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March, 2023



MARCH



AGCC – Presidents Report

By: David Tager (Muirhead)

This month's President's report has two themes; WOW and Come Together. Let's begin with "WOW." As we all know, it's human nature to take for granted those special moments of our lives that become a part of our regular routines. When our friends and/or relatives from other country clubs or communities come as our guests to enjoy a delicious meal or attend special events, it reminds me just how special a place Aberdeen Golf and Country Club is. Typically, the response of our guests who attend Club events is, "Wow!" If you think I'm overstating the point, just ask any of the women who had guests join them at the recently held Table Games Member/Guest Event. From what I have been told by our members and their guests about this event is that their friends/relatives could not get over how amazing our Clubhouse looked, how well the event was organized, and that the luncheon was outstanding.

This past month, I had two personal experiences, which reminded me of how fortunate I am to live here. My wife and I hosted our cousins, who we invited to attend the recent wine pairing dinner. These cousins live in a prestige club in the northern part of Palm Beach County and were "blown away," by

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Jon's Journal

By: Jon Shaw, Editor Aberdeen Times

This month brings us World Water Day, an international United Nations holiday, observed every year on March 22. I thought that I would take this opportunity to raise awareness to our readers about water. I have some expertise in this area, as I was Water Manager in south Florida for over 40 years. Half of those years were spent working as a Hydrogeologist for the South Florida Water Management District, and the other half as a private Water Consultant.

Clean and safe water is something that is still not accessible to many people around the globe, and even in some parts of the United States! World Water Day brings awareness to this issue and to how important it is to make freshwater accessible to everyone, for drinking and sanitation purposes. There are currently 2.2 billion people living with no access to clean and safe water, which means this is a global water crisis that we need to take action against.

The first World Water Day was celebrated on March 22, 1993. The day is observed by all UN member states, as well as people and international organizations dedicated to the cause of making freshwater accessible for everyone. As is usual with UN holidays, since 2002 there has been a different theme observed in each World Water Day. The theme for

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JON'S JOURNAL...*(continued from page 1)*

World Water Day 2023 is “Accelerating Change,” to solve the water and sanitation crisis. Many of us take water for granted. We have access to clean water from our taps, or can easily buy it in supermarkets. But where does it come from?

For my part, I’ve generally stopped telling people that I’m a Hydrogeologist, since it usually invokes a blank stare. However, I hope to explain why it’s so important to be a Hydrogeologist when you are discussing water supply in south Florida. The word is simple – hydro means water, and geologist we know studies rocks. So, a Hydrogeologist studies the water in rocks, more commonly known as groundwater. Rather than using man-made tanks or water towers, groundwater is stored in the permeable rocks underground, known as aquifers. Rainwater percolates down into the underground aquifer through layers of soil and sand that act as natural filters to remove impurities. Why is this perhaps more important in Florida than in other parts of the country? About 93 % of Florida depends on groundwater from aquifers for drinking water. This percentage may even be higher in Palm Beach County, since the only municipality drawing water from surface water (as opposed to groundwater), is the City of West Palm Beach which gets its water from Clear Lake. All other municipalities (38 at the last count) draw water from the Surficial aquifer. Also included in this are individuals who install wells into the Surficial aquifer for home use, including drinking water.

Here in Aberdeen, our drinking water comes from the Palm Beach County Water Utilities Department (PBCWUD). This utility operates 24 hours a day, seven days a week, to provide a reliable supply of superior quality drinking water to approximately 578,000 residents in the central and south-central unincorporated areas of the County and the western communities. PBCWUD operates a number of wellfields where groundwater is pumped out. A wellfield is the area surrounding a permitted well where 100,000 gallons or more of potable water are pumped out of the ground per day. Early in my career, I helped develop an ordinance to protect these wellfields from contamination. The County has safeguarded over 500 wells and 44 associated wellfields that provide drinking water to residents and visitors in Palm Beach County.

PBCWUD’s drinking water is drawn from wells

extending approximately 150 feet underground into the surficial aquifer. This is a safe and reliable source, providing high-quality groundwater. The water is pumped from the wells and transported to one of several water treatment plants. At the plants, state-of-the-art treatment technologies are used to treat the water to produce high-quality drinking water that is disinfected prior to entering the distribution system. The utility has the capacity to produce over 100 million gallons per day of drinking water.

To ensure that tap water is safe to drink, the Environmental Protection Agency (EPA) prescribes regu-

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JON'S JOURNAL...*(continued from page 4)*

lations, which limit the number of certain contaminants in water provided by public water systems. The Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water, which must provide the same protections for public health.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline at 1-800-426-4791.

Around Aberdeen, I'm known by my friends as "The Water Guy". I don't really mind that moniker, as I am happy to share some of my knowledge about water with you in recognition of World Water Day, and hope I have informed our readers of what it means to turn on the tap and drink clean fresh water.

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References

The Choice is Yours

By: Maris Levy (Addison Green)

Throughout my life, I have always had people telling me what I should/should not do. This has become more prominent and frequent in the past few years. I enjoy going to the gym. I find it destresses my mind and maintains my body muscles while enhancing my stamina and coordination. I have made friends there. We enjoy talking and working out together, so it has become a time of socialization for all of us.

Despite what I say about why I spend time at the gym, I have many people constantly telling me how I should play Mah Jong, Canasta, Golf etc. rather than going to the gym. They tell me that these activities would be better for me, even though I say that they are not of interest to me. I know that these people are honest well-wishers, but I also feel that I must do what I feel is best for me so I can live in and enjoy my comfort zone.

My feeling is that, as we make our journeys through life, we each have the right, privilege and need to find, experience and enjoy our own comfort zones. Each one of us is a unique individual who has the right to make his/her own choices. I feel that each of us can and should decide how and what we want to do and live our lives as we see fit, while being cognizant that we may do as we please unless it adversely impacts anyone else. The minute we do adversely impact others, we must take a good hard look at ourselves so we can rethink and readjust our choices.

Enjoy yourself doing what makes you happy. It's your life, live it your way, and don't hurt anyone along the way.

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

Bermuda Isle Buzz

By: Lynn Chodos

Work in Progress

Life in Bermuda Isle continues with many new residents joining our community. We celebrated new beginnings in early January with a pool party catered by Mission Barbecue. All agreed it was a fun afternoon where new and veteran residents met and mingled. As we meet new friends, we say goodbye to one of our longtime beautiful friends and residents, Dorrie Haiken, who passed away several weeks ago. Dorrie was the epitome of class and a wonderful neighbor. She will be missed a great deal.

At my age, I don't call myself "old", mainly because my head doesn't feel "old". Despite this, time has a different meaning for me now. Time is getting more precious and going by so fast. It has made me think a great deal about what is really important and what my priorities are. Here are some of my thoughts and goals:

1. Family - I want to have loving relationships as much as is possible, rectify misunderstandings and disagreements, and accept when I can't "make things better" with my family members. I want to support my children and grandchildren in feeling good about who they are as individuals.

2. Friends- I want to spend time with people whose company I enjoy, who value my friendship, who are kind, and like to laugh. Give everyone including myself a big hoop to jump through- forgive yourself and others.

3. Let go of perfection. When I was 16 years old, I played classical music in quite an accomplished manner. Recently I have tried to recapture some of my old discipline in mastering each measure of the music. I just don't have the self-discipline and finger dexterity now, so I am learning to be content with beautiful simple music. Somehow, I feel the beauty and depth of what I play now much more, despite my limitations.

4. Forgive myself for mistakes I have made. Work hard at trying not to berate myself but aim to correct my mistakes the next time I have the opportunity to do so. Give myself a big hoop.

5. Continue to learn and educate myself on topics and activities that excite me. I don't want to overwhelm myself, but want to make the efforts to ex-

pand my interests. I feel so alive when I am learning something interesting, laughing during a fun game, or having an interesting discussion. In retirement, I continually try to figure out what makes my heart sing.

6. Keep working on gratitude for all the blessings in my life.

In summary, I believe that we are all works in progress. Setting goals is important, as is planning how to achieve the goals. We can change at any age if we work on it and want to.

Canterbury Communique

By: Dee Levy

Greetings from the Canterbury community! "In like a lion, out like a lamb." Yes, it's March, the third month of the year and the month heralding the spring equinox. Many holidays and notable days are celebrated in March including: Purim, International Women's Day, Daylight Savings Time, St Patrick's Day, and Ramadan. Not to be forgotten are March Madness, the Academy Awards Presentations and Manatee Appreciation Day. As Floridians, we're all familiar with the plight of the manatees. "Save the Manatees," they're a Florida icon!

In pursuing our goal of becoming more knowledgeable of Florida and its history, we're continuing with the theme of highlighting famous Floridians, both past and present. For our purposes, the chosen individual doesn't have to be born in the state, but should have spent significant time living in Florida and/or shaping events in the state. Our choice this month is George W. Jenkins, founder of the Publix Supermarket Chain.

Jenkins was born Warm Springs, Georgia in 1907. One of eight children, he started working in his father's general store as a young boy. In 1925, at the age of 17, he headed to Tampa, with the hope of making his fortune in the Florida real estate boom. Instead, he took a job as a clerk in a Piggly Wiggly grocery store and quickly rose to the managerial level. He was later transferred to manage the chain's largest store in Winter Haven, a position he held for several years. He resigned in 1930, however, after having been slighted by the new owner of the Piggly Wiggly chain. Shortly

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CANTERBURY COMMUNIQUE...*(continued from page 6)*
 thereafter, he opened his first Publix food store, in direct competition with the Piggly Wiggly next door. (Interestingly, the idea for the name Publix came from a chain of movie theaters called Publix Theaters. “I liked the name Publix, so I decided to use it for my store.”)

