



Vol. 28, No. 5

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May, 2021



May Flowers



Aberdeen Golf & Country Club

By: Jay Levine (Muirhead)

It's been over a year now and COVID-19 still dominates our daily life, our daily thoughts. As more people receive the vaccine and the rates of infection decline, we have hope for the future. Many talk about getting back to normal, but for some things, it will be a "new normal." Not just at Aberdeen, but the world around us.

The Club and its members have adapted to the change and were able to enjoy many of the activities of Aberdeen, albeit sometimes modified. From our Music Under the Stars to outdoor Bingo, there have been many social activities. Racquet Sports has replaced the inter-club leagues with our own intra club program. Golf has been able to hold many of its normal tournaments. All of this to help our members have the "Good Life" we all want and deserve.

This is the time of year that leadership changes and we say "thank you" to Art Gold and Shelly Karnilow for their years of service on the board. We welcome back Dave Tager after a 1-year leave and are all pleased to welcome Walt Doyle to the board. We all look forward to the addition of these 2 strong, independent individuals

Dr. David Hollander will continue as President, Fran Peck as Vice President, Larry Wolberg as Treas-

(continued on page 2)

Mother's Day

By: Steve Krawitz (Sheffield)

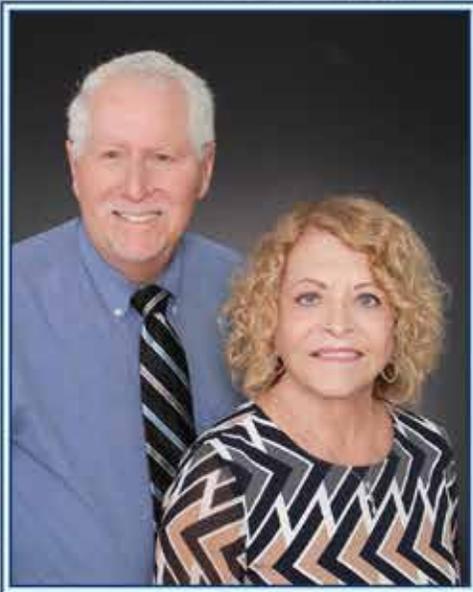
It is axiomatic that we all have mothers, but not as certain that we all have "Moms." There is something special and unique about having a Mom. The hallmark of a Mom is the unconditional love and support that is offered to a child. Not as a condition, or prompted by a request, or G-d forbid guilt, but as an expression of pure parental love. A Mom tends to move forward, not backward, or mired in the past. For sure, there is a realization of past foibles, but a Mom seeks to instruct and use such situation as a teaching moment. These incidents are not dragged up as fodder for future discussions, but are reflective of lessons well learned. Again, moving forward.

Aside from the biological and familial bond between a parent and child, there is an aspect of love, respect and appreciation that develops between a child and a Mom. There is a feeling of unending support and comfort that comes naturally, as is usually unfettered by the day to day vagaries of life. I have been the fortunate beneficiary of such a relationship so I know of what I speak. A Mom is supportive and not judgmental, even inspiring at times. I am frequently confronted with stories about discord between a parent and child. Invariably, they involve perceived or imagined

(continued on page 2)

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Canterbury Communique

By: Dee Levy

Greetings from the Canterbury Community! Yes, it's May, 2021... the month Mother's Day is celebrated and the beginning of a return to a more "normal" lifestyle. How wonderful it will be to see our children and grandchildren, to socialize with friends, and to do all those things that are personally satisfying and enriching. 2020 was certainly a difficult and stressful year for all of us, but 2021 promises to be much improved. As Oprah Winfrey said, "Challenges are gifts that force us to search for a new center of gravity. Don't fight them. Just find a new way to stand."

May, the 5th month of the year, is a month of spring in the northern hemisphere. The sun is warming and flowers are blooming. Named for the Roman goddess Maia, who oversaw the growth of plants, May is a lovely month with notable holidays and events. Holidays include May Day, Cinco de Mayo, Mother's Day and Memorial Day. May's birthstone is the emerald, which is emblematic of love and success; its flowers are the Lily of the Valley and the Hawthorn (a flowering plant in the rose family). Taurus and Gemini are its zodiac signs.

The modern holiday of Mother's Day was first celebrated in the U.S. in 1908, when Anna Jarvis held a memorial service for her mother, Ann Reeves Jarvis. Ann had been a peace activist and the founder of Mother's Day Work Clubs, which addressed public health issues. Although it took many years, President Woodrow Wilson signed a proclamation in 1914, designating Mother's Day to be celebrated on the second Sunday in May.

Mother's Day is a celebration honoring mothers and motherhood, maternal bonds and the influence of mothers in society. It is celebrated around the world but dates of observation vary. In most Arab countries it is celebrated on Mar. 20, the Spring Equinox; in the United Kingdom and Ireland, on the 4th Sunday in Lent; in Israel on Feb. 13, the annual Remembrance Day of Henrietta Szold. Interestingly, Szold, a champion of children's rights, whose organization Youth Aliyah rescued many Jewish children from Nazi Germany, had no biological children of her own. She is, however, considered the mother of all those children and the date for "Yom Ha Em" was

set in her honor. Note that since the division of roles within the family has changed in recent years, Mother's Day in Israel has been reconfigured as "Family Day." Mothers being an important economic factor in the family and fathers taking a significant role in the children's education, development and growth. While the holiday is generally celebrated with children making cards and gifts for their parents and siblings, some commercial tie-ins have also been established. For most Israelis, however, "Yom Ha Mishpacha" -Family Day- is a special day when families celebrate and remember the importance of cherishing those closest to them.

On the local scene, the annual Canterbury block party was a great success. Kudos to Barry Kalen for a job well done! And a hearty welcome to Andrea and Jonathan Ayes, Mauro and Jogina Finamore, and Steve Geremia. We're delighted to have them as our neighbors! In closing, we wish all our friends and Aberdeen neighbors good health, happiness, and an enjoyable Mother's Day. As Honore de Balzac wrote, "A mother's happiness is like a beacon, lighting up the future but reflected also in the past in the guise of fond memories." Have a great month!

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Harbour Lights

By: Wendy Latman

In continuing our exploration of outdoor activities within reasonable distance from home, consider visiting the Morikami Japanese Museum and Gardens. The campus includes two museum buildings, six historically inspired gardens, library, gift shop and a Japanese restaurant. The park and museum grounds cover 188.5 acres. There are rotating exhibits and demonstrations like tea ceremonies, and a number of Japanese -influenced festivals throughout the year. Hours for visiting and the price of admission can be found on their website.

To me, the real beauty of this campus are the gardens. Every time I go, I see something I don't remember seeing before. There is such a sense of serenity wandering the walking paths. Lots of shade and many benches to just relax on. It's a place that invites you to stroll, take your time, smell the flora, listen to the bamboo playing music in the breeze, enjoy the sights of the landscape and the animals. You can easily spend several hours strolling the gardens.

If you are interested in a little history, the park and museum are named after George Morikami, a

native of Miyazu, Japan, who donated his farm to Palm Beach County to be used as a park. George Morikami was the only member of the Yamato Colony, Florida to stay in Delray Beach after World War II. The Yamato Colony was an attempt to create a community of Japanese farmers in what is now Boca Raton, Florida, early in the 20th century. With encouragement from Florida authorities, young Japanese men were recruited to farm in the colony. There were as many as 75 Japanese men, some with their families, at the peak. The Museum was opened in 1977, in a building that is now named the Yamato-kan. The principal museum building opened in 1993. Enjoy!

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- Did you know there are over 10 million bricks in the Empire State Building?
- Did you know the average person has over 1,460 dreams a year?



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Bermuda Isle - The Center of Our World

By: Harvey Schwartz

An incredible time we are living in...of course; the pandemic has been an overriding point of concern and interest this past year. The scientists and pharmaceutical companies of the world have effectively produced vaccinations for our population just when the crisis was at its worst and when the need was the greatest. Thank goodness for that!!! Hopefully, all of us from all walks of life are being effectively served so that the disease can be conquered.

Holidays with serious and fun connotations surround us just when we are beginning to let ourselves be in contact with our family, friends and neighbors. Passover, Good Friday, Easter and other personally observed festivities are once again part of our lives. Some of us celebrated in person while others utilized the virtual methods to see and talk with each other. Hugs were numerous either way.

In our Bermuda Isle, we were witness to a renewed and heightened level of activity! Neighbors greeting each other after what has seemed to be an eternity. It feels good, to say the least! Walking, bike riding, jogging, and just getting around...it doesn't seem to matter. We are joining with each other to give life a new vim and vigor. Just when we feel that we are at our lowest; a reason for hope, a greeting of new consequence surprises us with positive rather than negative feelings. Speaking of bike riding and exercising; have you met Max? This young gentleman brings an exhibition of excitement, intellectual curiosity and down right friendliness to our Bermuda Isle. He is either running, jogging, riding his bike or simply walking and greeting all who he sees. "Hi, my name is Max! What's yours?" I recently saw him and he explained a project that he was working on with other friends of his. I'm glad to have met him!

