford has several plans for its spring cleaning in 2020. New landscaping will adorn our front entrance. Our plans are to resurface the community pool with diamond brite. Also, new awnings are slated for the pool area. The board and our residents consider spring cleaning to be an all-year-round activity!

Happy Spring and Sunshine to you!

For additional information visit our website at Waterfordaberdeen.com.

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.

Harvey Baron’s Early Bird Special



Hampton Happenings

By: Janet Friedman

It has been a human desire for millennia to make accurate weather predictions. Oral and written history is full of rhymes, anecdotes and adages meant to guide the uncertain in determining whether the next day will bring fair or foul weather. For the farmer wanting to plant crops, for the merchant about to send ships on trade, foreknowledge of tomorrow’s circumstances might mean the difference between success and failure. Prior to the invention of the mercury barometer, it was very difficult to gather numerical data of any predictive value. Even though there were devices such as the weather stick, which gave some indication of moisture changes, the only instrument of any reliability was human experience.

Folklore, which was as good a prediction as any, usually had some locally-based observational validity which allowed it to stand the test of time. Some of these observations even have scientific explanations.

Here’s one for us: When windows won’t open and salt clogs the shaker, the weather will favor the umbrella maker!

Moisture in the air causes wood to swell, making doors and windows sticky. Salt is a very effective absorber of moisture. We all know about clogged saltshakers. With a high level of moisture in the air the likelihood of rain is increased... thus an umbrella.

The calcium silicate in iodized salt acts as an anti-clumping agent in humid conditions, leading to Morton Salt’s umbrella girl logo and slogan, “When it rains, it pours.”

An English proverb describes typical March weather:

“March comes in like a lion and goes out like a lamb.”

In the 19th century it was used as a weather prediction contingent on a year’s early March weather. When March blows its horn, your barn will be filled with hay and corn. “Blows its horn,” refers to thunderstorms. March thunderstorms indicate that the weather is unusually warm for that time of year, hence lots of growth for crops.

Looking forward to a great March in 2020!!

Meet your neighbors, Milt and Vivian Lipson.

(continued on page 16)

HAMPTON HAPPEN.. (continued from page 15)

In 1945, when Milt was 17, he joined the Navy. He was sent to Hospital Corps School and ended up as a medic in a naval hospital. Corpsman school was for 8 weeks. 12 hours a day, 7 days a week. When he graduated, he could do minor surgery, handle x-rays and dispense medications. He was sent to a ward with men wounded from the war and saw horrible injuries, including jungle rot. He was stationed for a while on a PT boat where he handled the mail as well as medical duties. He drove an ambulance for a while. The world was a different place. You had to be a man and accept responsibilities at a young age.

After the war Milt landed in the wholesale meat business. Want to know where to buy good meat around here? Milt says Winn Dixie is pretty good. BJ's is ok too, and if you know how to look, you can find good steak in Publix when it is on sale.

Milt's wife, Vivian, worked for a firm dealing with estate jewelry. This old respected firm gave Vivian the opportunity to see some of the most beautiful things in the world. She became a rep for them and enjoyed many, many wonderful years working with them.

Milt and Vivian Lipson moved to Hampton 19 years ago. At first, they were snowbirds who came to us from Boston. Now they are full-timers. They have always had dogs, as do so many Hamptonites! They are now proud owners of 4-year-old, Harry, an adorable shih tzu.

They did not always live in Aberdeen. Milt was in a horrible accident which ultimately forced them to move. When he and Vivian were shopping in FL one day for new tires, Milt looked out the storefront window and saw a car coming straight for the store and them...at full speed. The car came right through the glass. He grabbed Vivian and made for the back of the store. Unfortunately, he was not looking where he was going, ran right into a forklift and fell on his knee. He needed surgery. That was not the end of his problems. His knee became infected with a horrible bacterium. Walking steps became a painful chore. They lived in a home with some steps, so they had to move. Luckily for us they chose Hampton. Their son came to visit and brought them a dog! Walking the dog helped them to meet all the neighbors who were walking theirs! Hampton became home.

It didn't take long before Milton was elected to the Board of Directors here, first as vice-president and then treasurer. Milton is still on the board. It has been 20 years! Now he is Director of Landscaping. Thank you, Milt!

If you are walking or driving past on Cassia you might see Milt and Vivian and Harry sitting out front by their garage. Stop in to say "hello." They are a great trio!

The next Hampton book group will be meeting on Tues., Mar. 24. It will be discussing "Andersonville" by Kantor. This is a book about a Civil war prison. All are welcome to join us.

Welcome to Ilene Allen, our newest community member. Congratulations to Ellen and Art Gold on the bat mitzvah of their beautiful grand-daughter. Get well wishes to John Bardes.

And, just in case you did not know, March is National Celery Month. It's a month to celebrate this marshland vegetable. You're up for a "Celery-bration," aren't you!?

Sterling Lakes**A Little of This And A Lot of That**

By: Judy Lukow

The Amazing Circle of Life

Bobbie and Alan Pilnick: It's with great pleasure we announce the birth of our first great grandchild, Brooks Owen Adametz - born Jan. 15th. Baby and parents are doing great! He looks like his father! We are so delighted to have a new member of our family. He came to visit this past Sunday and I forgot how little newborns are. Holding him was like holding a football! I also can't get over that my daughter now is a grandmother.

Congratulations to the Pilnicks!

A Tri-Rail Adventure

Charlotte Hernandez: I took the Tri-Rail to meet my stepson who was between flights at the Miami Airport. He met me at the Tri-Rail, and we went to Coconut Grove for some refreshments and quality time. It was wonderful to see him for the 2 plus hours we had together. So glad we could connect.

A Blast from The Past

(continued on page 17)

STERLING LAKES.. (continued from page 16)

Judy Lukow: Recently, I organized an impromptu reunion with a bunch of girls from Abraham Lincoln H.S. '64. Since I found out Carol Walach graduated the same year and we knew each other from school, Carol was among the 14 girls who enjoyed our exciting day. We all met at our Clubhouse for brunch and had a blast from the past! So many girls all living nearby – some I hadn't seen in over 55 years! I thought name tags were boring, so I took pictures of each girl from the H.S. yearbook and put them in a 4x6 frame. The girls couldn't get over the pictures - seeing each other then and now and reminiscing of our time together in school. We all held our pictures when the group photo was taken. After brunch we moved to the patio where we sat and talked some more. What a great time was had by all!

Reminders

Carol and Herb Kayne: would like to remind everyone of the Lynn Conservatory Music Scholarship Fund Concert.

Date: Mon., Mar. 23rd, **Time:** 7:30PM. **Place:** Temple Torat Emet. **Call Carol at 739-9318** for tickets.

Wishes for a speedy and easy recovery for Judy Eber and Sheila Hyman.

Sheila Hyman: I would like to say that I recently had a full knee replacement and came home the same day. My body is recouping as fast as it can. Hope to be on the golf course and tennis court soon. I was lucky to have, as my private nurses, my daughter Carol and my dear friend Irv.

