



Vol. 29, No. 1

SERVING ALL OF ABERDEEN - www.aberdeentimes.org

January, 2022



HAPPY NEW YEAR



Country Club Report

By: Dr. David Hollander (Dorchester)

Through the leadership of our new G.M./C.O.O., Jeff Riegler, and the hard work and dedication of Rachel Picot, our Director of Administration and Events, our calendar has gone out, and they are working tirelessly with department heads to bring you new and improved programs for your enjoyment. And, thanks to all who participated in the search for a new executive chef. I cannot tell you how pleased we were to bring Chef Josh Giro into our family. Personally, I cannot wait to see, over time, what he will bring to Aberdeen in our commitment to deliver food and beverage services we want and deserve.

So, during this month of the new year, I ask each and every one of you to take a minute and thank all of our staff members who work daily to help deliver "The Good Life" we want and deserve. Without their help, their dedication and their input, neither the Board nor the club would succeed. Enjoy the new year, enjoy every day, and join me in giving thanks to the life we have here at Aberdeen.

Below is the Monthly Statistics Report:

- This past month, we closed on 10 homes. During the same month last year, we closed on 4 homes. Of the 10 sellers, 4 sellers were Current Members, 4 sellers were Resigned Members, and 2 sellers were

(continued on page 2)

You Can Go Home Again.... Sort Of

By: Bea Lewis (Lancaster Lakes)

It was during a trip to NY when I yearned to revisit my house in Oceanside, a sleepy suburban South Shore community on Long Island.

I had often daydreamed of that three-bedroom, split level house with the blossoming apple tree in the yard. It was there my husband and I lived for 30 years. It was there we raised our three daughters and watched them grow from babies to young adults.

I searched through my memory bank to recall the decades of my life there as a mother and wife, a neighbor, friend, and an active member of the PTA.

It was thirty years of love, passion, anger, illness, and loss. Thirty years of diapers, graduations, laundry, and disappointments. All that now seems like I lived another life.

Feeling a bit brazen, I rang the bell, introduced myself, and as I had hoped, was invited inside. The décor differed; the rooms seemed smaller.

As I stood by the front door, I remembered when Laurie, one of my daughters, out past her curfew, tried to sneak in the back door. Determined to reprimand her when she came home at 2 am, I was so relieved that I embraced her instead.

(continued on page 2)

THE ABERDEEN TIMES HAS GONE DIGITAL!

VISIT US AT www.aberdeentimes.org



The "A" Team

Sheila Aron, Realtor®
Albert Aron, Licensed Agent
absheil@bellsouth.net

Call Sheila 561-870-4949
Your Preferred Resident Realtors

We don't just LIST homes WE SELL them

We accompany all SHOWINGS

Preferred by more Buyers and Sellers

Proven track record in SALES and LISTINGS in Aberdeen as the top agents since 2001

Powerful Professional Photography - Virtual Tour, Aerial Views, Property Images

We're the only Realtors that highlight our listings in the Sun Sentinel weekly - until we get you SOLD!

We LIVE, WORK & PLAY in Aberdeen Golf and Country Club

- ▲ Global Internet Advertising
- ▲ Advertising in Aberdeen Publications
- ▲ Weekly Advertising of homes in Sun Sentinel

Visit our Website:
www.AberdeenComeHome.com



Ruth's Reflections

By: Ruth Krawitz, Editor (Sheffield)

It's that time again when we try to reset the clock and make promises to ourselves to make changes; exercise more, lose weight, keep in touch with family and friends, etc., etc. But most of us experience a burst of energy and enthusiasm at the outset, only to revert to old and well-worn habits. Maybe this year we should strive for balance. The following article by Antonio Fins, Business Editor of the Palm Beach Post, suggests a plan for just that, striving for a balance in our lives that incorporates both change and our traditional ways of doing things. Maybe this is a recipe for the New Year that will work for all of us. Happy New Year!

Got your New Year's resolutions in order? If not, I have an idea for you - resolve to feel better about yourself as you are.

I Googled New Year's resolutions and came across a pretty comprehensive list of the most popular - and most frequently broken-resolutions. Most dealt with single-issues, like losing weight, watching less TV, donating more time to charity.

All good stuff, but obviously little staying power. If they get jettisoned so quickly, they've ended up on a list of the most busted and abandoned resolutions. So, let's do something different this year. Let's strive for life balance.

I learned of the concept from Kirsten Dolan, the president and chief operating officer at One Parking in West Palm Beach. Life balance speaks to the idea of managing the time you are able to spend on your most important priorities - your job, your family, your health, your spirituality, etc.

If you think about it, one of the biggest stresses people have in their everyday lives is not being able to devote the amount of time they feel is necessary to their personal and professional priorities. That's the case in March, July or September- not just in January when people are focused on self-improvement resolutions.

Dolan made a convincing presentation when I saw her speak before a women's business group at CityPlace. She has a family and a company that operates 50 parking lots, and manages another 25, with a combined \$95 million in revenue from those locations.

So it's fair to say she has as much stress and demands on her time as the rest of us.

The trick? Think clearly about what matters most, and devote your time to those pursuits. Then understand that priorities change, so be flexible as time passes and circumstances change.

But here's the biggest takeaway I got from her presentation: Finding the right life balance is almost impossible. So ease up on yourself.

"I don't think you ever find the perfect balance, because things are constantly changing and evolving and you are always evaluating," said Dolan. "But you do get to a point where you feel better about yourself."

That should be the objective. Not perfection, but accepting that you are doing the best you can, whether it's in raising your kids, caring for aging parents or managing your own professional ambitions and goals.

To me, that's the best New Year's resolution out there: internal personal acceptance. There's nothing wrong with aspiring to earn more, or move up the career ladder. Nor in deciding to watch less television to devote time to a worthy charity.

By all means, don't let any of this stop anyone from pursuing those resolutions.

My point, as Dolan said, is to stop thinking of ourselves as inadequate, as failing or coming up short.

"If you're looking for moment when things are perfect, and you wake up and everything is perfect, it really doesn't happen that way," she said. "But you do get to a point where are accepting of yourself, and you stop beating yourself up. And that's a good place to be."

Dominic's III

Charleston Square
6566 Hypoluxo Rd.
SW Corner of Hypoluxo & Jog Rd.
561-641-1110



There is no Substitute for Quality and Great Service!!!

Early Bird Specials available daily from 4:00-6:00p.m.

*Prices and promotions subject to change without notice.

Visit our website dominics3.com

Please Like us on Facebook and follow us on Instagram

<p>50 % Off Any Dinner</p> <p>Buy one dinner entrée at regular price and get a 2nd entrée of equal or lesser value for 50 % off. Only at Dominic's III.</p> <p>One coupon per couple</p> <p>*Least expensive entrée at table will be discounted. Upgrades xtra.</p>	<p>Dine in Only-With coupon</p> <p>Not valid with any other coupons or specials.</p> <p>Exp. 3/31/2022</p>
<p>\$2.00 Off Large Pizza</p> <p>Dine In or Take Out</p> <p>Cannot be combined with any other coupons or specials</p>	<p>Only at Dominic's III</p> <p>Exp. 3/31/2022</p>

THE MOST POPULAR, PREFERRED & PRODUCTIVE REALTORS IN ABERDEEN



*The only two names
you need for*

**PERFORMANCE
& RESULTS!**

....
**TEAM
SEIDLER-MOORE**



Susan Moore, P.A.

REALTOR®
SFR, CIAS

561.818.7880

susan.moorerealtor@gmail.com
www.susanmoorerealtor.com

Bonnie Seidler, P.A.

REALTOR®
CLHMS, CIPS, RSPS

561.290.9136

Bonnie@ChampagneParisi.com
www.BonnieSeidler.com

&

RE/MAX DIRECT

CHAMPAGNE & PARISI
REAL ESTATE

Aberdeen Residents **Bonnie Seidler, P.A. Realtor®** and **Susan Moore, P.A. Realtor®** are joining forces and combining their Superior Sales and Marketing Knowledge, Experience, Professionalism, Honesty and Integrity to bring you, our fellow Aberdeen residents,

THE BEST OF THE BEST!

- ✓ Over 35 Years of Combined Experience
- ✓ Top Producers Year After Year
- ✓ Custom Marketing Campaigns
- ✓ Two Dedicated Professionals That Care
- ✓ Local, National & International Buyers
- ✓ Selling the Aberdeen Lifestyle

WE ARE YOUR BUY-SELL SOLUTION!

Bermuda Isle Buzz

By: Harvey Schwartz

“Transition”: “the process and/or instance of changing from one form, state, activity, or place to another.” So says the Webster’s dictionary that has a home on many desks or bookcases. Wikipedia, from a Google search, states “Transitions” are “bridges” that “carry a reader from section to section” of a writing. And in Oxford Languages, “the process or a period of changing from one state or condition to another.” This definition seems to accurately describe Bermuda Isle the most.

Whichever definition one chooses, anyone can see that a multi-faceted, visual transition occurred during the last few months of 2021 to Bermuda Isle.

“We lifted ourselves up by the bootstraps!” Our community has continued its tradition of performing the “heavy lifting” needed to keep the Isle looking its best. One might ask, “What do you mean by that?” “How do you make the changes that seem like a magical “transition”? The answers lie in a review of the planning, savings and reinvesting in our community that we undertake each and every year. This year was extraordinary, because so many maintenance and capital projects occurred simultaneously.

The projects performed involved each and every home from one end of Horseshoe Bay Road to the other. The community planned the projects for maximum value added from the investments made. This included a complete scrubbing of the roofs of all the homes and swimming pool buildings. This work, taken alone, garnered many Aberdeen community accolades.

The simultaneous uplifting was to repair all seventy-five driveway swales. Why do this? Simple. It prevents rough trip hazards from developing, and it also improves the appearance of every property. The largest undertaking was the repainting of every one of the homes and pool buildings. A fresh new peach color was given to the pink hued houses. Additional needed repairs were made to the homes during the painting project.

When the plans for our uplifting transition were completed, we went from a somewhat “tired” look to one of “fresh air,” and a clean new approach to our community’s visual makeup occurred. Resounding vocal and approving applause occurred as we

witnessed countless home and landscaping improvements happening, all coinciding with the physical projects being performed all around us. The results are obvious to see.

