



MAY FLOWERS



All About Aberdeen Golf & Country Club

By: Ruth Krawitz (Sheffield)

This month's column was supposed to be kudos to the Club for, once again, coming to the aid of its members. It explained the take-out curb-side food service that was being made available as of Mar. 23rd. The menu was extensive, and even certain groceries were available. Regretfully, as the serious effects of the coronavirus worsened, the club made the decision, shortly thereafter, with the health and welfare of our staff and members the priority, to temporarily close the curb-side delivery program and all maintenance operations until further notice. It was a great idea...so thank you!

The following article, which I found on the Internet, is bound to appeal to everyone in this time of crisis...

The Doctor Who Helped Defeat Smallpox Explains What's Coming

By Steven Levy

Larry Brilliant says he doesn't have a crystal ball. But 14 years ago, Brilliant, the epidemiologist who helped eradicate smallpox, spoke to a TED audience and described what the next pandemic would look like. At the time, it sounded almost too horrible to take seriously. "A billion people would get sick," he said. "As many as 165 million people would die. There would be

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Stock Market Crashes And Recoveries

By: Dr. Pat Williams (Muirhead)

What is the Dow Jones Industrial Average (DJIA)?

The DJIA, also referred to as the Dow, is a price-weighted stock index of 30-blue-chip financial and industrial U.S. companies. It contains corporations such as Boeing, Apple, Microsoft and Coca-Cola. Started in 1896, the DJIA is one of the most widely followed indices in the world.

On February 12, 2020, the Dow hit an all-time market high of 29,554. But thanks to the negative impact of the coronavirus, it fell more than 39% in a little more than a month. On March 23, it dropped to 18,592. How long will investors have to wait until the index returns to its pre-coronavirus levels? Let's look at previous market declines for some hints.

Major Stock Market Declines

The largest stock market decline was the Crash of 1929, credited to investor overconfidence and margin-buying. At the time, investors could buy stocks on margin (that is, through a loan) with as little as 10% down. From its closing price of 381.10 on October 24, 1929, the DJIA plunged 89.9%. It took the index 25-years to climb back to its prior high.

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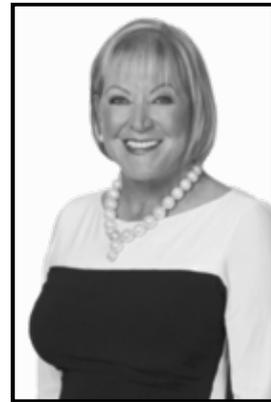
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ALL ABOUT ABERDEEN...*(continued from page 2)*

did a movie, *Contagion*.

We're all watching that movie now.

People say *Contagion* is prescient. We just saw the science. The whole epidemiological community has been warning everybody for the past 10 or 15 years that it wasn't a question of whether we were going to have a pandemic like this. It was simply when.

I've heard you talk about the significance that this is a "novel" virus.

It doesn't mean a fictitious virus. It's not like a novel or novella.

Too bad.

It means it's new. That there is no human being in the world that has immunity as a result of having had it before. That means it's capable of infecting 7.8 billion of our brothers and sisters.

Since it's novel, we're still learning about it. Do you believe that if someone gets it and recovers, that person thereafter has immunity?

So I don't see anything in this virus, even though it's novel, that contradicts that. There are cases where people think that they've gotten it again, but that's more likely to be a test failure than it is an actual reinfection. But there's going to be tens of millions of us or hundreds of millions of us or more who will get this virus before it's all over, and with large numbers like that, almost anything where you ask "Does this happen?" can happen. That doesn't mean that it is of public health or epidemiological importance.

Is this the worse outbreak you've ever seen?

It's the most dangerous pandemic in our lifetime.

Flatten the curve.

By slowing it down or flattening it, we're going to decrease the total number of cases, until we get a vaccine - which we will, because there's nothing in the virology that makes me frightened that we won't get a vaccine in 12 to 18 months. Eventually, we will get to the epidemiologist gold ring.

What's that?

That means, A, a large enough quantity of us have caught the disease and become immune. And B, we have a vaccine. The combination of A and B is enough to create a herd immunity, which is around 70 or 80 percent.

I hold out hope that we get an antiviral for Covid-19 that is curative, but in addition is prophylactic. It's certainly unproven and it's certainly controversial,

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ALL ABOUT ABERDEEN...*(continued from page 4)*

and certainly a lot of people are not going to agree with me. But I offer as evidence 2 papers in 2005, one in *Nature* and one in *Science*. They both did mathematical modeling with influenza, to see whether saturation with Tamiflu of an area around a case of influenza could stop the outbreak. And in both cases, it worked. I also offer as evidence the fact that at one point we thought HIV/AIDS was incurable and a death sentence. Then, some wonderful scientists discovered antiviral drugs, and we've learned that some of those drugs can be given prior to exposure and prevent the disease. Because of the intense interest in getting Covid-19 conquered, we will put the scientific clout and money and resources behind finding antivirals that have prophylactic or preventive characteristics that can be used in addition to vaccines.

When will we be able to leave the house and go back to work?

I have a very good retrospectoscope, but what's needed right now as a prospectoscope. If this were a tennis match, I would say advantage virus right now. But there's really good news from South Korea – they had less than 100 cases today. China had more cases imported than it had from continuous transmission

from Wuhan today. The Chinese model will be very hard for us to follow. We're not going to be locking people up in their apartments, boarding them up. But the South Korea model is one that we could follow. Unfortunately, it requires doing the proportionate number of tests that they did – they did well over a quarter of a million tests. In fact, by the time South Korea had done 200,000 tests, we had probably done less than 1,000.

Now that we've missed the opportunity for early testing, is it too late for testing to make a difference?

Absolutely not. Tests would make a measurable difference. We should be doing a stochastic process random probability sample of the country to find out where the hell the virus really is. Because we don't know. Maybe Mississippi is reporting no cases because it's not looking. How would they know? Zimbabwe reports zero cases because they don't have testing capability, not because they don't have the virus. We need something that looks like a pregnancy test that you can do at home.

Are you scared?

I'm in the age group that has a one in seven mortality rate if I get it. If you're not worried, you're not

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ALL ABOUT ABERDEEN...*(continued from page 6)*

paying attention. But I'm not scared. I firmly believe that the steps that we're taking will extend the time that it takes for the virus to make the rounds. I think that, in turn, will increase the likelihood that we will have a vaccine or a prophylactic antiviral in time to cut off, reduce, or truncate the spread. Everybody needs to remember: This is not a zombie apocalypse. It's not a mass extinction event.

Should we be wearing masks?

The N95 mask itself is extremely wonderful. The pores in the mask are 3 microns wide. The virus is one micron wide. So you get people who say, well, it's not going to work. But you try having 3 big, huge football players who are rushing for lunch through a door at lunchtime – they're not going to get through. In the latest data I saw, the mask provided 5x protection. That's really good. But we have to keep the hospitals going and we have to keep the health professionals able to come to work and be safe. So masks should go where they're needed the most: in taking care of patients.

How will we know when we're through this?

The world is not going to begin to look normal until 3 things have happened. One, we figure out whether the distribution of this virus looks like an iceberg, which

is one-seventh above the water, or a pyramid, where we see everything. If we're only seeing right now one-seventh of the actual disease because we're not testing enough, and we're just blind to it, then we're in a world of hurt. Two, we have a treatment that works, a vaccine or antiviral. And three, maybe most important, we begin to see large numbers of people – in particular nurses, home health care providers, doctors, policeman, firemen, and teachers who have had the disease are immune, and we have tested them to know that they are not infectious any longer. And we have a system that identifies them, either a concert wristband or a card with their photograph and some kind of a stamp on it. Then we can be comfortable sending our children back to school, because we know the teacher is not infectious.

And instead of saying "No, you can't visit anybody in a nursing home," we have a group of people who are certified that they work with elderly and vulnerable people, and nurses who can go back into the hospitals and dentists who can open your mouth and look into your mouth and not be giving you the virus. When those three things happen, that's when normalcy will return.

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STOCK MARKET CRASHES...*(continued from page 1)*

On October 14, 1987, the DJIA closed at 2,508.16. Four days later (October 18), the index experienced its largest one-day drop in history, 26.6%. It continued to fall the following day reaching a low of 1,738.74 and a total decline of 30.67%. Attributed to program trading and illiquidity, it took the market 21 months to return to its high of October 14th.

Another dramatic drop began on October 9, 2007, the start of the Great Recession. Attributed to the bursting of the housing bubble, the DJIA continued to fall until it reached a low of 6,547.05 on March 9, 2009—a drop of 53.77% in about 17 months. How long did it take for the DJIA to recover and trade above 14,000? 65-months.

We can make some generalizations from the above examples: the sharper and longer the decline, the slower the recovery. If the March 23 level holds as the low for the current decline, we can probably expect a return to market highs within 3-4 years.

Events that Could Cause Further Market Declines

Unlike prior market drops, the current one was triggered by a pandemic—a medical, not a financial event. Stock performance is linked to the growth or decline of a company's quarterly and annual earnings per share and revenue. If the market has fully incorporated the effect of the virus on corporate earnings, there should be no more substantive declines.

However, there is no clear consensus among analysts' forecasts of first quarter and second quarter corporate earnings. They all agree earnings will be negative, but by how much? I've seen first quarter estimated declines of -0.2% to -6.9% and second quarter drops from -10% to -30%. If the larger losses of these estimates hold, the market could fall below its recent low of 18,592. If so, the road to recovery will be longer and more painful.

If you're in the market, most financial advisors advise to stay the course. The general consensus among analysts is that earnings will turn positive in the fourth quarter of 2020. At that point the DJIA should go higher. But how much time it will take for the market to return to its February 10, 2020 high is anybody's guess.

This is my final article for the Aberdeen Times. I will be doing monthly financial blogs on profpat.com. Stay well.