It almost feels like a long slumber has occurred that we are awakening from. We look up and find new neighbors and new interests to pursue. Thankfully, we have coped with a low and are now facing a new set of life's challenges. We are going to succeed and be all the better because of it. Some of us actually were attacked by the Covid virus and we hope that all are doing well and coming along with a strong recovery.

(continued on page 8)

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BERMUDA ISLE... (continued from page 7)

Keep your guard up! Don't relax your defenses against this terrible disease.

Welcome to all of our new neighbors and a fond farewell to with whom we have parted.

We are looking forward to seeing one another in the neighborhood and wish all well.

Hampton Headline News

By: John Pagliarini

The Aberdeen Times editorial board has been notified that Janet Friedman will no longer be reporting Hampton news due to over-extending herself with a variety of commitments. Our thanks to Janet for the many articles written over the past several years.

A hearty welcome to new Hampton neighbors: Eugene and Jill Herrmann, Duane and Karla Jones, Wendy Sugarman, Karl and Reechie Bachert, and Laurence and Birgitta Rayman. Sincere wishes to Joe Gagliano who is fighting health issues. Get well thoughts to Marilyn Seaton, Selma Greene, and Maureen Defelice.

A recent email from Hampton board member, Janet Friedman, states that the board will be holding small group meetings to "educate" residents on our roofs and future replacement. The week of Mar. 8th was tentatively scheduled to hold these meetings. The Hampton roofs were replaced in 2004 and our 15-year assessment was finally paid in full in October 2018.

Roof cleaning was scheduled for the second week of April (weather permitting). Sidewalks were cleaned also. Tree trimming in July and a complete community house painting for 2021. Our pool looks great with a recent refurbishing and is ready for summer use. Yes, your board has been busy!

Residents have been contacted to report old cable tower locations, but we are still waiting to have the old Comcast (Xfinity) towers removed. Apparently that 2-year old issue has yet to be resolved.

Word on the street is that significant POA expenses will be shared by all next year.

Covid 19 vaccine is becoming increasingly available and, as of this month, over 68% of the elderly (over age 75) have had at least one shot of vaccine. The percentages reported in the newspapers are sometimes confusing. Everyone should be vaccinated in order that this virus be contained.

There are many computer links to websites that
(continued on page 9)

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HAMPTON HEADLINE...(continued from page 8)

are informative and helpful. Several Aberdeen-related websites are as follows; Just click on these links.

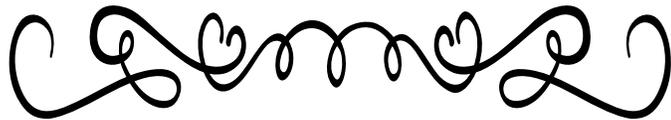
Aberdeentimes.org

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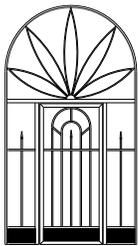
Hamptonhoa.us

Everyone is encouraged to report significant anniversaries, birthdays, family events and worthwhile news and/or achievements to share with your friends and neighbors. Contact me at; jp8230@aol.com. Stay safe!



Interesting Facts

- There is a McDonald's in every continent except Antarctica.
- Mr. Potato Head was the first toy to be advertised on TV.



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A Time Capsule for the Covid

By: Judy Lukow (Sterling Lakes)

If we made a time capsule for the Covid-19 Pandemic to be opened in the year 2070, what would you put in it?

Here are some things to inspire an answer:

- What was the stuff we didn't know we needed—until we needed it!
- List the movies and TV shows you've binge-watched.
- What funny thing happened to you on the way to the Pandemic?
- Describe the troubles faced during the Pandemic.
- What are people doing during the Pandemic out of necessity that you think will be done after the Pandemic? Working from home?

Computer meetings and computer consultations with doctors?

- What is one important lesson we can take from this Pandemic? Family means everything?
 - Newspaper, magazine clippings or headlines you want the future to know was important to you at this time.
 - How people came together to help each other or heroes were made.
 - What is the date and where were you sheltering in place?
 - Has anyone you know been affected by Covid-19 and how?
 - What change did you make to fulfill your basic needs? Shopping? Computer meetings and doctor consultations?
 - What is something positive that has come out of this experience?
 - What are you doing to pass the time?
 - What do you miss most right now?
 - How many museums did you visit around the world online and which ones were they?
 - Which classes did you take online?
 - What is the first thing you'd like to do when this is all over?
 - What lessons has this experience taught you?
 - What are you grateful for?
 - What coping skills did you learn/use?
 - How many closets and drawers have you cleaned out?
 - What skills have you acquired or perfected? Cooking, cleaning, crafting, computers?
- I hope you thought of something you can send me. Meanwhile - Does anyone have any **Good News, Sad News** they'd like to share? Any gossip?
- Please email me your answer and anything else you'd like to share. **THANK YOU! Stay Safe!**

Lancaster Lakes

By: Phyllis Arnauer

It's May, It's May! Before I begin I would like to thank my husband for again providing the inspiration for part of this article. As we were arriving home from a delightful 2 hours at the Beach Entry Pool, David said, "When we get into the house check your purses and see if you have the second set of car keys to your car." I immediately responded, a little defensively, that I never used the second set of keys. But I assured him that I would go through every purse carefully, checking every zippered compartment and pouch. Honestly, it was a good time to do that, what with the changing season leading to the changing of purses. I took each one down, carefully poked around and jiggled it to hear the sound of a key. I checked each beach bag and pickleball bag. As you may have guessed, there was no key to be found. However, I threw away 2 very old purses and discovered the need to go shopping for their replacements! I announced the result of my search and then checked every piece of furniture in the house that had a drawer. No key! And then I remembered that certain keys, like those for a friend's house, are hanging near the washer-dryer. Voila! The missing key was no longer missing. Did I gloat as I waved the key in front of David's face? Maybe just a little. I controlled myself because, after all, he is responsible for two new purses coming soon to a closet near me. So, it led me to realize that lost is not always lost. Sometimes the loss is temporary.

During these difficult times, we have all lost so much, time with family, visits that couldn't happen, hugs that were non-existent. Get together to share a special occasion like a birthday, wedding, graduation, or dance recital were lost to us. But, with the vaccine available, many of these lost things can now, or soon, be part of our lives once again. Of course, some losses are permanent, and we must remember and honor all those whose lives have forever been changed by Covid 19. We must also remember all those who sacrificed for our country come this Memorial Day. I am hopeful that we can find the joy that we lost as we welcome May, 2021.

Neighborhood News: Henry Eichenbaum wants to thank friends and neighbors for their kind support as he recovers from serious open-heart surgery. On

(continued on page 11)

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References

LANCASTER LAKES...*(continued from page 10)*

May 16 Arlene and Gene Stern will be celebrating a year since their granddaughter's Zoom wedding. Sadly, they missed the graduation for her Doctor of Physical Therapy as well, but are so happy that she has a wonderful job.

President's Update: The Lancaster Lakes board is happy to welcome Jerry Friedland. As a reminder to homeowners: The board reminds us to turn on the coach lights from dusk to dawn. Please do not put garbage at the curb early in the day. If you need help, call Solid Waste Authority at the phone number on the garbage receptacle. You can request pickup of your garbage in front of the garage instead of the street. Hope everyone stays well and safe and enjoys the wonderful life we are experiencing here at Aberdeen.

The Sunny Shores

By: Estelle Morganstein

For the past couple of years, I thought of renovating my master bedroom bathroom. Our homes are now 35 years old, and while I had updated most other areas in my home, I had put off redoing this bath for last. So, in January of 2020, I contacted my favorite contractor for an estimate. He came over the next day and spent about a half hour taking measurements, with a promise that he would get back to me shortly with costs. Notwithstanding several phone calls and messages left, I never heard from him again. So, this past February, I sought out a highly recommended contractor and again, he showed up immediately, surveyed the work required and is still promising me he will come up with a quote for the job. When I mentioned my frustration to friends, they all commiserated with me and admitted they had run into the same problem. It seems that because so many COVID restrictions have led to enforced reduction of normal spending options – restaurants, shopping, travel – many households now find themselves with extra monies on hand, and renovating is now a top priority. This has led to an increased demand for renovation experts, to the point where contractors simply cannot keep up with demand. I don't know if any of my readers have run into this problem. If you can offer a solution, please let me know.

Another area of our homes which some homeowners may be contemplating updating is replacement of your original front doors or windows. A note of caution:

before any work can be begin on these exterior updates, an ARB/C? must be filed with our HOA. Otherwise, you will be required to put your property back to its original condition at your expense.