We must give a cheer to everyone who did their community proud as a result of the success of their individual efforts. Not only have we all contributed to the work effort, but many gave excellent suggestions for how the work could be improved upon for this and the next time we pursue these aggressive programs.

The investment in our community, and therefore in ourselves, will prove to be a wonderful success for now and for the years to come.

Sterling Lakes Estates

By: Judy Lukow

The Kindness Garden: a Painted Rock Garden

Megan Murphy started The Kindness Garden and did so as a friendly anonymous gesture of kindness. Her idea was, she painted rocks that had an inspiring message and left them anonymously for someone who needed some kindnesses to pick up and make them feel good. This gesture caught on and soon they found out who the anonymous person was, and the rest is history. Many schools adopted this project as did many other institutions and parks around the world. Megan is now an author and inspirational speaker.

I have been given permission from the Sterling Lakes HOA to create a “Rock Garden” using some of the same ideas from the Kindness Garden. We have 2 stop signs that have at their base, rocks. We thought these would be likely places to have a painted rock garden; on the corners of Aberdeen Lakes Drive and Rothbury Lane and Rothbury Lane and Northport Drive.

Examples of painted rocks can be found on the internet if you do a search “painted rock gardens.” There are kits to paint rocks and you can find many instructional videos on Youtube.com (search “painted rock gardens”) on how to paint the rocks. Some rocks have meaningful messages, some have designs, some have memories and some dates of important events. These gardens are very colorful! This is a nice project for all of our Aberdeen community; any-

(continued on page 7)

PROUDLY SERVING ABERDEEN RESIDENTS FOR OVER 20 YEARS!



Papa's PLUMBING
Don't Worry. Papa's Will Fix it Guaranteed!
 Family Owned and Operated Since 1993

- ALL RESIDENTIAL HOME REPAIRS
- WATER HEATER SPECIALISTS

License #: CFC1429108
 561-514-8878
 561-732-0808

Senior Citizen Discount!

HTTP://PAPASPLUMBING.COM MIKE@PAPASPLUMBING.COM

STERLING LAKES ESTATES...(continued from page 6)
 one that would like to paint rocks to include in our "garden". It is also a great project for us to work with our children/grandchildren. The expense would be a donation by those that paint the rocks; they would get their own supplies; no money from the HOA.

We can call it anything we want to; it does not have to be the Kindness Garden. I have seen another called the Peace Garden. I am looking for ideas of what to call our garden by the stop signs. Maybe our "Stop and Look Garden" or the "Stop By Garden."

If you are interested in *partaking in the project* or *suggest a name for the garden*, email me at JudyLukow@aol.com. If you would like to place a rock in the garden anonymously, you're welcome any time!

Do "stop by" and visit our garden in a few months. I am excited to head the project. Regards, JudyLukow@aol.com

**Welcome to the New Year 2022!
 How Did the New Year Resolutions Begin?**

By: Judy Lukow (Sterling Lakes)

The new year has awakened and we wish you all a happy, healthy, and prosperous New Year!

New Year Resolutions

The New Year Resolutions are believed to have begun thousands of years ago. Some were made to promise their king they will do better and pay what was owed. Some were made for religious commitments to their God to do better in the new year. And more currently some resolutions are made to oneself and focus purely on self-improvement. Whether as a servant to the king or commitment to ones God or commitment to oneself, they all have the same thing in common; promises made to do better.

The top 10 most common resolutions will look familiar to you:

Exercise more, Lose weight, Get organized, Learn a new skill or hobby, Live life to the fullest, Save more money / spend less money, Quit smoking, Spend more time with family and friends, Travel more, Read more.

How many resolutions are followed through to the end of the year? Not many. According to GoSkills.com, here is my summary of what they say you can

(continued on page 8)

Foot Care Center of Palm Beach



DR. IRA SPINNER D.P.M. FACFS
 • Board Certified Podiatrist
 • American Board of Podiatric Surgery
 • Fellow American College of Foot & Ankle Surgeons



DR. PAULA DeLUCA D.P.M.
 • Board Certified Podiatrist
 • American Board of Podiatric Surgery

STAFF PHYSICIANS:
 Delray Medical Center, Bethesda Memorial Hospital, J.F.K. Medical Center

CONSERVATIVE CARE:
 Diabetic feet, corns, calluses, fungal nails, neuropathy, arthritis

SURGICAL CORRECTION:
 Bunions, hammertoes, neuromas with early return to activity

HEEL PAIN:
 Conservative and surgical correction for permanent relief

WOUND CARE SPECIALIST:
 Specialized treatment for patients with acute and non-healing wounds

ALL INSURANCE PLANS ACCEPTED

Boynton Beach
734-4867
 10075 Jog Rd. (SW Corner Jog & Boynton Bch Blvd.)

WELCOME TO THE NEW YEAR...(continued from page 7)

do to achieve your resolutions:

1. Mentally prepare for change
2. Set a goal that motivates you
3. Limit resolutions to a manageable amount
4. Be specific
5. Break up big goals into smaller goals
6. Write down your goals
7. Share your resolutions with others
8. Automate where possible (reminder apps)
9. Review your resolutions regularly
10. If you fall off track, get back on quickly

My New Year's Resolutions are the same as I have had for many years: exercise more, and lose weight. Wish me luck!

We have some happy news to share with our neighbors:

The Wedding (Vow) Bells are Ringing!**Mike and Carol Adelman, and Sheila Hyman**

Mike and Carol celebrated the renewal of their son, Scott, and their daughter-in-law, Stephanie's, wedding vows with, a BIG wedding celebration here in Ft. Lauderdale, FL! Our very own Sheila Hyman, (Carol's mother) not only was the proud grandmother but also the flower girl! I was told you should have seen her dropping those flower petals!

And then, less than 4 weeks later, they celebrated the wedding of their son, Jordan, to Kaitlin in Newburgh, NY. A happy and busy time for the Adelman's and Sheila! Congratulations to all!

Happy Birthday to Mike Adelman who will be celebrating his 61st birthday on January 27th.

If you would like to share some oohs and aahs with your neighbors who have already seen Mike's landscaping skills, drive by their home and take it all in on Northport Drive!

Bobbie Bibicoff

Bobbie wants to share some exciting news: "I became a great grandma to a baby boy named Levi who has already stolen my heart." Congratulations to Bobbie! What a Blessing!

**PLEASE
SUPPORT OUR
ADVERTISERS**

The Key

By: Janet Friedman (Hampton)

I am alone now, a widow for the past 3 ½ years. I was married to my husband, Stephen, for 52 years. He has left me here by myself. At first, I was so angry. It has been hard to be alone, but now I have learned to become totally self-assured and self-reliant. Confident. In control. On top of everything!

I recently flew to NY by myself to visit friends and family. I rented a car. (I did not rent the car at the airport. I know that it would be more costly. I did my research and used Enterprise. They pick you up and drop you off! Whatever you need. No reason to rely on someone else for help or rides.)

I drove to Massachusetts and stayed for a few nights with friends. Then I drove to upstate NY, where I visited another friend for a few days. This has all been possible because of my GOOD friend, Siri. Now I can go anywhere. She tells it like it is. Before Siri, I was getting lost all the time....even in my own neighborhood! But now.....no problem. The sky's the limit! Then I drove to meet my friend,

(continued on page 9)

Jeffrey E. Siegal M.D., P.A.

Board Certified Eye Physician and Surgeon
Fellow, American Academy of Ophthalmology

**Specializing in**

- Personalized Full Service Eye Care
- Crystalens™ Bifocal Implants
- Astigmatism surgery, minimizes need for eyeglasses after cataract surgery
- Lipiflow™ • Dry Eye
- Glaucoma Care
- In-Office Laser Surgery

Licensed Optician on staff, On-Site Optical Services.
Medicare Assignment & most insurances accepted.

Village at Floral Lakes
15340 Jog Road, Suite 210 Delray Beach, FL 33446
(561) 495-8558
Hours: M-F 8:45am-4:30pm
By appointment

THE KEY...(continued from page 8)

Eileen, in New City for lunch. (She was in my class from 4th grade through college. We were always in trouble.) After lunch, I am on my way to Long Island to see family....then to NJ to visit cousins...I am a force to be reckoned with!!! Returned my rental car and taxied to the airport to fly back home.

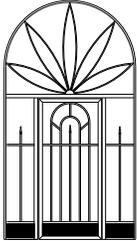
There's nothing I can't do. I even moved on into the man cave (the garage, my husband's domain) to clean up the mess in there. Steve was a great guy, but not so much in the neatness and organization department. All kinds of things are piled up in such disarray! (I have no idea what most of it is.) I throw away a lot and put more on the curb for trash pick-up tomorrow. I clean up some more and organize all the tools in alphabetical order! That's much better! I threw away at least 1/2 of the coffee cans my husband collected. They are filled with all manner of I know not what! What is this stuff anyway?? What's it for?? I put the other 1/2 of the cans out on the curb with the other junk. Later on in the evening, before I go to bed, I roll the garbage pail out to the curb and see that all the junk is GONE! WHAT?? Who wants that stuff?? (Whatever it was.)

I can BBQ. I can lift the hood of my car and replace the windshield washing fluid! I can take my car in for service. I can put air in the tires! I bought a dolly. I can carry anything!! I am in control.

So now that my car lease is up, I will have no problem leasing my next car. My son says he'll go with me, but I tell him I can go by myself. I can negotiate. I will not let the salesmen take advantage of me. I know what car I want and I know how much I am willing to pay. I know that I will not let them sell me gap insurance or tire protection or any of that other stuff they try to add. *I can do it myself!*

I arrive at the car dealership. Right away there is a problem. The smaller SUV I want, now has an upgraded tech package. There are new gadgets and different interfaces. I have just spent 3 years learning all the old ones (and I can't say that I am fully proficient with them!) Luckily the larger SUV still has the old system. (What is the logic behind that?) So now I am looking at this very large car. It even has 2 extra seats in the back. Who do I need them for? Who do I know that can get into those seats? (The quick answer is no one!) I might be able to squeeze

(continued on page 10)



Proudly offering quality screen doors manufactured by:



Pfeffer's Custom Aluminum Products, Inc.