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The Sunny Shores

By: Estelle Morganstein

At the September 2019 meeting of your HOA, the board reviewed a Reserve Fund Study Report commissioned in February of 2013. The goal was to develop a repair-and-replacement-needs plan and a funding-analysis to provide all or part of the funds necessary to pay for maintaining, repairing and replacing the capital improvements of the Association. It used the straight-line-component method to determine the physical analysis or the needs of the association with a cash-flow-analysis and 20-year threshold-funding-methodology to determine the reserve funding requirements. The recommendations made were all implemented since that time and board is confident that our community is on a financially sound basis, able to cover all estimated current and future expenses related to the common areas.

With regards to your board's efforts to assume responsibility for upgrading and taking over the maintenance of your exterior lighting on our individual properties to ensure uniformity and superior quality, this lighting initiative did not receive the required support of a majority of residents. Therefore, the board is unable to go ahead with this project to replace the light fixtures throughout our development.

However, at last month's board meeting, a report commissioned from our landscape contractor was submitted, which determined that much of our original landscape plantings made 35 years ago, have surpassed their estimated lifespan and are in need of replacement. It was decided to update various bushes, etc. on a court-by-court basis over the next couple of years. Work on this project has begun in earnest.

A WARNING TO ALL RESIDENTS!

Beware of the increased efforts by scammers to separate you from your money!

DO NOT, under any circumstances allow, anyone claiming to work for a government agency, pose as an HOA representative or put themselves forward as a spokesman for a banking agency, mortgage company, local police, etc. access to your home. Further DO NOT give out any personal information over the phone or internet to anyone claiming a link to a government institution or financial agency. Legitimate requests from these organizations always come by mail. Scammers are becoming more and more aggressive in their attempts to defraud and seniors are assumed to be easy targets. DO NOT allow them to succeed!

Be well and stay alert.



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Lancaster Lakes

By: Phyllis Arnauer

Welcome to the Merry Month of March! We have all weathered the frosty mornings of the Florida winter season and are ready for spring to arrive. Those of us from colder climates can remember how wonderful it felt to leave the house without a hat, gloves, a scarf, a heavy down jacket and boots. At the first hint of milder weather everyone abandoned the winter gear for short sleeves and a light sweater or vest. Well, here in SF the transition from February to March feels similar.

While no crocuses are peeking out through the frosty ground, there are signs that spring is coming. Iguanas are not falling out of trees!! Officially, spring will begin on Mar. 19, but it is introducing itself early. The winter sports events, like the Super Bowl and the Winter Olympics, are over and March Madness is coming. Baseball's spring training has already started, for some teams as early as Feb. 21! On Mar. 8 we move the clocks ahead one hour for Daylight Savings Time. I am going to assume that we all love the longer days and the stronger sun as a time to be outside doing "stuff." Don't forget the sunscreen!

With the idea of spring renewal comes a few thoughts about life. I was watching the Australian Open singles match and started to think about the 2 opponents. They were completely on their own- no partners, no coaches, just them and their skills. Then I heard the crowd cheer and realized that they were not alone. Sports like singles tennis, golf, ice skating, gymnastics become team sports because motivation comes from the spectators and their teammates. In football, which is a team sport, many teams consider the spectators in the arena the "twelfth man on the team."

On the stage, when a character gives a soliloquy, he or she is alone, but sharing thoughts with the audience. Life is a team sport. We all rely on others to get us through the days, whether they be challenging times or positive ones. From our friends and families, we get much-needed motivation, encouragement, and feedback. People do not have to confront life's difficulties alone. With social media we can connect with friends from our past, and with Facetime we can watch our children and grandchildren singing, dancing and playing soccer, as if we were right there. No

(continued on page 20)

LANCASTER LAKES... (continued from page 19)

one must be alone, unless they choose to be. Life is meant to be shared with others. We get support in the form of smiles, laughs, hugs and even tears. What is better than a friend who will tell you the truth about that bathing suit you are thinking of buying?? Not sure the men can relate! Since life is a team sport, remember to take advantage of all the wonderful activities and events offered to us here in Aberdeen. The Bee Gees Concert, the Poolside Party, the trip to the Miami Open and Aberdeen on Stage are just some of the exciting opportunities being offered to us in March. Let's live life to the fullest, knowing that sometimes being alone with a good book or TV series is also a positive option!

From our President comes a gentle but important reminder. Please follow the odd and even side of the street parking rules. They exist for our safety.

Harbour Lights

By: Wendy Latman

So, there was no election in January. There were 3 positions up for election and there were 3 candidates. In Feb., the baton was passed to the new board that consists of Bernie Dienstag, Greg Morton, Wendy Latman, Richard Gauthier, Myron Santo, Mike Caesar, and our newest member, Mike Pandolfo. As of this writing, the roles of the board members had not yet been determined.

For those of us who lived through some history in The Harbours, I think we should all shout a great big THANK YOU to Anita Kaplan, our outgoing president. Under her leadership, the community has become a much nicer, friendlier place to live. The buildings and grounds are being beautifully taken care of and most all of the major infrastructure repairs that needed to be done were taken care of. The Harbours has truly become a wonderful place to live.

On another note, I had to opportunity to interview one of our "newer" residents.

Meet Zina Isaacs:

Zina isn't a newcomer to Aberdeen or to The Harbours. Prior to moving into The Harbours, Zina lived in Aberdeen West (Lancaster Lakes) as a part-time resident for 8 years, and then Sterling Lakes for almost 17 years where her husband Howard Isaacs and she were very active. Zina implemented the putting together of The Aberdeen chapter of PAP and was on

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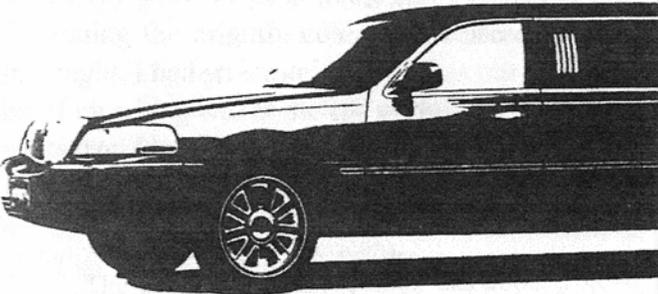
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HARBOUR LIGHTS... (continued from page 20)

the original board. She is still actively involved with PAP, which is a cancer-research organization. Zina was an avid golfer during that time.

Ready to downsize, Zina started renting in The Harbours in 2017 and ultimately purchased her condo in February of 2019. She loves living here. Everyone is very friendly.

Prior to coming to FL, Zina raised her son and daughter in Rockland County, NY. Now, both of her grown children live in NJ, and between the 2 of them, she has 6 grandsons.

Professionally, Zina was a school teacher in NYC. When the family moved to Rockland County, she continued to work as a substitute teacher.

She likes to walk, she plays mah jong 3 times a week, loves to go to the theatre and likes reading good novels.

Say "hi" to Zina when you see her.