In 1940, Jenkins opened the first supermarket in Florida. Often referred to as “a palace,” the market featured many innovations including: a paved parking lot, an electric eye automatic door opener, air-conditioning, fluorescent lighting, wide aisles, open dairy cases, and freezers offering frozen food. In 1945, Jenkins purchased the Lakeland Grocery Company, which operated a chain of 19 stores, and promptly moved the Publix offices to Lakeland.

Highly successful, Publix expanded rapidly throughout Florida, and in 1990 began to expand out of state. The expansions meant relying on others to uphold Jenkins’ philosophy of valuing the individual. He believed that “If you take care of your people, they will take care of your business.” Today, Lakeland-based Publix is the largest employee-owned supermarket chain in the U.S. (employees owning 80% and the family 20%) with 1,300 stores and more

than 230,000 employees in seven states throughout the southeast.

Jenkins, affectionately called Mr. George by his employees, suffered a stroke in 1989, but continued to work and visit his supermarkets in a wheelchair. He died in 1989 and was buried in the Oak Hill Burial Park in Lakeland. He left his wealth to his charitable fund and to his family, which continues to control the company. Former Florida Governor Lawton Chiles, stated, “George has made a tremendous contribution to our business climate, but perhaps more importantly, he was a true civic leader who had a deep dedication to improving our communities.” Jenkins received the title of “Great Floridian” posthumously in 2011 - a title bestowed upon citizens who have made significant contributions to the history and culture of Florida.

In closing, we wish all our Aberdeen friends and neighbors good health, happiness, and continued well-being. Have an enjoyable month and remember to “spring ahead” on the 12th!



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Bob's Musings

By: Bob Marsey (Dorchester)

Electronics

My father owned an independent sales company. I joined him after I completed 2 years in the Air Force. In his later years, in order to reduce his work requirements, he turned the company over to me. We sold electronic parts and other consumer products to resellers. A lot of what we sold were featured in electronic shows.

Electronic shows are held twice a year. A while back, the show was held twice each year in Chicago...one in the winter. Chicago, in the winter, is not the most desirable place to be. The show eventually moved to Las Vegas. There, a large exhibit hall was built where both large and small exhibitors could show their products. In Chicago and later in Las Vegas, the smaller manufacturers and the emerging importers, who couldn't afford their own sales force, used independent sales companies, like mine, to sell a number of non-competitive product lines.

My father and I went to Chicago twice a year and got to know representatives from other territories. One such representative was another father/son team. Over the years, we built a relationship.

At one of these shows, Richard Schulze, the son in the aforementioned father/son company, told me he was going to quit the sales company and wanted to open his own store. I tried to talk him out of it by telling him he would have a multitude of problems, including theft, personnel, location and obsolescence.

His mind was set, though. He found investor partners, opened a store, and went bankrupt. He then got new investors, opened another store, and went bankrupt again. However, never giving up, my friend, Richard, opened a third store...which he named Best Buy.

Richard went on to be a hugely successful businessman and philanthropist. He is currently ranked #317 on the Forbes 400 list with a net worth of \$4.3B, and Schulze aims to give away \$1 billion of his fortune in his lifetime, through his family foundation.

So much for my advice!

Hello from the Hamptons

By: Ellen Gold

March is going to be a very busy month in the Hamptons. Our Meet the Candidate Night is Tuesday, March 21st at the Hampton pool at 7 p.m. Please arrive early so we can begin on time. Please come to meet the people who have volunteered to serve on our HOA board.

Our community Meet and Mingle will be held on Saturday, March 25th from 3- 5 p.m. at our pool. Please RSVP when you receive the flyer so that we can plan accordingly. It is an opportunity to see old friends as well as make some new ones.

Please welcome our new neighbors who purchased homes in the Hamptons in 2022: Judy & Tom Blake, Martine Boulay & Martin Gagne, Debbie Cantor & Michael Friend, Leslie Reamer & Robert Chodos, Sharon Goldberg & Steven Hoffman, Michelle Martin-Gonzalez & Manuel and their daughter Melissa, Cyndi Howard & Stuart Pickard, Fran & Stephen Lasky, Noellani Laura & Jacob Galper, Melanie Krohngold, Winsome Blair Lee & Richard Lee, Sara & Robert Menta and Robert's mom Loretta, Soozie & Allen Turek and Robert Wick.

Elections for the Hampton board and our Annual Meeting will be held on Tuesday March 28th at 7 p.m. at the West Boynton Park and Recreation Center. Sign in for the meeting that begins at 6:30. The address is 6000 Northtree Blvd, Lake Worth, FL 33463. Make a left on Jog Road and then turn right on Northtree Blvd which is right past Park Vista High School. The rec center will be on the right.

Thank you to everyone who responded to our community survey, which was distributed by the social committee. We want to plan activities that everyone in the community will enjoy.

If you have not received your copy of the POA 2023 Aberdeen Community Directory, you can pick it up at the annual meeting. Did you know that our neighbor Julie Forster is in charge of compiling the information for the directory? She has been serving all of Aberdeen in this capacity for fourteen years. Julie, thank you so much for all you do for Aberdeen.

Lancaster Lakes

By: Phyllis Arnauer

Making March Memories

Can you imagine living anywhere else? I was very reluctant about moving to Florida. For three years, while David and I rented an apartment in Delray in January, I would wait for the month to end so we could return to New Jersey. Friends would invite us to Sunday dinners and wonderful shows at Aberdeen. We would sit with them under a cabana at the pool and meet the kindest, friendliest people. David was told there was room for him at the card table whenever he moved to Aberdeen. And still I was reluctant to make the commitment and move to Florida. It seems that when I share this information, I learn that many couples had a similar conflict- the husband was ready to make the move but the wife was not. I can tell you that I woke up in Fairlawn, N.J. one morning and realized that time was flying by. Soon we would be too old to enjoy all that Aberdeen has to offer.

I share this in the month of March because that was the "hectic getting ready to move month!" March was the time for deciding what should stay and what should go. I know you are humming a few bars of the related song by Clash! Would the dining room table and chairs, the bedroom set, and the living room chairs be happy in Boynton Beach? Would they adjust to the Aberdeen lifestyle? Of course, how would I know that most of what we brought did not make the cut.

Chairs were reupholstered and tables, headboards, and dressers were discarded. No loyalty from us even after forty years! I must give credit to my chief packer, David, who can proudly say that nothing arrived broken as we unpacked! My packing hero! Dishes, paintings, knick-knacks all survived the trip. How many long sleeve sweaters or cozy sweatshirts would we really need?

Scarves, boots, anything made of wool would not be needed, right? Having recently experienced the coldest temperatures in Florida, I can say that a long sleeved woolen sweater with boots and a scarf was the perfect outfit!

Aberdeen is offering wonderful opportunities to make March memories. Among the many events are the Art Show, the Wine Dinner, Nashville Nights, Shamrock Shenanigans, the Miami Open trip, and Flamenco Night! At least one of the fabulous events is calling my name

and yours too! How about the Trivia Night- Oscar Winners? Will we remember who won on March 12?

Probably not!

Do you carry some cash with you? I am asking because on a recent visit to the post office I was told that the only form of payment was cash due to some glitch. I luckily had my canasta purse with me and had three bunches of five-dollar bills which let me pay \$14.13. Just a reminder to carry some greenery along with the plastic.

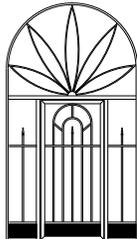
From our neighbors:

Congratulations to Sue and Larry Dix as they happily celebrate their 55th wedding anniversary this month. Your friends in Aberdeen wish you many more happy years!

Eva Levine wants to thank everyone who made Jerry's 90th birthday a time to remember! What a week it was with family from near and far, ending with a fabulous brunch at the Club.

Thanks to our neighbor, Steven Lichtenstein, who recommends the fourth season of Fauda on Netflix. It is the real-life depiction of the multifaceted confrontation between Israel and its Arab neighbors.

Happy March 2023 to all!



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Aberdeen Women Just Want to Have Fun

By: Judy Lukow (Sterling Lakes)

Our February Luncheon with the theme – Getting to Know You – Come Meet Your New Best Friend was a fun hit! We all wore name tags with our name and, from a bowl, we picked the name tag of a person we had to find and wore that name tag too! One name tag on the right and one name tag on the left and we searched all the ladies to find the lady we picked from a bowl! We all met each other searching! The favors were a friendship bag with mints.

The Delray Yacht Cruise was a pleasure. The weather was beautiful. The Yacht was comfortable and inviting. We saw beautiful homes and learned about the history of the area as well as the waterways and marine life. Then off to lunch at Deck 84 and The Blue Anchor. Sharing the company of ladies looking for the same warm friendship made the cruise and lunch even more enjoyable.

Mark your calendar and call the clubhouse to make reservations for our March Luncheon:

Thursday March 16th - Something Old, Something New, Something Borrowed, Something Blue
New Adventures to be announced.

Suggestion – Bring cash or your check book to the luncheon to sign-up for any of our Adventures.

Any Questions?