Our landscaping is also feeling the ravages of time and, for the past few years, our HOA in consultation with our landscape service provider, has developed a multiyear plan to update all our courts. This year, Court F's plantings are being replaced where needed and supplemented with new fresh growth, which will enhance the appearance of our development and retain its value.

Otherwise, all's quite on Parkwalk Circle's Western front!

To all our mothers, a Happy Mother's Day Sun., on May 9th.

Hampton Headline News

By: John Pagliarini

Congratulations to the Hampton Officers and Board of Directors recently elected during the annual meeting held Mar. 23, 2021.

- President.....Bruce Simons
- Vice PresidentPat Brown
- SecretaryConnie Lamendola
- DirectorMilt Lipson
- DirectorJanet Friedman
- DirectorRichard Steiff

FYI: New contact for landscaping is Richard Steiff, 954-801-0679.

A debt of gratitude and recognition to Pat Brown and Milt Lipson for their dedication to our community and the continued practice of fiduciary responsibility. Both Pat Brown, who has served with distinction as president for these many years for her leadership, and to Milt Lipson, who has served recently as landscape chair, but also for his many years for his stewardship and business pragmatism as treasurer. This community owes him a debt of gratitude for the positive financial condition that we all currently enjoy. Great job, Milt, and thank you, Pat, for everything.

For those who look up words, FIDUCIARY RESPONSIBILITY means to put the community before your own interest, and that is what they have both accomplished, in a thankless volunteer position. Wouldn't it be great if residents could take a minute

(continued on page 12)

HAMPTON HEADLINE NEWS...*(continued from page 11)*

to express their personal thanks with a note, email or telephone call. I am confident that they deserve much more than a "thank you."

On a sad note, long-time resident, Joe Gagliano, passed away in March. Joe was actively concerned with the Hampton and enjoyed his stays in sunny FL. One cannot forget Joe's penchant to tell a story, usually in a humorous manner. He will be missed.

Get well wishes to Linda Smiley who is recovering from an accident that required surgery and rehab. She will be back soon, walking Cooper around the Hampton.

Everyone is invited to test out the new Hampton pool heaters, expensive, but necessary.

Sidewalk cleaning soon, roof cleaning, tree trimming and then painting this year.

Moorings Matters

By: Eileen Hahn

"Spring has sprung, the grass has riz, I wonder where the birdy is?" They have probably left for the north, as the few snowbirds that made it here are planning to do. Glad to see Paul Camerone back on his roller blades and activity at the Isles pool now that some hot days have arrived. Marilyn Lubell is a steady exerciser and Helen and Joe Fradella are regulars. Joe and I have even enjoyed the water a few afternoons. Judy Kaminsky, Marilyn and I represented the Moorings at the opening water exercise session. The holidays have come and gone, and, besides the food, brought long missed visitors. Isabelle and Don Rubinstein had their daughter-in-law and two grandsons seeing to the new vacation home they purchased. Lucky parents, 2 sons and families 5 minutes away.

Linda and Jim Pagoulatos had company, and Helen and Joe Fradella had their daughter and son with a new puppy, plus added family for Easter. Aging and nervous, Martini spent the day with Jane Bartecki. Judy and Larry Kaminsky hosted the Weisers and Joanne Moustakas and Alan Goldenberg for an egg-dying contest in the garage. All obeyed Covid restrictions even though vaccinated. Sally Sage and Herb Schwab no longer have to fly to see her son and daughter-in-law; it's just a 4 plus hour drive to Micanopy, FL.

Charlotte and Jerry Kahn have an exciting

summer ahead with weddings in June and July of a granddaughter and a grandson, that entail necessary flights. Our granddaughter, Elizabeth, has a normal graduation from high school this month and will attend the U. of Georgia this fall on a bright scholar scholarship. Her brother, Stephen, will graduate from Tulane with a masters degree and, for the second time, will forego the fabulous ceremony they usually have. He will return to GA where he has already begun working for a major bio-medical engineering firm, the culmination of his major.

The Moorings held their annual election with no one vying for a position, so best wishes to all the stalwart who are willing to continue for the same compensation and continuous aggravation.

Ted Asch has sold his villa on Waterline and we hope the new owners enjoy our community. While walking the other day, which included the Waterline Dr. circle, I would like to commend many of the owners on their beautiful landscaping. It's no wonder everything sells so quickly.

Happy Mother's Day to all the moms among us and continue to mask-up in public, it's not over until the doctors and nurses sing!

It's Happening In Dorchester

By: Carol Baron

MAY you have a wonderful month of MAY, let it be filled with much to celebrate. How about Mother's Day and all of Memorial Day weekend! And we just got finished with Passover, Easter, World Autism Day and Arbor Day. Lots of food, lots of fun and lots of time to be grateful for all that we have.

Those of us in Dorchester did celebrate in April. For instance, the Shaw-family, parents, grandparents and grandchildren-all met in the northern mountains of GA for their cousin's outdoor wedding. They stayed in a beautiful home with spectacular views and enjoyed time spent with each other. Isn't that what it is all about ...fun and wonderful memories! And how about Bob Fischler getting notification of his granddaughter's wedding this coming November. Time to hug all those he has not seen in a year due to the quarantine caused by the Corona Virus and all its ramification. Now all he wants is to lose the weight he put on while in his house this past year so all at the

(continued on page 13)

IT'S HAPPENING IN DORCH...*(continued from page 12)*

wedding will recognize the Bob he was. Bob, when you find out how to do that, please inform the rest of us who have been home, eating, drinking and sitting and watching TV. Speaking of family, the Benders are spending time here with their kids and grandkids as they came here to spend time together. The Baron family, some of us, will be together with their daughter and her husband and their kids as they arrive from NJ and TX. We are so lucky.

Just in case you missed the annual meeting for Dorchester (on Zoom), here are the names of the elected Board of Directors: Steve Lippert, President; Jeff Nisall, Vice President; Carol Baron, Secretary; Doug Schwartz, Treasurer; and Neil Goldberg, Oliver Klapper and Dr. Alan Kelman, Directors. A month into their elected positions, they are busy working to make Dorchester the community we are all so proud to be living in ... a community that is setting an example for other communities.

So many of our residents have completed their COVID-19 vaccines and are beginning to feel ready to pursue their lives. That means there are other places to go to beside the supermarket, the bank, the pharmacy and pickup for dinner. The golf course, the card room,

the gym, the aquatics area and the dining areas at the Aberdeen CC are all filling up quickly. Hopefully, everyone will remember to still wear their masks and maintain social distance from others. For those of our residents who have lost a friend or family member this past year, we send along our deepest sympathy. We should all appreciate each day as our birthday. Remember, "birthdays are good for you: the more you have, the longer you live." And to add a little humor to this I suddenly realize that G-d put me on earth to accomplish a certain number of things. I am so far behind, I will never die. So, enjoy each day and treasure every moment you have.

Sterling Lakes

By: Judy Lukow

The PBC Sheriff's Office Alarm Administration and You.

What do you do if you're at home and your house alarm goes off? What happens when your alarm company dispatches the PBC Sheriff's Office to your house and it's a false alarm?

When do you need your alarm company to come out and inspect your system?

These are some of the questions I will answer in this article so read on and get educated.

PBC Sheriff's Office (PBSO)

If you're home and your house alarm system goes off and you don't turn it off in time:

- If you accidentally activate your alarm
 1. Stay off the phone and wait for the alarm company to call your premise.
 2. Have your password available.
 3. Do not leave your premise until you are sure the police have been canceled. Remember, only the monitoring company, not the alarm user, can make cancellations.

• If someone is trying to break into your house or you need help

DO NOT USE THE PANIC ALARM unless you cannot get to a telephone. 911 is a much quicker way to notify the police and, unlike any alarm system, it is the only way to be connected directly to us."

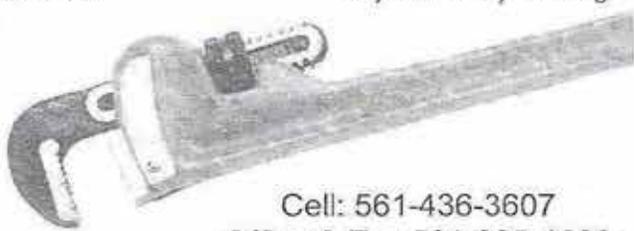
If you need the police and it's not an emergency, call the non-emergency number for the PBSO at 561-688-3000.

(continued on page 14)

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STERLING LAKES...(continued from page 13)

Alarm Administration

If you have a house alarm, do you know you need an Alarm Permit from the PBC Sheriff’s Office? It’s \$25/year.