Thank you Aberdeen Residents for your continued support!

What do we do?

- * Screen Doors and Entryways *
- * Re-screening and Repairs of all kinds! *
- * Sliding Glass Door repairs and Screen Doors *
- * Window Repairs and Screens * Dog Doors *
- * Kickplate * Storm Doors *

FREE ESTIMATES
www.FLdoorandscreen.com
800-552-2173



GLO's Grill

BEST BURGERS IN TOWN!

**Same Owner
Just a new Name**

\$5 OFF
Purchase of \$25 or more
One per table.
Not valid with other offers or early bird.

15% OFF
Entire Bill
One coupon per table.
Not valid w/ any other offers or early bird. Max. value \$8.99.

15% OFF
Entire Bill
One coupon per table.
Not valid w/ any other offers or early bird. Max. value \$8.99.

5776 Jog Road
(Northeast corner of Jog & Lantana Home Depot Shopping Ctr)

Early Bird Menu Available
4 to 5:30 pm Monday - Thursday
561.649.6761

THE KEY...*(continued from page 9)*

into them, but I am driving! Also, how much gas will this car eat? I test drive it. It drives very nicely. It has the old tech package. Ok. I'm sold. It's very heavy. It will be very safe. I have leased my first car alone. No problem!

I have the car for about 6 months when I get a call from my son, Matthew, in Fort Lauderdale. His in-laws are coming for a short visit. (John and Pat are such nice people.) He and my daughter-in-law Kate want me to meet them all for lunch on the water next Saturday. Great. I am looking forward to it.

Saturday comes and I get ready to leave the house to meet them. I decide to change my pocketbook for one that will match what I am wearing. I remember to take my phone and my wallet and some tissues and some pictures that I want to show Kate's parents. I lock up the house and leave.

Fort Lauderdale is about 40-45 minutes away if I don't get lost. Hey, I have my friend Siri with me. All will be well. I also program my GPS in the car just to be on the safe side! I am about half-way there when I can't remember putting the car keys in my pocketbook. I feel like I am taking a memory test trying to remember what I put in my bag. (You know the test they give you to see if you have Alzheimer's?) I remember my wallet and my tissues and my phone and the pictures. I do not remember any keys. Now I start to panic. Then I start to reason with myself...Wait, how can I be driving the car if I have no keys? Of course I took them. I am so in control and self-reliant. I just don't remember. (That's a whole other problem!)

I get to the restaurant. No problem. Siri has done her job again! There is valet parking only. A really cute guy comes to take my car. I reach into my pocketbook to get my keys for him. There are no keys there. I look in every compartment. Unzip every zipper. (Who makes these bags anyway with so many hiding places?!) No keys! The really, really cute guy is looking at me. I break out in a sweat! Now I empty my pocketbook. There are no keys! I look at the really, really, really cute valet man and say, "I have no car keys." That's impossible", he says. "They must have fallen out of your bag." Now I am crawling around on the floor. I look everywhere, even in the back (where no person could ever go, let alone keys). "Let me look", he says. Now he

(continued on page 11)

Affordable Living Trusts



Now there's no excuse for you and your family not to benefit from the advantages of a Revocable Living Trust especially if you own your own home or condo.

Single Person **\$385**

Married Couple **\$485**

Plus Additional Incidental Costs

Robert D. Schwartz

Attorney At Law • Certified Public Accountant
Toll Free 1-866-34TRUST • 1-866-348-7878

1901 S. Congress Avenue, Suite 215, Boynton Beach, FL 33426
2385 N.W. Executive Center Drive, Suite 100, Boca Raton, FL 33431
2101 Vista Pkwy. South, West Palm Beach, FL 33411
14255 US Hwy. 1, Suite 270, Juno Beach, FL 33408
(Available by Appointment)

Mr. Schwartz's qualifications Include:

Graduate of Univ. of Florida College of Law w/honors
Graduated Cum Laude from Florida State University
National Speaker on Estate & Tax Planning

"The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about my qualifications and experience."

NEED HELP WITH PAPERWORK?

DEBORAH REMSON

Personal Bookkeeping Assistance Services

- Bill Paying
- Balancing Your Check book
- Record Keeping
- Organizing Personal Paperwork

FREE CONSULTATION

(561) 969-3240

Cell (561) 818-5835

MEMBER OF
AMERICAN ASSOCIATION OF
AADMM
DAILY MONEY MANAGERS

References

THE KEY...*(continued from page 10)*

is crawling all over the car, even the back back. HE FITS!!! (What??) No keys. What now? I say that I am afraid to turn the car off. How will I ever get it started again? I am close to panic.

All of a sudden, I see my son's car parked over on the side. I'll call him. Matt will come to the rescue. I call him. He is in the restaurant with everyone waiting for me. "Where are you?" he asks. I tell him my problem. "WHAT?" he says. "That's impossible. You drove here. The keys have to be there." Out he comes. I see this look on his face. It is the same look the really, really, REALLY, REALLY cute valet guy has...like...Oh, here is another incompetent woman! My son grabs my bag and checks it out. No keys. Now he is crawling all over the car. Even the back back! He fits too!!!! How is that possible? He is 6'4 and somewhere over 250 pounds....No keys. "Mom," he says, "Did you look in the glove compartment?" "No," I say, "I never put anything in there." He pops it open. There is nothing inside except some Bed Bath and Beyond coupons (You never know when you might need one) and the black leather little folder they put in there when you

get a new car. He opens the folder and there is a set of keys!! The second set of keys you always get when you buy a new car! Why did I not know this? I am sure every man in the universe knows this. I am shattered. Everyone is hysterical laughing except me. I am now thinking that I know why the car was beeping every time I tried to lock it. For the past 6 months my car could not be locked because the keys were in it! The GORGEOUS valet guy takes the keys. My confidence is blown. So much for self-reliance. I am back to square one.

As I walk into the restaurant with my son, I am praying that they have a very good bottle of Sauvignon Blanc and, if I am really lucky, clams on the half shell.

Joys of January

By: Phyllis Arnauer (Lancaster Lakes)

Happy New Year and welcome to January 2022. We sang Auld Lang Syne, drank bubbly champagne, wore funny hats, and blew noisemakers of all kinds. Maybe we danced until the wee hours at Aberdeen's New Year's Eve celebration. Maybe we got together at someone's house with friends and watched the ball drop in Times Square in NYC. For many years I strongly believed that, if I did not actually see the ball fall in Times Square, then it was not officially the New Year. Of course, I do not mean literally in Times Square. I mean watching Guy Lombardo and the Royal Canadians on TV live from the Roosevelt Grill or the Waldorf Astoria in NYC. At 11:55, the cameras would switch to Times Square and the official countdown would begin. I have a feeling many of my Aberdeen friends and neighbors watched Guy Lombardo as he welcomed in the New Year. His show was the predecessor of Dick Clark's New Year's Rockin' Eve, where current top notch musical acts performed in the bitter cold of a NY winter's night. Mr. Lombardo was indoors in a warm and welcoming hotel ballroom singing songs like Seems Like Old Times or Melody D'Amour. And as the countdown reached ONE and the new year lit up in lights, the strains of Auld Lang Syne would fill the air. I must admit to getting a little weepy hearing that melody. How about you? When David and I were dating in the early sixties, we lived in the Bronx. On New Year's Eve 1963, we took the D train from

(continued on page 12)

Rosenberg & Son House Sitting
OVER 25 YEARS EXPERIENCE
TAKING CARE OF HOMES



Servicing
Aberdeen, Boca Lago,
The Grove & Venetian Isles.

MARTY ROSENBERG
Owner

Don't leave your home unattended
While your gone - Call me

Mobile (248) 219-7805

JOYS OF JANUARY...*(continued from page 11)*

170th street to 42nd Street, saw a movie called "It's a Mad, Mad, Mad, Mad World," in a theater in Times Square, and poured out into the street around 11:45. There were no police barricades then; just throngs of people huddled together to welcome in the New Year as the ball fell. I remember us standing slightly on the edge of the crowd feeling hopeful and excited about the possibilities of the coming year. Do you feel that way at the start of every year? We are given a clean slate and a chance to do whatever will enrich our lives and those of our loved ones. What will bring joy and a feeling of value? There are so many possibilities. Good luck to us all as we grow in 2022! Happy and Healthy New Year to all! Sue and Larry Dix shared a wonderful memory. It was New Year's Eve 1968, and they were out to dinner celebrating the arrival of 1969. Sue went into labor with their first child. She was admitted to the hospital in the early morning of 1969 and in a few hours, there was the arrival of their daughter. She was the first baby of the New Year born at Mount Vernon Hospital. What a wonderful way to bring in the New Year! Phyllis and Jerry Friedland shared another wonderful memory. On New Year's Eve in 1964, Phyllis was at a ski resort in Kingston,

NY, with work friends. Jerry was there with a group of his friends. They were strangers. At the stroke of midnight, the social director said, "Kiss the person standing next to you." Jerry kissed Phyllis, and the rest is history! In case you are interested:

Here is a suggested way to clean our mailboxes: First rub palm oil on the mailbox; let it dry; spray with Rust-oleum crystal clear enamel. Works wonders! A good place to find copies of the Aberdeen Times is in the mailboxes near the guardhouse! Reminders from our President: Please have your coach lights on from dusk till dawn for the safety of us all. For those of you having difficulty taking your trash can to the sidewalk: you can call 866-792-4636 for your trash can to be taken to the street by the trash collectors and returned to the area near your garage door. This way, the trash will not be on the street before 5:00. Lancaster Lakes sends condolences to the family of Marty Aronoff on his passing.