Moorings Matters

By: Eileen Hahn

As February begins and this article is written, the Super Bowl was executed with much excitement in the 4th quarter, but nothing compared to the exit of January in our clubhouse with the phenomenal Senior Prom. The Social Travel Club, run primarily by Moorings residents, created a flawless event. Practically everyone dressed for the occasion and the attire was spectacular, with theme-created corsages and boutonnieres. Songs of our choice were submitted; Charlotte and Jerry Kahn waltzed to their wedding music. It was anywhere from 40 plus to 70 years since some of us celebrated that original evening, but Joan and Vince Marini were reliving a dance they had done together, except then they went to the Copa and now, they went home happy to take off those dancing shoes. Tina and Mike Fagan, newer residents, were enjoying the evening along with our newlyweds, Tili and Dennis Platt. Carol Carleton shared the evening with her sister, Barbara, from Seattle who was a perfect fit for the community and enjoyed the company of Cathy Columbia. Anne and Shelly Osherowitz, Vivian and Jack Lonetto, Judy and Larry Kaminsky, Carol Vairo and President Joanne Moustakas and Slim Alan Goldenberg all worked very hard to make this come about and shared the pleasure. Linda and Vince Segal

(continued on page 22)

MOORINGS MATTERS... *(continued from page 21)*

and Shella Katz and Roger Lenkin were also enjoying the evening. The dance floor was busy with Eve and Milt Goldband, Ellen and Howie Applebaum, Sandy and Arthur Lowe and our lady-in-red, Helen, and Joe Fradella. Jane Halley, our bundle of energy, and beau Richard, kept the dance floor moving. I had my original prom picture and corsage on a disintegrating scrapbook page and one 2 years later with Joe at his college formal.

Missing and traveling were Rickie and Harvey Brown, back to the cold mid-west for the pleasure of celebrating their grandson's bar mitzvah and Sally Sage and Herb Schwab, who the airlines missed, off to Santa Barbara to visit her kids. Alice Darrow finally had Larry back on the road to recovery and decided to have a serious appendectomy herself. Jerry Kopelman had another Medicare vacation in the hospital after a reaction to an infusion. Marcia would like a sunny spot that included her. Our champion on roller blades, Paul Camerone, who appears out of nowhere, is walking for exercise after having a shoulder repair. Marcia Weisberg is back with renewed energy after heart surgery in Atlanta, and Marilyn Lubell is walking like a pro with her new hip. Lola Greenberg has moved, but Allegro has her in a hotel until they can get certificates of occupancy. We were saddened to hear of the passing of Simon Glastein, significant other of Mitzi Licht. He almost made it to 100.

Old Words - New Meanings

- **Pharmacist** \farm'-uh-sist\ : A helper on a farm
- **Polarize** \po'-lur-ize'\ : What penguins see with
- **Primate** \pri'-mate\ : Removing your spouse from in front of the TV
- **Relief** \ree-leef'\ : What trees do in the spring
- **Selfish** \sel'-fish\ : What the owner of a seafood store does
- **Subdued** \sub-dood'\ : Like, a guy, like, works on one of those, like, submarines, man

It's Happening In Dorchester

By: Carol Baron

Shakespeare said, "Tomorrow and tomorrow and tomorrow creeps on this petty pace from day to day..." He did not realize that our tomorrows do not creep on from day-to-day. In fact, they race by before we are aware of it. This is March and January and February have disappeared. Did we make the most of each day, did the things we enjoyed, and spent time with the people who have meaning in our lives? Hopefully we were well and could do the things that kept a smile on our faces.

Dorchester will be having its annual meeting soon. We are always eager to have new people join us on the Board of Directors. If being on the board does not meet your need, then we look forward to your presence and input at our HOA meetings. Be a part of what makes our community so special. It is all about "us."

To keep you up-to-date about our friends and neighbors: Iris LeVine is doing well after knee surgery, same for Jeff Nisall following back surgery (so that he will be back on his motorcycle soon). Hoping that Ros Seftel is on the mend.

Meanwhile, the Barons are celebrating their 60th wedding anniversary this month. Yup! Time sure does fly by! Their granddaughter, Emily Beckerman, is starring as Dorothy in "The Wizard of Oz" at the Actor's Playhouse at the Miracle Theater in Coral Gables, FL. Maybe we can all travel down that "yellow brick road" and have fun. Also, we are looking forward to attending the "Aberdeen On Stage" show this month, with so many of our neighbors, including Jill Shaw, singing, dancing and entertaining us all.

For all who believe that "April is the cruelest month," you should take note. This is the month to move forward and ignore people who talk about their concerns the next month. Let's just enjoy what we have while we have it. March on!

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Hadassah Happenings

By: Bea Lewis (Lancaster)

Ask anyone in Aberdeen what they think of Mary Epstein. The answers are always the same – amazing – inspirational – one of a kind - philanthropic - even a darn good bridge player! So, it's no wonder that Mary Epstein has been chosen as Simcha Hadassah's Woman of Valor for 2020. (A luncheon will be held in her honor on Fri., Mar. 20.)

Almost 99 years old, Mary has more energy than those who are decades younger. She claims to be slowing down a bit, but somehow still manages to enjoy a daily card game, and rehearsing for her role as a dancer in the upcoming Aberdeen show later this month. She's sorry she had to give up tennis when she was 92 (loved the game) and feels sad when she thinks about all her wonderful friends who are now gone.

Mary, who was married at 17, is widowed. She has 2 sons and many grand kids (she had to count them on her fingers). Recently she became a great-great-grandmother of 2 and loves to show off their baby pictures on her smart phone.

A college graduate, Mary holds a Master's degree in city planning and when she was 64 years old, she

earned a law degree. She never took the bar exam because she had no desire to be an attorney. "I just loved learning." Even now, she adds, she takes classes at FAU. Until a few years ago she worked as a substitute teacher for children with special needs and the money she earned from that job she gave to charity.

For many of her later years, however, Mary served as a crisis counselor for FEMA, the Federal Emergency Management Agency and travelled worldwide to bring relief to people hit by disaster. She began her work as a volunteer, and then became a staff member. (She also held many other posts for the agency.)

"You can't believe what people go through when a catastrophe strikes," she said, and she tears up when she tells of the time, she worked to help people devastated by the World Trade Center explosions in NYC. "As awful as it was, I was glad to be helpful."

Besides her dedication to Hadassah, she gives to PAP, ORT, and some of her many contributions also go to City of Hope, St. Jude's Hospital and Hadassah Hospital in Israel. "There are so many people in the world who are in need."

Her secret to a good life, she adds, is to abide by

(continued on page 25)

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HADASSAH HAPP... (continued from page 24)

the Ten Commandments. "We'd have a better world if more people felt the same way. "

And we'd have a better world if there were more people like our Mary Epstein, a true Woman of Valor.

For reservation information for the 2020 Woman of Valor luncheon on Fri., Mar. 20 at Temple Beth Tikvah, contact Ellen Gold at 374-7459. Or send \$36 (made out to Simcha Hadassah) to Ellen Gold at 7240 Sweetbay Ct. in Boynton Beach. (See flyer in the Clubhouse lobby.)

How Did Military Trail Get Its Name?