If you don’t have this permit:

“Failure to complete and return this application with a \$25.00 application fee (check or money order in US dollars only) will result in a **NO RESPONSE** to your alarm system, **and a fine of \$260.00 per incident.**”

If you have this permit, your *Alarm Company* will call the Sheriff’s department to dispatch a sheriff to your home.

When the sheriff gets to your home and the call is deemed to be a false alarm, you will pay fines for a false alarm. The following is a schedule showing how much the fines are:

Fines and Fees

False Alarms within a permit year for the same alarm permit shall be subject to the following fines:

Violation	Amount
1st – 2nd False Alarm	No Fine
3rd – 4th False Alarm	\$50.00
5th False Alarm	\$75.00
6th – 9th False Alarm	\$100.00
10th and all subsequent	\$500.00

Go to <https://alarms.pbso.org/> or call (561) 688-3695 to get a permit.

PBSO’s Tips for Avoiding False Alarms:

- Only those who know how to operate your alarm system should be given a key to your premise. Teach all family members, employees, and service personnel on proper use of the alarm system, and be sure they understand the cancellation process as well. This includes providing them with any code words for your account. Service personnel, such as pest control, housekeeping, and contractors, are responsible for a large number of false alarms. If they are permitted access to your premise when you are not there, they should also be thoroughly educated and instructed on how your system works.

- Have all loose-fitting doors and windows with alarm sensors tightened. A loose fit may break the sensor contact even without opening the door or window.

- Keep pets, balloons, fans, curtains, seasonal decorations or any other object capable of moving - away from alarm sensors.

- Have your alarm company inspect and perform routine maintenance on your system. Notify them immediately if you think that your system is not functioning properly.

When do you need your Alarm Company to come out and inspect your system?

If your alarm system goes off and you don’t know why, your Alarm Company may ask you to try and identify where the problem is and/or find out if it’s something you can do to correct it. If you can’t identify the problem and/or fix it, tell your alarm company your system is not functioning properly and you need them to inspect it. This can give you peace of mind and avoid false alarms.

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It's Happening at Pap

By: Ann Haar (Oxford Place)

At a recent Pap Presidents Meeting, we had the privilege of seeing Dr. Ricardo J. Kommtar, Professor and Director of the U. of Miami Brain Tumor Initiative, Director of Surgical Neurology, Director of Neuro Oncology Fellowship and Director of the Department of Neurological Surgery at the U. School of Medicine.

Dr. Kommtar indicated that every year 100,000 people in the U.S. develop brain cancer. Sylvester and the U. of Miami treat over 100 brain tumors a year. The management is multi-disciplinary and includes surgical, chemotherapy, radiation and physical therapy.

One surgical treatment includes cutting out the tumor without changing quality of life. The patient is awake during the craniotomy so that the surgeon can monitor the patient's speech.

Another method is deep tumor minimally invasive laser ablation using a robot that goes down to the tumor and kills it. 10 years ago, the patient would have had no hope. This cutting-edge surgery was brought into Sylvester about 5 years ago and has successfully maintained a good quality of life for many patients.

Harvey Baron's Early Bird Special



Ever notice when some people down here get behind a shopping cart they become a totally different person.

Genetics of the tumor is different in all patients. Sylvester is working towards finding a silver bullet with immunotherapy. This involves removal of the tumor to take out the protein in the tumor and reinjecting it into the patient. This is similar to the Covid vaccine.

Although brain cancer can develop in all ages, most tumors develop during the 30s and 40s and the 60s and 70s. The most common brain cancer is the glioblastoma. Other brain cancers metastasize from other forms of cancer.

Dr. Kommtar was very enlightening. Any Pap member can come to these Webinar meetings by registering when you get the email asking you to register.

Please check out our web site Aberdeenpap.org to see what our Aberdeen Chapter is up to. Our fund raisers are always working on projects and events to raise money.

Also remember Lyn Schultz. Her job is to coordinate and expedite a medical appointment with one of Sylvester's wonderful physicians. Just call Lyn at 561-734-8570 if you would like an appointment or perhaps a second opinion. It need not be cancer-related.

As you can see, we are all working to achieve Our Mission. To enable and support through the funds we raise the vital research programs at Sylvester Comprehensive Cancer Center and the U. of Miami School of Medicine so that we might see a world without cancer during our lifetime.

More Interesting Facts

- The first roller coaster was used to transport coal down a hill. After people found that it could reach speeds up to 50 miles per hour, tourists asked to ride on it for a few cents.
- The television was invented only two years after the invention of sliced bread.
- Alligators will give manatees the right of way if they are swimming near each other.
- Your nose is always visible to you. Your mind ignores it through a process called Unconscious Selective Attention.

Bridge – Try It, You’ll Like It

By: Lew Roth (Sheffield)

Counting.

When to open and when not to can sometimes be a tough decision. In first or second position, you don’t want to mislead your partner by opening too light. Some people will use the rule of 20 to decide if they should open. As you may recall, the rule of 20 says that, if you have high cards points (HCP) and length in two suits adding up to 20, you should open. So, if you have 12 HCP and 2 suits of 4 cards each, it’s ok to open.... but, if they have 12 HCP and a 4,3,3,3 distribution, you should not open. This rule also allows you open with as little as 10 HCP if you have 2 five card suits.

In third seat, it is not uncommon to get more aggressive. Many people open with 10 or 11 points in third seat. This is especially true if you are not vulnerable. When vulnerable, you should be more conservative and only open light when you have good distribution. Many players open very light in third seat if they have a 5-card major.

So, how do you decide what to do in fourth seat? Let’s look at what has happened so far. Neither player in the first 2 seats had opening hands, since they both passed. The person in the third seat doesn’t even have enough for a light opener, so the distribution of points must be pretty equal around the table.

Spades are the king of the bridge table. If there is equal distribution of points around the table, then the player with spades will most likely get the contract. It’s called the tyranny of the spade suit. When bidding comes around to the fourth seat, you need to have either a full opening hand or a hand full of spades. If you have neither, you are best to pass it out.

The theory is that when the distribution is even around the table the hand with the spades will most likely come into the auction once it is opened up. If you don’t have spades, why open the bidding for your opponents to steal it from you.

So, when is it desirable for you to open in fourth seat? Here’s where the rule of 15 comes into play. Count the number of HCP and add the number of spades to it. If you come up with 15 or more, you should open. Otherwise, pass.

Remember though, even if you have a count of 15, you must have 5 spades to open 1♠. If you have

a count of 15 or more, but only 4 or less spades, open the bidding with whatever is appropriate.

Never open a weak 2♠ in fourth seat unless you and your partner have previously agreed on that. Most players assume a 2 bid in fourth seat is strong, not weak. After all, an aggressive, weak 2 bid is to make the bidding difficult for the opponents. But, if everyone has passed there is no need to fill up the bidding room.

So, when do we open in fourth seat?

1. With 13 or more HCP, regardless of the number of Spades.

2. With a count of 15 or more HCP plus spades.

Let’s look at a couple of hands:

♠A,Q,9,7 ♥K,3,2 ♦J,9,3,2 ♣J,3

Do we open? Yes, we have 11 HCP and 4 Spades.

What do we open? 1♦, not 1♠. Take away the J of clubs and then, no, we don’t open. But, take away the J of clubs and replace it with the J of Spades and then yes, we do open...and having 5 Spades, we open 1♠.

How about this hand:

♠A,Q,9,7,3,2 ♥K,3,2 ♦9,3 ♣9,3

Do we open? Yes, but not 2♠. We open 1♠. We have 9 HCP and 6 Spades or a total of 15.

Finally, what about this hand?

♠A,9 ♥Q,J,7,3,2 ♦9,7,3 ♣9,3

As difficult as it seems, do not open this hand. Pass it out. If you open, in all likelihood, your opponents will jump in and bid and make a low-level contract in Spades.

One Liners

- I’m a kid at heart, and a senior at knees and back.
- All I want is to be happy as the men on Maury when they find out they’re not the father.
 - Struggling to get your wife’s attention? Just sit down and look comfortable.
 - Dove chocolate tastes way better than their soap.

WOOD STORKS ABOUND - MINUS THE BABY

By: Jon Shaw (Dorchester)

I am sure you've noticed one of the largest birds that occupies the lakes and canals of Aberdeen with a long dark bill and black and white feathers. That would be the wood stork. While no babies are being delivered, the wood stork is the only native stork in North America. It resides all over FL, though is rare in the western Panhandle. Growing up to 3 ½-feet tall and with a 5-foot wingspan, it has white and black wings and a bald head. It flies with its feet dangling behind. Storks love to glide to save energy, and a large group of them will use warm thermal updrafts and form a "kettle." Circling to ever higher elevations, the storks then soar effortlessly, as far as 80 miles from nesting to feeding areas, gradually decreasing in height, to new feeding grounds. Long-lived for a bird, wood storks can live up to 20 years.