EPA SERVICES
INDOOR AIR QUALITY SERVICES
877.873.3721

PROTECT YOUR LOVED ONES FROM VIRUS, MOLD /MILDEW CONTAMINATION, ALLERGIES, HEADACHES AND GERMS

- \$89 ODOR EVALUATION/ OR MAINTENANCE SERVICE
- \$99 DRYER VENT CLEAN
- \$179 CAMERA DUCT INSPECTION
- \$299 BASIC DUCT CLEAN VIRAL/ BACTERIA TREATMENT (UP TO 7 VENTS)
- \$299 DUCTWORK DEFOGGER TREATMENT FOR CLEANER FRESH AIR SMELL (UP TO 7 VENTS)
- \$399 ADVANCED DUCT CLEANING WITH ROTOBUSH INCLUDES GRILL REMOVAL AND REINSTALL (UP TO 7 VENTS)
- \$499 NEGATIVE AIR ANTI VIRAL/BACTERIA INTERIOR TREATMENT (UP TO 1000 SQ FEET)



**OTHER SERVICES AVAIL UPON REQUEST:
 CARBON MONOXIDE /SMOKE DETECTORS,
 UV LIGHT & BULB , MAINTENANCE SERVICES:
 NO GIMMICKS OR HIDDEN CHARGES
 "ASK ABOUT OUR COMPLETE INTERIOR AND
 DUCTWORK ADVANCED TREATMENT SERVICE"
 *WE ACCEPT ALL MAJOR CREDIT CARDS**

Sharing

By: Sheila Hyman (Sterling Lakes)

What I learned during the coronavirus.

I learned that the microwave has more than just a start and stop button. I learned that if you use the correct clippers for your toenails, you actually can cut them. I learned that my stove has more uses than just for storage of pots and pans. I learned that if you clean the filter in the dryer after use, it will actually work for the next load. I learned that if you start by going corner to corner with a fitted sheet you can make your bed in less than 10 minutes and without back pain. I learned that if you put food in the freezer, it can actually survive well past its due date. I learned that shopping in my own closet can be as exciting as shopping at Saks. I learned that you can actually bake a potato in the toaster oven by just pressing bake and setting the time. I learned which sockets would not cause a major circuit break when I plug in the vacuum cleaner. I learned that there really is a difference between “soft-scrub” and “fantastic” with bleach or anything with bleach. I learned that an Amazon package with needed supplies can bring as

much joy as a bouquet of flowers.

NOW FOR THE MORE IMPORTANT LESSONS: I learned, as shown in the above, that it was good I became a lawyer and not a homemaker. I learned that more important than having a good lover is having a housekeeper and hair stylist, even if they are not good. I learned that if I only have myself for company that I it can be enough as I am good company. I learned that it doesn't matter if my hair is turning grey as long as I have hair to complain about. I learned that it doesn't matter that I am getting shorter as long as I am still standing and able to complain about that. I learned that it is really OK to do nothing at times and not feel guilty. I learned that it is OK if no man now says he loves me as long as I love me.

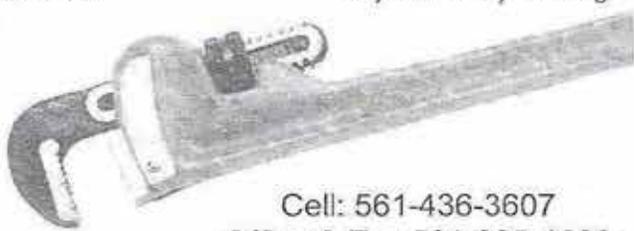
NOW FOR THE MOST IMPORTANT LESSON: I learned the truth to the expression: That if you have your health, you can have a lot of problems, if you don't have your health, you have just that one. And in learning the truth to that expression,

WHAT LESSONS FROM THE CORONA VIRUS WILL GUIDE ME IN THE FUTURE? To be so very grateful for having many “problems”. To be

(continued on page 14)

Ray-Jack's Plumbing, Inc.
Ray Ritter Need a Plumber? Call Us!
Owner Operated
 LICENSED &
 INSURED

All phases of plumbing



Cell: 561-436-3607
 Office & Fax 561-965-1662

No extra charge for Saturday

Back Flows - Repair, install & certify

- Sewer & drain stoppage
- Hot water heaters
- Toilets
- Faucets
- Tubs & shower valves
- Leaks of all kinds
- Shut off valves



HANDYMAN ON DEMAND

35 YEARS OF EXPERTISE IN BUSINESS

**RATED #1 HANDYMAN ON NEXT DOOR 5 YEARS IN A ROW
 CALL TODAY FOR YOUR FREE ESTIMATE**

DRYWALL REPAIRS
 INTERIOR AND EXTERIOR PAINTING * MOLD REMOVAL
 ELECTRICAL AND LIGHTING OF ALL KINDS
 SECURITY CAMERAS RING * EQUIPMENT INSTALLED
 DRYER VENT CLEANING
 SPRINKLER PUMPS REPLACED
 PLUMBING, TOILETS REPLACED
 FANS INSTALLED
 LIGHT FIXTURES
 AC MAINTENANCE / REPAIRS

*I Buy Cars
For Cash*

CALL TODAY
561-339-8633
Marc Kessler




FIVE-STAR RATING!

REFERENCES AND TESTIMONIALS AVAILABLE UPON REQUEST

WHAT I LEARNED DURING...*(continued from page 13)*

so very grateful that my loved ones are also saddled with them. To embrace getting older as a gift, not as a struggle. To be grateful for what aging gives me, not mourn what it takes away

AND WHAT WILL I WISH FOR IN THE FUTURE? Many, many more problems, even if they cause major circuit breakers in my appliances. just as long as I don't have that ONE problem that could cause a break in me.

JUMBLE

Unscramble the words below to reveal the secret message. (Answer is on page 23).

wne ryae morpsise ewn ohep

--	--	--	--	--



Harbour Lights

By: Wendy Latman

I hope everyone throughout the Harbours and the Aberdeen East and West communities was able to bring in the New Year with good health, happiness, and a positive outlook for the future. The last two years have can only be described as a roller coaster, where we think we are safe and then we are not. Hopefully, 2022 will bring us peace and allow us to feel safe once again.

In keeping with this year's theme, I would like you to...

Meet Catherine and Glenn Barton

Originally from NYC, Catherine and Glenn Barton relocated to FL in 2018 when Glenn was repositioned here by his employer, a 150-year-old NYC business with a division in Florida. They came to Aberdeen East in the summer of 2020 looking for a sense of community in the midst of the pandemic. Happily, they have found just what they were looking for here at The Harbours.

To say that Catherine and Glenn are enthusiastic
(continued on page 15)



"Make Your Home MVP of the Block"

954.325.1527
MVPHOMEMAINT@GMAIL.COM

SERVING PALM BEACH AND BROWARD COUNTY

We Provide Exterior And Interior Home Maintenance Services Including:

- Landscaping
- Handyman Services
- Pressure Cleaning
- Light Plumbing
- Trash/Junk Removal
- Sprinkler Repair
- Window Cleaning
- Painting
- Paver Repair
- Landscape lighting
- Wood & Metal Fence & Gate Repairs
- Storm Shutters – Put up & Take down
- Weekly home checks for snowbirds & travelers



34 YEARS EXPERIENCE



AFFORDABLE RATES

"FREE SNOW REMOVAL WITH EVERY JOB"

HARBOUR LIGHTS...(continued from page 14)

about sports, is an understatement. Both are avid tennis players, pickleball players and golfers. They quickly got involved with the pickleball community here at Aberdeen East. Catherine works as the Director of Sports at one of the Valencia's, an over 55 community. She also founded a PBC 55+ Women's League of which she is Commissioner. Aberdeen East is now fielding two women's teams which compete with other Palm Beach County-based 55+ communities on both Aberdeen East's newly refurbished courts, as well as traveling to other 55+ communities to play on their courts. At a recent POA meeting, Glenn made a presentation with Maris Appel of the Moorings, to request an Aberdeen East Outdoor Leisure Committee be recognized by the management company. It was approved, and the committee's co-presidents are Glenn Barton and Maris Appel. With the help of the Bartons, Aberdeen East is becoming recognized as an "Active Adult Community."

In addition to working at Valencia Reserve, privately coaching "Picklers," Catherine is also Vice President of the Harbours Board of Directors in charge of Communications. With her technical expertise, we were able to use the Zoom platform enabling

Harvey Baron's Early Bird Special



Sometimes a grievance letter just doesn't solve the problem.

Harbours' residents to remain informed throughout most of the pandemic.

"We feel so fortunate to have found this beautiful community," says Glenn, "the rolling landscape and beautiful lakes are so unique compared to many other cookie-cutter developments." If you haven't met them yet, please join me in welcoming Catherine and Glenn to the Harbours. Their presence has made a big difference to the Harbours and to the entire Aberdeen East community.

If anybody in The Harbours community would like me to include news about the community or personal news, please email, text, or call me at wlatman@bellsouth.net, 561-699-5857.

The Sunny Shores

By: Estelle Morganstein

Happy New Year 2022 !!

And what a roller coaster road it has been. We have been dealing with the COVID virus for almost two years - everyone fearful for their lives and those of their loved ones. We have had to confront the Delta variant and now we are facing the Omicron stream. We were assured that the various vaccines which the pharmaceutical companies worked feverishly to develop would protect us. Most took our Center for Disease Control's efforts and recommendations to heart; others chose not to. Businesses closed, schools shut down, masking became the norm, hand sanitizers a prized purchase. The disease spread like wildfire, with hundreds of thousands of Americans dying and millions suffering the ravages of this worldwide pandemic. We seniors in particular were the hardest hit due to age and infirmities.

As summer approached, we were told that while we needed to continue to be careful, the infection rates were dropping, and life could slowly begin to return to normal. Theatres, museums, restaurants started to open, albeit with attendance limits. ICU beds in hospitals saw reducing demand, schools opened diminishing reliance to online learning, and life seemed to begin a return to normal. Now with the advent of the South African strain of this disease, once again we are cautioned by our health authorities to become more vigilant in our masking procedures and increase our awareness of our surroundings.

(continued on page 16)

THE SUNNY SHORES...*(continued from page 15)*

Notwithstanding all of these lifestyle changes, I believe that some positive things have emerged from this experience. Families have grown closer. Many businesses have come to realize that they can continue to prosper, allowing their employees to work out of their homes. More people are exploring and enjoying our country's parks and recreational activities, our nursing homes and schools are becoming more vigilant about the health and safety of their charges. We are using less gas - leading to less pollution, and hopefully people are adopting a healthier lifestyle. Most importantly, we are beginning to realize how precious life is and how quickly it can be lost despite the best efforts of modern science.