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Bermuda Isle Buzz

By: Ketly Blaise Williams

The last time I authored this column, we had just narrowly escaped the ravages of Hurricane Dorian. Now, as I write this, we are in the throes of a global pandemic! I don't want to become the Calamity Jane writer...so I endeavor to offer uplifting news during these turbulent times. Hopefully, by the time you read this, we will be beyond the worst of it. Special kudos to Bermuda Isle neighbors for doing a great job of being diligent and looking out for one another during the COVID-19 crisis. We have creative neighbors on the 'Shoe' who are socializing in their driveways and patios while maintaining proper distances - as a way to stay connected. We also appreciate all the steps taken by our Aberdeen Club Administration to ensure our collective well-being and for providing positive temporary solutions to mitigate the Club's necessary shutdown of its facilities and activities.

In response to this virus that has afflicted our lives, we have a list of mandatory "don'ts" that I hope we are all adhering to. As we re-navigate our daily activities to accommodate these changes, there are quite a few "do's" that we can incorporate into

that mix that might ease some of the worries, stress and ennui that might be setting in. These DO's are positive even when we are not in crisis and can help us feel more engaged and less isolated.

- **DO** explore online courses. Ivy League universities are offering 400+ online classes for FREE. Visit Classcentral.com.

- **DO** try online Master Classes and/or Ted Talks in a genre you are interested in. Just a Google click away!

- **DO** walk outdoors as much as possible. It's a beautiful time of year in south Florida - let's take advantage of it!

- **DO** try organizing virtual group parties, get-togethers, and/or check-ins with friends and family.

- **DO** try learning to speak another language.

- **DO** try journaling - keeping track of events and/or your feelings about them.

- **DO** read more. Fall back in love with the written word that is not a post, text or email.

Doing things that help us stay connected physically and emotionally while engaging in 'social distancing' will help maintain our national equilibrium and hopefully we come out of this stronger than ever!

e-vengeance



Patricia A. Williams

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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.

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Sharing With Sheffield

By: Ruth Krawitz

No matter where we are, or what we are doing, our main thoughts and concerns are uniformly about the coronavirus. We are involved in a world-wide, unexpected crisis that affects each and every one of us in one way or another. It is obviously not just the elderly, or those with pre-existing health conditions; the latest news as I write this column, was of an elementary-school child who was tested positive. Many of my friends and family, like myself, have gone into self-imposed isolation. If this is what it takes, so be it. Not really significant, in the realm of the seriousness of the problem, but what does one do when he or she is forced to be a recluse!

So, what have I been doing? Cleaning my clean house, sanitizing my already sanitized kitchen and bathrooms, cleaning out closets and drawers, preparing my columns for next year's Aberdeen Times, listening to the news updates, and a lot of reading. Of course, talking on the phone with other isolates is great because you find out they are doing they are doing much of the same. And sometimes, we laugh at all the crazy things we have done to make the time pass and clear our minds of the nightmare we are facing.

After one of these amusing conversations, I thought of the soothing effect that a bit of laughter had on my spirit. I reminded myself of the comedian who performed at the Club several years ago, whose theme was "Laughter, an RX for Survival." One of her pieces of advice was to never watch the news before going to bed at night; it was so sordid it was bound to keep you awake all night. "Watch a rerun of "I Love Raymond" instead. How right she was! In this vein, I am sharing with you a column written by a dear friend who also finds solace in laughter.

Keep yourself and those around you safe and well.

We have all met people who have simply given up on life. Their stories are filled with pain, sadness, and rejection. Their talk is more negative than positive. Actually, we all have sad moments when we feel disappointed and worried. George Bernard Shaw once said, "Some people should have inscribed on their headstones, Died at 30, Buried at 82."

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SHARING WITH SHEFF... (continued from page 10)

I agree with Sam Butler when he said, "Our main task in life is to enjoy it," because life is short and I want to make sure that my life is a mostly joyful experience despite the inevitable pain and suffering.

Humor and laughter are infectious. They are far more contagious than any cough or sneeze. Best of all, this priceless medicine is fun, free, and easy to use.

First of all, laughter is good for your health.

Laughter...

- relaxes the whole body, relieving physical tension and stress

- boosts the immune system by decreasing stress hormones, increasing immune cells, and infection-fighting antibodies

- triggers the release of endorphins, the body's feel-good chemicals, which promote a sense of well-being and actually relieve pain

- protects the heart by improving the function of blood vessels and increasing blood flow.

Humor...

- dissolves distressing emotions

- allows you to shift perspectives by seeing situations in a more realistic and less threatening light

- creates a psychological distance from your worries, avoiding feeling overwhelmed and diffuses tension.

Here are some ways to lighten up:

- Smile. Even the fake kind triggers endorphins.

Practice smiling.

- Count your blessings. Gratitude distances you from negative feelings and thoughts.

- When you hear laughter, move toward it.

- Spend time with fun, happy, positive people.

- Bring humor into the conversations. Ask people, "What's the funniest thing that happened to you this week? In your life?"

Here are some ways to help yourself see the lighter side of life:

- Laugh at yourself. Share mistakes and embarrassing moments; talk about times you took yourself too seriously.

- Attempt to laugh at situations rather than bemoan them.

- Surround yourself with reminders to lighten up. (I keep funny sayings around the house. Example – "I laughed so hard that tears ran down my legs.")

Learn from children. They are the experts on playing, laughing, and taking life lightly.

Laugh with others. It's more powerful than laughing alone. Laughter is a social glue because it bonds us to other people.

I came out of times of tragedy because of the wonderful support of positive, loving friends who brought laughter back into my life.

Health And Wellness

By: Jane Evers (Hampton)

Hi, I'm Jane Evers, and I write the monthly "Health and Wellness" column for Aberdeen Times. Next month I am planning to write about how we are dealing with the coronavirus pandemic shelter-in-place mandate and would appreciate your sharing your social-distancing experience.

Please describe what you are doing to manage the shelter-in-place, social distancing orders we are now under in FL and elsewhere. The results will be collected and shared in the June issue of the Aberdeen Times. Just use your first name and village name. Email your reply to: jkevers@bellsouth.net. Thank you.

PS – There must be more to this shelter-in-place than disinfecting the kitchen 3 times a week and constantly cleaning the TV remote. Maybe I should put on a mask, meet my neighbors, form a group and sit 6 feet apart and chat!

Canterbury Communique

By: Dee Levy

Greetings from the Canterbury Community! Yes, it's May, 2020... the month Mother's Day is celebrated and the year the coronavirus pandemic has altered our lives. Who could ever have imagined the outbreak of COVID-19 and its world-wide effects? Hopefully, we've all been following the guidelines set by the Centers for Disease Control and Prevention (CDC) and are emotionally and physically ok.

Needless to say, the situation has been stressful and anxiety-provoking for many of us. Stress is commonly defined as a reaction to something happening; anxiety as a reaction to something that may happen in the future. Stress is a common trigger for anxiety, with feelings of worry, nervousness or unease, typically about an imminent event or something with an uncertain

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CANTERBURY COMMUN... (continued from page 12)

outcome, manifested.

According to the CDC, everyone reacts differently to stressful situations. An individual's response to the COVID-19 pandemic can depend on his/her family background and/or residential and work community. Older people, individuals with chronic diseases, children and teens, people with mental health and substance abuse issues, and health-care workers, often respond more strongly to the stress of a crisis.

Children and teens react, in part, to what they see and hear from the adults around them. When parents, grandparents and caregivers deal with COVID-19 calmly and confidently, they provide the best support for their children. Needless to say, they are more reassuring when armed with accurate information from reputable sources, e.g., cdc.org, who.int, and floridahealth.gov.

The vulnerability of older adults to complications from COVID-19, combined with the cancellation of social activities, the constant stream of sometimes erroneous information on social media, and the lack of many essentials at the supermarkets, have triggered anxiety for many senior citizens. Note that mental health experts have determined that anxiety impedes the body's ability to fight infection. "Anxiety suppresses the immune system," says Jane Timmons Mitchell, Associate Professor of Psychiatry at Case Western U.,

"So anything we do not to be anxious is helpful."

Various ways to deal with the stress and anxiety caused by the current crisis have been suggested by the CDC. These include: taking breaks from watching, reading or listening to news stories and social media, taking care of your body by practicing relaxation exercises, eating healthy meals, exercising regularly, getting plenty of sleep, and avoiding alcohol and drugs, taking time to do activities you enjoy; connecting with others, and calling your health-care-provider if stress gets in the way of your daily activities for several consecutive days.

In closing, we extend our heartfelt condolences to Carol Collins whose beloved mother, Marjorie DeMartino, passed away in March after a long and protracted illness. Marjorie, a very personable and talented woman, who wrote, illustrated and published a book at the age of 89, will be missed by all. We also extend our deepest sympathies to Carol Brooks and her family on the passing of her beloved husband, William. We were saddened to hear of her loss and offer our sincere condolences.

To our many Aberdeen friends and neighbors, we wish you all good health and well-being. Have a Happy Mother's Day and STAY WELL!

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Turnberry Isle

By: Sherry Morris

Perhaps you have all heard that there's an evil virus going around world-wide. Many correspondents will update you on that, I suspect. So far, so good, here in Turnberry, but it's a long road ahead.

It seems appropriate that this month's article was written on Apr. 1, the traditional day for jokes and pranks. We could not have imagined how things could have changed so much from a year ago, with newspapers and news reporters printing and reporting improbable stories that turned out to be April Fool's jokes. No jokes this year, folks!