Call any of these ladies hosting this exciting club:

- Adele Reinstein – Areinstein@aol.com - 732-547-7956
- Judy Lukow – JudyLukow@aol.com - 973-851-6067
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Did You Know? After 18 Years, \$1.5B Dike Repair Done at Florida's Lake O

By: Curt Anderson (AP)

Supplemented By: Jon Shaw (Editor)

After 18 years, a \$1.5 billion project was officially completed last month to repair the sprawling dike around Florida's Lake Okeechobee that protects thousands of people from potentially catastrophic flooding during hurricanes. The Herbert Hoover Dike project, overseen by the U.S. Army Corps of Engineers, was completed three years ahead of schedule and at a savings of \$300 million over the original cost estimate, officials said at a ribbon-cutting ceremony on the lake's shore in Clewiston. "Herbert Hoover Dike has never been in better shape than it is right now," said Col. James Booth, commander of the Corps of Engineers' Jacksonville district. "It's great news for the lakeside communities."

The restoration project, which began in 2005, involved work throughout the dike's 143-mile span encircling the massive lake. The dike was originally started after hurricanes in the 1920s caused lake flooding that killed thousands of people in sugar-farming regions including Clewiston, South Bay, Pahokee and Belle Glade. It was eventually enlarged to circle the lake's entire 730 square miles.

A 1928 hurricane that triggered Lake Okeechobee flooding up to 20 feet deep in some towns is estimated to have killed at least 2,500 people — a majority of them Black farm workers. That storm and its impact on the poor was memorialized in Zora Neale Hurston's classic 1937 book "Their Eyes Were Watching God."

By the late 1990s, however, engineers discovered the natural sand, rock and limestone dike that had been updated in the 1950s was weakening and could fail during a storm. That, in turn, led managers who control the lake's levels to move more water to Florida's east and west coasts to reduce the flood hazard.

Completion of the dike improvements will enable the lake's levels to be kept higher, reducing the need for discharges that can carry harmful nutrients to the coasts, and improving the quality of water moving south into the Everglades — the vast wetlands also in the midst of a multibillion-dollar restoration effort, said Everglades Foundation CEO Erik Eichenberg.

"The future is bright for America's Everglades and the future is bright for Lake Okeechobee."

How to Get There

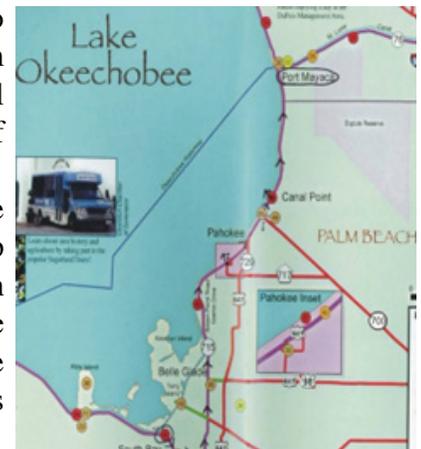
People are always asking me the best way to see Lake Okeechobee. Most of Lake Okeechobee is surrounded by a Rim Canal, which is what you'll see from most access points. There are three places where you can cross the dike and see a view of the Lake which looks like an ocean.

Pahokee Marina. Head west on Southern Blvd for about 20 miles. At the stop light, continue northwest following the sign to Pahokee. At the next stop light (about 5 miles), turn right onto Connors Hwy (SR-700) toward Canal Point. Go for 9.2 mi. Turn left onto Muck City Rd (CR-717) toward Pahokee. Go for 5.6 mi. Turn left onto State Market Rd (SR-15A) toward US-441/US-98/SR-15. Go for 141 ft. Turn right onto E 7th St (US-98 W/US-441 N) toward SR-15 N/Pahokee. Go for 1.5 mi. Continue on S Lake Ave. Go for 446 ft. to Pahokee Marina & Campground.

Canal Point. When you leave the Pahokee Marina, turn left and continue north into Canal Point. At the flashing traffic signal, turn left and immediately jog to the right, past the Post Office. Cross the bridge and on your left you'll see an access road to cross the dike. NOTE: This area may be temporarily closed due to construction on the Herbert Hoover Dike. But don't worry, you will be continuing north to the last and perhaps best viewing location.

Port Mayaca bridge. When you return to the road from the Canal Point picnic area, turn left and continue north to Port Mayaca. From the bridge, you'll see a good view of the Lake.

The route marked on the map starts from South Bay. You will be following the route showing highways 700 to 717.



The Sunny Shores

By: Estelle Morganstein

A follow-up to last month's article – Committees were established under the auspices of our HOA to look into our insurance policy, which is slated to renew this spring, as well as to investigate what our options are with regard to replacing our aging roofs. The Insurance Committee is currently seeking a retired or semi-retired person with experience in the insurance industry who could help the committee evaluate our existing coverage and provide some guidance in the decision-making process. This person need not even be a resident of The Shores. Anyone willing to help with this project, please call **Michael Harvey** at ijwana@aol.com. Please put **"HOA Insurance"** in the subject line so it does not get put into spam. Many thanks.

The Villages of the East (VOE) have recently approved the request for a Leisure Committee to review and identify what the interests of Aberdeen East residents are going forward. These might include cultural programming, social gatherings, sports-oriented activities. If you are interested in joining this new endeavor, please call Judith Pandolfo at 914-393-9226.

I was approached recently by one of our homeowners asking if it would be possible for our community to have "doggie bag stations" at various locations. When I brought this idea up at our last VOE meeting, it was approved; so for those of you who would like to walk your pet in Aberdeen East, please note that posts have been installed along Parkwalk Drive – one in The Shores, two in The Moorings and one along Le Chalet on our parkway between the clubhouse and Jog Road. So please take advantage of this way to clean up after your furry friends and keep our grounds clean.

Neighbor News

We wish Helen Gillen who is recovering from back surgery a speedy recovery.

Welcome back to Eileen Gillen, who went on a Caribbean cruise to recuperate following her recent illness.

Heads up to Mary Sue White for her many years volunteering with the Animal Shelter and helping to protect our furry friends from harm.

Daylight Savings Time begins on Sunday, March 12 so don't forget to adjust your clocks.

That's it, folks.

Sterling Lakes

Share a Smile Day and Have a Piece of the Pi

By: Judy Lukow

Did you know March 1st is Share a Smile Day? Since 1997, Share a Smile Day has been observed. It's unknown how it came about, but all you need to do to be part of it is smile.

History of the Smile

The smile has been traced back over 30 million years. It's rooted in monkeys and apes. They would use something like a smile to signal to another that they were friendly and not looking to cause harm. The quasi smile was also used to show submission to more dominant group members.

The history of the smile in humans is unknown. Perhaps it was when one cave man/cave women wanted to signal to the other that they liked them. Maybe they wanted to send a signal that they were happy with a meal. Smiles are signals that we're happy with something.

List of Ways the Smile is Good for You

Here's the technical breakdown:

"When we smile, our facial muscles send signals of happiness or joy to our brains. The brain then automatically assumes that we're happy and releases more of the feel-good chemical called dopamine and this makes us even happier! Even when you don't feel so joyful, cracking a smile can help trick your brain into getting with the program.

Smiling is a chain reaction, and will typically cause those we smile at to smile back at us. This is because the initial smiler releases those feel-good chemicals and these are often felt by the person being smiled at. This simple act can provide a bounty of benefits. Reduced blood pressure, heart rate, pain, and stress, coupled with increased endurance, productivity, and creativity are just a few of the benefits. Smiling can also make your immune system stronger." <https://nationaltoday.com/share-a-smile-day/>. So, if you're reading this and it's not March 1st, make whatever day you want to be "Share a Smile Day"

Did you know March 14th is National Pi Day?

National Pi Day celebrates mathematicians in a playful way. It combines fun, education, and pie. In

(continued on page 14)

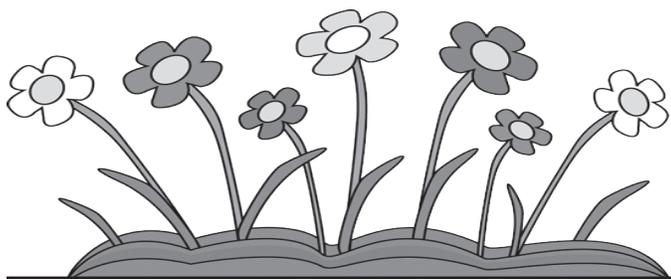
STERLING LAKES...*(continued from page 13)*

my opinion, any day combining all three deserves to be nationally celebrated. Pi (represented by the symbol π) is a constant value used in math that represents the ratio of a circumference of a circle to its diameter, which is just about 3.14.

Notice 3.14 can also represent 3 for the month of March and 14 for the 14th day in March? That's how the physicist, Larry Shaw, came up with the idea of celebrating Pi Day with the staff in the San Francisco Exploratorium for the first time in 1988. He wanted to organize a special day to bond the Exploratorium staff, so he offered fruit pies and tea to everyone. The idea of celebrating Pi Day grew exponentially and on March 12, 2009, the U.S Congress declared it a national holiday.

"Now, celebrated by math geeks all around the circumference of the world, Pi Day became a pop culture phenomenon, with several places partaking in the activities, antics, observations and all the pie eating they can." And as the planets aligned in the Universe, it turns out the 14th of March is also Albert Einstein's birthday. Larry Shaw was a genius! When I lived in Central New Jersey, I found out Princeton University celebrated Pi Day every year with plenty of pie and fun. On National Pi Day, look for some \$3.14 specials offered by pizza places, 7-Eleven, and Boston Market. Read more at: <https://nationaltoday.com/national-pi-day/>.

I wish everyone smiles and pies in the month of March!