Palm Beach Post 1/19/20

It really was a military trail. During the Second Seminole War, the longest and costliest of the Indian wars and one of the most unpopular in U.S. history, Maj. William Lauderdale was leading troops of Tennessee Volunteers. After the battles of Okeechobee in December 1837 and the battles of Lockahatchee (Loxahatchee) Jan. 15 and Jan. 24, 1838, soldiers went on to build Fort Jupiter. They carved the trail to supply the fort.

Bridge -Try It, You'll Like It

By: Sheila Malamud (Brittany Lakes)

Puppet Stayman (continued).

As you may recall from last month, we were discussing what to do when you have enough points to open 1 NT, but also have a 5 card major. Last month we talked about the situation where your partner has a lousy hand. This month, let's discuss the situation where your partner has a good hand.

Puppet Stayman says that if you, as the partner of the 1 NT opener, have a nice hand with either 3 or 4 cards in a major suit, you should bid 3 Clubs, not 2 Clubs as you would do in regular Stayman. 2 Clubs in Puppet Stayman says you have a bad hand.

This bid, 3 Clubs, asks opener if she has a 4 or 5 card major. If the no trump bidder does have a 5 card major, she will bid it. If the partner has 3 of that suit, she will bid game in that suit. If partner does not have 3 of that suit, she will bid 3 NT.

Let's now say that partner has a 4 card major and wants to find out if the no trump bidder also has 4 cards in the same major. After the partner bids 3 Clubs (asking if the opener has a 4 or 5 card

(continued on page 26)



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BRIDGE - TRY IT... (continued from page 25)

major), if the opener has a 4 card major, she will bid 3 Diamonds. The responder now bids the 4 card major she DOES NOT have. This allows the no trump bidder to bid the major they both have and be the declarer. If the opener does not have 4 cards in the other major, she bids 3 NT.

Confusing? Yes, it is, but it works well after you get used to it.

Example 1. You open 1 NT, holding

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

Partner bids 3 Clubs, holding

Spades	A, x, x, x
Hearts	K, x, x
Diamonds	J, x, x
Clubs	x, x

Partner has asked if you have 4 or a 5 card major. You must respond 3 Hearts, telling partner you have 5 Hearts. Since he has 3 Hearts, she goes to game in Hearts.

Example 2. You open 1 NT with the same hand as before in Example 1, but Partners hand has the same 4 Spades, but only 2 Hearts, 4 Diamonds and 3 Clubs. In that case after you bid 3 Hearts, she will bid 3 NT.

Example 3. You open 1 NT, holding

Spades	A, J, x, x
Hearts	K, Q, x
Diamonds	K, Q, x, x
Club	x, x

Partner bids 3 Clubs, holding

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

You respond with 3 Diamonds saying that you have at least one 4 card major, but do not have a 5 card major. Partner will bid 3 Hearts showing a 4 card Spade suit. Since you have a 4 card Spade suit also, you bid 4 Spades and you become the declarer at 4 Spades. If you only had a 4 card Heart suit and not a 4 card Spade suit, you would bid 3 NT.

Yes, I agree it is confusing. However, once you learn it and practice it, you'll find that the convention helps a lot.

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

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Ya Gotta Laugh

By: Steve Solomon (Hampton)

Some people have suggested that my shows are "politically incorrect." Of course, they are! My entire family is politically incorrect; that's what makes it so funny.

"Critics," and I use that term lightly, often tell me that my shows are full of stereotypes. Yep, that was my life; stereotypical Italian and Jewish aunts who spent the entire day in black house dresses stirring sauces and soup. Since I'm describing my family as they were, why should "critics" be offended by the stereotypes I portray when the people who ARE those stereotypes don't get offended? As my Momma says in her broken English, "Up-a-set? NO! At least he made-a-me famous!"

If my shows are so offensive to those politically-sensitive "critics," then why is it that after 8900 performances in the U.S. and 4 overseas nations, have I never received a letter of complaint from a patron about how offended they were—indeed, it's usually the opposite. I get dozens of e-mails and letters thanking me for the show and saying, "... That was my uncle...." Or, "You nailed my Mom...." The only ones who have ever complained about my political insensitivity were critics—but that's what they do. They never acknowledge, in their critiques, how much the audiences enjoyed the show or how they belly-laughed; they only mention that they feel that I should have been a bit more sensitive to the plight of the poor frustrated terrorists who can't find a homeland of their own and want ours! Or, I should publish a letter of apology to all the dwarfs of Boynton Beach for using the word DWARF instead of "Little people" when I saw a dwarf on his tippy toes in the men's room. I won't go into details.

So, why do I do this? I love it! People who come to a comedy show, for the most part, know why they're there. And the people in S. FL are some of the most sophisticated and delicious audiences in the country. They love to laugh, and I love to perform for them. It's that simple!

The very fact that we can go out to the theatre a spend an evening laughing at ourselves and the antics of others without fear of pending imprisonment, helps make this the great country it is, or used to be, before the hordes of the politically correct police came banging on our doors. My shows, as they are, go on and that makes me very happy. I hope to see you at one of them.

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Bleacher Seat Splinters

By: Rob Tanenbaum (Bermuda Isle)

So far, I've only found one die-hard soccer fan in 4 years at Aberdeen. To be completely transparent, I refurbished a neighbor to be that fan. I bought his loyalty with one Inter Milan jersey. Now the Nerrazzurri (black and blue) are his team and mine. So, I don't have high hopes in this attempt to convince all my loving, intelligent readers to become Inter Milan fanatics. But I have a strategy: make you Inter Miami fanatics first.

The Inter Miami expansion franchise of Major League Soccer (MLS) debuts on Mar. 14 at 2:30 with a home game against the LA Galaxy. It's not a coincidence that the league's most successful franchise is the opponent. David Beckham (of the movie "Bend It Like Beckham" fame) is the managing partner and face of the franchise since when he signed to play for the Galaxy in 2007, he received an option to buy an expansion franchise at a discounted price as part of his original contract.

The team will play its home games for the first two seasons in Lockhart Stadium in Fort Lauderdale, only a 40-minute drive from Le Chalet and Jog. Thereafter, the plan is to turn the Melreese Country Club golf course next to Miami Airport into a complex with office and commercial space, hotels, public parks and a 19,000-seat soccer stadium by 2022. That is, of course, if they can get the city's approval.

The current squad is training in Port St. Lucie and has a couple of players that I've seen play before. Luis Robles is a terrific goalkeeper for almost a decade for NY Red Bulls and Juan Agudelo is talented striker (goal scorer). MLS teams are allowed to sign a limited number of highly talented foreign players and Beckham is actively recruiting some of the best, according to European soccer rumors. This team may be a championship contender quickly since Beckham (famously married to Posh Spice) played for Manchester United, AC Milan and Paris St. Germaine, so he has many connections.

I guess a higher percentage of you have seen "Bend It Like Beckham" than a soccer game above youth level. You think the game is boring. Well, for

almost 60 years, I did too. Then I met my buddy Afro in Bologna at a baseball game and he turned me into an Inter Milan fanatic. I'm not going to try to convince you that soccer is the greatest spectator sport, but I am going to assure you that if you have a team to root for passionately, the skill and strategy of the game is captivating. If you go to a game, try to get a seat in the support's section, usually at one end of the stadium. I did for a Red Bulls game and had the most fun ever at a regular season game despite being sprayed with beer several times.