Let us hope and pray that this new year brings a final cessation of this scourge so we can all get back to living the life we worked so hard for decades and be able to enjoy our retirement in peace and contentment.

NEIGHBOR NEWS

Two homes changed hands this past month and we are pleased to welcome Jo-Anne and Michael Almasy to Court A and Sharon and Dennis Caldwell to Court E.

Canterbury Communique

By: Dee Levy

Greetings from the Canterbury Community! Yes, it's January, the first month of the year according to the Gregorian calendar, and the month considered by many as one of new beginnings. The name January was derived from Janus, the Roman god who presided over the gate or door to the new year. Janus was often symbolized by a face looking forwards and backwards simultaneously. This symbolism can readily be associated with January, the start of the new year and the beginning of new opportunities. It is the time when many of us reflect on events of the past year and make resolutions for self-improvement and improved interpersonal relationships. As Eleanor Roosevelt said, "With the new day comes new strength and new thoughts."

As the New Year 2022 unfolds, Palm Beach County is set to join its South Florida neighbors in acquiring a second area code. Miami-Dade's iconic 305 area code was actually Florida's first in 1947, with 786 coming into usage in 1998. Broward began using

954 in 1995, with 754 added in 2002. And now, due to a growing population and new technologies requiring telephone numbers, Palm Beach County's 561 appears to be running out of numbers. The implementation of a new area code has been recommended by the North American Numbering Plan Administrator and will require approval by the Florida Public Service Commission. Note that the new code will be applicable only to new numbers; residents who already have 561 phone numbers will not be affected.

On a personal level, I have many fond memories and feelings of nostalgia. Having grown up in Brooklyn in the 1940's and early 50's, I can remember dialing telephone exchanges that were "names" on our "rotary" telephone or on an outdoor pay phone. In those days, the 2 letter-5digit system (2L-5N) prevailed. My home number was DEwey 2, 7776; my father's office was TRiangle 5-0033. Named exchanges usually identified the region of the phone number and made it more memorable... SUsquahanna and STuyvesant, BEekman and VAnDerbilt, LAckawanna and TRafalger in Manhattan; TRemont, MELrose and JERome in the Bronx; APplegate, NIghtingale,

(continued on page 20)

Boynton Beach Home Watch

Give yourself peace of mind by having an insured Home Watch professional perform regular property inspections while you're away...



Sarah Kirkland
Owner
561-369-8726

Call for references and a free estimate,
And visit our website below :

Boyntonbeachhomewatch.com

*Trusted business owner in the community,
Caring for properties since 2009*

COMMISSION NEGOTIABLE!

FLORIDA'S #1 BROKER-ASSOCIATE IN THE ACTIVE ADULT COMMUNITIES!
CALL PAUL SAPERSTEIN, ESTATE SPECIALIST TODAY!

YOUR **ABERDEEN** MARKET REPORT!



SOLD
\$570,000

4 BD, 4 BA, 3,349 SF



SOLD
\$500,000

3 BD, 3 BA, 2,596 SF



SOLD
\$400,000

3 BD, 3 BA, 2,563 SF



SOLD
\$365,000

3 BD, 2 BA, 2,618 SF



PICTURE
YOUR PROPERTY
HERE NEXT!

IS YOUR HOME NEXT?

Property information herein is derived from various sources that may include, but not limited to, county records & the Multiple Listing Service. Although the information is believed to be accurate, it is not warranted and you should not rely upon it without personal verification. If your home is currently listed with a Realtor® this is not a solicitation.

DON'T BE LEFT BEHIND! **PAUL DELIVERS RESULTS**

Paul Saperstein

Broker-Associate

RANKED #68 IN THE USA FOR TRANSACTION SIDES

AS ADVERTISED IN THE WALL STREET JOURNAL BY REAL TRENDS

paul.saperstein@exprealty.com

Meet Paul Saperstein

→
SCAN ME WITH YOUR PHONE



FREE HOME VALUATION GO TO:
www.PaulSaperstein.com



DON'T MAKE A **MOVE** WITHOUT ME! CALL OR TEXT

561.220.6789

ABERDEEN EAST UPCOMING EVENTS



Back by Popular Demand

Sarge!

Sunday, February 27
8:00 p.m.

\$25pp—\$30 Guests/Walk-ins*
Limited Theatre Style Seating in the Ballroom

Join us for a night of incredible laughter with an extraordinary entertainer. Sarge delights audiences with humor that comes from a very personal place. And he is much more than a comedian. Sarge is a triple threat. A self-taught piano savant, an author and a motivational speaker. In addition to dead on impressions, this hysterical stand-up comedian also sings in his own voice and in a dozen others including Harry Connick Jr., Sammy Davis Jr., Lionel Richie and Stevie Wonder. He leaves his audience howling for more.



William Florian
Saturday, March 19
8:00 p.m.

\$20pp—\$25 Guests/Walk-ins
Theatre Style Seating in the Ballroom

Those Were The Days is an upbeat and energetic musical performance by *William Florian* and his band. The show consists of American hits of the 60's including songs performed as lead singer of the famous New Christy Minstrels, plus the music of Peter Paul and Mary, John Denver, Pete Seeger, The Mamas and The Papas, and originals presented with comedy and amusing stories, all in a wonderfully intimate show. William travels the globe spreading goodwill through his music!

Please visit the Aberdeen East Clubhouse Office Monday—Friday between 10:00 a.m.—3:00 p.m. to make your seat selection and receive your show tickets. Checks only, can be made payable to *Aberdeen East Clubhouse*.

*** If available, non-Aberdeen East guests may purchase tickets one week before each show.**

If you have questions, contact the Aberdeen East office at 561-734-0113.

YOUR LOCAL EXPERT and FRIENDLY NEIGHBOR at ABERDEEN

Luz Angela Agredo Real Estate Broker Associate



Available 24/7 in person and virtually

 [angela.homes](#)

 [Angela Homes Real Estate](#)

 [Luz Angela Agredo](#)

Thinking of Selling or Buying? Let Us help!



BUYER
8954 Brittany Lakes Drive, Aberdeen Lakes
SOLD



SELLER
8017 Aberdden 202, Stratford at Aberdeen
SOLD



SELLER
6876 Bitterbush Pl, Aberdeen 3 - Cambridge
PENDING

- 18 years of experience serving the South Florida market.
- More than 2000+ Homes Sold.
- Client focused, results driven
- Representing you in English, Spanish and Portuguese.
- Powerful marketing and innovative tools for maximum reach.
- Direct access to an international network of Buyers ready to close.
- World-class customer service at your fingertips.

Buying or selling is an emotional process we know that. We make your Real Estate experience an enjoyable and stress-free process.

Call us to discuss your real estate goals. We will work to make it a reality

Luz.Agredo@ExpRealty.com

Cell 561 305 0040

Contact me to learn what your home would sell for in today's market.

CANTERBURY COMMUNIQUE...*(continued from page 16)*

and CUmberland in Brooklyn; EVergreen, BAyside and HAvemeyer in Queens; and ELgin, GIbralter and SAint George on Staten Island. Who doesn't remember Glen Miller's PENnsylvania 6-5000 or Elizabeth Taylor in BUtterfield 8?

In the mid-sixties, the 2L-5N system was phased out due to increased demand, and replaced by a 7digit system for "all number calling". Eventually, however, the 7digit system wasn't enough to handle the volume and 3 additional digits (referred to as an area code) were added. And now, as previously stated, Palm Beach County will soon have an additional area code.

In closing, we want to welcome Eutilda and Valentino Finamore, Janice and Robert Mallace and Steve Geremia to the Canterbury Community. It's a great place to live and we're delighted to have you as our neighbors. We wish all our Aberdeen friends a Happy New Year and hope that 2022 will bring good health, happiness and well-being to all. As Martin Luther King said, "If you can't do great things, do small things in a great way."

ESTATE PLANNING #102 - Trusts

By: Murray Iseman (Addison Green)

TRUSTS play a major role in planning and solving many problems. Think of it as piece of clay that can be molded and shaped by the needs.

For example, Mr. P. Vaydic is on his second marriage. He has 2 adult children from the first union, a minor child from the current marriage, a mentally challenged grandchild and 2 stepchildren inherited from the current wife. His concerns are:

A. His oldest son is a doctor whose marriage borders on divorce. Mr. V fears any estate distribution may "complicate" property claimed by the daughter-in-law. Assets passing to the son may be co-mingled with marital assets.

B. Mr. V moved into his current wife's, paid home. He feels the stepchildren have an entitlement.

C. The minor child from the current marriage is ten. What type of adult will he become- addict, spendthrift or will he settle for a marginal career delivering happiness but not financial independence?

D. His adult child with the "special needs" son may not be able to assure proper care since, in this case, mortality is not negatively impacted.

Answers may not be obvious until long after

Mr. V's demise. The attorney suggests a trust. At Mr. V's death, debts are paid, and cash is set aside for the widow. The remainder is directed to a trust. The document that outlines how funds are managed and distributed is called the **Trust Instrument**. The person (or institution) that oversees everything is the **Trustee**. A co-trustee arrangement may be used with a family member overseeing distribution and a financial advisor managing the investments.

A. **Instrument-** Mr. V had discussed his concerns with the lawyer who is tasked with creating the document. Available options range from giving the Trustee total discretion to invest and make distributions at his/her discretion to describing all possible contingencies that dictate the trustee's actions.

1. Total Discretion is just that. If the Trustee determines that a potential beneficiary lacks financial discipline is an addict or is so successful that he/she has no need for cash, money may be directed to other beneficiaries. If this route is selected, Mr. V should select a family member who has personal knowledge of the beneficiaries and shares Mr. V's financial philosophies. Since life is full of surprises, a contingency trustee should be named in case the trustee dies or becomes mentally disabled.