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There's Always Something Happening in Pap....

By: Phyllis Hollander (Dorchester)

Our \$5,000 Raffle was a resounding success! Many thanks to all who participated in this fundraiser. The winning ticket was drawn by Juan, Aberdeen Assistant General Manager, before a crowd in the card room. The lucky winners were Ellen Schwartz and Gloria Berger. They purchased tickets as a team and shared the big prize. Congratulations to both.

Our signature event, Night @ the Races III will finally be held at Benvenuto's. Due to COVID, the event had been in the works for three years. We are now able to enjoy a fun-filled evening, with a sumptuous dinner, horse racing with betting, and amazing raffle prizes donated by members and vendors. A good time for all, and critical funds will be raised. Thanks to everyone who has helped, attended and donated to make the evening a success. Raffle tickets for Night @ the Races raffles are available in the Club and the Gym. The prizes include a Sports Spectacular – Golf, Tennis and Pickle Ball, Spa Boutique Basket and a Dine – A- Round Gift Basket, all valued at more than \$1500. You DO NOT have to be present to win one of these spectacular prizes.

Coupon Books are still available. Call Randi Evans at 954-536-3587 to order.

Tribute Cards are always available. We have many new and beautiful cards, perfect for all occasions. Need help in choosing or ordering? Call our tribute Card chairperson, Janet Friedman, at 561-777-8977. She will be more than happy to assist you. In addition, for a very small fee, the cards can be mailed for you. This is an easy way to let someone know you care.

Are you new to the Aberdeen community? We would love for you to join our active and vibrant chapter. One of the important reasons to become a member is our Referral Service. Once you are a member, should you need expert medical care, Pap members get priority for appointments at University of Miami, Sylvester School of Medicine. To become a member, call Anita Lippert or Karen Frent . They will help you through the easy pro-

(continued on page 15)

THERE'S ALWAYS SOMETHING...(continued from page 14)

cess of becoming a member or a Life Member.

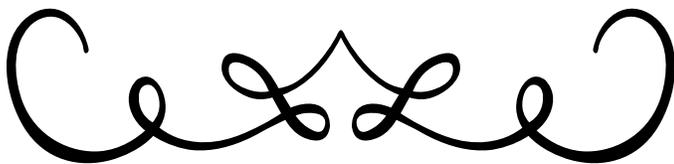
Pap license plates are available. The special license plate voucher request can be obtained at www.thepapcorps.org/pap-plates. Show your support by ordering. Pap receives a fee for every license plate ordered. Show your support by ordering one.

Levels of Giving is another way to contribute to the Pap Corps. Our Angel program consists of a \$1,000 donation payable over 4 years at \$250 per year. Becoming a Pap Angel is a wonderful way to help fund cutting-edge research and innovative treatment. Many of us have been touched by cancer, so know that that the funds we raise go toward research and pay for the top researchers in the country. Contact Reva Schweitzer for information pertaining to this program.

It is not too early to start collecting your jewelry, belts, scarves, wallets and purses for Baubles and Bangles. Although this event will not be held until early 2024, every donation is needed. Cleaning out your house? Organizing your closets? Think of us. Start a bag with your new or gently used items. We will even hold the items should you have them ready. Before you throw-let us know!!

Pap has a new website. Click on to <https://www.thepapcorps.org/aberdeen/>. It's all there – events, membership application, and more.

Our mission is simple... to see a world one day without cancer. The Aberdeen Chapter needs EVERYONE'S help to achieve this lofty goal, attainable with your support.



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Marty's Recipes

By: Marty Hyman (Waterford)

Bogota Stuffed Chicken Breast, A Family Recipe



This recipe is a favorite in our family. My daughter-in-law, Stella, brought this tasty chicken recipe from Bogota to our family in the Philadelphia. It is really a very enjoyable main course.

Bogota, the capital of Colombia, is known for its diverse culinary traditions, with influences from indigenous, Spanish, and African cuisines. Chicken is a popular ingredient in Colombian cooking and is often prepared in various ways, including roasting, grilling, frying, and stewing.

One traditional Colombian dish made with chicken is **ajjaco**, a hearty soup made with chicken, potatoes, and corn. The soup is typically served with a side of rice, avocado, and ají, a spicy condiment made with chili peppers. Another popular Colombian dish made with chicken is *bandeja paisa*, a hearty platter that includes rice, beans, plantains, avocado, chorizo, and a fried egg, often served with grilled or roasted chicken.

Other traditional chicken dishes in Colombia include *pollo asado* (roasted chicken), *pollo a la llanera* (grilled chicken), and *pollo frito* (fried chicken). Chicken is also often used in dishes like empanadas, arepas, and casseroles. Overall, Colombian cuisine is known for its rich flavors, with a focus on fresh ingredients and traditional cooking techniques.

Ingredients:

- 4 Boneless Chicken Breasts
- 4 slices of baked ham
- 4 American Cheese Slices
- Mozzarella cheese (shredded)
- One Green pepper
- 3 cups of Marinara Sauce
- 1 teaspoon of salt.
- 1 teaspoon black pepper
- Olive Oil
- 4 tablespoons of raisins

Directions:

1. Slice open each boneless chicken breast flat and sprinkle salt and pepper all over.
2. Place in a glass platter and refrigerate for at least one hour.
3. Clean seeds from green pepper and slice into

(continued on page 16)

MARTY'S RECIPES...*(continued from page 15)*

thin strips.

4. In a sauté pan, add two tablespoons of olive oil and fry peppers while adding salt & pepper.

5. Set aside to cool.

6. Take each piece of chicken and put one slice of ham, American cheese, and a tablespoon of raisins and one tablespoon of fried green peppers onto the spread-out chicken breast.

7. Tightly roll up the chicken and hold with two or three wooden toothpicks.

8. In a sauté pan, add two tablespoon of olive oil.

9. On med heat, fry chicken turning every two minutes on all sides until brown.

10. Add two cups of Marinara sauce and cover.

11. On low heat, cook until done (approximately ten to fifteen minutes until internal temp reaches 165).

12. 5 minutes before serving, remove toothpicks, place in serving dish, pour remain cup of sauce on top and add shredded Mozzarella cheese.

13. Serve.

Do you have a favorite recipe and story?

Email it to Marty at jogvista@yahoo.com

Living Life in My Later Years

By: Bea Lewis (Guest Columnist)

As I recently celebrated yet another birthday – four score and four years - I think back to all the wonderful – and some not so wonderful – times of life in my later years.

For starters, my feet got flatter, my hair thinned out. I lost my waistline, but gained another chin. Arthritis no longer bothers just one finger, it's now an equal opportunity disease. It affects my ten fingers.

Since driving at night is out of the question, my new definition of “friends with benefits” is having a friend who does.

I no longer can do two things at once. What I had once accomplished in an hour now takes me a full day. It's so bizarre that, while the days in retirement sometimes seem endless, the years just whiz by.

For most of my adult life, I had to be productive all the time. Loafing equaled laziness. Now, however, just relaxing in the sun, watching the clouds roll by, and listening to the birds conversing with each other is blissful.

A decade ago, I was married; now I am widowed. A decade ago, my grandchildren were small; now

they tower over me. Until last month I was just a grandmother; now I have added great grandmother to my family resume.

Even just a few years ago, my travels to such foreign lands as Israel and Australia were effortless. My recent trip to California included a nap – before, during and even after!

A decade ago, money was of no concern. Now that the stock market has been a bit unkind, I fear that if I live to be one hundred, I will need to move in with one of my children. (God forbid.)

For years, my children thought me invincible. No more. Now they reach for my arm when we cross the street; they worry when they hear me cough or if I don't answer the phone when they call.

They do lose their cool, however, when I can't remember the computer instructions they showed me moments earlier. (At times like that, I want to remind them that I was the one who taught them to eat with a spoon!)

As a widow, I never imagined I would find love again. For me, it's nice to have a special friend with whom to share a dinner, a movie, a concert, a walk along the Green Cay Preserve on a beautiful sunny day. A good friend reminded me that the body may be aging, but the heart lives on until the end.

During these many years, I have lost far too many loving relatives and cherished friends. I miss them so. But I am grateful for the many photos of the great times and celebrations we shared throughout a lifetime.

Sometimes I wonder when I will join all those who I loved so dearly. I might find out, but I will not be able to tell you.



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Steps To Being A Happy Couple

By: Barton Goldsmith (Tribune News Service)

Being a happy couple should come naturally, but there are a few things you can do to up-level your romantic life and make your relationship bulletproof. Here are some suggestions:

Be nice to your in-laws. Don't make them outlaws; make them friends. All it takes is being nice to them and not letting their quirks get to you. You have your own quirks, so be tolerant. As you go through life with these people, they will become easier to be around and they will become your family. My mother-in-law is here, and it's making my wife very happy (and I'm getting in a little football). It's also nice having mommy energy around the house.

Don't hold grudges. Don't hold on to the little things that bug you about the one you love. If it becomes an ingrained habit to hate that part of your partner, it will taint the rest of your marriage. As we mature, letting go of these little things becomes easier, but talking a little more from the start about what you want is the best prevention and relationship protector.

Hold off on making decisions that can affect your lifestyle until you talk to your partner. For example, we hate our kitchen faucet, and the plumber was here, but rather than make a unilateral decision and pick a new one (hey, the kitchen is my wife's domain), I just told him to fix it for now. Tonight, we will start re-searching new faucets — it will be fun, and I do have a vote. I want a touchless, but she gets the final decision, and I did get to pick out the barbecue.