So, think about joining me in a soccer adventure. Get in touch to watch or go to an Inter game. Maybe I'll even refurbish ya!

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Snakes of the World by Anna Conda
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French Overpopulation by Francis Crowded
How to Tour the Prison by Robin Steele
The Palace Roof has a Hole by Lee King

Talking to Adult Kids

By: Bea Lewis (Lancaster)

It's a common belief that to keep peace with our adult children, we need to keep our pocketbooks open and our mouths shut. But this "bite-your-tongue" philosophy doesn't sit well with clinical psychologist and expert on family dynamics, Dr. Ruth Nemzoff.

By not sharing our thoughts and feelings with our children (or not listening to theirs) Nemzoff believes we create barriers, and miss an opportunity for a positive and loving relationship with them as adults. This is sad, she said, because now that we're living longer, we'll have many more years to relate to our children as adults, than we did when they were children.

So, what to do? Dr. Nemzoff offers a few communication tools needed for what she refers to as the second - stage parenting. The key, she explains, to good communication with adult children is not to suppress what you want to say, but to figure out what, where, when and why you want to say something, or to decide whether it's important enough to even bring up the matter. For instance, health and safety matters are always important to discuss; disagreeing with how

(continued on page 30)

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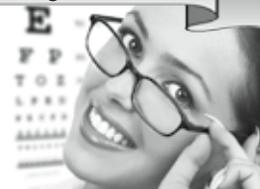
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TALKING TO ADULT KIDS... (continued from page 29)

they spend their money may not be.

Timing is crucial. It's best not to bring up an uncomfortable matter when you or your child is angry or stressed. Think before speaking your mind. And if you do have something to say, find a way to say it without judgment, without criticism. A good tip, said Nemzoff, is to begin a conversation with the "I" word, as in *"I know how busy you are, but I do miss our phone chats. What's a good time to talk?"* rather than to say, *"You've got time for everyone but me."* As Nemzoff explains, "Kids don't respond well to guilt trips." (And for that matter, who does?)

Any skill takes time to learn, even interpersonal relationship skills. No 2 families are alike, Nemzoff said, and if one way doesn't work, try something else. For example, one parent found success when she says what she wants to say, but then assures her child she will not bring it up again. Another parent found it helpful to bestow her undivided attention to a child who just wants to vent. If you listen carefully, said Nemzoff, you may come to understand your child's reasoning for his or her decision, even if it seems like a foolish idea. She describes a father who was upset when his son didn't take a higher paying job in another city but was reassured when his son explained that a bigger paycheck was not as important to him as staying in the neighborhood his family loved.

Avoid unsolicited advice. Sometimes our kids just want to vent – but they are not asking for our advice. At times like that it's best to just be a good listener. (Not easy.)

Bea is the author of "My Kids Are All Grown Up, So Why Are They Still Driving Me Crazy? (Available on Amazon.)"

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10 Lessons You Need to Learn as an Adult...Overcoming a Toxic Childhood

Submitted By: Jane Evers (Hampton)

As children, we go through a great deal and if you grew up in a way that held you back or left you neglected, chances are you've got a lot of room to grow now. While you might not be able to see it just yet, you probably need to make some changes to your life so that you can develop more properly and flourish.

Below are some life lessons that most of us forget to take the time to learn. These lessons are things you should let sink in properly and really take to heart. You're capable of overcoming your childhood if you really work hard.

1. You cannot hold onto the past and move forth properly.

In order to grow you must let go of the things you're holding onto from the past. Release those emotions and face those demons.

2. Apologies must be made sometimes.

You can't go through life never apologizing. If you refuse to give apologies you will lose far more connections than you could ever imagine.

3. You cannot remain in a comfort zone.

Your comfort zone is something that you are meant to break free from. While you might be comfortable there you must be willing to step out of it from time to time. The longer you hide there the less you will experience.

4. You may feel scared by change.

Just because they sound hard to face, your fears do not define you. You might be scared at first but once you overcome the fear of change you will feel better. Address your fears and work through the feeling the best way you can.

5. You don't have to please everyone, and you don't owe others anything.

You are only human, and you should be living your life for yourself. You cannot please everyone and shouldn't be trying to do so. Just because someone tries to guilt-trip you into thinking you owe them something does not mean that you do.

6. Patience is important for success.

If you're not patient with yourself and those

(continued on page 31)

10 LESSONS YOU NEED... (continued from page 30)

around you, success will never find you. The more patient you are with yourself the happier you will be.

7. You should appreciate the things you have.

Take a deep breath and look around you. Be grateful for what you have now. It doesn't cost anything to be thankful.

8. It's okay to feel your feelings.

There is nothing wrong with feeling your emotions. We all have them and holding them in won't do any of us any good. Express yourself properly, it feels a lot better than bottling things up.

9. You should not give your "all" into one-sided love.

If you're doing all you can for someone who refuses to do anything for you, you're messing up. One-sided love is quite present in this world for a lot of people and being able to identify and move away from it is important. Don't let people take advantage of the way you feel for them.

10. Love isn't always conditional, unconditional love does exist.

While most people in this world will love you conditionally there will be some people who love you in an unconditional manner. Sure, it will be

hard to find and appreciate if you never got it from your parents, but unconditional love is real and does happen.

It's never too late to choose to work on personal issues that seem to get in the way of your happiness. Whether you can work them out on your own or need some professional assistance, it's good to strive to improve your general wellbeing.

Gerald Sinclair, "Psychology Today" Jan. 29, 2020

Edited by Jane Evers

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It Only Takes A Moment

By: Sheila Tronn Tannenbaum (Sheffield)

One moment I was happily dancing, celebrating New Year's Eve at our Clubhouse. The next I was flat on my back having slipped, hard. My first thought was horror: had I broken my hip or my pelvis? Some people were gawking, as many often do at an accident. I felt they were crowding me, usurping my air. I was panicking. I couldn't stand being closed in. I waved my hand and someone asked them to move. A doctor from Aberdeen appeared. He was checking my vitals, watching my breathing, looking to see if I lost consciousness. He asked people to step back. He kept these moments and me together before the ambulance came. And as I was transferred to the ambulance, he wished me well and said "Just so you know I'm a gynecologist."

The ambulance came and I was loaded in, helpless, taken to Bethesda West. To a room at the Emergency Room. Five minutes to Happy New Year I noticed by a clock on the wall. And 5 minutes later just as the clock was about to strike 12, two new friends from Aberdeen lovingly arrived at the Emergency Room to see how I was. That was the first time I cried. And, we wished each other happy new year together.

Two nights and three days of tests and poking and the good news was affirmed that nothing was broken, I was intact. Albeit with a sprained groin, which would heal with hard work and lots of physical therapy and occupational therapy to do at home. No "poor me" though, I just had a lot of healing work to do.

Leaving the hospital, suddenly I was thrown into the unknown to me world of the physically-challenged. I had to walk with a walker. And it was different. I do feel self-conscious and want to say it's not permanent, I won't need a walker much longer. It's difficult to maneuver, to get my balance, the rhythm. Sometimes I'm somewhat embarrassed and do feel that the walker, however helpful, is aging.