2. No discretion-Mr. V outlines any and all scenarios creating a "if this, then that" course of action. Examples include: if a minor is a full-time college student, they get X number of dollars for tuition; all beneficiaries get X number of dollars at their 25th birthday; nothing is ever given to any beneficiary if convicted of a felony and all remaining funds are distributed equally to named beneficiaries at a pre-determined date. Obviously, not all situations can be addressed so contingencies must be considered.

3. Compromise arrangement-this suggests Mr. V's preferences but gives the Trustee latitude. An example would be a beneficiary receiving their share at age 25 unless the Trustee deems this would be harmful. However, the Trustee can only delay distribution until age 35. The Trustee will need flexibility to avoid exhausting money if there is a special needs beneficiary.

Privacy Concerns-A will is filed becoming

(continued on page 21)

ESTATE PLANNING 102...*(continued from page 20)*

public information. Any Yenta (Yiddish for busy body) can access the data and use it for dinner conversation. However, a Trust is not part of public domain. The filed will states the remaining funds are distributed to a trust dated February 31, 2018. (Yes, 2/31/2018 as Mr. V used a storefront attorney.) There is no public record showing who gets what.

You must rely on a skilled lawyer that specializes in wills and trusts. In most cases, Mr. V is able to fine-tune and adjust the trust document during his lifetime. But this option is not available if Mr. V creates an **Irrevocable Trust**. As the name implies, once created it cannot be cancelled or amended. This trust has certain tax benefits and is usually used by people of significant means. For tax purposes, the Irrevocable Trust becomes a separate "person." Property moved into it is owned by the trust-not the donor. In the past, the exemptions to our federal estate tax were much lower and it impacted many taxpayers. It was common for many people with significant tax bills. The paragraph below shows that in 1980, with basic planning, decedents with assets exceeding \$320,000 were subject to federal estate tax.

Since then, the exemption and maximum tax

brackets have been in a downwards motion

a. 1980—exemption \$161,000; top tax bracket 70%

b. 2007—exemption \$ 2million; top tax bracket 45%

c. 2021—exemption \$ 11.7 million; top tax bracket 48%

In 2021, after basic planning, a married couple with almost \$23 million of assets avoids estate taxation. Assume a person has a \$50 million estate. The financial advisor estimates taxes plus probate costs to be \$8 million. If the client bought an \$8 M insurance policy to pay expenses, the solution becomes part of the problem. The estate is now \$58 million creating even more costs. The client had established an Irrevocable Trust that is owner and beneficiary. The insured makes annual gifts to the trust to fund premium. At death, the trust buys estate assets and passes it to beneficiaries. This provides the executor with money for taxes and expenses.

Scams

Submitted By: Laurie Wohl (Ashford)

SCAM 1.

A man at a local restaurant paid for his meal with his credit card. The bill for the meal came, he signed it and the waitress folded the receipt and passed the credit card along.

Usually, he would just take it and place it in his wallet or pocket. Funny enough, though, he actually took a look at the card and, lo and behold, it was the expired card of another person.

He called the waitress and she looked perplexed.

She took it back, apologized, and hurried back to the counter under the watchful eye of the man.

All the waitress did while walking to the counter was wave the wrong expired card to the counter cashier, and the counter cashier immediately looked down and took out the real card.

No exchange of words -- nothing! She took it and came back to the man with an apology.

Verdict Make sure the credit cards in your wallet are yours.

(continued on page 22)

COMPUTER-MARK

SERVING THE AREA OVER 15 YEARS

*** Call for FREE Fridge Magnet ***

CALL: **MARK SINGER**

Cell: 954-629-0978 Home: 561-732-7791

E-mail: computemark@live.com

- Fast Reliable Computer Repair
- New PC Set-up (in **HOME**)
- Modern Windows Training
- New Mac & I Phone Set-up (in **HOME**)
- Computer Tune-up
- FREE Phone Consultation
- Virus, Adware, Malware & Spyware Removal
- Many more services, Just **Call**

Microsoft, Cisco, A+, Apple Certified



SCAMS...*(continued from page 21)*

Check the name on the card every time you sign for something and/or the card is taken away for even a short period of time. Many people just take back the credit card without even looking at it, “assuming” that it has to be theirs.

FOR YOUR OWN SAKE, DEVELOP THE HABIT OF CHECKING YOUR CREDIT CARD EACH TIME IT IS RETURNED TO YOU AFTER A TRANSACTION!

SCAM 2:

A person went into a pizza restaurant to pick up an order that was called in. They paid by using their Visa Check Card which, of course, is linked directly to their checking account.

The young man behind the counter took the card, swiped it, then laid it on the counter as he waited for the approval, which is pretty standard procedure. While he waited, he picked up his cell phone and started dialing.

I noticed the phone because it is the same model I have, but nothing seemed out of the ordinary. Then I heard a click that sounded like my phone sounds when I take a picture. He then gave me back my card but kept the phone in his hand as if he was still pressing buttons.

Meanwhile, I’m thinking: I wonder what he is taking a picture of, oblivious to what was really going on. It then dawned on me: the only thing there was my credit card, so now I’m paying close attention to what he is doing.

He set his phone on the counter, leaving it open. About five seconds later, I heard the chime that tells you that the picture has been saved. Now I’m standing there struggling with the fact that this boy just took a picture of my credit card.

Yes, he played it off well, because had we not had the same kind of phone, I probably would never have known what happened. Needless to say, I immediately canceled that card as I was walking out of the pizza parlor.

All I am saying is, be aware of your surroundings at all times. Whenever you are using your credit card take caution and don’t be careless. Notice who is standing near you and what they are doing when you use your card.

Never let your card out of your sight... check and check again!

Inspiration – Pure Heart

By: Maris Levy (Addison Green)

We have all heard the famous saying, “Having a Pure Heart Makes You a Better Person.” At an early age we learn that life sends us in many diverse directions, filled with bumpy roads and deep potholes that impede our steps along the way and inhibit our course of action to achieve our goals. As we stumble along these hard to travel roads, we often find it exceedingly difficult to keep our focus on retaining a pure, accepting and giving heart.

In order to maintain my perspective on keeping a pure heart despite the obstacles I encounter, I recall a lesson my mother taught me when I was a teenager. I had a typical girlie teenage incident with one of my close friends due to typical girlie teenage pettiness. My friend called me and apologized. I was curt and unaccepting of her apology. My mom happened to be nearby when I received the call and heard my response. I will always remember her reprimanding words when I got off the phone. She taught me a valuable lifelong lesson when she said, “A person may be 100% wrong in what they said or did, but that is not the issue. The important and vital fact is that they were big enough and cared enough to apologize. That says a lot about them and their character. You, in turn, must be just as big a person and forgive them. Both of your pure hearts and actions will be remembered and make both of you better more successful people. Holding grudges only causes stress and unhappiness that results in loss of social acceptance as well as loss of your productivity. After thinking over what my mom said, I called my friend back, and we mutually repaired our friendship.

It is a true fact of life that tells us to present ourselves with a positive image. This image will then be reflected by those we come in contact with, whether it be on a personal or professional level. How we portray ourselves determines other’s reactions toward us. A fair-minded friendly image will go a long way toward solidifying loyal and successful relationships. Let us all remember and practice this valuable lesson so we may reap all our benefits throughout our lives, and be the people others cherish, respect, and wish to emulate.

Do You Have Stinky Fungi?

By: Jon E. Shaw (Dorchester)

Of course, I'm referring to something that might be growing in your yard. During cool weather in winter and early spring, some Florida homeowners begin to notice foul-smelling mushrooms popping up in their yard. Although their strong rotting smell is unappealing, these fungi – the stinkhorn – are not actually bad for your landscape and can be beneficial.

The type often seen here is an odd-looking species that are often called basket stinkhorn. This one is from our yard in Dorchester:



Stinkhorn fungi start out as white, egg-like structures in mulch or other damp, decomposing material. Most of this fungal structure is underground. When

enough water is available, this egg-sac structure will rupture and the mature mushroom (the "stinkhorn") will emerge. Depending on the type of stinkhorn, this mushroom (the fruiting body of a fungus) is stalk-like, globular, or latticed. It is the lattice-type structure that we typically see and is where the name basket stinkhorn comes from. Stinkhorns vary in color but are usually pink to orange in FL.

The fruiting body is indeed stinky, but its remarkable lattice shape and bright pink color may draw your attention. At maturity, the fruiting body

closely resembles a red, orange, or pink whiffle ball in both shape and size, though it is often somewhat longer than wide. It is a sphere or spheroid defined by a thick, spongy, open mesh. The branches that make up the mesh are hollow. The inner surface of the mesh is covered by a dark green-brown slime, the gleba, which contains the spores. Around the base of the ball is a whitish or brownish cup of tissue, the volva. Below that is a buried rootlike structure that connects to the underground mycelium. Characteristically disgusting, often compared to rotting flesh, the smell of the basket stinkhorn has been reported to be the stinkiest of all stinkhorn species.

It is unclear whether the stinkhorn has any benefit, other than its talent at decomposing wood and looking remarkable. This species is not known to be toxic, but it's not known to be safe to eat, either. Some writers refer to it as edible, others refer to it as poisonous, but nobody seems to have any personal experience either way and I would suggest leaving them alone. Accidentally eating the egg of the wrong fungi species, could prove deadly. The stinkhorn is not used medicinally, nor is there any research suggesting it might have medicinal uses.

Hampton News

By: John Pagliarini

Starting the New Year by wishing all Hamptonians a Happy, Prosperous, and Harmonious New year 2022.

Writing this column is a volunteer job that is a report on various events and meetings and provides information in an attempt to keep the residents of the Hampton informed as to items of interest. Items such as unique events, anniversaries, grandchildren accomplishments, illnesses, death notices, and a synopsis of the Board minutes. In addition, excerpts from our By-Laws and Declaration are provided under the section, "Did you know?" for your edification.

Did you know?

The Hampton Declaration is subject to Chapter 720, Florida Statutes, as amended from time to time. The Hampton By-laws are organized pursuant to Chapter 617, Florida Statutes, as amended from time to time and Chapter 720, Florida Statutes, as amended from time to time. All Hampton meetings are de-

(continued on page 25)

Answer to Jumble Puzzle on page 14
("New Year Promises New Hope")



Trust Your Precious Vacation With Our Travel Professionals

(877) 736-3880 or (561) 736-3880

Cruises-River Cruises-Escorted Tours-Resort Vacations

www.sandctravel.com

We have gone virtual but with same personal service and value that we have provided the Boynton Beach area for almost 30 years!