Foraging occurs in shallow ponds, freshwater marshes, narrow tidal creeks, and swamps. Particularly attractive feeding sites are depressions in marshes or swamps where fish become concentrated during periods of falling water levels. This large bird uses a specialized technique known as grope-feeding or tacto location, sweeping its slightly opened bill in water 6 to 10 inches deep, back and forth to find prey in the water. Its diet includes fish, snakes, frogs and snails. When a fish touches the bill it quickly snaps shut, capturing small fish from 1 to 6 inches long, especially top minnows and sunfish.

The wood stork is a highly colonial species usually nesting in large rookeries and feeding in flocks. In South Florida, wood storks lay eggs as early as October and fledge in February or March. Nests are frequently located in the upper branches of large cypress trees or in mangroves on islands. Wood storks have also nested in man-made structures. Storks lay 2-5 eggs, and average two young fledged per successful nest under good conditions.

The population of wood storks found in the southeast U.S. declined from an estimated 20,000 pairs in the 1930s to about 10,000 pairs by 1960, and to a low of approximately 5,000 pairs in the late 1970s. Nesting primarily occurred in the Everglades. This reduction is attributed to loss of wetland habitat,

affecting their food base, as well as to changes in water hydroperiods from draining wetlands and changing water regimes by constructing levees, canals, and floodgates that alter water flow in south Florida. Wood Storks are federally and state-listed as Endangered in the southeastern U.S. Since they are also wetland-dependent they are often an important consideration in permitting, and thus become key in development and management issues. The Everglades Restoration project includes the needs of the wood stork and restoration milestones include wood stork nesting success and feeding habitat goals in this historic restoration effort. For continued survival of the breeding population of wood storks, currently occupied nesting, roosting, and foraging habitat must be protected from further loss or degradation.

Nesting wood storks can be observed at the Wakodahatchee Wetlands, (see photographs) a PBC park located at 13270 Jog Rd., Delray Beach, FL 33484.

Adult and young wood storks, Wakodahatchee Wetlands, Delray Beach, FL.



Photo by Jesse Finkelstein



Photo by Jill Shaw

Preparing Your Home For The Summer Get-Away

By: Murray Iseman (Addison Green)

There is nothing worse than returning home after a long hiatus and discovering surprises that make you wish you had never left.

PESTS-We live in a semi-tropical climate where insects thrive. There are small flies often called "sewer flies." You will find them on walls in the bathroom. They live off organic material (hair) in the drain. Close off all drains. Put a can over the shower drain. Under the lip of most bath sinks (and bath tubs) you will find a drain hole used to siphon off water in the event the sink over fills. Tape them shut. This preventative measure also stops those big bugs (sorry, don't know their name but "uggy" would be appropriate) that you may find dead on the floors. They also come out of the drain. Drains have U-shaped pipes that allow water to remain in them when the flow is stopped. This acts as a barrier to prevent smells and intruders. When away in warm months, the water may evaporate leaving an open highway into the sewer system. Shove a toilet brush into the toilet to act as a dam to prevent traffic should the water evaporate. I had reason to access a community home that was vacant for many months. There was a layer of hundreds of these "uggy" bugs making a carpet of carcasses. We had to have a service clean it up before returning.

Don't forget to place a plastic bag over the outside dryer vent.

Sugar ants are those tiny critters often found on window sills. They are so tiny that it is their constant motion that gives them away. I have had success with "Terro" bait traps. Put them wherever you see the ants. They bring the poison back to share with others. I also recommend "Home Defense". It comes in a sprayer gallon and is odorless. Apply to all baseboards, window sills and make an exterior home barrier. Don't forget your garage.

SECURITY-Buy a few wall timers. The mechanical ones are the cheapest. They are less than \$10 at Home Depot or even cheaper than that on Amazon. Use these to replicate your living habits. One illuminates a lamp in your family room from dusk to 11:00 PM and another in your bedroom from 9:00 -11:00.

Outside motion detectors are also suggested.

There is no need to hire an electrician since cheap, solar powered lights are easy to install yourself.

If you forward your phone, call yourself every few days. About a week after leaving FL, I received an e-mail from American Express confirming my request for a lost card replacement. I advised them of no such request. Without going into a lot of detail, the bottom line was someone hacked my computer and was aware of my phone forwarding. They had my calls transferred to them and kept ordering replacement cards. Consider contacting your carriers and establishing a secret code word that is required before ANY changes are authorized.

MAIL FORWARDING-Some financial institutions print "do not forward" on their envelopes. In these instances, the letter is returned and you may be unaware. Some may automatically record your forwarding address as a new address and continue sending notices after you leave. IF these circumstances apply to you, consider making an address change and then revert it upon your return.

(continued on page 19)

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PREPARING YOUR HOME...*(continued from page 18)*

All garage doors have a safety cord on the rail that disconnects the motor from the garage door. It is VERY easy to push the door open a few inches and access the release and raise the door. To avoid this, use the garage door lock. It places a metal bar into the track which prevents the door from being raised.

HOME SITTER-Consider hiring a person to check your vacant home at least once a week. One of our Aberdeen friends suffered a refrigerator failure during their absence. I will not describe what they saw when opening the door. In addition to keeping your home cool, the A/C unit keeps moisture at bay. Should the unit fail, you are inviting mold. When leaving your home set the temperature to 77 degrees. This should prevent mold.

There are supply hoses that deliver water to your toilets and washer. The mechanisms that regulate water flow are located AFTER the supply hose. Should the hose fail; the result will be tantamount to a garden hose running amok in your home. Imagine this continuing for weeks! The least of your problem will be your unbelievable water bill. Imagine paying for the source that created your problem. Most builders will use PVC supply hoses. Consider replacing them with stainless steel hoses. Better yet, turn off your main water valve. In some homes it is on the outside near the garden hose connection.

Marty's Recipes

By: Marty Hyman (Waterford)

SCRAPPLE

Most people who grew up in the Philadelphia to Baltimore area have heard of the breakfast meat called Scrapple. If you are from Cincinnati, you may have heard of a similar breakfast meat known as Goetta. Both trace their origins to the German settlers who came to America in the early 1800's. In the Phila area, the German settlers became known as the "Pennsylvania Dutch".

Scrapple didn't get its name because it's made with scraps. The name "scrapple" originated as a shortened version of *panhaskröppel*, which stems from words *panhaas* (pan rabbit) and *skröppel* (a slice of). Translated, *panhaskröppel* is a slice of *panhaas*. Since that's both gross and hard to pronounce, over time it was simplified to scrapple. Scrapple became available commercially in 1863. Originally

located in Media, Pennsylvania, Habbersett Pork Products first started selling scrapple to the masses in 1863, and you can still get that same product -- with some minor recipe tweaks -- in Publix frozen breakfast meat section today.

As with so many delicious meats, scrapple's existence came out of necessity: to use up every bit of meat, including the leftover broth from butchering and cooking a whole pig. If you wanted to re-brand scrapple as "bone-broth loaf," you could. Grains, traditionally buckwheat and cornmeal, are added to both extend the meat and thicken up the gruel, which, after hours and hours of stovetop cooking, is poured into loaf pans, refrigerated, and then sliced and fried for crispy (but also mushy) delicious eating. Yes, there's offal involved, but not exclusively. The seasoning in scrapple relies heavily on sage and black pepper.

Scrapple is grey but that's OK. Since it is made with buckwheat flour, which helps thicken the meat mixture and add flavor and nutritional value. But it's also responsible for that unappetizing gray color that accompanies the best, most traditional versions.

This method of making scrapple and scrambled eggs is the classic way of preparing a truly old city Philadelphia breakfast.

Directions

1. Let the frozen loaf thaw overnight in the refrigerator,
2. Carefully slice the loaf in 1/2 to 3/4 inch slices.
3. Using a cast iron frying pan, place slices in the pan with enough room to easily flip them.
4. Fry on medium heat for ten minutes. DO NOT TEST OR DISTURB THEM
5. Using a thin bladed spatula, flip each slice over.
6. Fry for eight minutes.
7. Prepare eggs (with optional home fried potatoes) while the scrapple is frying.
8. Remove the slices to the plate, add eggs and potatoes.

You will be enjoying traditional Philadelphia scrapple.

It's crisp on the outside and soft and creamy on the inside.

Do you have a favorite recipe and story?

Email it to Marty at jogvista@yahoo.com

Scams

By: Laurie Schacher Wohl (Ashford)

Volunteer PBSO Volunteer Against Scams Team (VAST)

Amazon 30th Anniversary Free Gift - How The Scam Works

Watch out for the new Amazon 30th anniversary free gift scam going around today. As you can probably imagine, it refers to a bogus celebration and prize coming from Amazon after three decades since its launch. This fake anniversary gift – such as a free Smartphone – is part of a long list of Amazon scams that have been exposing lately. But let’s take an in-depth look at the scheme.