People ask what's wrong. They ask what happened. They express pity. I answer their well-meaning inquiries, politely. I would say with a laugh, "I don't really need this, I just want to get attention." And we'd laugh together. Mostly though and the biggest plus is that people are so respectful. They hold doors, they move obstacles out of the way, they carry my plate in the dining room, they get me candy in the card room and bring me water. To a fault, everyone asks if

there's anything they can do. That's lovely! I'm very grateful.

It could have been worse, people say. I agree. It also could have been better if I hadn't fallen at all. I did though and it's OK. Another life hurdle to jump. Thankfully in less than 2 months I will have mended. Happy New Year.

Mobile News, Anne M. Gannon Constitutional Tax Collector

By: Maris Levy (Addison Green)

This month I share my best tips to help you check off important items from your to-do list in 2020. One of these items comes along once every 10 years – the 2020 Census. Every household will soon receive an invitation to respond to the census. Keep reading to learn why this census is important, and what your participation means to our democracy.

ASK ANNE: WHY IS THE CENSUS IMPORTANT TO ME AND PBC? Responding to the census is your civic duty. Data from the census is used to determine how much federal funding PBC receives. The economic impact of Census 2020 is significant for PBC: it equates to \$2.4 billion a year or \$1,600 for every person. These are your federal tax dollars that are used to help ensure public services are funded in our community. I think most importantly, your participation affects our representation in government. The data collected determines how many seats FL is allocated in the House of Representatives. If you are interested in earning extra income while helping our community,

I encourage you to consider applying for a census job. The average pay rate for a census taker in PBC is \$16.00-\$17.50. Census takers also receive reimbursement for work-related mileage and expenses. To learn more, visit 2020census.gov. Ultimately, the success of the 2020 Census depends on everyone's participation.



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Avoid a Census Scare

Prepared by Laurie Schacher Wohl (Ashford) PBSO VAST (Volunteer's Against Scams Team) Volunteer. 2020 Census SCAMS. Census form were mailed in February.

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A Moment To Reflect, Relate, Remember

By: Maris Levy (Addison Green)

Memorable & Comic Product/Company Slogans.

A slogan can make a product/company if it is memorable and or comic. Aberdeen has a famous slogan creator, our very own Harvey Baron. Harvey is known for his famous Dunkin Donuts slogan: "Time To Make The Donuts," and the unforgettable Alta Seltzer: "Plop Plop, Fizz Fizz, Oh What A Relief It Is."

I don't know who created this next one, but it's certainly memorable and comic. A Port-a-Potty company in SC is named, "Elvis". It is appropriately named since the famous Elvis Presley died of cardiac arrest while on the commode. Even more special is the company slogan they have printed on every Port-a-Potty: "We're #1 in the # 2 Business."

The ??

By: Vincent Marini (Moorings)

Many folks have often (maybe too often) heard me refer to **THE** Bronx, where I made my entrance into this world, as the only Borough with the article **THE** in front of its name. Today, welcome to another **THE**. I am referring to "THE Florida," the State with a population growth exceeding the growth by any other state. It is mind-boggling when one looks at the population increase on a decade basis. Here is that look with the numbers rounded off in millions:

1900 – ½ million	1980 – 10 million
1910 – ¾ million	1990 – 13 million
1920 – 1 million	2000 – 16 million
1930 – 1 ½ million	2010 – 19 million
1940 – 2 million	2020 – 21 ½ million (P)*
1950 – 3 million	2030 – 24 million (P)*
1960 – 5 million	2040 – 26 ½ million (P)*
1970 – 7 million	*(P) Projected

You think the traffic is bad now!

Blame it all or give credit to Henry Flagler, who declared Palm Beach a "veritable paradise", when he arrived in 1893. According to the P.B. Post, this was after he turned St. Augustine into a winter destination for the rich. He obviously thought Palm Beach offered even more as a winter destination for the richer or richest. It became the finest and most beautiful place for folks to escape to from the blistering winters in the north. At the same time when older folks discovered the solace and comfort of FL's beauty and WEATHER,

Collins Avenue in Miami Beach was born.

PARADISE and FL became synonymous, the catch-phrase, "Come on down," originally used on the "Price Is Right" TV show, was included in a FL commercial and was seen and acted upon by millions of folks; Some, who initially were snow birds and others who became permanent residents.

There used to be a major difference in winter and summer seasons in FL. Today it appears to be an all-year-round paradise based on the homes being built for sale or rent, the traffic, the crowded restaurants and the **number of schools and pre-schools being constructed.**

Do you think it deserves the article, "THE" Florida? I do!

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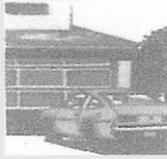
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- **Long sleeves** - wearing long, light-colored sleeves made from cotton helps you stay cooler than staying uncovered.
- **Good-fitting shoes** - talk to the store clerk about the best fit for your feet and activity.
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Marty's Recipes

By: Marty Hyman (Waterford)



Grape Cake.

Every now and then a recipe makes the rounds from one great chef to another. This is one of them. Lidia Bastianich is an Emmy award-winning television host and best-selling cookbook author. Her recipe inspired my next-door neighbor in South Philly, Josephine Scavola, to improve on the original. Josephine comes from Campania, a region in Southern Italy. She is a highly skilled baker and this is one of her best. Makes one 9-inch cake, 10-12 servings.

Ingredients:

- 1 ½ cup all-purpose flour
- 1 ½ tsp baking powder
- ½ tsp baking soda
- 1/8 tsp salt
- 8 tbsp soft butter, divided: 6 tbsp – to be used in a cake batter, 2 tbsp – cut into bits to be scattered on the top later
- ¾ cup sugar + 1 tbsp for sprinkling on top
- 2 eggs
- 1 tbsp extra-virgin olive oil
- 1 tsp vanilla extract
- Zest of 1 lemon
- Zest of 1 orange
- ¾ cup dry white wine
- 2 cups small red or white seedless grapes, stemmed, rinsed, and patted dry; divided

Preparation:

Arrange a rack in the middle of the oven and preheat to 375 F. Butter and flour a 9-inch spring-form pan. Sift together the flour, baking powder, soda, and salt. In a large bowl, with an electric mixer on medium speed, beat the butter until light. Gradually beat in the sugar, then beat on high until light and fluffy. Scrape the sides of the bowl. Add the eggs, one at a time, mixing well after each addition. Then beat in the olive oil, vanilla, and citrus zest. Beat on high speed for 2 minutes or so to lighten and smooth the batter. Alternate adding the dry ingredients and the wine to the mixture; begin with one third of the dry ingredients, then add half the wine, followed by another third of the dry ingredients, beating only until incorporated. Scrape down the sides of the bowl. Beat in the remaining wine, followed by the last third of the dry ingredients. Scrape the batter into the cake pan, smooth

(continued on page 37)

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MARTY'S RECIPES... (continued from page 36)

the top with a spatula. In a small bowl, sprinkle 1/2 tsp of flour over 1 cup of the grapes, toss to lightly dust them. Scatter the grapes over the surface of the batter. Do not press on them, they will sink as the batter rises.