Argue respectfully. No name-calling, belittling, threatening the relationship or bullying. Dear Abby once said, "We never talk about divorce, murder sometimes, but never divorce." That works for me. You will have fights. They are part of life and they are uncomfortable — you just don't need to make them more so. I never put my wife down, because that just ends up making me look and feel bad, and no one deserves to be treated that way.

Stay affectionate even if you aren't sexual. People go through things that can prevent them from having sex. Some of them are physical, and some are emotional, but affection should not stop. If, for some reason, you are withholding sex as a punishment for some resentment you are carrying, you need to seek therapy because the resentment will only push the two of you further apart.

Have adventures. Go to places the two of you have

never gone to before. It's really that simple. I have a favorite restaurant, but we go there only every few months because we are trying every place in town. It's a tough job, but someone has to do it. Besides, research shows that having new experiences together makes you closer.

Share your love. Children, pets, friends and family will all help you increase your love. The more you give, the more you have to give. I get a great deal of pleasure watching my wife play with the animals; they love each other so much, it's just heartwarming. She's also great with the little kids, who all think she is magical because she interacts with them like a Disney princess. It's really fun to watch, and again, it just brings in more love to both our lives.

These simple suggestions require that you have an open heart and that you want to make things better. Couples who strive to make their relationships nicer have a much better time together than those who just stay with the status quo and let any negative feelings fester.

(Dr. Barton Goldsmith, a psychotherapist in Westlake Village, Calif., is the author of "The Happy Couple: How to Make Happiness a Habit One Little Loving Thing at a Time." Follow his daily insights on Twitter at @BartonGoldsmith, or email him at Barton@bartongoldsmith.com.)

Pi By The Numbers

- 14th – of March is also Albert Einstein's birthday.
- 31.4 million – the world record held by Emma Haruka Iwao for calculating the most accurate value of pi.
- 4 – the number of months it took Emma Haruka Iwao to calculate the most accurate value of pi.
- 70,000 – the number of decimal places of pi memorized by Rajveer Meena in 2015.
- 10 – the number of hours it took Rajveer Meena to make the world record.
- 3.125 – the original number used for pi by the Babylonians.
- 22.4 trillion – the number of digits calculated by Swiss scientist Peter Trueb, using a computer.
- 24 – the number of hard drives on the computer used by Peter Trueb for calculating pi.
- 700,000 – the number of years it will take to recite the 22 trillion digits of pi.
- 15,000 – the number of digits of pi memorized by Mark Umile in the U.S.

Ahoy from the Moorings

By: Carol Ruth Baldwin

“The Lindas”

You’ve heard of The Four Tops, The Fab Four, The Four Seasons. But did you know that Waterline Drive is home to The Four Lindas? This small section of Waterline Drive is home to four Lindas, two across the street from each other. This is likely a function of the popularity of the name during the decades when we were born, but unlikely to live so close by. Besides sharing the same first name, each of these women is charming in her own unique way. It was a special gift to sit down and talk with each Linda. I will introduce them to you in the next months.

Linda Culbertson was born and raised in Central New York in a town called New Hartford. Her middle name is Marie, and over the years had two very close friends also named Linda Marie.

Literally two weeks after graduating from college, Linda moved to Fort Lauderdale. She was intent on getting away from the cold after spending her last two college years on a campus that sat on Lake Ontario. She lived in Winston Trails until moving to Aberdeen East for two reasons: She wanted a smaller home, and

her best friend lives in Aberdeen West.

Passion for travel has taken Linda to several far-flung locations. She has visited 30 states, the Caribbean, Bahamas and French Polynesia and 23 countries (Mexico, Canada, Norway, Sweden, Denmark, France, Switzerland, Germany, Italy, England, Netherlands, Austria, Hungary, Thailand, Singapore, Philippines, Hong Kong, Jamaica, Czech Republic, Monaco, Portugal, Spain, Slovakia.) She has more trips planned this year, now that travel has become a bit safer. She will be visiting her hometown in April with her sister to prepare to sell her family home, and in June, will return to Cascais, Portugal.

Linda is a member of Leadership Palm Beach County and served on its board for several years. She has been a member of the Unity of the Palm Beaches spiritual community for 21 years and currently serves as president of its Board of Trustees. In addition to supporting Unity, Linda supports The Lord’s Place, which provides services to the homeless community.

Besides her extensive travel, when she is home, Linda loves to do jigsaw puzzles. She is close with her dad in Pompano Beach and sister in Durham, NC. In fact, she and her sister have weekly “FaceTime Happy Hours” since long before the pandemic. Sadly, her mom passed away at the end of November.

Recently, Linda rescued a black and white Shih Tzu, Dottie, who Linda describes as adorable. She says that if you see them walking, you should know that little Dottie expects everyone to stop and talk to her and tell her she’s beautiful. Her feelings are hurt if someone passes by with no interaction. (I can attest to Linda’s description of Dottie. I would add that she shows up as a tiny fluffy adorable friendly bundle of boundless joy.) After you’ve chatted with Dottie, follow the leash up to Linda and say hi to her—she is also friendly!



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Companionship Is A Critical Need For Seniors

By: Marissa Gordon, Contributor to Gateway Gazette (1/6/2023)

According to a study by Pew Research, nearly 30% of Americans age 60 and older live alone, and here in Palm Beach County, that number is even higher. The alarming fact behind these numbers is that living a life of isolation negatively impacts health, both emotionally and physically. Research from the National Institute on Aging shows that there is correlation between social isolation and adverse health factors such as high blood pressure, heart disease, Alzheimer's and other conditions.

On the other hand, the benefits for older adults that come from social engagement include longer life expectancy, better quality of life, boosted mood, and perhaps most importantly, improved cognitive function. Therefore, companion care is becoming increasingly essential for elder care.

Meet Marius, 88, of Delray Beach. Marius is married and lives at home with his wife. A year ago, she noticed Marius was sleeping more and seemed bored while lounging around the house. She reached out to JFS at Home, a nonprofit licensed home health agency that is affiliated with Ruth & Norman Rales Jewish Family Services, and signed up Marius for the organization's Companion Program, which matches seniors with individuals who enjoy offering their assistance. JFS companions help with transportation and assist with errands and/or medical appointments, as well as provide company at home. They are also paid an hourly wage for their time.

Marius was paired with companion Ben, an 84-year-old retiree, also from south Palm Beach County. The two spend three hours a day, three days a week together. They walk, visit the beach, local parks and any other place where they can enjoy the fresh air. "Nothing is planned, we are just friends meeting up, enjoying each other's company and the outdoors," Ben said. In the year since Marius met Benjamin, he gained a true friend who has helped him become more active, social and independent.

I know from speaking with families on a daily basis and by feedback from professionals in the

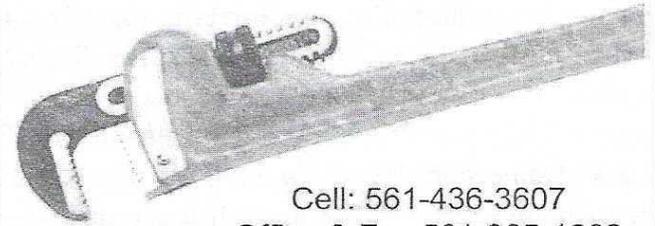
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COMPANIONSHIP...*(continued from page 20)*

community that the need for senior companionship continues to grow.

It is vitally important to support those seniors who suffered even greater isolation during the pandemic. Having a companion enables them to connect, socialize and engage in more of life's activities. This buddy system, fostered by the Companion Program, is a beautiful and meaningful partnership that allows helpers to become valuable companions and create special bonds.

Unfortunately, since the pandemic, the JFS at Home Companion Program has experienced a shortage of companions, despite the escalating need in our community. In the past few years, we have seen rapid growth in the number of clients we are called upon to serve. Many have experienced an acceleration of cognitive impairment that we can directly attribute to pandemic isolation. And for others, especially those without family members close by, reliance on the services JFS at Home provides has grown exponentially.

That's why we are actively seeking companions for our JFS at Home program. The program is beneficial to both the senior client and the

companion. As Ben admits, "Through the program, I've also met the perfect companion for me."

If you are interested in becoming a companion, or need a companion for a senior family member, visit jfshome.org or contact Marissa Gordon at 561-852-4663 or MarissaG@jfshome.org.

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Bridge - Try It, You'll Like It

By: Lew Roth (Sheffield)

I was playing a game of social bridge with my wife, Leslie, our son, David, and his wife Cassi. Cassi and I were partners. David and Cassi are relatively new to bridge, but they both know most of the popular bridge conventions. David is a very disciplined engineer with a solid math background and a very conventional (no pun intended) bridge player, just like his mother. For the most part, he knows, understands, and follows all the rules. Cassi, on the other hand, like me, stretches the rules and takes unconventional (though well thought out) risks from time to time.

So, Cassi picks up this hand:

- ♠ Q 10 4 3
- ♥ K 9 3 2
- ♦ J 6 5 3
- ♣ 8

I open 1 No Trump. Now Cassi knows full well she needs 8 points or more to bid the Stayman Convention ... but she only has 6. But, being Cassi, she says to herself ... what could go wrong if I bid 2♣? If my partner has 4 Spades, great. If he has 4 Hearts, also great. If either of these is true, he will bid at the 2 level and I will PASS.