Minuteman Press DELRAY BEACH
WE DESIGN, PRINT & PROMOTE...YOU!



10% OFF ANY T-SHIRT ORDER

24-SHIRTS MINIMUM.
Some restrictions may apply.

www.delray.minutemanpress.com
P: 561.495.7898 F: 561.495.8171
15108 Jog Road, Delray Beach, FL 33446

Law Office of
Sherilynne Marks, P.A.
100 E. Linton Blvd. Suite 304B
Delray Beach, FL 33483

Telephone: (561) 732-8323
www.SheriMarksLaw.com
SheriMarksLaw@yahoo.com

Wills: Single: From \$50, Married: From \$75
(Includes Free Living Will)

Ask us how you may be able to avoid Probate!

Revocable Living Trusts: Single From \$300
Joint From \$500 A/B From \$1,000
(Includes Free Living Will and Powers of Atty)

Fees Exclude Costs
Other Services: Probate

Free Consultations - By Appointment Only

The hiring of an attorney is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.



HURRICANE DOOR SALE

GARAGE DOORS **GARAGE DOOR TUNE-UP**
Miami Dade Code
CALL FOR DISCOUNT PRICING

\$39⁹⁵

lubricate all moving parts, inspect rollers, hinges, tracks, cables, bottom rubber & exterior seal and opener adjustments.

Major Brands Carried:
Cloplay® • Amarr® • LiftMaster®

PGT ENTRY DOORS & WINDOWS

THE DOORMAN
OF SOUTHEAST FLORIDA
GARAGE DOOR & OPENER REPAIR

Serving Palm Beach & Broward Counties For Over 20 Years

wholesale to the public 940 Clint Moore Road • **561-272-3667**
WWW.THEDOORMAN.NET • Lic. # U-20617 CC 07-FL-138-50-R

BROKEN SPRINGS REPLACED SAME DAY SERVICE
NEW REMOTE CONTROLS
WIRELESS KEYPADS
KEYCHAIN REMOTES
OPENERS W/ BATTERY BACKUP
QUIETER VINYL ROLLERS



HAMPTON NEWS...(continued from page 23)

fined in the By-Laws and include quorums, minutes, member participation, and membership meetings such as Annual meetings, General meetings, and Special meetings.

Roberts Rules of Order are addressed under the Parliamentary Rules of the By-Laws. Executive sessions of the Board are held to discuss legal, personnel, or contract issues and are considered attorney-client privileged information.

The 2021-2022 Hampton Budget was reviewed and approved November 8, 2021, at a special meeting. A roof replacement update was received from Janet Friedman stating that a sample inspection of roofs will occur, then a roof committee meeting, and bids sent out. At this point, the committee and the Board will have to decide on how to proceed.

Condolence to Vivian Lipson and family on the passing of Milton Lipson. He was a successful businessperson and an officer and member of the Hampton Board of Directors for as long as I can remember. Condolences also to Gene Lamendola and Connie on the passing of his sister Mary.

Arthur and Ellen Gold have returned from their trip to Texas to visit family and Roy Haas & Rosemary are finally able to visit Singapore, as they were prevented to travel there due to covid-19.

Recently I received a mailer card from AARP for their online Smart Driver course. It is advertised that you could qualify for a multiyear discount on your auto insurance. During the 6-hour course, I learned how to refresh my driving skills, learned new safety tips and how to keep physically flexible during my advancing age.

A hearty Hampton welcome to new resident Stanley Mintz.
Stay Safe.

**PLEASE
SUPPORT OUR
ADVERTISERS**

ULTRA AIR CONDITIONING

(877) 333.0189



REPLACEMENT SYSTEMS

- Other Brands Available Upon Request
- 2 Ton System- (15 Seer) Rheem \$3,250
- 2.5 Ton System- (15 Seer) Rheem \$3,350
- 3 Ton System- (16 Seer) Rheem \$3,450

WARRANTIES

- 10 years complete systems / 1 year first co Air-handler / 2 years labor all systems

Includes: Digital thermostat, flood safety device disconnect box, crane lift, hurricane straps, aramflex insulation, heater, permit fee, removal disposal of existing system, and labor

- REPAIR DIAGNOSIS.....\$75
- MAINTENANCE CHECK UP.....\$79

Other Services available upon request
Ductwork replacement, UV Light installation, duct cleaning, emergency water leaks

LIC: CAC1815439



Marty's Recipes

By: Marty Hyman (Waterford)

Waterford Salmon

After trying a new recipe for sauteed salmon fillet that I found on the America's Test Kitchen website, I was left with two extra servings of salmon. So, I created a salmon salad dish out of a necessity to use up the leftover pieces.

You can use the salmon sauté recipe as a dinner entre and/or use the cold salmon recipe for a great luncheon suggestion.

There are three parts to this recipe, sautéing the salmon, making the garlic lemon aioli for the dressing and making the salmon salad.

I. The Salmon.

Ingredients:

- 1 ½ lbs. fresh salmon fillets about one inch thick. Cut into four pieces.
- Salt & Pepper.

Directions:

1. Combine a ½ cup of salt and two quarts of

water to make a brine solution.

2. Brine the slices in the water for 15 minutes. Remove and pat dry.

3. Sprinkle ½ tsp of kosher salt and ½ tsp of freshly ground pepper onto the cold surface of a non-stick sauté pan.

5. Place the salmon slices skin side down into the cold pan.

6. Turn on medium heat and allow the salmon to sizzle for about 6 to 8 minutes. You will see the fat rendering out of the fish.

7. Sprinkle 1/4 tsp. each of salt and pepper on top.

8. Flip each piece and continue to sauté for about 6-8 minutes until the internal temperature of the salmon reaches 125F.

9. Remove the salmon and either serve warm with the following dressing or let the salmon get cold for the salad recipe.

10. Serve, dressed with garlic lemon aioli.

II. Garlic-Lemon Aioli Dressing:

(continued on page 27)

\$2500
CUSTOMER
REFERRAL REBATE



QUALITY SERVICE SINCE 1994
HOME WARRANTY PLANS
"YOU ONLY PAY FOR WHAT YOU NEED"®

\$2500
REBATE
FOR NEW CUSTOMERS

AIR CONDITIONING | APPLIANCES | PLUMBING | ELECTRICAL

THE BEST WARRANTY PLAN AT THE BEST PRICE!

SAME DAY SERVICE!

NO DEDUCTIBLES...NO SERVICE CHARGES

TWELVE (12) MONTHS OF SERVICE PLUS:
FREE TWO (2) ADDITIONAL MONTHS OF SERVICE FREE!
THAT'S 14 MONTHS OF COVERAGE

Email: support@qualityservicecares.com
2 HOUR SHOW-UP • LICENSED TECHNICIANS
Website: www.qualityservicecares.com

CALL 561.819.5103 FOR A FREE OVER THE PHONE ESTIMATE!

FLORIDA STATE CONTRACTOR LIC. #CGC1527218 | FLORIDA STATE WARRANTY #18854

MARTY'S RECIPES...(continued from page 26)

In a glass or stainless bowl mix all of the ingredients until thoroughly blended.

Ingredients:

- ½ cup mayonnaise
- 2 garlic cloves minced fine
- 1 tsp olive oil
- Zest of one lemon
- 2 tbsp lemon juice
- 1 tsp Dijon mustard
- ¼ tsp kosher salt
- ¼ tsp ground pepper

www.coolingadvisors.com
Cooling Advisors
 Air Conditioning
 Quality Doesn't Cost, It Pays!
561-247-2182
\$69 TUNE UP First Time Customers Only
10% OFF SENIOR CITIZENS Cannot Combine
 24HR
 BBB

Partners in Motion
 PHYSICAL THERAPY
Together We Get Your Body Moving Again

Dr. Caryn Chomsky, PT, DPT, CLT
 Doctor of Physical Therapy, Boston University
 Certified Lymphedema Therapist

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

Boynton Beach 6609 W. Woolbright Rd., Suite 420 Boynton Beach, FL 33437 (561) 200-4262 Shoppes at Woolbright	Lake Worth 8927 Hypoluxo Rd., Suite A 2 Lake Worth, FL 33467 (561) 469-1115 Town Commons
--	--

We accept Medicare and most major insurances, Personal Injury, Auto and Workman's Comp

III. Directions for Salmon Salad:

1. Take cold salmon and remove the skin, then flake into bite sized pieces.
2. Spoon garlic-lemon aioli dressing onto the flaked pieces and gently mix into a lumpy salad.
3. On a serving plate, place torn pieces of iceberg lettuce and place the salmon salad on top.
4. Garnish with grape tomatoes and a few capers.
5. Serve with crusty French bread and a glass of a good Chardonnay.

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

Capricorn Horoscope 2022

December 22-January 21

The presence of Saturn in your own zodiac at the beginning of the year will give auspicious results in your career, financial life and education as per Yearly Capricorn Horoscope. However, in the month of April, its transit from your rising sign and entering into the sign Aquarius will impact your second house. During this time, you will have to deal with a variety of problems in different areas of life. You will especially have problems related to health. In such a situation, while consuming a balanced diet, you are advised to be careful about your health. With this, the transit of Mars in the Sagittarius zodiac sign at the beginning of the year will activate the twelfth house of your zodiac sign. At this time, you are instructed to remain a little cautious. Because this will be the time when some issues related to money will arise in your life.

However, if you manage a business, then the time period from September till the end of the year will be the best for you. Your tenth house lord of the profession will be in its own house in October and thereafter will transit through the eleventh house of gains, twelfth house and rising sign. However, you are most likely to face several health issues related to the digestive system or stomach due to the presence of Mars in your fifth house of the digestive tract. Therefore, do not ignore even the smallest problem, and get your examination done by a good doctor. Otherwise, a short-sighted disease can later become

(continued on page 28)

CAPRICORN HOROSCOPE...*(continued from page 27)*

a serious problem.