At this point we usually update everyone on what our active Women's Club is doing to keep us busy. Instead, we will go over those things we SHOULD have been doing from now until the end of season in May. Recently cancelled was a trip to Murder on the Beach, an interesting, independent book store in Delray Beach that features an author speaking about his or her book. Everyone gets a copy of the book and has a lovely lunch. Sheila Russo was in charge. Next, Bonnie Drain had planned a day on the Intracoastal aboard the Lady Atlantic. This trip was to take us south to view the lovely homes and spectacular scenery. We had not yet planned our Art Museum trip, as the Norton closed before we had decided on a date. Luckily, we did fit in one more trip to King's Academy Theater to see "Cinderella" before the "lockdown." Finally, the annual spring pizza party has been put on hold. Maybe we'll make it a fall pizza party.

It has been nice to hear from our TIWC president, Anita Ostrow, wishing us well and offering to find help for neighbors in need. Some kind souls are shopping for others and some are sending suggestions for restaurant take-out. The president of the Fairway Lakes Ladies' Club even called every member personally to see how we were doing. Kudos for those gestures.

As we are glued to our TVs and our computers, we can't help noticing two outstanding individuals who are helping us get through the trauma. Dr. Anthony Fauci is a brilliant, honest physician who

gives us daily, truthful updates. Governor Cuomo of NY is also a voice of reason during this unreasonable time. Unlike certain politicians, these 2 men give us hope as we move forward.

Finally, it is heartwarming to meet people at grocery stores and pharmacies who come to work every day and assist us in surviving a pandemic. Many, many thanks to all of you.

Harbour Lights

By: Wendy Latman

I am writing this on Mar. 31st, and you may be reading this in early May. We could not predict what the world and our personal lives would be like by May. We do know that life as we have known it until now, has changed dramatically because of this pandemic. The situation reminds me of a book I read many years ago, called "Love in the Time of Cholera," by Gabrielle Garcia Marquez. It's a powerful love story in the time of an epidemic. If you're still stuck inside, you may want to try it.

I just learned that in 2015, Bill Gates made a presentation at a conference put on by an organization called TED (Technology, Education, Design), during which he predicted that the next catastrophe the world will have to face, is not a nuclear war, but a germ war. He predicted we need to get our healthcare ramped up to face a pandemic like we are experiencing now; also important that we make sure our military is prepared to face down a nuclear war. We surely failed on that point.

However, more recently, he wrote an essay on how a situation like this equalizes everyone in the world. In summary, he says it doesn't matter if you are rich or poor, it doesn't matter what gender you are, it doesn't matter if you are young or old, where you came from, where you live now, what your religious beliefs are, what your ethnicity is, or even what your political beliefs are. We are all in this together – the entire world. How humbling.

I can only hope that by the time you are reading this, we are looking back on the pandemic in the past and not looking forward to a prolonged outlook of more deaths and disease going out into the future.

In five years from now, hopefully, we will all be sitting around talking about what was going on in

(continued on page 15)

HARBOUR LIGHTS... (continued from page 14)

each of our lives when the Covid-19 hit back in 2020. Just like those of us from NY remember the black-out in 1965. Everyone remembers where they were when JFK was shot. We all remember what we were doing when the planes hit the World Trade Center on 9/11. Hopefully, it will all be a memory and perhaps the world leaders will have learned something from a lesson Mother Nature gave us for which we were unprepared.

The Sunny Shores

By: Estelle Morganstein

Our world has been turned inside out in the past several weeks leaving me at a loss as to how to get back to normality. However, I firmly believe that we are America-strong and that we can and will overcome all adversities as long as we stand together.

In that vein, I would like to introduce to you the newest member of our HOA. Helen Gillen joined our board late last year following the resignation of Barbara Ladd who has since moved to another local community. Helen was born in Milwaukee and carved out a career as a buyer for a national department store chain. With her late husband Ted (a former

president of our board), they lived in many cities due to his career demands – Rochester, Pittsburgh, NYC and Boston to name a few. Barbara has 2 sons and a daughter and has lived in The Shores for many years. Helen has taken on the dual portfolios of Pest Control and Landscaping, and promises to bring new eyes to the beautification of our community.

Although our board has not been able to meet in person due to the coronavirus pandemic, the work of maintaining our community continues. As is done on a yearly basis, it has recently contracted for the annual tree-trimming and thinning throughout the community so as to reduce the possibility of trees being uprooted during any potential hurricane.

A reminder – the board will continue to conduct business as usual this month and then take a hiatus over the summer season.

NEIGHBOR NEWS

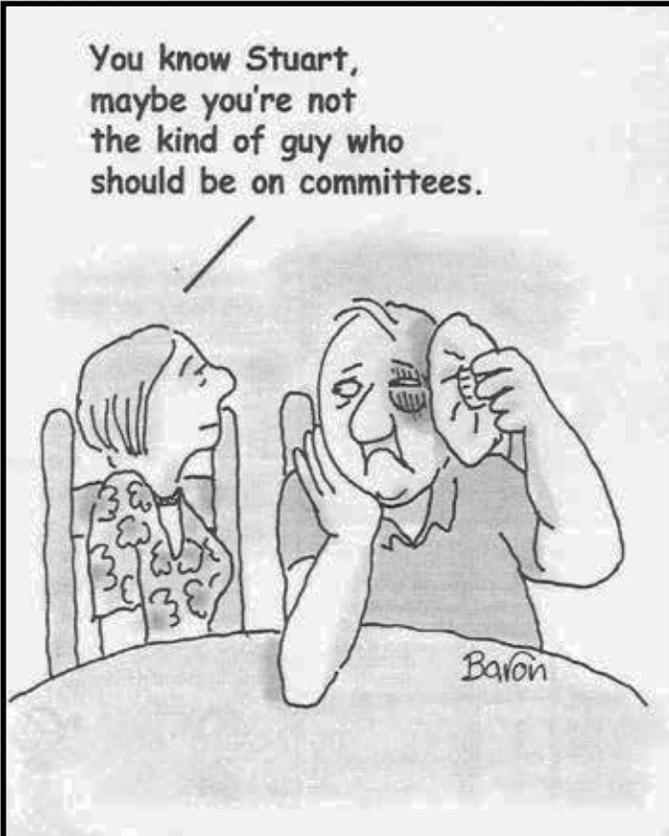
We would like to welcome 2 new homeowners who closed on their new homes recently - Jan and Bob Henryson moved here from Rockford, Ill, and Alan Orenstein, our newest resident.

Diane Greenberg is thrilled to announce that her youngest granddaughter graduated early from nursing school in Westchester and was immediately hired to conduct coronavirus testing in Bear Mountain State Park.

Norma Littman is equally proud of her son Brian, who is a paramedic with the NYC Fire Department, working non-stop to help the residents of NY stem the epidemic.

Not to be outdone, I am still hoping that shortly after this copy goes to press, I will be able to book a trip up to Toronto, Canada to watch my eldest granddaughter, Jordana, graduate high school with honors. She has received early acceptance from all 3 of the universities she applied to and will be spending the next several years at the prestigious University of Ottawa, pursuing a program in Child Psychology.

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May Musings

By: Phyllis Arnauer (Lancaster Lakes)

I am sitting at my kitchen counter at 11:00 on the morning of Mar. 25, 2020. This being a Wednesday, I would have taken the H.I.I.T. class at the gym from 9-10:00 and then be found chilling at the pool. But these are not normal and typical times. All of us at Aberdeen are social-distancing and self-isolating to reduce the possible spread of the coronavirus. Many people are outside meeting and greeting their neighbors, walking their dogs, and biking, all while observing the 6-foot social-distancing guidelines. People are waving and smiling at each other! On my daily walks I have seen garages so neat, clean, and so well-organized that they sparkle - these are award-winning enclosures. Our neighbor, Sue Dix, decided to use her driveway as a car wash. Mealtimes have also been challenging. Getting our shopping lists filled continues to be an adventure. Stores are limiting the amounts of certain items. I must admit that I do not understand the need for rolls and rolls of toilet paper. Hoping someone can explain it to me. You are probably thinking, "How many ways can I serve chicken?" Of course, if you are lucky enough to have a grill, then your mealtime choices expand greatly. Don't we all know that everything tastes great when it is grilled! Hunkering down in our homes gave us untold opportunities to accomplish those tasks that we may have been avoiding; organizing and cleaning the kitchen cabinets and drawers, straightening out the closets, weeding out the clothes we will not or cannot ever wear again, including the dress or pants we saved because we knew they would fit again someday! Cleaning out the aforementioned garage or spare closet became high on the to do list. So far, my "to do" is waiting to be done. It is amazing how something else presents itself just when I am about to begin a cleaning project. Reading a good book, catching up on all the movies and TV shows we missed or recorded, crafting, doing puzzles, jigsaw and crossword, have been some of the activities keeping us sane. Personally, the fact that I won 2 different nights of gin rummy with my hubby has me grinning from ear to ear! Neighbors are also showing the goodness inside everyone. Seeking out those alone or unable to get around has become an everyday occurrence. With the Club in cancellation-

mode, all of Aberdeen is of one mind - we will get through this difficult time, hopefully healthily and safely. On the other side exists everything we love about living here in Paradise. It is difficult to think about Easter and Passover, but hopefully as you read this our lives will have gone back to normal. News to share: Lancaster Lakes welcomes Daniel Arut as a new homeowner. Unfortunately, Sue and Larry Dix were unable to watch their grandson, Zev, graduate from Yeshiva U. The event was cancelled; I guess social-distancing would have been difficult in Madison Square Garden! Congratulations to the family. From our president: A reminder to all dog owners and dog walkers- please pick up after your dog! Stay safe and well during this crisis.

Hampton Happenings

By: Janet Friedman

Patience is a person's ability to wait something out or endure something tedious without getting riled up...Having patience means you can remain calm, even when you've been waiting forever or dealing with something painstakingly slow or trying to teach someone how to do something and they just don't get it.

"Only those who have patience to do simple things perfectly ever acquire the skill to do difficult things easily." (James J. Corbett) We have one such master of patience right here in Hampton.

Gene LaMendola has been building models out of wooden matchsticks for quite a while. He has just completed a replica of the Taj Mahal.