But what if he doesn't have a 4-card major? Well, he is obligated to bid 2♦... also great. If he doesn't have a 4-card major, he is likely to have Diamonds. He cannot PASS, so I cannot be left in a terrible 2♣ contract. So, Cassi, without realizing it, re-invents the Garbage Stayman bid, I happen to have 4♥, so I bid 2♥ and Cassi PASSES.

I gave Cassi one of my infamous facial expressions, suggesting that she must have made an error. She knows that I have, on the average, 16 points and she must have at least 8, so I'm about to reprimand her for not bidding at least 2 NT or 3♥ to see if there is a game possibility when she puts down her hand.

When I see the hand, instead of reprimanding her, I congratulate her on using the Garbage Stayman convention which, by the way, she never heard of.

So, let's review this convention.

Your partner opens 1 No Trump and the opponent Passes. If you hold 4♠, 4♥, 4♦, and 1♣ or alternatively, 4♠, 4♥ and 5♦ and have 7 points or less, you bid 2♣. Generally speaking, holding a singleton or a void, you will be better off in a suit contract rather than No

Trump. Whatever your partner bids next, you PASS. It's a rare occurrence, but does pop up from time to time.

Let's look at a couple hands that might be suitable for this convention.

♠ A 5 4 3	♠ 4 5 3 2	♠ 4 5 3 2	♠ 5 4 3 2
♥ 5 4 3 2	♥ 5 4 3 2	♥ 5 4 3 2	♥ 5 4 3 2
♦ 5 4 3 2	♦ 5 4 3 2	♦ 5 4 3 2	♦ 6 5 4 3 2
♣ 2	♣ 2	♣ A	♣

Do not use this convention if you have 5♠ or 5♥ since a transfer bid will usually turn out better.

JUMBLE

Unscramble the words below to reveal the secret message. (Answer is on page 25).

yosj rea ofr eht knatgi

--	--	--	--	--

Harvey Baron's Early Bird Special

Arthur is a great movie critic.
For instance, he gives this film
seven Z's.





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The No Good, Horrible, Very Bad Day

By: Janet Friedman (Hamptons)

I tune into You Tube. Good morning, Leslie. I am ready to do my morning walk in the living room. I move the coffee table out of my way and get ready for my Happy Walk of 1-mile. There's my friend Michael (he's got the moves!) There's Fred (the cute fireman). And there's Sherri. And don't forget the always smiling, Nick (he's got his own spin off walk show now). These are my new e-buddies now that we are on a Covid shut down. Not as good as real friends, but hey, this is the new normal!

When I am done with my 17-minute workout I wonder what to do with the rest of the day by myself? The first thing that comes to mind is clean out the closets. OK, I can do that. As I delve into them, I am surprised to see clothing that is 20 years old. Am I ever going to wear this again? The short answer is definitely, NO. Out it goes. Why am I keeping the clothing that is 3 sizes too big? Do I plan on becoming overweight again? My mother-in-law once told me that anything not worn in 2 seasons will never be worn again. Get rid of it. She was right.

I manage to pack up 3 large garbage bags with outdated, outsized stuff. I call AMVETS to come and take it away. Ok. That took all of a couple of hours. Now what? I guess I'll tackle the drawers.

The drawers are stuffed with all manner of stuff. Amazing what we accumulate. Most everything in these drawers is no longer used. Let's be honest. Most of what is in the drawers is garbage. I throw it all out. The last drawer is the kitchen junk drawer. What is all this in here? I am the only one here. This means that I have put all this mess in this drawer! I do not even know what most of it is! This drawer is stuffed with mysterious items. Oh, I know what this is. An Allen wrench, but why do I have 3 of them? It's for the garbage disposal. Right? In case something gets stuck in there. And what is this curvy thing? I have no idea. But I do know one thing, I will need it the day after I throw it out. This drawer is too much for me. I just stuff everything back in and shut it.

It's not easy being alone in this Covid shutdown. What to do all day? I am not a TV watcher. I am a reader and the good news is that I have a bunch of

(continued on page 24)

THE NO GOOD, HORRIBLE...*(continued from page 23)*

books on my shelf I have planned on reading but have not gotten to. There are a dozen of them. Good. That will keep me busy for a while. But then what? Reading will not use up enough of the hours in the day. I'll have to resort to the TV. What to watch though? There must be good programs somewhere. I search and search and finally I come up with two programs that I like. Now I am afraid to binge watch them. I'll ration them out so they last a long time. I have a puzzle too that my friend Barbara gave me. It is a puzzle of a crossword puzzle of a crossword puzzle. First you have to finish the NY Times crossword puzzle and then there is a puzzle of that puzzle. It looks really hard. It will take a long time. Good!! PUZZLES! Great idea, I always liked them. I have a couple of other 1000-piece puzzles that I can do. OK. I am ready to tackle the days. In the evenings, several neighbors and I sit in our cul-de-sac, 6 feet apart outside wearing masks...we try to talk to each other but it is dark and we are far apart and all you can hear is "What?" "What?" "What?" This is how the long days pass until...

One day I am watching one of my programs and out of the blue it is the last episode! It is over! I am

not happy with the way it has ended! What will happen to Nick? How about his girlfriend? OMG. I tune into my other program. And out of the blue, it is the last episode also! Now what? I am not happy with the way this has ended either. Ty is in an accident and it looks like he is not going to make it. How can this end here? My entire day is ruined. I will have to resort to my puzzle. But it is almost done as well. I tackle it anyway and in no time at all I am finished. But wait... there is a piece missing. How can that be? It is a new puzzle. I am the first person to do it. How can I have lost one piece?? Oh NOOOOO. I can't even blame the missing piece on someone else... nobody has been in here for weeks because of Covid! I crawl around on the floor. No piece. I get my flashlight to help me look. I look all over the room. Maybe it rolled away?! No luck. The piece is missing. This is the last straw. A terrible, horrible, no good day!!

I go to get a drink of water from the door in my refrigerator. (I actually feel like I would rather have a large glass of wine, but it is much too early in the day). I fill the glass and take it away but the water does not shut off! OMG. I am banging on the refrigerator door

(continued on page 25)



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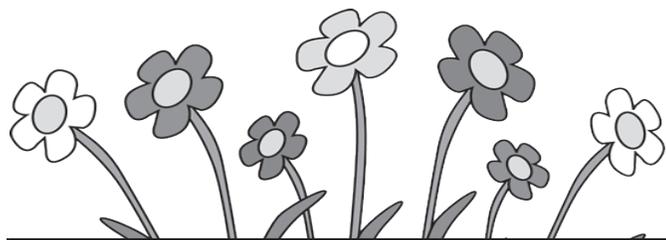


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THE NO GOOD, HORRIBLE...*(continued from page 24)*

but the water will not stop. I run to turn off the water to the house. (Thank goodness I know where the shut off valve is because this has happened once before!!) Now I have a giant mess to clean up in the kitchen. A small flood. This day does not stop!!! And now my refrigerator is broken again. This is the second time this has happened. The last time was Thanksgiving Day when 12 people were coming to dinner, but that is another story. I know what the problem is now. I am an old hand at this! There is a computer chip in the door that controls the water. It is kaput again! The last time it cost me \$500 to replace. Enough of that!! Not doing that again. I will have to buy a new refrigerator. Great, just what I wanted. What a racket, this refrigerator is only 10 years old. Who ever heard of such a thing? When we moved into our first house, there was an extra refrigerator in the basement. It had only one door. When you opened it, there was a tiny freezer on the top behind a little metal door, just enough for a couple of ice cube trays. This old refrigerator never broke. We took it with us when we moved and when we moved again, we still had it. It must have been 40 years old. No chip...no breaks!

Now I am off to the appliance store to buy a new refrigerator. But there are more problems to come. Because of Covid, there are hardly any refrigerators to choose from. I finally find one I can live with and order it. The day before it comes, I have to empty my broken refrigerator. I have a new extra refrigerator in my garage (an unfancy version that never breaks) so it is not a big deal. I transfer everything into it. I am almost finished. I am down to the shelves in the door. I take out the catsup and the mayo and the jar of horseradish that is probably years old. I throw that out and lo and behold, behind the horseradish is THE MISSING PUZZLE PIECE! What, seems impossible?! How did that ever happen? I'll never know!



*Answer to Jumble Puzzle on page 22
("Joys are for the taking")*

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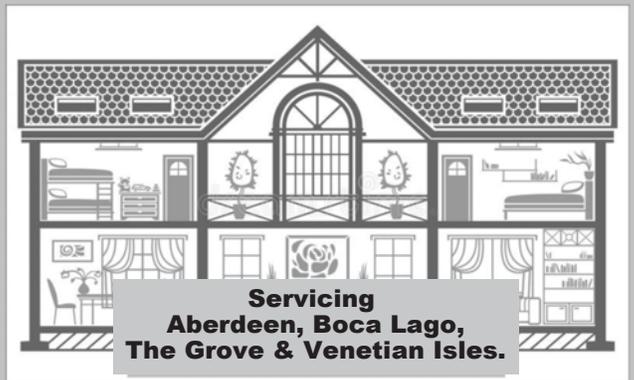
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The men and women of our unit are proud of their service to Aberdeen. We are actively seeking volunteers to become part of our team! C.O.P. stands for Citizen Observer Patrol, a volunteer Program for the Palm Beach County Sheriff's Office. And the name tells you just what our volunteers do: We observe and report to 9-1-1 anything that seems to need the attention of the Sheriff's Office, such as suspicious persons, vehicle accidents, found property, graffiti, and more. We do NOT enforce HOA rules, confront neighbors or anyone else, or put ourselves in harm's way.