Bake for 25 minutes, until the top is set. Carefully slide the cake out of the oven; scatter the rest of the grapes, dot with the butter bits and sprinkle 1 tbsp sugar.

Return the cake back to the oven, and bake for additional 25-30 minutes. The cake is done when a tooth pick inserted in the center comes out clean.

Remove from the oven to a cooling rack. Cool for 10 minutes. Run a knife around the cake, unmold. Cool completely on the rack.

Do you have a favorite recipe and story?

Email it to Marty at jogvista@yahoo.com

Question: Why are retirees so slow to clean out the basement, attic or garage?

Answer: They know that as soon as they do, one of their adult kids will want to store stuff there.

Balance Basics: Tips For Staying Fit & Active

Your ability to balance is key for maintaining a healthy, functioning body. Here's why – and how you can improve your balance.

Balance exercises can help you maintain your balance – and confidence – at any age. Nearly any activity that keeps you on your feet and moving, such as walking, can help you maintain good balance. You can also try balancing on one foot while waiting in line, or stand up and sit down without using your hands. Read on for more about what you should know about improving your balance:

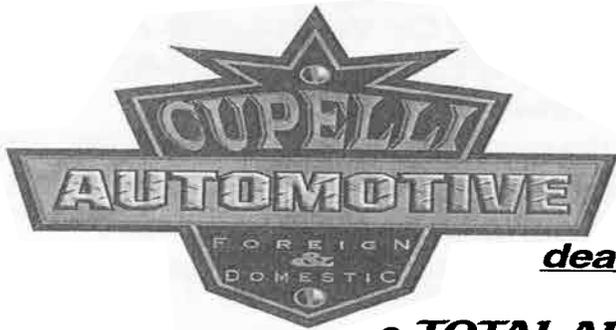
- There are 2 main types of balance. Static balance is your ability to control your posture while standing still. Dynamic balance describes how well you can hold your posture when your body moves.

- If you're an older adult, balance exercises are especially important because they can help you prevent falls and maintain your independence.

- Problems with balance can affect the athletic performance of younger people, too.

(continued on page 38)

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BALANCE BASICS... (continued from page 37)

• You can improve your balance by doing progressively more difficult balance exercises at least twice a week. Tai chi has been shown to be helpful for improving balance.

• Standing on a balance pillow, foam square, balance disc or half of a stability ball can help improve balance.

If you have severe balance problems or an orthopedic condition, get your doctor's OK before doing balance exercises.

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobic class for seniors.

I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

Pisces Horoscope

February 19-March 20

A mix of illusion and reality shapes your year.

Your home planet Neptune supports your idealistic approach to life, and because it's traveling in your escapist sign all year, this is the time to really dream big. Pay attention to intuition and visions – your subconscious is an accurate window into your soul and what you truly want this year.

Neptune's retrograde period occurs from late June until the end of November, however, which can cause all your daydreams to come crashing down. Having the soft, pillowy layers of plausible deniability you've built around you can be unnerving, and you won't want to face the realities that slowly creep in. You're tougher than you seem though, Pisces, so having to face the music can be a blessing in disguise.

The sun will be floating through your imaginative sign from the end of February until the end of March, so happy birthday to you creative, romantic Pisces! You thrive living in your dream world, and you crave solitude to contemplate all of life's "what ifs." Because you're the last sign of the Zodiac and because this transit occurs during the Spring Equinox, this is a time to embrace the ending of one cycle and the beginning of a new one. Take a breather, Pisces, and regain your strength before it's time to start all over again.



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People Age Well Where They Have A Purpose

AARP Bulletin/Real Possibilities Nov. 2019

Yes, you can have a great life in assisted living or a nursing home, says a trailblazer for new ideas in senior care.

When you started working as an administrator in a nursing home, you admitted yourself as a resident. Why? I kept thinking, “How can you run a community where you don’t know what it’s like being on the receiving end?” I thought I would learn how to make things better. I didn’t expect to have this deep, gut-wrenching experience.

Which was? You’re not in control of your life. There was constant noise and no privacy. With an incontinence diagnosis, which I was given, someone checked on me every two hours, even at night. I ended up being sleep-deprived.

And then they got you up early? Yes. They helped me get dressed, rolled me out into the hallway and I waited. Staff walked by, busy. It’s almost like I didn’t exist. After that, I went home and cried. If I felt life like that after 24 hours, how do you survive it for years?

Based on your experience, what is the biggest

mistake we make in housing for people who can’t live alone? We do really well caring for medical needs. But we focus on residents’ decline and do everything for them. We fall into the trap of believing that older people don’t have anything to give back and are just consumers of services. We take away what we know people need, what science has shown we need: a reason to get up in the morning.

So how do we fix that? Instead of doing everything for residents, we should ask: “What gifts do you have? What do you want to learn? What do you want to give back?”

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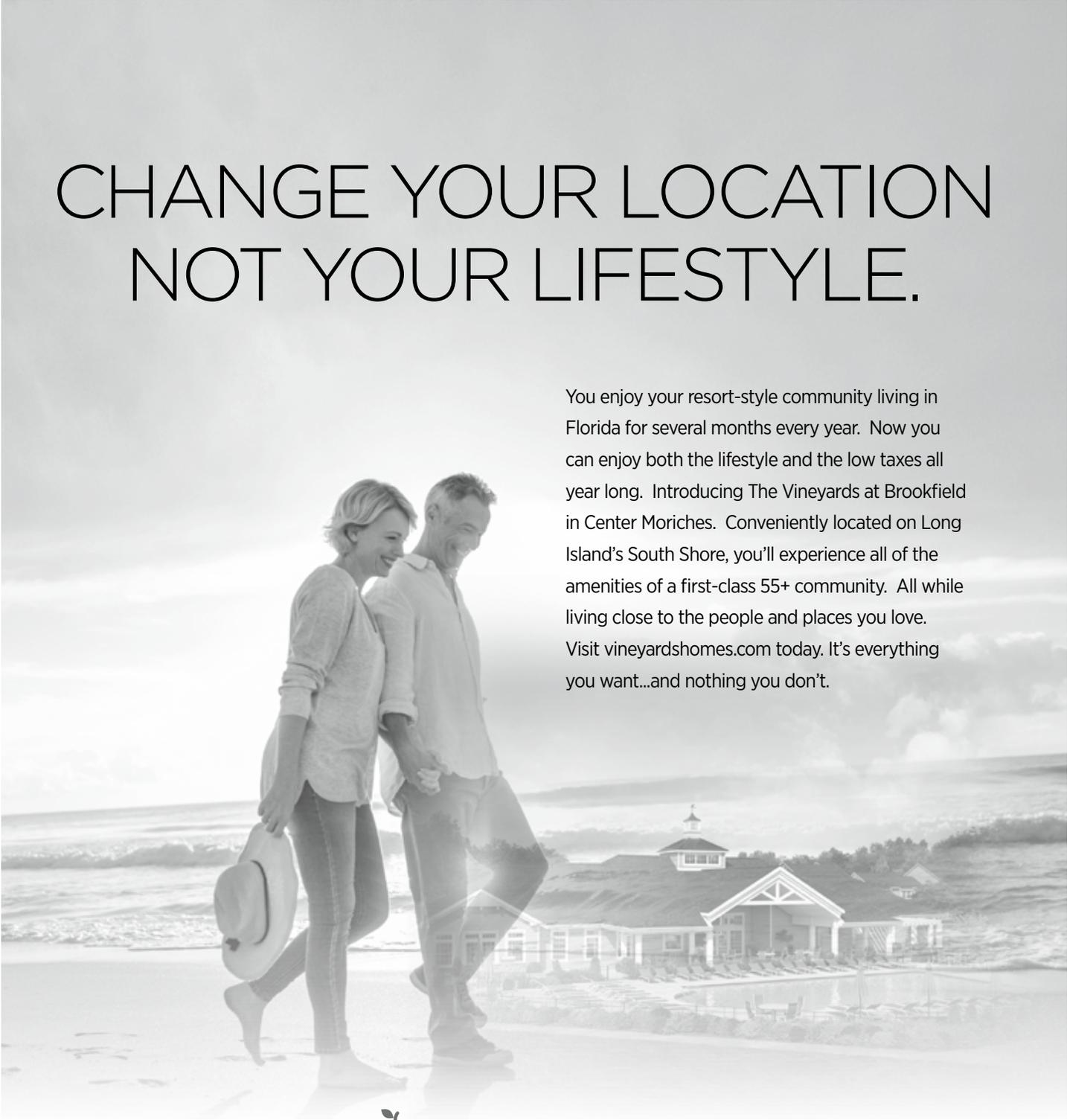
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Laughter & Love