This project of 6,200 matchsticks took Gene between 6 and 8 weeks. Some days he worked for 8 hours. A few times even more. Gene says, "Once you get going you get drawn right in and keep going". He worked in his garage and if you happened to pass by his house during these weeks you would see him concentrating and building as the Taj Mahal took shape.

The Taj Mahal kit came with 53 pages of instructions and its own tools. The sticks did not all come in the right size. Hundreds had to be cut to measured specifications. Some of the cut pieces were so small that a tweezer was included in the kit just so that the pieces could be picked up. Some pieces had

(continued on page 17)

HAMPTON HAPPENINGS...*(continued from page 16)*

to be curved and then Gene had to sandpaper them to shape. When it was all put together it had to be painted. That was a whole other undertaking!

Gene's father was an automobile painter and when Gene was a boy, he used to help his dad. The painting skills he learned at that time helped him to paint this amazing model. Different colors posed different problems. Gene was up for the job! The finished product is amazing and beautiful!

Gene has done other projects of this sort and they are displayed in his home. A car, a train, Big Ben... but this one takes the cake!

Gene and his wife, Connie, come to us from Rochester, NY. They moved into Aberdeen and Hampton 6 years ago, and have both been very active in the community. Gene is always ready to help with all projects and spends a lot of time making sure that our community pool is AOK. Gene, who owned his own electrical contracting business in Rochester, has replaced all the lighting at our pool. He has also installed the lights on the Hampton community sign at our entrance. Connie is the secretary on our Board of Directors. She hosts our Hampton book group which meets once every month.

Connie was a teacher of math and science in middle school and then became an administrator. She was instrumental in organizing and starting a pre-school for the Catholic Archdiocese in Rochester. Robert Wegman (of the food chain stores) donated all the money for setting up these schools for 3 and 4-year olds in Rochester's inner city. There were empty rooms in the Catholic schools and it was these spaces that were used to institute classrooms and offices for the new pre-schools.



Connie and Gene are snowbirds and, unfortunately, we lose them during the summer months. But Rochester is happy to have them both back! They both volunteer their time at the Eastman Theater in Rochester. Connie has done this for 30 years. Gene is now involved too. This has given them the opportunity to see and hear many wonderful concerts and to acquire many new friends.

(continued on page 18)

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HAMPTON HAPPENINGS... (continued from page 17)

Congratulations to Claire Slade on the engagement of her granddaughter. Claire wanted to give her granddaughter and her fiancé a special gift and decided to give them an antique brass bowl that her family brought to this country from Russia when they emigrated. The bowl is over 100 years old. It is a special brass bowl that was used for kneading bread. Claire was given this bowl by her grandmother along with an antique mortar and pestle and samovar. Claire has special plans for these other pieces as well.

I happened to be picking up a proxy from Claire one day when she invited me into her home to show me the bowl. It is very beautiful. Claire was trying to get it cleaned up and was having trouble getting out all the tarnish and spots from so many years.

I had been the manager of an art gallery for some years before coming to FL, and I knew that ketchup was the answer. Claire laughed and thought I was nuts! But after I left, she gave it a try, and lo and behold, it worked! She was flabbergasted and proceeded to tell all her unbelieving friends this story. The bowl is a perfect shining piece right now and Claire has packed and posted it to her granddaughter.

Yes, **ketchup**. The mild acid in tomatoes removes tarnish and dirt from **brass**. Rub **ketchup** onto item with a soft cloth, rinse with warm water and dry thoroughly. You can also soak small **brass** items in a bowl of tomato juice to **clean** them. P.S. This also works on copper!!

Get well wishes to Alyce Simons who has been showing remarkable strength in recovering from a heart attack. Get well wishes also to John Bardes and Wayne Poverstein. Welcome to our new Cassia neighbor, Amy Post. Congratulations to Sheryl Rapport on her adoption of Zara, an adorable rescued toy poodle.

DID YOU KNOW??? There is a speed limit in our Hampton community. There is a sign posted at the entrance to Hampton that clearly shows the limit to be 30 MPH. We all know how dangerous speeding cars can be. We all have seen cars flying down Le Chalet and zooming across Cassia and Sweetbay. Last week I saw a speeding car just miss a dog off leash. Are we waiting for an accident before we stop? We do have recourse. If you see a car speeding here in Hampton please take note of the car model and color. Try to get some information from

(continued on page 19)



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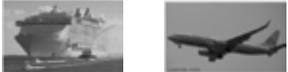
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HAMPTON HAPPENINGS... (continued from page 18)
the license plate. We will report this to the sheriff. Speeders will be approached by the sheriff's office. Tickets may be issued. Please...drive safely. Follow the rules.

As we all know, all activities have been canceled here in our community. At this writing we are all trying to stay positive and strong and healthy. We know there are special holidays in May that can hopefully give us a lift, but here is one that can hopefully make us smile while we are sitting at home....

Another word about patience which has become all too familiar to us all. "Patience is not the ability to wait, but the ability to keep a good attitude while waiting." Anonymous

Two things define you: your patience when you have nothing, and your attitude when you have everything.

Be safe. Be well.

Addison Green

By: Marilyn Benvenuto

As I sit here writing this article, we are in quarantine and not sure if by May 1st this would have changed. I know our lives have changed in the last month, and hope that everyone is doing well as they read this article. What has happened at Addison Green is we have become closer as friends and neighbors, we are seeing each other more on our walks, we are constantly asking each other if we need anything or feel ok. It certainly makes me proud to live here! I ask anyone who is in need of grocery-shopping or medication pick-up, my husband or I are available for anyone in Aberdeen. We can be reached at 732-570-7071. We are not charging for this service. We truly want to help others. And no worries; we always protect ourselves when going out to shop and will also protect you when delivering to you. I have found that many things have changed. I don't know if you agree, but something invisible came and put everything in its place. Suddenly the gasoline went down, pollution went down, people started to have more time - so much time that they do not know what to do with it! Parents are spending time with their kids as a family, work is no longer a priority, or traveling or social life either.

Suddenly we silently see within ourselves and understand the value of the words "solidarity," "love," "strength," "empathy" and "faith." In an instant we

(continued on page 20)

ADDISON GREEN... (continued from page 19)

realized that we are all in the same boat, rich and poor. That the supermarket shelves are empty and the hospitals are full.

New cars and old cars also stand in the garages, simply because nobody can get out.

Empty streets, less pollution, clean air, the land also breathes. The human returns to his origins, realizing that with or without money, the important thing is to survive. Today, health is the main thing, even in spite of wanting to have or possessing. It took 6 days for the universe to establish the social equality that was said to be impossible. Fear invaded everyone. At least this happened to realize the vulnerability of the human being. Nature is forcing us to clean up the mess.

What the coronavirus is teaching us:

- Our best refuge: HOME
- Our best company: FAMILY
- Our real time: TODAY
- Its message: WAIT, RESPECT

We are part of a whole, fragile and vulnerable. Be safe, be well and check on your neighbors!

Sterling Lakes

By: Judy Lukow

The Novel Coronavirus 2019 (COVID-19)

As of my writing, we are headed into frightening territory with an invisible virus that's world-wide and affecting us personally.

Our prayers are with the victims of this baffling virus and the loved ones they left behind.

Our prayers are with those who are following their calling to unselfishly help those in need – the doctors, nurses, all medical personnel, all first responders, and those working to supply food to our tables during these uncertain and unsettling times. We pray our family, friends and neighbors are safe as we ride out this horrible pandemic.

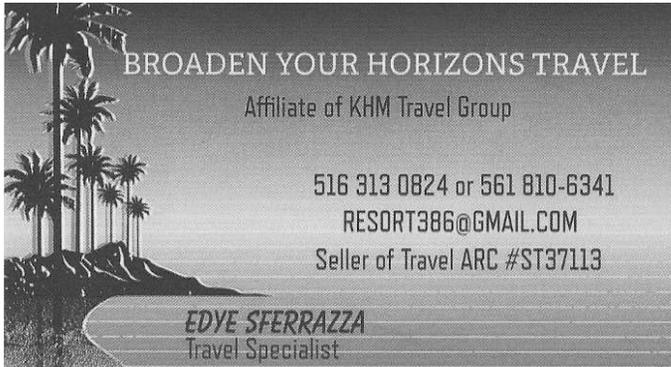
A Very Valuable App!

Bethesda Hospital changed its name to the Baptist Hospital. They have an app where you can speak face to face (on your cell phone) with a medical professional 24/7. Look in your cell phone app store for this free app: **Baptist Health Care On Demand.**

I used it and I'm so grateful I can see a doctor in the comfort of my home pretty quickly. The doctor was in MN and he sent a prescription to my pharmacy.

(continued on page 21)

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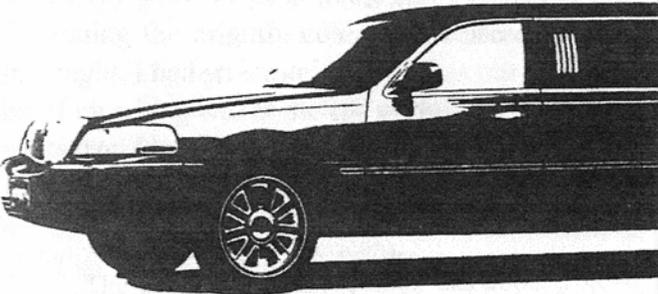


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STERLING LAKES...*(continued from page 20)*

There have been many stories of what we're doing while in isolation; some funny, some heroic, some creative and some boring, and some are sending emails giving valuable information.

Sheila Hyman: My friend, and neighbor, Honey and I get together outside to chat for about 1 hour a day. It is nice to have the connection.

I see neighbors from inside the Lakes area as I walk. We do not know each other but there is always a wave or nod to acknowledge one another as we walk on different sides of the street.