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DELEGATES MEETING HIGHLIGHTS • JANUARY 18, 2023 • BELLAGGIO

HOST COMMUNITY WELCOME – BELLAGGIO

- Barbara Roth, Bellaggio Delegate and COBWRA 1st VP welcomed the delegates, thanked Bellaggio management and introduced HOA President Al Schoen, who also welcomed the delegates and thanked Flakowitz for the delicious breakfast.

ELECTED OFFICIALS' REPORTS

SCHOOL BOARD VICE CHAIR KAREN BRILL

- Thanked Steve Wallace and Beth Rappaport for serving on the Boundary Committee. The new high school boundaries are still contentious. They are hoping to allow juniors to complete high school in place and keep siblings together at the same school.
- West Boynton Middle School construction is on schedule.
- Superintendent considering potential of arming some district employees.

VICE MAYOR MARIA SACHS

- Appreciates COBWRA's position of "smart development".
- Announced a Veterans Benefit Fair on February 3 at the South County Civic Center.
- Recognized the *MYRNA ROSOFF COMMUNITY ROOM* which will be part of the new Canyons Library.

FIRST RESPONDERS' REPORTS

PBSO CAPTAIN SHAWN EASTMAN

- The Community Policing Department has been busy feeding 800 families during the holidays and supplying gifts and clothing to underprivileged children.
- 2023 goals, in addition to the normal "serve & protect," include concentrating on traffic issues such as speeding, aggressive driving and illegal modified mufflers.
- Officers will begin training next month in the use of body cameras, which will shortly be implemented.
- VAST (Volunteers Against Scam Team) is holding an event on March 16 at the South County Civic Center.

TONY KEELER, PBC FIRE RESCUE

- The new fire station at White Feather and Military Trail should be opening shortly and the temporary station on Flavor Pict and Lyons Rd. should open within 6 months.
- Free classes are available for communities to educate their residents regarding CPR and AED usage.

NOMINATING COMMITTEE

- Seven people were nominated for the Nominating Committee. The delegates voted for the following 5: Dagmar Brahs, Tara Estates; Lainey Brooks, Valencia Cove; Sharon Reuben, Valencia Isles; Steve Wolfberg, Valencia Pointe; and Myrna Rosoff, Aberdeen, who was appointed Temporary Chair by President Wallace.

SUPERINTENDENT OF SCHOOLS – STEVE WALLACE ON BEHALF OF MICHAEL J. BURKE

- Students from the District joined young people from more than 180 countries for the "Hour of Code" program. The program promotes career opportunities around computers and other high-tech industries.
- PBC Fire Rescue donated a fire engine to the Fire Science Academy at PB Lakes Community High School.
- The newly created *Educate, Affirm, Inspire with S.P.I.R.E.: A Reading Intervention Program* received a \$40,000 grant to support 200 students in need of reading support in 13 elementary schools in Boca Raton.

MEET OUR NEW COUNTY COMMISSIONER – MARCI WOODWARD, PBC COMMISSIONER DISTRICT 4

- Spoke of her background to the delegates and expressed she is looking forward to working with COBWRA. Current issues include monitoring workforce housing and how we are spending the WFH Bond money; reviewing guardianship programs for the vulnerable; and addressing Ag Reserve concerns at the upcoming workshop on March 28. She is concerned about running out of preserve land in the Ag Reserve.

GROWTH MANAGEMENT – DAGMAR BRAHS

- A presentation of the "Trotting Center Project" was shown for informational purposes only. The 166 home proposed development is located on the west side of State Rd 7 south of Hypoluxo Rd, in the Rural Tier, and across State Rd 7 from COBWRA member communities.
- The Logan Ranch Residential project is east of Acme Dairy Rd and south of Boynton Beach Blvd. The 314 Essential Housing rental units included 79 Workforce Housing units at a density of 8 units/acre. The motion before the delegates was to support the Essential Housing Land Use designation for this project but not the specific site plan due to concerns with density and building heights. The proposal passed 41-8.

PRESIDENT'S REMARKS – STEVE WALLACE

- Reminded everyone of the Health and Wellness Symposium being held at Jamaica Bay on March 30, 2023, at 7 PM. Watch your email for the flyer.
- Next Delegates Meeting - Feb. 15, in-person at Coral Lakes.

GUEST SPEAKERS – KEVIN FISCHER, DIR., PBC PLANNING AND LISA AMARA, DIR., PBC ZONING: "UNICORPORATED PALM BEACH DEVELOPMENT PROCESS OVERVIEW"

- Spoke about the County's comprehensive planning and development review process, including Future Land Use designations and how they are amended.

VOLUNTEERS NEEDED!

The Aberdeen Times is looking to recruit the following openings:

- All volunteers are welcomed to apply and assist the AT staff
- Assistant Editor
- Treasurer and Assistant Treasurer

Please contact Jon Shaw / Editor E: joneshaw@aol.com

or Denise Scibilia / Business Manager E: scibd7944@gmail.com



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GLASS FUSION: Thursday, 1:30pm to 3:30pm
ENAMEL ARTS: By Appointment
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BBB Scam Alert

By: Laurie Wohl (Ashford)

Facebook Scam

The latest social media scam is yet another phishing scheme designed to scare Facebook users into sharing their login credentials. Here's how you can spot the scam and protect your account from hackers. How this scam works:

You receive an email that appears to come from Facebook and says something like this: "Recently, we discovered a breach of our Facebook Community Standards on your page. Your page has been disabled for violating Facebook Terms. If you believe the decision is incorrect, you can request a review and file an appeal at the link below." The message may also state that if you don't act in the next 24 hours, Facebook will delete your account permanently.

The email includes a link that appears to lead to Facebook.com. Because you want to keep your account, you may think about clicking -however, you must stay calm and take a closer look. On closer inspection, you'll likely find signs of a scam. These include typos, email sender addresses that aren't related to Facebook, and, if you hover over the link in the email (without clicking on it), you will discover that it doesn't point to Facebook's website.

If you click the link, you'll likely be taken to an official-looking page and prompted to complete a form to appeal the policy violation. You'll be asked for your login email, phone number, name, and other details. The page will ask you to confirm your password when you hit submit. If you do, scammers will have all the information they need to hack your account.

How to avoid similar scams:

Don't panic. Always read suspicious emails carefully, looking for signs of a scam, before you act. Remember that scammers love to target social media accounts, so fake alerts aren't uncommon.

Verify the claims. Log into your Facebook account directly to verify there is a problem before deciding how to proceed.

Always log into your account directly. Even if you think an alert is authentic, use your social media app to log in or enter the URL in the browser bar by typing it, not by clicking on a link sent to you.

See the full article on BBB.org for more tips.

What Insurance Companies Don't Want You to Know

By: Murray Iseman (Addison Green)

Part One: Automobile Policies

There are obvious factors that impact your premium: driving record, choice of deductibles and car's safety features.

A. Newer vehicle's have: blind spot awareness; cross traffic warning when backing-up, emergency stopping; adaptive cruise control and lane keeping assistance. All these features reduce the chance of an accident.

B. Some cars have a greater chance of theft. Typically, these are popular vehicles with a long model line. Examples would be Honda Accord and Toyota Camry. This creates a demand for used parts. Driving one of these may result in a small premium increase.

C. Deductibles-This is your out-of-pocket cost of each claim before the carrier assumes financial liability. Knowing that a claim may result in a higher premium, many owners opt to pay it avoiding reporting to the carrier. Knowing that, why would a policy holder select a \$500 deductible for collision and comprehensive when it increases premium?

D. Diminished value claims-This is a "bige" since it is unlikely that your agent or company adjuster will EVER call it to your attention.

1. Assume you are driving a late model car which is involved in a major accident. Your carrier may pay \$10,000 to repair your car so you are made whole. Right? WRONG!!

a. You normally trade-up every 3-4 years. At that time, you discover your car's value is depressed. Why? Put yourself into the shoes of a person who is looking to buy a 3-year-old model of your vehicle. They are considering your car and another that is a virtual twin. Mileage, condition and options are the same. But, CarFax reveals one suffered a major accident. Knowing that, why would you select the repaired car? There is only one way that a buyer would choose it-if it was available at a discounted price. While Carfax provides a valuable service, it is not 100% accurate. It may have no knowledge of accidents not reported or ones that involve fleet rentals. (Note, at trade-in time your damage may be discovered even though nothing has ever been reported. Appraisers use an

(continued on page 33)

WHAT INSURANCE COMPAN...*(continued from page 32)*
 electronic scope that measures paint thickness. It will detect another coat of paint applied over the factory paint.) So, even after damage repair, you may still incur another loss at trade-in time. As Confucius once said, "He who ain't askin ain't getin". You must take the initiative to avoid being subjected to this loss. I am aware of a case where a diminished value claim was made. The owner provided the company adjuster with listings of similar cars with and without accident history. The carrier offered only \$1,500 and would not budge. The owner filed a complaint with the FL Dept. of Insurance. Within 5 days, the carrier upped its offer to \$3,000.

b. Beware of another trap if you and the other motorist are insured by the same company. The claim rep may ask if you wish to file under your policy or that of your accident partner. If you respond under yours, you may not be able to make a diminished value claim.

E. Defensive Driving Courses-AARP offers a course that will earn you a 3-year discount on your premium. The actual discount varies from company to company. These courses are taught by unpaid volunteers. Some are great, others may be boring.

1. You can now do it online, at your own pace. I heard a story where a wife did it online but hubby refused to be bothered. Rather than lose the discount, she took it again under hubby's name-not something that I can recommend.