Talking about the students of the Capricorn zodiac sign, they will need to work harder this year. Especially during the month of February, when the transit of Mars will be in your own zodiac sign, then their minds can become distracted. Apart from this, at the beginning of the year, the presence of the shadow planet Ketu in Scorpio which falls in your eleventh house can give rise to various obstacles, due to which you may encounter problems in family life. So while taking out some time, spend it with family members and try to understand them.

If we look at the love life of Capricorn natives, then in the month of April, the transit of Guru Brihaspati or Jupiter will take place in its own zodiac sign Pisces. With this, Guru Jupiter will be sitting in the third house in your zodiac sign and stay here in the same position till the end of the year. As a result, favorable fruits will be incurred by the natives. On the other hand, if you are married, the beginning of the year may prove to be stressful for you, but the period from August onwards will increase love and romance in your married life. With this, you can also plan to go on a journey with your spouse.



**Welcome to the
Aberdeen Times
FREE SUBSCRIPTION**

Please access our website: aberdeentimes.org and subscribe to future digital editions. Fill out the form on our website by providing your name, email, and community. A digital copy will automatically be sent to your email address every month.

**CARPET MILLS
DIRECT**

Tony DellaPietra

Residential & Commercial
Large Selection of Carpet
and Laminate In Stock
Hours: Mon.-Fri. 9-6:30,
Sat. 9-5, Sun. 11-4

4517 Lake Worth Road
Lake Worth, FL 33463
N.W. Corner Military Trail
561-439-1700
Fax: 561-965-8681

BOYNTON GARAGE DOOR

Garage Doors and Door Openers

Sales & Service

Competitive Rates

Call Kenny @ 561-789-1204

Anytime

Lic.# U-21480



**SOUTH FLORIDA
WEB ADVISORS**

WEBSITE AND SOCIAL MEDIA DESIGN HOSTING AND OPTIMIZATION
ABERDEEN

RESIDENT / HOA SPECIAL

Free initial consultation for a new website or a facelift
10% discount on new custom website design



South Florida Web Advisors, Inc.
<http://www.sflwa.net>
aberdeen@sflwa.net | 561-337-7806

Specializing in HOA, Small Business &
Professional Service Websites



P.S. The Handyman

"We do the job you won't do"



Call Paul
954-892-1876

Dryer Vent Cleaning Special

2 or More Homes Get **\$10 OFF**

561-577-2828

Air Ducts Cleaning

Breathe Healthier Air...Call Today For A FREE Estimate

We Are Licensed and Insured Ask For **Boris**

www.PalmBeachVentCleaning.com

DELRAY BEACH PLAYHOUSE
YOUR HIDDEN GEM ON LAKE IDA

75TH ANNIVERSARY

We Need You Now More Than Ever
#SaveTheArts



2021-2022 SEASON SNEAK PEEK!

A SPIDER'S WEB: AN AGATHA CHRISTIE PLAY	DEC. 3-19, 2021
RESPECT: A MUSICAL JOURNEY OF WOMEN	JAN. 28 - FEB. 13, 2022
DEATHTRAP: A THRILLER BY IRA LEVIN	MAR. 18 - APR. 3, 2022
SAME TIME, NEXT YEAR: A ROMANTIC BY BERNARD SLAD	APR. 29 - MAY 15, 2022

DELRAY BEACH PLAYHOUSE
Box Office: 561-272-1281 Ext. 5 | delraybeachplayhouse.com

8 Simple Learning Tips To Help You Remember

Massachusetts General Hospital, Nov. 2020

Actively engaging in the process of absorbing information can make it easier to retrieve later.

According to a Pew Research Center survey released March 22, 2016, over the past year, 74 percent of American adults participated in activities that were intended to advance their learning. But scientists are finding that, when it comes to building up memory and mental acuity, how people engage their brains may be just as critical as the time they devote to learning.

Active Learning

A much-discussed study reported in January 2016 in the journal Restorative Neurology and Neuroscience suggests that, to maintain the ability to absorb and remember information in older age, learners must engage in a type of knowledge acquisition called active learning, which entails a high degree of mental challenge and effort.

"Researchers are finding that engaging in learning activities that require a robust intellectual effort is a highly effective way of staying sharp," says Janet Sherman, PhD, chief neuropsychologist and clinical director of MGH's Psychology Assessment Center. "To maintain maximum cognitive functioning as you age, you have to stretch your boundaries-you can't just stay within your comfort zone."

Studies show that engaging in mentally challenging activities over a sustained period of time can help older individuals not just maintain, but actually improve their memory and brain function, Dr. Sherman says.

"The concept is a mental version of what we know to be true about physical conditioning," she adds. "To effectively maintain and build physical strength, you have to regularly break a sweat and get your pulse rate up. In a similar way, regularly engaging in learning activities that require a sustained, strenuous mental effort can help keep your brain in top condition."

Three Stages

Among the three stages of remembering-encoding (creating a temporary memory trace), consolidation (strengthening the initial trace so that you can store the information over time) and retrieval (calling up information)- normal older people often have the most problems with encoding and retrieval. These processes

(continued on page 31)



LAND & CRUISE VACATIONS

CALL TODAY
for the best land and cruise packages available and ask for special all-inclusive rates!





PAULA PODRADCHIK
561-498-5461 | 1-877-583-3956
 ppodradchik@cruiseplanners.com
 www.pcfloridatravel.com

FL ST# 39068 • CST# 2034468-50 • HST# TAR-7058 • WA ST# 603-399-504

Dr. Melissa Bowers

General Dentist



Invisalign



Denture




Veneers



Fillers

**9851 S Military Trail Ste I
 Boynton Beach, FL 33436
 (561) 736-0008
 DrMelissaBowers.com**

"Our goal is to make your visit as comfortable as possible by greeting you with a smile, listening to your concerns, and providing options for the personalized care you deserve."

DR. MELISSA BOWERS



8 SIMPLE LEARNING TIPS...(continued from page 29)

require concentration, focused attention, and using strategies to organize and understand information, all of which can be a challenge for some older people.

“How well you encode information in the first place has an impact on how well you can retrieve it later,” Dr. Sherman explains. “Becoming more actively involved in the memory process- for example, by forming mental pictures-can help you improve your ability to encode information ‘up front’ so you can recall it later.”

Memory Fitness

Your physical and mental health also influence your ability to remember. Poor nutrition, inadequate sleep, and medical problems may make learning more challenging. Sensory impairment, such as difficulty hearing or poor vision, can hamper the ability to acquire new information. Depression, anxiety or excessive stress can interfere with concentration and make it difficult - or impossible - to learn.

“Don’t assume that a poor memory is an unavoidable aspect of aging,” advises Dr. Sherman. “Make an effort to manage your health problems and continue challenging your memory. By taking care of yourself and using active learning strategies, chances are you’ll be a successful learner.”

How to Access the Aberdeen Times on Your Computer

1. Enter the e-mail address:
<http://www.aberdeentimes.org>
 2. Top right, click on: Print Edition
 3. On your left, click on: Drawer file
 4. Click on dir
 5. Select month by clicking on month
 6. Give a few minutes to upload
 7. Scroll using mouse wheel or bar on the right
 8. Enjoy reading the Aberdeen Times from anywhere in the world!
- Support our Sponsors

PLEASE SUPPORT OUR ADVERTISERS

CAC YOUR FULL SERVICE CONTRACT COMPANY
CENTRAL AIR CONDITIONING, INC.



(561) 966-8774
www.central-ac.com

ABERDEEN

BASIC PACKAGE COVERAGE

Air Conditioning (including compressor - up to 5 tons)	Included
Heating	Included
Thermostat/Humidistat	Included
Refrigerator	Included
Icemaker	Included
Cold Water/ Ice Dispenser	Included
Oven/Range (includes self-cleaning)	Included
Microwave Oven (built-in)	Included
Garbage Disposal (replacement -1/2 HP)	Included
Plumbing & Electric (2 Baths)	Included
Extended Plumbing	Included
Dishwasher	Included
Washer/Dryer	Included
Water Heater (up to 50 gallons)	Included

REPLACEMENT (SEE TERMS AND CONDITIONS)
Air Conditioner, Refrigerator, Dishwasher, Oven & Range, and Washer & Dryer. (excludes stack sets)

TOTAL BASIC PACKAGE \$225.00

THE WAY SERVICE WAS MEANT TO BE!
Providing quality service and customer satisfaction Since 1987!!

CAC also sells and installs
New Air Conditioning Systems, Hot Water Heaters and more
Call for a **FREE ESTIMATE**

AVAILABLE OPTIONS

Each Additional Bath	\$10.00
Freezer (separate)	\$25.00
Trash Compactor	\$15.00
2nd Refrigerator	\$25.00
Instant Hot	\$15.00
2nd Air Conditioner (up to 5 tons)	\$45.00
2nd Air Conditioner - Replacement (each additional - up to 5 tons)	\$45.00
2nd Water Heater (up to 50 gallons - each)	\$20.00
Water Heater - Replacement (up to 50 gallons - each)	\$35.00
Yearly A/C Check-Ups (each)	\$35.00

No Co-Pays **No Subcontractors**

Unlimited Service Calls

◆ 2 HR. Time Spans for Regular Service Appointments
- No All Day Waiting!

- ◆ 35 Highly Trained Service Technicians
- ◆ On Call 7 Days / 24 Hours a Day
- ◆ Serving the Entire Tri-County Area
- ◆ State Regulated - Licensed & Insured
- ◆ New Fully Stocked Vans Equipped with Satellite Tracking Devices
- ◆ Large Parts Department



STATE OF FLORIDA LICENSE NO. 80228
CACO 32383 - CFC57183 - EC13006352

Buying or Selling?



Meet Phyllis

201-788-5648

Phyllhof@aol.com

Phyllis Hoffer

Over 25 years Real Estate Experience

24/7 Full Time Agent Aberdeen Resident

FREE Market Analysis, Whether Buying, Selling or Renting

Professional Marketing Of Your Home Including Photography, Brochures & Website Information

Your Home Will Be Listed On Several Websites, Giving You Maximum Exposure



8200 Jog Rd Suite 103, Boynton Beach, FL 33472