Amazon 30th anniversary celebration! We give our members 1 free spin for a chance to win an exclusive prize.

<https://amazon-qv.buzzamazonus/#1616240679695>

<https://amazon-kb.topamazon/#1616504491847>

Amazon Anniversary: Fake Spin

So how does the Amazon 30th anniversary free gift scam work? The crooks try to trick their victims into clicking a link. As in many other cases, this takes you to a survey website that collects personal information. If this bogus survey is completed, the participants are taken to a fake “Amazon anniversary prizes” page that offers the victims one free spin – of course, for a free gift to be redeemed.

The suspicious page also contains fake Facebook comments that claim the Amazon 30th anniversary free gift is legit, but this is just a trick used to lure you into participating. Stay away. This type of approach is perpetrated in many phishing scams all over the Internet, whether it is about smartphones, tablets, or any other cool gadgets.

Not to mention the fact that Amazon just turned 26-year-old, not 30. The company was launched by Jeff Bezos in 1994.

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A Moment To Reflect, Relate, Remember

By: Maris Levy (Addison Green)

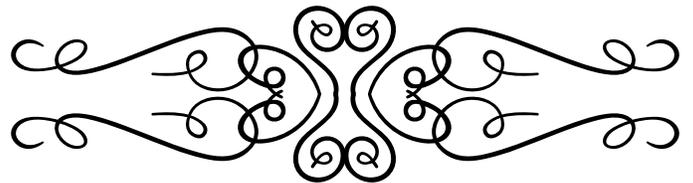
“Looking Forward”

We must always look forward. Looking back is never a viable option. We must certainly remember and learn from our past, but we must not let the past control, dictate or limit our future. We will overcome the trials of the present “New Normal” and forge forward to create a “Newer Normal” that will give us the freedom to live our lives with love, compassion and dignity.

We’ve been through a year we never thought we’d see in our lifetime. Hopefully, it has made us wiser, more resilient and more determined to move forward into a positive rewarding future.

Have faith:

“Better times will soon appear. Better days are very near!”




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“25 for 25”

By: Vincent Marini (Moorings)

(Continued from April 2021 [Aberdeen Times](#))

Oct. 21, 1977 – Taormina, Palermo, etc.

Hotel Belvidere, Taormina Alto; 7AM – WOW! What a Spectacular Sight! The sun was shining brightly over the Ionian Sea, which our window faced. The sky was clear with a vision to the right of Mt. Etna blowing off some smoke. We also had a fantastic panoramic view of Taormina Basso.

Four stories below our window was a beautiful garden with palm trees and a swimming pool with a palm tree in the middle. We spent the morning at the pool, had lunch and went to the beach in Taormina Basso. The beach is unlike Bermuda or Long Island beaches. The sand is mixed with gravel and there are large rocks in the water. The water was clear so we went for a swim, rented catamarans for \$1.70 an hour and had a great time. We had taken a taxi from Alto to Basso so we took the Funicular back to Alto. Cost: 40 cents per person and it took only 2-3 minutes.

We had a good feeling about Taormina, so we decided to stay an extra day. The result of that decision was 2 bottles of wine with dinner at Lauroles restaurant. It was a little expensive, but nice atmosphere and great food. After dinner we took a long walk before returning to the hotel at 10 PM. Joan and I had a Drambuie in the lounge and played checkers. We went to bed loving Taormina and anxiously awaiting our next day in this beautiful spotless town where the people are a delight and D H Lawrence was inspired to write “Lady Chatterley’s Lover.” Taormina has been described as the Sicilian Monte Carlo, without the casino or royal family.

Went to a free concert that night which was fabulous; all string instruments – violins, banjos, guitars and mandolins. It sounded like a large Carnegie Hall orchestra. An unexpected treat occurred when the lights were turned off and the orchestra played wonderful musical pieces in the dark. Dinner at Grossos was so good and so reasonable we made a reservation for the next night.

Another day at the beach, swimming, sunning, and just plain relaxing before visiting the Great Outdoor Greek Theatre which is a magnificent sight to see.

We loved Taormina – we will never forget it!

Mon., Oct. 24th - On the road to Palermo, the capital of Sicily, in an Alfa Romeo Alfasud we rented. It is a dynamite sports car, very comfortable and very fast.

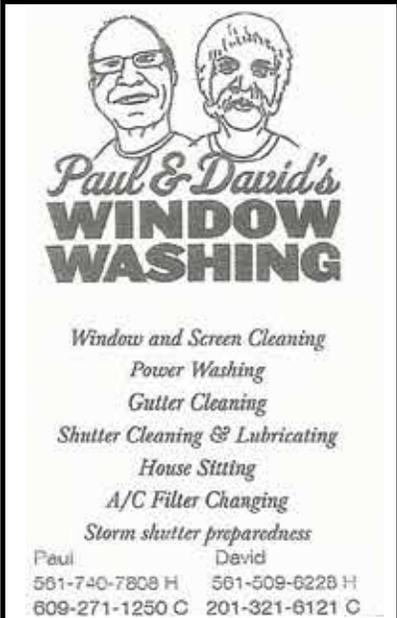
Our 2 days in Palermo were filled with family, friends and fun. Mil’s father’s cousin, Phllipe and his wife Conchetta, live in Palermo. They were our host and hostess and tour guides during our time in their city. We visited many historic sights one of which was the Monreale Cathedral, one of the greatest existent examples of Norman architecture, which was begun in 1174 by William 11 of Sicily. We also went to Mondello, one of Palermos big attractions. It reminded us of Coney Island.

That night we went to Bagheria, a suburb of Palermo, which is a sea resort rich in history and culture. We were guests of Frances and Franco, friends of Phillipe and Conchetta who had retired to Bagheria from the states. They rent an apartment with 5 very large rooms, 2 full baths and a wrap-around terrace in a beautiful condominium building for \$100.00 per month. Since it was their 25th Wedding Anniversary they had invited their friends, Rose and Peter from Lynnbrook, L.I., who have been living in Bagheria for the past 4 years. Lady Coincidence continues to follow us; Rose’s maiden name was Buttitta, same as Joan’s maiden name. Joan said her father told her there was a Buttitta Street in his home town. Rose confirmed that.

Joan’s visit to Bagheria was the icing on the heritage cake along with my time in Livorno and Lanciano, JR’s in St. Martin and Mil’s in Palermo.

Tomorrow – Rome for one more day and then Home Sweet Home with memories we will cherish forever.

(T o b e continued in June – Rome, etc.)



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Gemini Horoscope 2021

May 21 - June 20

According to Gemini Horoscope 2021, Jupiter, who is the lord of the tenth house of your zodiac sign, will remain in your eighth house in the first month of the year 2021. After this, it will affect your ninth house by transiting in the same in the month of April. Saturn is also going to remain in your eighth house this whole year. The shadow planets Ketu and Rahu will be present in your sixth and second house respectively throughout the year. The red planet Mars will also activate your fourth and fifth house between 6 September and 5 December. On the other hand, Sun and Mercury will activate different houses of your sign throughout the year while going through your seventh house in the year's beginning.

Due to these planetary positions, you may have to face many ups and downs in your career. During this time, the job-seekers will face troubles due to the absence of any support from their co-workers. This will lead to a delay in their promotion. As per

Yearly Horoscope 2021, the time will be good for businessmen and traders. But remain cautious when making any major transaction.

The beginning of this year will turn out to be favourable in financial life, however you will face constant frustration since a possibility of monetary loss is there. Students will attain success only after hard work and efforts this year. Therefore, students must work hard and focus on their goals. As per life predictions 2021, you will get the support of all family members. If married, then there will be ego clashes between you and your spouse about your things.

Children will get mixed results, but this year will see many important changes in the lives of the lovers. Health-related troubles are on cards this year. In this case, take special care of your health and improve your eating habits.



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Tax Talk With Anne Gannon Constitutional Tax Collector

April 2021, Vol. 15, Issue 4

Each April marks the end of property tax season and one might think it is the conclusion of our busy season. While true, that property tax payments are a big part of our volume of work and monies collected, we still have plenty to do for our Palm Beach clients. Real ID compliant driver licenses and ID cards continue to be processed as the October 1, 2021 deadline nears; our business tax team is gearing up for the annual mailing and processing of business tax receipts; the finance and budget department is preparing for the 2021-22 budget planning; our tax services team continues to process volumes and volumes of mail each day and our HR team is quite busy screening and testing applicants for a number of vacancies we need to fill with qualified applicants. I encourage you to check out our careers page at www.pbctax.com/culture-and-careers for our latest open positions.

We are never too busy to assist with whatever you may need. We are always here to help you!