Ronnie Wiederlight: As we are all quarantined in our homes, we should all be thankful for this beautiful place we are in. "This too shall pass" and we will be back to our normal lives.

We should all say a prayer for the first responders all across our country who are putting their lives at risk to save others.

Bette Korn: We have been at our home away from home in Panama since Jan. 9th, intending to return to Aberdeen Mar. 27th - "The best laid plans..."

In our Panama community, we are with people from all over the world...Israel, S. Africa, Australia, France, Italy, Canada and the U.S., and we're all pulling together. There is still an abundance of food and no lack of toilet tissue so far. LOL!

A funny story - Our town is in a rural area with small cattle farms. Last week we had 6 cows escape into our housing development. As we drove home from doing an errand, we noticed they were headed our way....right towards our house. As we approached our driveway a cow headed towards our pool. All I could think of was that the cow would see the water, go for a drink, trip on the steps and land in the pool. So, the question remains, how do you get a cow out of a pool? "ONLY IN PANAMA!" WE SAY THIS ALL THE TIME!

Jerry and Sandy Simelson: sent everyone an email of a doctor demonstrating **How to disinfect shopping**. Very Informative!

I looked at the doctor's website and found he has 2 more video demonstrations that were updates to his first video. Check out this website:

www.DrJeffVW.com

I leave you with the words of a very famous and wise person, "What a revolting development this is!" STAY SAFE!

Waterford Spotlight

By: Cathy Goldenberg

You can say 2020 came in with a bang! The last few months you've had to hunker down, and many of us have counted our blessings. March came in like a lion but did not go out like a lamb. In April, we were always full of hope. We even learned a new phrase – "social distancing." On a positive note, many of us met our neighbors while taking a walk in the neighborhood. Yes, we kept our social distance.

On one of my walks, I encountered a neighbor and one of Waterford's board members, Gloria Miller. Gloria relayed a story to me about one of our residents and her beloved dog, Okemo.

Here is Gloria's story.

He can be seen walking around Waterford. He is not alone. He is with his mom, Judy Shepherd, a Waterford resident. Okemo is a blue Merle Sheltie named after Okemo Mountain Ski Resort in VT because of his beautiful gray, black and white colors.

Okemo was trained to be a Delta Society therapy dog as a one-year-old. In addition to the basic commands, he had to learn words such as "left side, right side, back, front, move, wait and paws up." He had to learn hand signals. Okemo was trained not to respond to loud noises, falling objects and sudden movements. He had to be elevator- and escalator-trained. His training also involved walkers and wheelchairs.

He began working in hospitals, nursing homes, with occupational therapists and with children with emotional problems. He loved "working" and especially enjoyed children. So, he was further trained as a pause and read dog for a program that help children struggling to read. Further commands included "look" and "touch."

Okemo has attended speaking engagements as an example of a therapy dog. He has been called to help after school shootings. He has worked many years for hospice, sometimes visiting up to 5 patients a day.

Okemo retired as an official therapy dog when he became deaf a few years ago. Fifteen-years-old now, he has cancer and is receiving chemotherapy. Okemo is still active, happy and has lots of love left to give. This is a time in our lives when we all can use a little bit more love.

Okemo leaves this month to go up north. But you

can call his mom, Judy. The next time they are in the community, you can arrange to visit and meet them.

Thank you, Gloria, for a heartwarming story. This month, Waterford Spotlight is dedicated to the helpers. To everyone who put the community and the world first. Thank you to the doctors, nurses and everyone on the front line working to defeat the pandemic that the world is going through and touching our lives.

Much love from your friends in Waterford.

Moorings Matters

By: Eileen Hahn

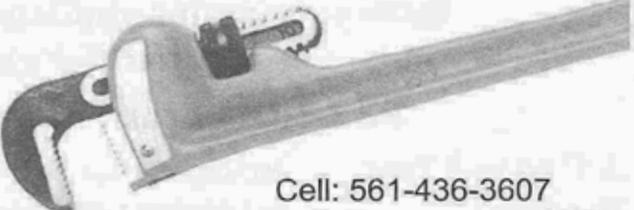
These are certainly strange times; never did we expect to witness a pandemic in our lifetime. Hurricanes we prepare for, acts of war we've lived through, but plagues were only in history books or the Bible. This was when I was going to write about Joe and my trip to Greece and the 3 bodies of water we would cruise through while visiting the islands and Turkey; but instead we walk around Mooring Circle.

Flora and Jack Miller were to fly to Indianapolis to be feted by son Michael and family, celebrating Jack's 90th birthday. No traveling, flying or partying to ensure another birthday. Our grandson, Stephen, will graduate Tulane U. with a BS in biomedical engineering this month, without the pomp and jazz of a New Orleans traditional sendoff. Not so sad for him since he is staying to receive a Masters and will have another chance next year. But so many students around the country will miss that conclusion after 4 years of study. Since there's no human contact and no clubhouse, I will write about the past instead of the future.

John and Laura Unger, chairs of the Men's Club cruise, along with Marilyn and Alfred Lubell and Isabelle and Don Rubenstein were able to have an enjoyable trip and return to port in good health. Before flying was discouraged, Herb Schwab's children were able to visit him and Sally, and the Rubenstein hotel opened immediately. By the time their son and daughter-in-law arrived, they felt, coming from NY, it would smarter to stay at his brother's house. The clubhouse didn't close until after the theater wing had its production. One of the cutest numbers was "Singing in the Rain" choreographed

(continued on page 23)

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

by Vivian Lonetto and featuring Carol Carleton, Stephanie Cohen, blonde Charlotte Kahn and Joanne Moustakas. Judy Kaminski, who rehearsed with them, was out with bronchitis that weekend. It was wonderful to hear Ralph Sheffler again and to welcome newcomers Stephanie and Larry Cohen and Carol Baldwin to the cast. Hopefully they had as much fun as the audience. Since the Moorings election meeting was a non-event and no one was interested in running for the board, by unanimous consent Cliff Antis, Jane Halley, Tamara Landay, Alfred Lubell and Mitch Weiser will continue to serve. One vacancy may be appointed by the board.

Joe and Helen Fradella were not planning on buying a new car, but an accident that totaled their car and left Joe with a broken arm altered that situation. We hope he heals rapidly. We wish Linda and Vince Segal a wonderful life in NJ, close to their granddaughter, after they decided to sell their villa. This will be the first time in 34 years that a Segal won't live in that house. Parents Herman and Kay were originals and both father and son served the Moorings as board members. Laura and John Unger will eventually sell and move to AZ. If you know anyone interested, it does not have a golf membership, but comes with the opportunity to be Moorings president and run the Gourmet Club which has very reasonable dues and no assessments.

Older Adults At Low Risk For Opioid Addiction After Surgery

MGH Nov. 2016

A new study has found that the risk for addiction to opioids following surgery is minimal among older adults. An analysis of medical records on more than 39,000 surgical patients ages 65 and older found that from 2003 to 2010 only 0.4 percent of the 53 percent of participants who received one of more opioid prescriptions were still taking the painkiller one year after surgery. The vast majority of participants used opioids such as Oxycontin, Percocet, and Vicodin for a short period, and then stopped, according to a paper published online in the Aug. 10, 2016 edition of *JAMA Surgery*.

It's Happening In Dorchester

By: Carol Baron

Hopefully while you are reading this, we are no longer quarantined due to the spread of the coronavirus. It has been quite a month since our last article. The good news is that not much has happened here. We have seen many of our neighbors (6 feet apart from us) as we have gone for walks in the neighborhood each day. And yes, the dogs are happy because they are getting lots more walks than they usually do. Everything else here in Aberdeen was on hold, postponed or cancelled. It has been a good time to sit around, watch TV and eat, eat, eat. Next on the agenda will be to take off a few pounds.

As summer is on its way, many of us will be cancelling our trips north to New York, Connecticut and New Jersey and will be spending the time here in Aberdeen. I guess we can look forward to seeing what the hurricane season is all about. Snowbirds will be full-time residents here.

This time has given many of us an opportunity to stay home and do repairs to the interiors of our home or do things like keep our ARB busy as they plan to install hurricane windows and shutters. Hopefully,

they will not need them. But, better now than caught without them when they could help.

Hopefully, regardless of the quarantine, celebrations took place in each of your homes for Passover and for Easter. Whether with yourselves or online with family and friends (that is if someone told you how to accomplish that on your computer), the holidays meant that another year of them were a part of your lives.

And May is on its way! You are all wished only the best of health and lots of love on May 10th for Mother's Day. It feels like it was just here and here it is again. Also, get out your American flags as we approach Memorial at the end of the month.

The memory for this difficult time in our lives is as follows: "Time is too slow for those who wait, Too swift for those who fear, Too long for those who grieve, Too short for those who rejoice, But for those who love TIME IS ETERNITY!"

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By: Lenore Blinkoff (President)

During these trying times, on behalf of Aberdeen ORT, we wish all of you good health; to stay safe.

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It's Happening at Pap

By: Marcia Levitz (Muirhead)

It is obvious, if you remember my last article, raving about The Night at the Races, a night that never did transpire. We were all secluded in a lock-down for the Covid-19 nightmare.

I have to say, however, had it occurred, you all would have been so proud of what was accomplished by the hard-working volunteers of the Aberdeen Pap Corps and yourselves, the giving, dependable, new and old members without whom our dream of finding that illusive cure for cancer might never happen.

On very reliable sources I heard that we even surpassed last year's phenomenal total of generous, heartfelt gifts.

(Remember, we will be having this same event next year!)

We may still be in quarantine as you read this article as it is written one month in advance, hence my "faux pas" of describing an event which had not taken place. For that, I am sorry.