Drs. Michael Roizen & Mehmet Oz
Palm Beach Post

“When you’re laughing, when you’re laughing, the sun comes shining through,” are lyrics to the song “When You’re Smiling,” immortalized by Louis Armstrong and Frank Sinatra. And they got it just right: Real, spontaneous laughter between two people can signal a truly happy connection.

Recently, researchers at the U. of Kansas learned a little something extra while searching for a link between humor and intelligence. (They never did find that!) Seems that if you meet a person you find romantically appealing and try to break the ice with humor, you’re set up for a fast thumbs-up or thumbs-down. (The study looked at guys using that approach, but we say man, woman, gay, straight, it matters not.)

You see, if the other person laughs at what you’ve said, chances are very good that he or she is interested in getting to know you better. The real deal-sealer? If the 2 of you end up laughing together.

What’s the magic in mirth? The theory is that laughter releases feel-good neurotransmitters such as endorphins, reduces stress, benefits the cardiovascular system (listen to your heart beating just a touch faster) and is a source of positive energy.

So, if you’re going solo and want some laugh-time benefits, we suggest you consider Laughter Yoga! That’s right: pose, stretch, giggle, repeat! And if you and a potential love interest have a howling good time at laughing yoga class together, well, we think it might be time to start measuring for new curtains!

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Avoid A Silent Heart Attack

Drs. Michael Roizen & Mehmet Oz
Palm Beach Post

Two recent studies reveal that silent heart attacks are 2 to 3 times more common than previously thought, and one of those studies found that they may occur almost twice as often as conventional heart attacks.

To protect yourself from this health risk, here’s what you need to know:

1. Silent heart attacks aren’t completely silent, but they don’t trigger the usual symptoms, like pressure, tightness or pain in your chest or arms, shortness of breath or cold sweat. So, you may ignore what feels like bad heartburn, achy arms and fatigue.

2. They triple your risk of dying from heart-related problems.

3. Anyone with a family history of heart problems, who’s overweight, has high lousy LDL cholesterol, high blood pressure or diabetes is at risk.

4. If you’ve had one, or to prevent one, start walking 30 minutes a day and eating 5-9 servings of produce, only 100 percent whole grains and good fats (including DHA omega-3s) daily, and ask your doctor about taking two 81-mg aspirins daily.



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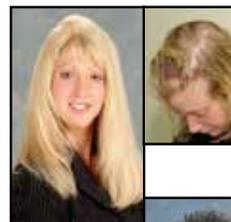


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Sorry, Not Sorry: Right & Wrong Ways To Apologize

By: Deena Bouknight
Palm Beach Post 12/23/19

Some individuals consider the most important and heartfelt words not to be “I love you” but “I am sorry.” The goal is sincerity, expressed psychcentral.com, an independent mental health social network. Apologizing earnestly requires that individuals:

- Acknowledge wrongdoing
- Accept responsibility for action(s)
- Make attempts to atone for the wrong(s) committed
- Provide assurances that transgressions(s) will not reoccur

Psychcentral.com conveyed further that attempts at apologizing can tank quickly if the apologizer uses blaming language, such as “I’m sorry you took it the wrong way,” or “I’m sorry that you didn’t understand what I was trying to say.”

Importantly, sincere apologies often lead to true forgiveness. However, the recipient of an apology often needs “space” to digest the apology as well as cool off if there was an argument that warranted an apology. If waiting for another person to apologize, psychcentral.com encourages patience, as he or she may need to process through the issue before approaching with sincerity the person wronged.

Verywellmind.com in Sept. shared multiple benefits of sincere apologies, namely:

- Lines of communication with the other person are opened
- Regret and remorse are expressed – hopefully in a healthy way.
- What is acceptable and appreciated, as well as what is not acceptable and appreciated, is established in a relationship/
- Mistakes are learned from and there is discovery with difficult situations.

“Not apologizing when you are wrong can be damaging to your personal and professional relationships,” stated verywellmind.com. “It can also lead to rumination, anger, resentment and hostility that may only grow over time.”

Some examples of oft-appreciated add-ons to “I am sorry” are:

- “I wish I had been more thoughtful.”

- “I wish I’d thought of your feelings as well.”
- “I wish I could take it back.”

Primarily, added verywellmind.com, sincere apologies require the courage and willingness to show humility and empathy and then “let it go.”

Your Health Checklist For The Caregiver

These strategies can help caregivers avoid burnout and preserve their health.

1. Commit to yourself. Caregivers must make a commitment to take care of themselves as well as they care for their patients.

2. Enlist others. Build a caretaking village of friends, family, and outside organizations – anyone you can rely on to share some of the responsibility.

3. Take a time out. Schedule nights away from caregiving to meet friends for coffee, attend a support group, or simply be alone with your thoughts.

4. Connect with others. It’s important for caregivers to stay socially connected and to have lives outside of caregiving.

5. Make your health a priority. Schedule and keep regular appointments with doctors and dentists, and don’t ignore warning signs of poor health such as shortness of breath or chest pains.

6. Don’t skimp on sleep. Lack of sleep can be especially detrimental for caregivers and can add to their emotional trauma.

7. Schedule exercise. Physical activity is not only good for overall health; it’s good for caregiving, too, especially if caregivers need to lift and physically support their patients.

8. Learn what help is out there. Organizations devoted to caregiving as well as disease-specific organizations are eager to offer assistance. The Alzheimer’s Association, for example, has a 24-hour help line at 800-272-3900 and an online community resource finder.

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