Warm regards,

Anne M. Gannon

Constitutional Tax Collector, Serving Palm Beach County

Installment Payment Plan Application Deadline is April 30

Did you know that if paying your real estate and tangible property taxes in one lump sum each year is too burdensome, you can apply to have your taxes paid in 4 quarterly payments through our Installment Payment Plan? By signing up by April 30, your 2021 estimated taxes will be split into four payments with the first payment due by June 30 and subsequent installment payments due September 30, December 31 and March 31, 2022. If you'd like to take advantage of this payment plan, please visit our website at www.pbctax.com/ipp for details and to sign-up online.

A Community of Caring

Every two years, the employees of the Palm Beach County Tax Collector's office select two local non-profit organizations to support through their own monetary and in-kind contributions. For 2019

(continued on page 25)

Conditions Treated:

Arthritis	Lymphedema
Axillary Web Syndrome	Neurological Impairments
Back and Neck Pain	Parkinsons
Balance Problems	Pediatric Impairments
Fatigue/Pain from Cancer Treatments	Shoulder, Hip and Knee Pain
Foot/Ankle Injuries	Stroke
Joint/Muscle Pain and Discomfort	Vertigo

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TAX TALK...(continued from page 24)

& 2020, Families First and Living Hungry were the two charities that were selected and supported by our employees. Through tremendous generosity and caring, we were able to contribute \$35,461.59 over the past two years to these organizations. "We are so proud of the work and commitment our employees have demonstrated in supporting these two charities and the individuals and families they help each and every day," said Anne Gannon.

2021 Tax Planner & Services Guide Now Available

The 2021 edition of our Tax Planner & Services Guide was recently published and provides information on the variety of services our office provides to the residents of Palm Beach County. It includes tips on how to use our online services, such as Pay Smart. Pay Online. There is even a monthly calendar highlighting important dates and reminders throughout the year. For instance, did you know that you can renew your driver license or ID card online at www.pbctax.com up to 18 months before it expires?

You can pick up a complimentary copy at any of our service centers or download a copy at www.pbctax.com. If you would like extra guides for your organization or community, please email us at ClientAdvocate@pbctax.com. Be sure to include the name and address of your organization, contact information and number of copies requested.

Welcome!

We have welcomed several new senior leaders to the tax collector's office. Each brings fresh thinking and new ideas and a commitment to provide unparalleled service that inspires trust.

Steve Weiss, Chief Excellence Officer joined our office last summer and leads the team responsible for corrections to the tax roll, resolving issues related to delinquent taxes, quality assurance, project management, managing strategic change and the continuous improvement of processes, projects and performance. Steve came to us from the Clerk & Comptroller's office where he was the Director-Finance Services and Investment Compliance Officer. He describes the work in the tax collector's office as interesting and challenging and the people that make up the organization are outstanding.

General Counsel, Hampton Peterson joined our
(continued on page 26)

TAX TALK...*(continued from page 25)*

office from the Clerk & Comptroller's office as well and brings with him 39 years of legal experience. His team is responsible for Bankruptcy cases, Tax Deed Applications, Contracts, Litigation, Business Tax Receipt enforcement, and other legal issues. Hampton is thrilled to be working in the Palm Beach County Tax Collector's office and is impressed with the professionalism and dedication to public service he sees in the office every day.

The newest member of our team is Jeffrey Vortolomei, Chief Communications Officer who leads the Communications & New Media Group. Jeff brings 20+ years of communications and leadership experience and is responsible for all internal and external communications and marketing, including print and digital. Jeff is excited at the amazing opportunity to lead the award-winning communications team and to work for a government agency that has built a culture and reputation of client service.

Important Dates and Deadlines

Apr. 21 Administrative Professionals Day

Apr. 22 Earth Day

Apr. 30 Installment Payment Plan Sign-Up Deadline

Do you have a birthday in June? Your registration expires at midnight on your birthday. Don't wait! Renew your registration up to 90 days in advance at www.pbctax.com.

True or False?

Guess which are True or False?

1. Apples, not caffeine, are more efficient at waking you up in the morning.
2. Alfred Hitchcock did not have a bellybutton.
3. A pack-a-day smoker will lose approximately 2 teeth every 10 years.
4. People do not get sick from cold weather; it's from being indoors a lot more.
5. When you sneeze, all bodily functions stop, even your heart!
6. The average person over fifty will have spent 5 years waiting in lines.
7. The only 2 animals that can see behind themselves without turning thier heads are the Rabbit and Parrot.

(All of the above are true.)

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What The Pandemic Has Taught Us

AARP Bulletin, March 2021

For the past year, our country has been mired in not one deep crisis, but three: a pandemic, an economic meltdown and one of the most fraught political transitions in our history. Interwoven in all three have been challenging issues of racial disparity and fairness. Dealing with all this has dominated much of our energy, attention and, for many Americans, even our emotions.

But spring is nearly here, and we are, by and large, moving past the worst moments as a nation—which makes it a good time to take a deep breath and assess the changes that have occurred. While no one would be displeased if we could magically erase this whole pandemic experience, it's been the crucible of our lives for a year—and we have much to learn from it and even much to gain.

AARP asked dozens of experts to go beyond the headlines and to share the deeper lessons of the past year that have had a particular impact on older Americans. More importantly, we asked them to share how we can use these learnings to make life better for us as we recover and move forward. Here is what they told us.

Family Matters More Than We Realized

AARP Bulletin

“The indelible image of the older person living alone and having to struggle - we need to change that. You’re going to see more older people home-sharing within families and cohousing across communities.”

-Marc Freedman, CEO of Encore.org and author of *How to Live Forever: The Enduring Power of Connecting the Generations*.

NORMAN ROCKWELL would have needed miles of canvas to portray the American family this past year. You can imagine the titles: *The Family That Zooms Together. Generations Under One Roof. Grandkids Outside My Window*. “Beneath the warts and complexities of all that went wrong, we rediscovered the interdependence of generations,” says Freedman. Among the lessons:

Adult kids are OK. A Pew Research survey

last summer found 52 percent of Americans between ages 18 and 29 were living with parents, a figure unmatched since the Great Depression. From February to July 2020, 2.6 million young adults moved back in with one or both parents. That’s a lot of shared Netflix accounts. It’s also a culture shift, says Karen Fingerman, director of the Texas Aging & Longevity Center at the University of Texas at Austin. “After the family dinners, grandparents doing childcare, and the wise economic sense, it’s going to be acceptable for adult family members to coreside,” Fingerman says. “At least for a while.”

Spouses and partners are critical to wellbeing. “The ones who’ve done exceptionally well are couples in long-term relationships who felt renewed intimacy and reconnection to each other,” says social psychologist Richard Slatcher, who runs the Close Relationships Laboratory at the University of Georgia.

Difficult caregiving can morph into good-for-all home-sharing. To get older Americans out of nursing homes and into a loved one’s home - a priority that has gained urgency - will take more than just a willing child. New resources could help, like expanding Medicaid programs to pay family caregivers, or initiatives like the Program of All-Inclusive Care for the Elderly, a Medicare-backed benefit currently helping 50,000 “community dwelling” seniors with medical, home care and transportation services. “A positive piece this year has been the pause to reflect on how we can help people stay in their homes as they age,” says Nancy LeaMond, AARP’s chief advocacy and engagement officer. “If you’re taking care of a parent, grandparent, aging partner or yourself, you see the need for government support, technology to communicate with your doctor and paid leave for family caregivers.”

Family maybe the best medicine. “Now we know if you can’t hug your 18-month-old granddaughter in person, you can read to her on FaceTime,” says Jane Isay, author of several books about family relationships. -D.H.

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Simple Swaps Can Slash Your Sugar Intake & Reduce Your Risk Of Disease

By: Mike Zimmerman, AARP

How many teaspoons of sugar do you eat each day?

What would you guess? Four? Six? Ten? As crazy as it sounds, the average American eats 17 teaspoons-about 68 grams-of added sugar each day. That works out to more than a pound of the white stuff every week.

Torqued up by a pandemic-inspired increase in stress eating, all that sugar is playing a huge role in our increased risk of everything from heart disease to diabetes to cancer. All of those insults contribute to chronic inflammation, which actually adds to our COVID-19 risk as well, says Robert Eckel, M.D., endocrinologist and professor emeritus of medicine at the University of Colorado School of Medicine.

Much of the sweet stuff we're eating is "added sugar," meaning refined sugars that are added to foods on top of the natural sugars found in dairy and most plant-based foods. These added sugars

are lousy for you: The American Heart Association (AHA) recommends capping your daily intake of added sugars at 36 grams for men and 25 grams for women.