I did forget to mention some names of people who contributed to a successful night. Gloria Berger,

(continued on page 26)



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IT'S HAPPENING AT PAP... *(continued from page 25)*
 a new board member involved with fundraising had the daunting task of securing cashiers for the racing bets. Anita Lippert helped with stuffing the envelopes, along with keeping everyone informed with constant contact; as she is the VP of communications. I would be remiss if I didn't give accolades to our treasurer, Michelle Auslander. Every check for every function or fundraiser winds up in her lap. Hours of volunteered-time go into making our Aberdeen chapter the 5th most successful among the chapters of The Pap Corps in S. FL. We, of the board, thank our contributors and members and want to give you the latest and most current information. So just ask anyone of us about The Pap Corps, Champions of Cancer Research, when we can again group together. Stay safe and healthy.

Bridge – Try It, You'll Like It

By: Sheila Malamud (Brittany Lakes)

THINKING DEFENSE.

The following hand was played at a recent Aberdeen Duplicate game. Suzi Cohen and I were North/South with Suzi playing North. Sue and Herb Miller defended 4 Hearts with Suzi as Declarer.

Here is everyone's hand:

	North	East	South	West
Spades	Void	QJ64	AK982	T753
Hearts	AKQJ3	952	T64	87
Diamonds	Q72	AK8	T95	J643
Clubs	AJT64	K75	98	Q32

Here is how the bidding went: N/S were vulnerable and South was the Dealer.

South	West	North	East
PASS	PASS	1 Heart	Double
2 Hearts	PASS	4 Hearts	PASS
PASS	PASS		

East leads the Ace of Diamonds. West played the 6 (showing either 2 or 4 Diamonds). East continues Diamonds, playing the King. Everyone follows. East now figures the Declarer probably has the Queen, but continues Diamonds anyway. Here is where "Thinking Defense" comes into play.

North-South are in game so they probably have 25 or so points combined. With what East has, West cannot have more than 3 or so points. Any switch to another suit could cost East/West a trick. Besides, if North does have the Queen of Diamonds, she is going

(continued on page 27)

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 is also adept at WRITING, or knows someone who is, the Aberdeen Times needs YOU!

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BRIDGE - TRY IT...(continued from page 26)

to make it anyway. So, give the Declarer what she is going to get anyway. Don't help her. Let her make her own mistakes.

So, East just continued Diamonds. Declarer won and pulled trump. Now, Declarer cannot reach Dummy, since she was void in Spades. She had to play the Clubs from her hand and she went down.

Many players made the contract because after taking the A, K of Diamonds, they played a Club hoping to find Partner with the Ace. That was nearly impossible considering the point count in the other hands. That was not "Thinking Defense." If a club is played by the Defenders, then the Declarer can escape with only one Club loser and the contract will be made losing only the 2 Diamonds and one Club.

What Is The Difference?

Submitted By: Jane Evers (Hampton)

What's the Difference between an MD and DO and how do I choose?

Have you ever wondered about the different between a doctor who's an MD and one who is a DO? Have you ever not gone to a DO because you just didn't trust the letters next to the name? Perhaps an explanation will help us decide which type of doctor we want to visit.

The simple answer is that both an MD (Doctor of Medicine) and a DO (Doctor of Osteopathic Medicine) are doctors licensed to practice in the United States. They are similarly educated and certified, but there are differences in their training and philosophy of patient care.

Nine out of 10 practicing doctors in this country are MDs or allopathic physicians, according to the latest data published by the Federation of State Medical Boards (FSMB) in 2016. As the FSMB points out in its Census of Actively Licensed Physicians, however, "the osteopathic medical profession continues to experience exponential growth in its numbers."

The American Osteopathic Association (AOA) estimates the number of DOs in active medical practice in the United States will surpass 100,000 by next year. According to AOA data, 10 states saw greater than 45 percent growth in the number of DOs between 2009 and 2014.

While your chances of choosing a doctor who's a DO may be on the rise, most healthcare consumers

(continued on page 28)

WHAT IS THE DIFFER...*(continued from page 27)*

aren't sure what osteopathy actually is. The key, according to the AOA, is osteopathy's "whole person" approach to medicine.

"The osteopathic philosophy involves treating the mind, the body, and the spirit. It's a more holistic approach," says Michael Jonesco, DO, of Wexner Medical Center at Ohio State University in Columbus. "For the patient, the osteopathic approach is less about prescribing medications and medical procedures and more on the body trying to heal itself.

As part of their medical education, DOs receive additional musculoskeletal training known as osteopathic manipulative treatment (OMT). The AOA describes OMT as a hands-on healing method often used to treat muscle pain that can help patients with conditions such as asthma, sinus disorders, and migraines.

"MDs receive more of the traditional training," says Kenneth Kaushansky, MD, dean of the Stony Brook University School of Medicine. "The training of an osteopathic physician has a lot more to do with the physical manipulation of the body." The American Association of Colleges of Osteopathic Medicine (AACOM) represents 30 accredited colleges of osteopathic medicine in the United States.

The Association of American Medical Colleges (AAMC) and AACOM offer information on how to apply to allopathic or osteopathic medical schools.

Like MDs, DOs can practice in any medical specialty, but a majority choose primary care specialties. The AOA estimates that 6 out of 10 osteopathic physicians practice family medicine, general internal medicine, pediatrics, or obstetrics and gynecology.

Choosing a doctor, allopathic or osteopathic, is a very personal choice. As Dr. Kaushansky says, "you want to choose someone you feel comfortable with. There are many resources to help you choose, and word of mouth is okay, too. But you need to do your homework."

By: Dr. Sanjay Gupta

Edited by Jane Evers

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- Did you know the first parachute jump from a plane was 1918 over France?
- Did you know over 500 meteorites hit the Earth each year?
- Did you know 'fan' is short for 'fanatic'?

Little Known Fact

Don Perignon, a French monk, made the first champagne in 1670. He was also the first to put corks in wine bottles.

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Irv Steinberg

Sofa-Bleacher Seat Splinters

By: Rob Tanenbaum (Bermuda Isle)

With bleachers around the world off-limits as a precaution to spreading Covid-19, my vantage point for sports and the title of this column had to be edited to fit the truth. With global sports in a time out, my thoughts went to the most memorable games I was lucky enough to see in person and wish I could stream from my sofa.

5. Marvelous Marv's missteps - I was 13 when I took a bus and 2 subways from Queens to the Polo Grounds on June 17, 1962, for a doubleheader between the Mets and Cubs. I can't imagine parents allowing that now. Chicago scored four runs in the first inning, no surprise. The Mets rebounded with a run and two men on base when Marvelous Marvin Throneberry came

to bat. Marv crushed a pitch to the Mets' on-the-field bullpen in deep right center. The runners scored. Marv stood proudly on third base. There was joy in Metsville. Then the Cubs put on an appeal play at second base, suggesting Marv had missed the bag en route to his triple. Umpire Dusty Boggess raised his thumb. Marv was out. If you think I was mad; you should have seen 71-year-old Mets manager Casey Stengel shuffle out of the dugout to give Boggess some choice English language tidbits, but Casey was intercepted by first base coach Cookie Lavagetto, who supposedly told the skipper: "Don't bother, Casey; he missed first base too." Casey supposedly told Cookie, "Well, I know he touched third base because he's standing on it!" The next batter, Charlie Neal, hit a home run. I saw Stengel come out of the dugout pointing to all 4 bases so Neal would touch each one. The Mets lost, 8-7, and the second game too.

4. Mizzou staggers K-State - Four years at the U. of Missouri infused newspaper ink into my veins and college football my sports being. As freshman team equipment manager, I came to know all the players well but none better than Jon Staggers. Undersized but shifty, speedy and fearless, Staggers hurt opponents

(continued on page 30)

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SOFA SEAT SPLINTERS...*(continued from page 29)*

with multiple skills and he eventually played for the Pittsburgh Steelers. In my senior year, I was too involved in journalism classes to stay with the varsity, so I was in the student section when No. 14 Missouri played No. 12 Kansas State with a trip to the Orange Bowl on the line. It was one of the greatest offensive college football games ever played. Mizzou gained 664 yards of total offense to KSU's 636. The lead and my emotions see-sawed until Missouri sent me home happy, 41-38. Stagers made it happen. He ran a kickoff back 96 yards for a touchdown. He made a long-put return that set up another score. He ran for another touchdown. He passed for another touchdown. He did everything but sell me a "mixer," which was soda/pop that the vendors sold to flask-carrying students.

3. Dollar Bill was worth every penny - Bill Bradley was the greatest college athlete in my lifetime and I was at his greatest of many great performances. Dec. 30, 1964, in Madison Square Garden at the semifinals of the Holiday Festival against No. 1 Michigan. Game recap: Princeton takes an early lead behind Dollar Bill but a Michigan full-court press sparks the Wolverines to a big lead. The Princeton coach shifts strategy asking Bradley to inbound the ball, get the return pass and dribble through 2 or 3 defenders. Strategy works and the Tigers lead at halftime. Princeton opens a 13-point lead with Bill scoring 41 points. With 4:37 to go, a ref calls a ticky-tack foul on Bradley and it's his fifth. He's banished. Michigan re-employs the press and Princeton crumbles, losing 80-78. Years later I met the Knicks' all-pro and Senator-to-be and I proudly told him I was there. "Yeah, you and 35,000 others told me that too," he joked because the old Garden only held 18,499 that night.

2. Franco eclipses a moon shot - Mets' infielder Matt isn't the most famous Franco in world history (Francisco) or on the Mets history (John) but he's my favorite because of the July 10, 1999 game vs. the Yankees at Shea Stadium. The lead had already changed hands 4 times before Mike Piazza hit a towering three-run blast to give the Mets' a 7-6 in the bottom of the seventh. The joy in Metsville didn't last long. After a walk, Jorge Posada hit his second HR of the game for an 8-7 Yankee lead. I couldn't watch Posada round the bases and my eyes fell upon an obese, to say it nicely, Yankees fan 2 tiers below who turned around, bent over and pulled down his shorts to reveal his supersweaty

white underpants. I had been (sorta) mooned. To make matters worse, the pitcher labeled best-closer-ever, Mariano Rivera, came in to finish us off in the ninth. The Mets put runners on second and third with 2 out. They walked Piazza to face Franco. Stupid! Matt whipped a single to right. Two runners scored. Mets win, 9-8. Me, I went over the moon.