Added sugars are everywhere, often in places you'd never expect. But with a few clever swaps, you can cut a remarkable amount of it from your daily intake and never even miss it. The payoff: Reducing empty calories in your diet-cutting out the sugar while continuing to eat the fruits, vegetables, whole grains and proteins you love-can have an impact on weight and insulin resistance in as little as 72 hours, studies show. So, don't throw up your hands because you need to drop 50 pounds. Instead, focus on losing just the first 5 percent of your weight. That's all it takes to start making a difference.

Here are a few suggested swaps to get you started. Pick swaps that add up to 40 grams saved-the equivalent of two jelly doughnuts and you'll meet the AHA guidelines.

Mike Zimmerman is a health journalist and author of more than a dozen books on fitness and nutrition.

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Loneliness Hurts Health More Than We Thought

AARP Bulletin, March 2021

“Isolation doesn’t just happen to older adults. It happens to us all.”

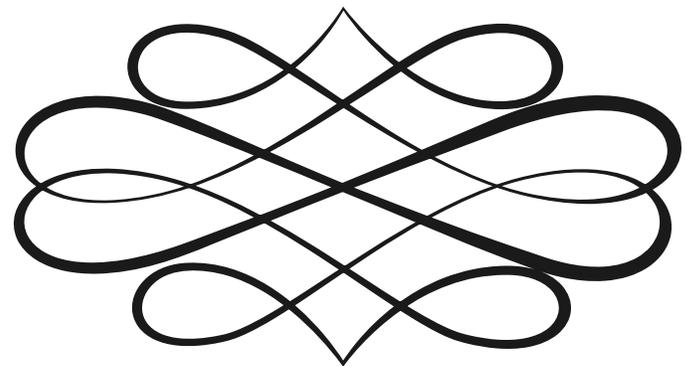
-Julianne Holt-Lunstad, professor of psychology and neuroscience at Brigham Young University.

HOW DEADLY is the condition of loneliness? During the first five months of the pandemic, nursing home lockdowns intended to safeguard older and vulnerable adults with dementia contributed to the deaths of an additional 13,200 people compared with previous years, according to a shocking *Washington Post* investigation. “People with dementia are dying,” the article notes, “not just from the virus but from the very strategy of isolation that’s supposed to protect them.”

Rates of psychological distress rose for all adults as the pandemic deepened - increasing six-fold for young adults and quadrupling for those ages 30 to 54, according to a Johns Hopkins University survey. And it’s hard to tell whether the workplace culture many of us relied on for social support will

fully return anytime soon.

Those 50-plus have a leg up. “Older adults with higher levels of empathy, compassion, decisiveness and self-reflection score lowest for loneliness” says Dilip Jeste, M.D., director of the Sam and Rose Stein Institute for Research on Aging at the University of California, San Diego. “Many older adults have handled COVID psychologically better than younger adults. With age comes experience and wisdom. You’ve lived through difficult times before and survived.” Jeste suggests that older adults are in the position to help themselves by helping others manage loneliness, as mentors and advisers. *-S.H.*



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The Couple That Trains Together Stays Together!

By: Melissa Perlman, Special to The Palm Beach Post, February 18, 2021

Mikki and Sherman Cohen – two energetic, ‘90-something’ Boca Raton residents make fitness a priority, pandemic or not.

Since the United States first went into COVID-19 shutdown mode nearly a year ago, many folks – especially seniors - have become increasingly sedentary.

And unlike younger folks, those in their 60s, 70s, 80s and 90s risk an acceleration of health issues, including those related to flexibility and balance, muscle and bone strength, blood flow to the heart, and cognitive issues.

However, that has NOT been the case for West Boca Raton residents Mikki and Sherman Cohen.

Mikki, 90, and Sherman, 93, have been married for 67 years and have always been proactive about their fitness and health.

“We adjusted as needed,” Mikki said. “When our gym was closed, we did our exercises in our home following classes on TV or we walked outside. We still did the same workouts; we just chose a different location.”

Mikki, a former race walker from Boston, Mass., exercises about two hours a day. She divides her time between walking on the treadmill and outside, online classes and in-person classes offered by her community.

“Exercising for me is a priority and as important as anything I do. I refuse to miss it,” she said.

Sherman, a published poet, meanwhile prefers online classes he can do in the comfort of his home. He also enjoys walking either outside or on the treadmill.

“We feel good when we do it,” he said. “We have always been interested in health, feeling good and looking good. Nothing will change that.”

For both Mikki and Sherman, exercising is a lifestyle choice they have been making for the past 35 years. They have had to make changes over the years to accommodate their current abilities, but they’re fine with that.

HEALTH Palm Beach: Senior Living, palm-beachpost.com/special/healthyliving

Men Vs. Women Who’s Healthier?

By: Paula Spencer Scott, Palm Beach Post, 2020

Whether men or women are smarter is open to plenty of debate. But one thing’s certain: Women’s brains really are different from men’s. And it’s not just size (yes, women’s brains are slightly smaller). Now that neurological research is being done on both sexes, we know that there are subtle differences in biochemistry and wiring - women have more connectivity in the limbic system, for example, which resonates with the “maternal instinct” and caring for everyone before themselves-but without big effects on behavior or intellect, says neuroscientist Lisa Mosconi, Ph.D., director of the Weill Cornell Medicine Women’s Brain Initiative. These biological differences in brains aren’t better or worse, but they do contribute to sex specific health risks and vulnerabilities.

“We now see that, far more than breasts and tubes, women’s brains are under the greatest threat,” says Mosconi, author of *The XX Brain: The Ground-breaking Science Empowering Women to Maximize Cognitive Health and Prevent Alzheimer’s Disease*. Turns out, women are twice as likely as men to have anxiety and depression, three times more likely to have autoimmune disorders and three times more likely to suffer from headaches and migraines.

Here’s Mosconi’s heads-up on what else we know about the brain health of men and women.

HOW BRAINS AGE At puberty, both males and females have an explosion of hormonal power in their brains: more androgens (like testosterone) in men and more estrogens (as well as progesterone, oxytocin and prolactin) in women. Male aging is pretty linear, with testosterone slowly and steadily declining into the 80s.

Women’s brains, on the other hand, experience “bumps in the road”: Each pregnancy and delivery, hormone levels spike and drop. Then in perimenopause and menopause, estrogen plummets. These shifts subject women to extra health risks, from depression to dementia, while the brain adjusts.

THE STRESS FACTOR New research reveals that chronic stress leads to brain shrinkage and re-

(continued on page 31)

MEN VS. WOMEN...*(continued from page 30)*

duced memory performance by the 40s and 50s. This change is more severe in women.

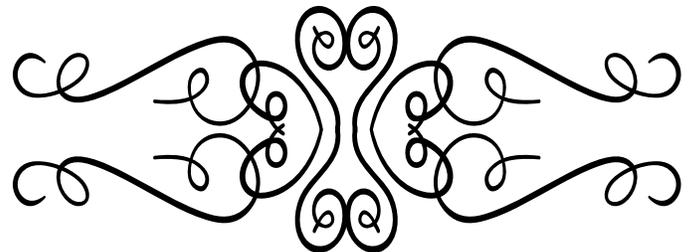
A key reason: cortisol, the stress hormone. Both stress and sex hormones are produced by pregnenolone, “the mother of all hormones.” When you’re very stressed, your body steals it from one use for another, using pregnenolone to make cortisol instead of testosterone or estrogen. That’s a problem for women because they already experience higher stress levels than men at every age. This peaks from 35 to 44, the work-life-caring-for children-and-elders-juggling everything years. And that’s right when perimenopause is sending estrogen levels down. The combination can lead to earlier menopause or make menopausal symptoms worse.

DEMENTIA RISK A 45-year-old woman has a one in five chance of developing Alzheimer’s during her remaining life; a man the same age has only a one in 10 chance. Women seem to start getting the disease earlier, around menopause. Classic symptoms that start in perimenopause - mood swings, depression, anxiety, “brain fog,” disrupted sleep, memory lapses, migraines and even hot flashes originate in the brain, not the ovaries as was once

believed.

These symptoms are signs of the brain being in transition and needing extra support (exercise, diet, sleep, stress reduction). Those things are important for everyone, at every age. But for midlife women, there’s a critical window of opportunity to intercede with strategies to reduce or prevent risks to the brain.

YOUR BRAIN ON A DIET Studies show that the brain of a 50-year-old woman on a Mediterranean diet (rich in vegetables, fruits, herbs, nuts, beans and whole grains) looks five years younger than that of a woman the same age who eats a typical Western diet. A diet rich in plants is especially beneficial for women. Ingredients like flaxseed, sesame seed, chickpeas, dried apricots, wheat germ, oats, berries and cantaloupe contain phytoestrogens, which act as a mild estrogen in the body. For women, that can mean a 25 percent reduction in heart disease and stroke, a 50 percent reduction in breast cancer and lower risks of depression, dementia and menopausal symptoms like hot flashes.



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