1. Sawchuk stinks - On Dec. 16, 1962, my brother-in-law took me to the football Giants last game of the year and then to the Garden for a Rangers game that night. Both games were worth an on-demand stream. But the Rangers game vs. the Red Wings will never, ever be forgotten by players or fans who were there. Our seats were even with the blue line in the second row from the ice. I was delirious with joy, especially since the horrid Rangers were winning, 4-2, late in the second period when the roof fell in. Not literally, but everything but the roof did fall on the Garden ice that night. When the puck went into the Red Wing zone and Hall of Fame goaltender Terry Sawchuk steered it into the corner. Then he plunged the tip of his goalie stick toward the groin of a Rangers player skating for the puck. The skater went down. Calamity started everywhere. On the ice, the benches cleared and all the players were brawling. In the seats behind the Wings goal, fans started acting like players beating each other up. Then the Detroit players tried to climb over the plexiglass to get at the fans. Rangers players dragged the climbing Red Wings down and pummeled them. Meanwhile, fans in the upper levels threw anything they could get their hands on: hats, gloves, coats, foods, beer, coins, umbrellas and all the while most of the 17,500 in attendance started screaming "Sawchuk Stinks, Sawchuk Stinks." This went on for minutes. As the serenade continued, the Garden staff cleaned up the mess. As they finished, inventive fans threw rolls of toilet paper to the ice holding onto the ends so they fluttered down like streamers. An announcer warned if this didn't stop, the Rangers would have to forfeit. Two goals up for a change, Rangers fans settled down. I had another vivid memory that would last 55+ years.

I searched YouTube for videos of these events. I found footage of the Missouri, Princeton and Mets-Yankees games to stream. Marv and Sawchuk will replay only in my mind. The list of my must re-see events is much longer and if this isolation continues, you'll get to read more of them.

Ya Gotta Laugh

By: Steve Solomon (Hampton)

Hang Em.

This is one of those stories we good citizens have trouble dealing with.

A serial killer, we'll call, for the sake of a better name "Killer," was going to be executed. He had been convicted of killing and torturing 6 women, raping 2 of their associated children and murdering another 3 or 4 people. After years of appeals, the high court said, "Put him down."

He had his last meal, the priest came in to hear his confession, they cuffed him and walked him down towards the "you're-gonna-die" room. Here's where it gets juicy. During his stroll, he slipped and landed squarely on his knee which shattered. Writhing in agony, they rushed him to the prison infirmary and prepped him for immediate surgery. Are you following this?

During his surgery a blood clot went from his leg into his lung and he suffered a pulmonary embolism. He went into a coma. This gets better. The prison wasn't equipped to treat pulmonary embolisms. Since they were afraid he would die (Wasn't he was supposed to die!) he was rushed to a local hospital

where they performed emergency surgery to save his life.

He remained in a coma for about a week. When he awoke, the doctors informed him that his surgery was a success and he shouldn't have any complications. He would have to go into rehab because...(I can't make this crap up) according to state law, he would have to be 100% healthy before they could execute him. Ah... your tax money at work.

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Mobile News Alerts

Submitted By: Maris Levy (Addison Green)

Sent from COBWRA - Constitutional Tax Collector Anne Gannon suspends in-person service.

On Thurs., Mar. 19, 2020, I closed all Tax Collector Offices to the public and suspended in-person service until further notice. Last year we served over 800,000 clients in person. That's almost 70,000 face-to-face interactions each month. We must do everything we can to slow the spread of COVID-19.

At the same time, this agency must continue to provide essential services to our community. The collection and distribution of property tax is vitally important, especially in these extraordinary times. Property taxes fund critical services in our community including public safety, emergency response, the school district and healthcare programs. Our driver license and motor vehicle services have a direct impact on people's ability to work which affects our local economy.

That is why we will continue to work behind the scenes, serving you online at www.pbctax.com and by mail.

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Most common tax collector services can be completed online at www.pbctax.com including:

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For additional assistance, please call 561-355-2264, Monday through Friday, 8:15 a.m. to 5:00 p.m. or email ClientAdvocate@pbctax.com.

Driver License Appointments and Road Tests Cancelled

All driver license appointments scheduled through Apr. 30, 2020, and road tests have been cancelled. PBC residents ONLY may reschedule their appointment for a later date. Please note, we may need to cancel future appointments depending on the status of COVID-19 in PBC.

Stay Up to Date

These are extraordinary times filled with many unknowns and constant change. I will continue to keep you up to date by email, online at www.pbctax.com and through our social media accounts. Please follow us on Twitter and Instagram today (@TAXPBC).

For the latest information about 2020 Florida Executive Orders, I urge you to visit <https://www.flgov.com>.

Marty's Recipes

By: Marty Hyman (Waterford)



Lemon Pound Cake

While we were in Vermont, with our children, hunkering down from the COVID-19 virus I came across this excellent lemon pound cake recipe that is a springtime favorite in the Green Mountain State. The Greek yogurt makes this a smooth and enjoyable cake for a warm spring desert.

Ingredients:

- ¼ cup butter softened
- ¾ cup sugar
- 3 large eggs
- 2 Tbsp. canola oil
- 2 Tbsp. lemon juice
- 3 tsp. grated lemon zest
- 1 tsp. vanilla extract
- 2 Tbsp. poppy seeds, optional
- 1½ cups all-purpose flour

(continued on page 33)

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MARTY'S RECIPES...(continued from page 32)

- 2½ tsp. baking powder
- ¾ tsp. salt
- 1 cup fat-free vanilla Greek yogurt
- candied lemon slices, optional

Directions:

1. Preheat the oven to 350°F and coat a loaf pan (9x5-inch) with non-stick cooking spray.
2. Beat butter and sugar in a large bowl until crumbly.
3. Add the eggs, one at a time, beating well after each addition.
4. Beat in the oil, lemon juice, zest, vanilla and poppy seeds.
5. In another bowl, combine the flour, baking powder and salt, whisking it together.
6. Add to the egg mixture alternately with the yogurt, beating after each addition just until combined.
7. Pour into the prepared pan.
8. Bake 50 to 60 minutes or until a toothpick inserted in the center comes out clean.
9. Cool in pan for 10 minutes, remove from pan to a wire rack to cool completely.

10. Top with candied lemon slices.

Candied Lemon Slices: Bring ¾ cup water and ¾ cup sugar to a boil for about 3 minutes, or until sugar is dissolved. Add 1 thinly sliced lemon and simmer 5 to 7 minutes or until tender. Drain and cool the slices completely on a wire rack. Yield: 16 slices.

If you have a favorite recipe and a story send it to Marty at Jogvista@yahoo.com.

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A Moment To Reflect, Relate, Remember

By: Maris Levy (Addison Green)

G-D BLESS AMERICA.

We have been experiencing some very trying, stressful and scary Covid-19 Pandemic times. Through it all, we remain “America-Strong, Determined and Resilient”! Regardless of what our religion, race, ethnic background or gender, essentially, we are one and the same.

As Americans, we rally and bond together to overcome and defeat a common enemy. No matter how long and difficult the battle, we will never leave a comrade behind! We have and will continue to see self-sacrificing acts of bravery, concern, kindness and love for our fellow men, women, children and all G-d’s creatures.

We must stay strong and always remember that we are one nation, one determined people. Our prayers, love, and our undefeatable spirit cannot and will not be broken. We can and will go forward.

Our Battle Cry, “G-d Bless America,” will ultimately be our Hallelujah Victory Shout!

I’m Only Watching Game Shows

By: Sheila Tannenbaum (Sheffield)

...and The Cooking Channel

...and movies, free and pay.

“Pretty Woman” 4 times so far.

I am not watching MSNBC, news nor any channels that might

be interrupted for breaking news.

Whatever works.

If I don’t know, it can’t hurt me.

If I do know, it can.

If something new and more awful happens, someone will call to tell me.

I don’t need to know how many more cases nor how many died.

It won’t change the horror if I know.

I can’t control anything that’s going on.

Except how I live and feel in my safe self-imposed isolating space.

I feel less scared, less sad, doing what I like and

enjoy without knowing the news.

I’ve had FACEBOOK FOR SENIORS for years. Now I’m finally going to read and do it.

I’m going to learn to do THE PLANK with YouTube.

I’m going to have fun and relieve stress doing LAUGHTER YOGA 30 minutes a day with YouTube.

I’m going to spend time walking and doing aerobics in our pool

I’m going to clean out the garage with my husband.

(continued on page 35)

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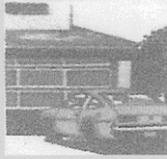
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I'M ONLY WATCHING...(continued from page 34)

And he's going to teach me to play Gin Rummy.

I'm grateful for my children, my husband, my friends, my extended family, my food, the pool, my gorgeous view.

I'm grateful for telephones, texting and Face-Time.

I'm grateful for all the clever and funny things people pass on to me. I'm grateful for power and water and the flowers and the birds and the sunsets and the stars and the moon. I'm grateful for time to reflect.

Whatever works!

Make A Wish

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Taurus Horoscope

April 20-May 20

Your love of the good life motivates you to accomplish some great things this year!

Venus, goddess of love and money, is your ruler and as she starts the year out in experimental Aquarius (Venus in Pisces January 1), your mind opens to new ideas in both areas. You're more comfortable, though, when she enters your sign in early March until early April and then again in Libra (the other signs she rules) for about three weeks at the end of October. Pleasure and passion combine now to help you enjoy the finer things in life. The one retrograde period your ruler experiences is from mid-May to end of June, during her trip through curious Gemini, causing you to ponder the dualities of love and money. While you can't imagine living life without a lot of either, it's interesting to consider the alternatives.

The sun spends time in your comfort-conscious, earthy sign between mid-April and end of May, so happy birthday beautiful, loyal Taurus! You're ready to work hard in exchange for the pleasures that life has to offer—especially beauty and abundance. You don't have to apologize for loving beautiful things—this essential part of your nature is what drives you to succeed. Your senses are awakened now, and you fall in love with gourmet food, fine wine, expensive perfume, luxurious linens and beautiful artwork.

And don't forget that Uranus, the planet of change, is moving along in your steady sign all year, causing upheaval in a lot of areas. Although it's only retrograded until January 10, it cycles back again to a retrograde cycle in mid-August until the end of the year. So, what this means for you, dear Taurus, is rolling with the changes. Not your forte but being as open-minded and flexible as possible will get you through some rough patches during this progressive transition.

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MAY I? YES YOU MAY!

By: Vincent Marini (Moorings)

Welcome to the Wonderful Month of May!

The Birthstone for this month is Emerald, which is emblematic of love and success.

Weather wise, May may be the best month of the year in the north and the south.

There is not enough space available to write all about Marvelous May, so I will highlight some of May's majesty.

May is named for Maia, the Greek goddess of fertility. It is no wonder we celebrate Mother's Day this month honoring them for all the hard work, love and patience they show in raising us. There is nothing quite like the love of a mother!

There is also nothing like the men and women who have given their lives to protect our freedom. We honor those brave souls on Memorial Day on the last Monday of May as a reassurance we will "Never Forget."

In May we also pay tribute to another group of folks who have been and continue to be the backbone of our society. On Tuesday of the first week of May, we celebrate National Teachers Day as part of National Teachers week.

May Day is celebrated on May 1st in many countries as a traditional springtime festival. In the 1900s it became a day to celebrate labor and the men and women who serve in the armed forces. That triggers this digression; (On May 1, 1952, our outfit was confined to base in Yokohama, Japan, to repel expected **May Day** riots. It was the first day American occupation ended and independence was restored to Japan. Thousands of people had taken to the streets protesting remilitarization and the U.S. retention of Okinawa. We had been given weapons to defend ourselves, if necessary. Fortunately, it was not necessary; On May 5th, we left for Korea where it was necessary.

There are more than 20 ceremonial events in May including religious ones, E.g., Jewish Heritage Month and Month of the Blessed Virgin Mary. It is also National Fitness Month, National Golf Month, Older Americans Month, National Burger Month and National Bike Month (otherwise known as Joanne & Alan Month-every day).

Last and certainly not least and more important to me is MAY 8, the day in 1933 when Joan Rose Buttitta was born. In 1952, she became Joan Rose Buttitta Marini.

May your May be Marvelous, Happy & Healthy.

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Pet Peeves

By: Sheila Tronn-Tannenbaum (Sheffield)

Two people are in conversation. A third approaches and without even saying “excuse me” starts talking to one of the two. The other is just left.

Servers wearing perfume, after shave or cologne when dining. The scent can be more pungent than the food and it alters the taste of everything. The smell of cigarette smoke is the worst.

Meetings often start late, waiting so more who are expected won’t miss anything. And the people who arrived on time are penalized for being punctual. And it’s intentional.

Discussing politics over dinner. And medical problems too.

People who eat food off your plate without even asking.

Screaming toddlers in a restaurant and parents who do nothing to stop them. Like pick them up and remove from premises.

“Hold on please” and the interminable wait. How long to hold on and will they ever come back? Notably doctor’s offices and salespeople.

Losing one earring or one sock.

Whenever anyone rains on another’s parade.

Barefoot Brain Boost: Running Without Shoes

The next time your brain feels foggy, you might try kicking off your shoes and going for a run. A new study published in the April 2016 issue of the journal *Perceptual and Motor Skills* suggests that jogging without shoes is a great way to boost your *working memory* - the ability to briefly hold, process, and manipulate information in your mind. Researchers tested the working memory of a group of 73 volunteers before and after two types of workout sessions on two consecutive days. In one type of session, the participants ran with their shoes on along an indoor track, once while trying to strike randomly placed poker-chip targets as they ran for eight minutes, and once running for eight minutes with no targets. (The targets were intended to require participants to pay close attention to where they placed their feet, as a barefoot runner might do when running over uneven terrain outdoors.) In the other type of session, participants ran barefoot, again trying to hit the poker-chip targets with their feet, and then running without targets. Participants’ working memory was measured before and after

(continued on page 39)



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BAREFOOT BRAIN BOOST...*(continued from page 38)*
 each run. The test results revealed that barefoot running with targets resulted in a 16 percent increase in working memory performance, while running under the conditions resulted in no change in performance. The study authors theorized that barefoot running demands greater mental intensity and strengthens working memory because it requires individuals to recognize and avoid stepping on objects on the ground that could potentially injure the foot.

Warning! Calcium Supplements May Raise Dementia Risk in Women
 MGH Nov. 2016

Women who take calcium supplements to lower their risk of osteoporosis may wind up increasing their vulnerability to dementia, suggests a study published online Aug. 17, 2016 in *Neurology*. Researchers looked at 700 healthy women who were between 70 and 92 years of age, 98 of whom were taking calcium supplements. Over the 5-year study period, participants were tested on memory and thinking skills, and 447 of them underwent CT brain scans. Results showed that participants whose CT scans

revealed signs of cerebrovascular disease, such as stroke, mini-stroke, or other signs of impaired blood flow in the brain, were much more likely to develop dementia if they took calcium supplements than if they did not take the supplements. All told, calcium takers who had suffered a stroke had a seven times greater risk of dementia, and those with signs of a mini-stroke or other impaired blood flow had a three times higher risk than participants who did not take calcium supplements. The study did not prove a causal relationship; however, “women with cerebrovascular disease and osteoporosis should discuss this new information with their clinicians,” said the lead author of the study. She stressed that the findings apply to calcium supplements only, and do not apply to calcium derived from food sources, which appears to be safe.

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Today In The Stock Market:

Helium was up, feathers were down.
 Paper was stationary.
 Fluorescent tubing was dimmed in light trading.
 Knives were up sharply.
 Cow steered into a bull market.
 Pencils lost a few points.
 Hiking equipment was trailing.
 Elevators rose, while escalators continued their slow decline.
 Weights were up in heavy trading.
 Lights switches were off.
 Mining equipment hit rock bottom.
 Diapers remain unchanged.
 Shipping lines stayed at an even level.
 The market for raisins dried up.
 Coco Cola fizzled.
 Caterpillar stock inched up a bit.
 And batteries exploded in an attempt to recharge the market.

Risk For Depression May Be Handed Down Through Generations

People whose parents or grandparents have experienced depression face a significantly higher-than-normal risk of developing the disorder themselves, a recent study found. Researchers looked at the mental health histories of 251 men and women averaging 18 years of age, along with histories of their parents and grandparents. Compared to participants with no family history of depression, those whose parents had major depression were twice as likely to develop the condition, and were also more vulnerable to addiction, suicidal thoughts and attempts, disruptive behavior, and poor functioning. Participants with both a parent and a grandparent who developed major depression faced three times the normal risk for the illness, according to a report published online Aug. 10, 2016 in the journal *JAMA Psychiatry*. The findings suggest that people with a family history of depression should be alert to symptoms of the illness and seek professional help for them. Depression is very treatable.

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Changing The World's Conversation About Aging

By: Jo Ann Jenkins, CEO

AARP Bulletin/Real Possibilities Apr. 2018

A new view of living longer.

I wrote the book *Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age* two years ago to help change the conversation about what it means to grow older. I believe we need to create a new mind-set around aging – a new way of thinking about possible solutions that can help us live better as we age.

With the release of the paperback edition of *Disrupt Aging* this month, it's gratifying to see shifts in attitudes, behaviors and culture as more people throughout the world are challenging outdated attitudes and stereotypes and sparking new solutions that recognize the potential historic benefits of living longer.

Where leaders once looked at the growing aging population and saw only retirees, they are now beginning to see a new type of experienced, accomplished workforce. Where they once saw only expensive costs, they are now beginning to see an exploding consumer market that is bolstering our economies. And where they once saw only a growing pool of dependents, they are now beginning to see intergenerational communities with new and different strengths.

All we have to do is look around us to see what is happening. Advances in research and technology are driving innovation in virtually every field of endeavor that affects our ability to live well as we age. Entrepreneurs and innovators are creating an incredible array of products and services targeted to people as they age. Science is making longer lives possible, and we're just now beginning to realize the opportunities those longer lives offer. People are reinventing work, searching for purpose, embracing technology and opening themselves up to new experiences.

Societies around the world are coming up with creative, commonsense ways of adapting to the challenges posed by aging populations and doing it with existing resources. One example is Japan's Watch Over service. For a small monthly fee, a Japanese postal carrier will check on an older resident along with the mail delivery route and relay information

about the resident's well-being to family members using a tablet. The brilliance of this model is that it takes an existing infrastructure resource (a nationwide postal delivery network) and a seemingly unconnected challenge (isolated seniors) and puts them together. It works. The cost is low, the barriers to entry are few, and the payoff is huge.

Here at AARP we're embracing a culture of innovation. Through our innovation lab and our AARP innovation fund, we're exploring ideas for products, services, collaborations, campaigns, apps and projects focused on our three pillars of health, wealth and self. We're designing and experimenting with virtual reality and artificial intelligence. We're investing in promising technology. We're working with universities, health care systems, banks, entrepreneurs, students, programmers, community leaders and more to find ways of empowering more people to live better as they age.

As you read *Disrupt Aging*, you'll discover it's about embracing aging as something to look forward to, not something to fear. It's about seeing ourselves and others as contributors to society, not burdens. It's not just about adding years to the end of life; it's about creating a bold new path to living your best life at every age.

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