F. Age-We know that new, young drivers may pay a higher premium. They have no accident history but youth and lack of experience makes them more accident prone.

1. Similar results may happen as we age. Slower reaction times, reduced vision and diminished processing speed can increase the chance of accidents. Therefore, it should not be a total surprise if your premium increases even though you have a flawless driving history.

G. Competitive Shopping- Get into the habit of shopping your policy prior to every renewal. You MAY discover that other carriers offer a better rate. BUT, this may be offset if your current company has an accident forgiveness feature that you have earned as a result your history with them.

Parts Two & Three will follow in subsequent issues dealing with health & life policies.

Social Dance Mondays

By: Marie & Richard Gurick (Brittany Lakes)

Come and join the fun every Monday at 5:00pm for social dancing at the Aberdeen Country Club Fitness Center.

Learn how to Salsa, Cha-Cha, Swing, Foxtrot, Waltz, Rhumba, Bachata and more. Both Basic and Intermediate ballroom and Latin dance steps are taught by a seasoned professional dancer.

You will find David, the dance instructor at the fitness center studio. Each month he focuses on a different dance and couples and singles can practice their moves. Several benefits can be realized by hitting the dance floor. Some of these include:

- Relieve stress and anxiety
- Increase mental capacity and reduce the risk of dementia and Alzheimer's
- Become physically fit and toned
- Improve social skills
- Get happy and have fun

As a couple, we enjoy taking our newfound skills on the dance floor when we cruise. Anyone can learn and dance the night away at many local dance venues like the Gold Coast Ballroom, The Pavilion, or Mel's Way Bistro.

Come join us on the dance floor.

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6 Eye Symptoms You Should Never Ignore

By: Michelle Crouch, *AARP*, May 16, 2022

In many cases, catching a problem early could help save your vision.

Age increases your chances of developing serious eye issues such as a retinal detachment, age-related macular degeneration and glaucoma – all conditions that could put your eyesight at risk.

Catching and treating some problems early can prevent vision loss. That's why it's important to have an eye exam at least once a year, and to see a medical provider right away if you develop concerning symptoms. They may not derive from anything serious, but it's worth finding out for sure.

Here are six eye symptoms that could indicate a serious condition or problem.

1. A sudden increase in flashes and floaters

Floater are black dots or squiggly lines that appear in front of your eye when you look at a white wall or blue sky, and they are common among older adults. Most of the time, they're harmless, says Laura Di Meglio, O.D., an instructor of ophthalmology at the Wilmer Eye Institute at Johns Hopkins Medicine. However, a sudden increase in floaters can be the first sign of a retinal detachment, an emergency situation in which a thin layer of tissue (the retina) pulls away from its normal position at the back of the eye.

"If all of a sudden, you get salt and pepper in your vision, a whole bunch of little black dots, flashes of light, or a veil or curtain coming down or coming up in front of your eye, go to the ER," Di Meglio advises. "Don't take a nap, don't have a snack. Get in here, because if we can catch it early, we can save your vision."

Another eye condition, called posterior vitreous detachment (PVD), can also cause floaters and flashes, Di Meglio says. But because a retinal detachment is so serious, it's best to see a doctor right away to rule it out.

2. Sudden blurry or fuzzy vision (especially in one eye)

Blurry or distorted vision that comes on quickly is a classic sign of age-related macular degeneration, an eye disease that is the leading cause of vision loss for older adults. Macular degeneration happens when aging causes damage to the macula — the part of the eye that controls straight-ahead vision. Blurry vision from macular degeneration or another serious eye condition

often first develops in just one eye. But people don't always recognize it right away because the other eye tends to compensate.

"You can have really blurry vision in one eye and not even notice it until you cover the other eye," says Nathan E. Podoll, co-division chief, comprehensive ophthalmology, at the Vanderbilt Eye Institute.

Sudden blurriness can also be a sign of a retinal detachment, a cataract or bad diabetic neuropathy, or it could be caused by a stroke or a brain tumor. It should always prompt immediate medical attention.

3. Straight objects look wavy

If straight objects suddenly appear distorted, that's usually a symptom of age-related macular degeneration, likely in a more advanced stage, Podoll says.

"Let's say you have blinds or a door frame in your home that should be straight. If you can see out of one eye or the other that it looks distorted, bent or wavy, that is something you should not ignore," he explains.

If you have macular degeneration, you may also notice a blurry area or blank spot near the center of your vision, and that colors look less bright than before. You may also have trouble seeing in dim lighting. Your risk is higher if you are white, if you smoke or if you have a family history of the disease.

4. Double vision

If you see two images next to each other or on top of each other, you know something's not right. The first thing a doctor will want to know is whether your double vision is in both eyes or just one. You can find out by covering one eye. If you still see double, then you have monocular diplopia, or double vision affecting one eye. Monocular diplopia is less concerning than double vision affecting both eyes. It can be caused by dry eye syndrome, the beginning stages of a cataract or an age-related change to the shape of your eye.

Double vision that affects both eyes, called binocular diplopia, is more serious, and you should get yourself to an ER, pronto. Binocular diplopia can be a sign of a stroke, a brain tumor or an aneurysm, or it may indicate uncontrolled high blood pressure or diabetes.

5. Extreme redness or swelling

In many cases, redness and swelling are caused by something relatively easy to treat, such as dry eye syndrome or conjunctivitis (pink eye), Podoll says. But an extremely red or swollen eye can also be a sign of a more serious condition, so it's important to get it

(continued on page 36)

6 EYE SYMPTOMS...(continued from page 35)

checked out.

The most concerning culprit would be an inflammatory condition of the eye, such as uveitis or scleritis. Infection or injury can cause both conditions, but they are most often associated with autoimmune disorders like rheumatoid arthritis or lupus, Podoll says. Other symptoms of scleritis and uveitis include extreme light sensitivity and blurry vision. Both uveitis and scleritis can cause permanent vision loss if they're not treated.

6. Eye pain that comes out of nowhere

Sudden eye pain could be caused by internal bleeding, a scratched cornea or dry eye, Di Meglio says. If it's accompanied by skin tingling, it can be an early symptom of shingles, a viral infection that causes a painful rash.

Probably the most feared cause of sudden eye pain is glaucoma, a serious eye condition caused by increased pressure inside the eye. Most of the time glaucoma has no symptoms, but one type, called acute angle-closure glaucoma, "may feel like a headache or pressure behind your eye," Di Meglio says. "You may also feel nauseous. If it's really bad, you may see rainbows around lights. That's a sign of swelling of the cornea." Without treatment, glaucoma can cause vision loss and blindness.

Michelle Crouch is a contributing writer who has covered health and personal finance for some of the nation's top consumer publications. Her work has appeared in Reader's Digest, Real Simple, Prevention, The Washington Post and The New York Times.

THE RIGHT THING: Seek The Choice That Gives You That Peaceful Easy Feeling

By: Jeffrey L. Seglin (Tribune Media)

A lyric from The Eagles' song "The Best of My Love" was running through my head recently: "You see it your way, I see it mine, but we both see it slipping away."

The words and melody were implanted like an earworm not because of a sudden desire to relive my freshman year in college, but because of several conversations I've had with readers or friends about ethical challenges they told me they were facing. The conversations each started similarly. "I want to do the right thing here," or a close variation, followed quickly

by a description of a disagreement or challenging situation. Each of them was talking with me because I regularly write about how people grapple with making ethical choices, and I have some insight. Most of us have insight.

Whether the person asking for it finds it something they want to hear is a different thing. When someone seeks advice on "doing the right thing" or making an ethical choice, all I can do is to help them think through the choice they are about to make. I can listen and offer them feedback on whether what they have done or plan to do seems fair to all parties involved. I can help them try to see how other stakeholders involved might be affected by their choices. I can do all sorts of things to help them try to make the best right choice they can make.

What I can't do is to ensure that their decision to do what's right will result in the outcome they desire. A business relationship might suffer if they choose to take a strong stand that runs counter to the desires of others in that business. A friendship might be strained. Ultimately, a choice might be made that strikes them as being morally abhorrent. No matter how ethically right someone is in making the choice they make, it is no guarantee that others will see the world the way they do. This doesn't mean that whoever they find themselves up against is immoral or unethical – at least not always. More often than not, it simply means that one person's ethical choice is not the same as another's. They simply disagree.

Joan Didion wrote in her 1965 essay, "The Insidious Ethic of Conscience," that "when we start deceiving ourselves into thinking not that we want something or need something" but that it is a "moral imperative that we have it," that is when "we join the fashionable madmen," and that "is when we are in bad trouble."

I will tell you the same things I tell those who seek advice: Choose to do the right thing not because it will result in you always getting your way and not because your righteousness will always win over others, but because ultimately having the integrity to think through a situation and to do what you believe to be right will help keep you from becoming the person you swore you never wanted to become. It just may give you that "peaceful easy feeling" The Eagles first sang about back when I was in high school — and now is another song I can't get out of my head.

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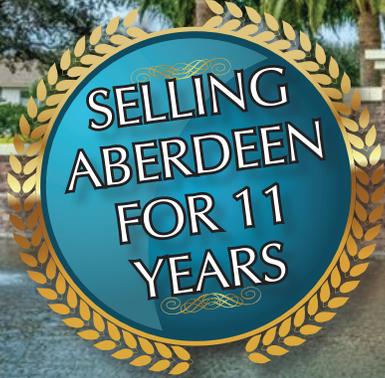
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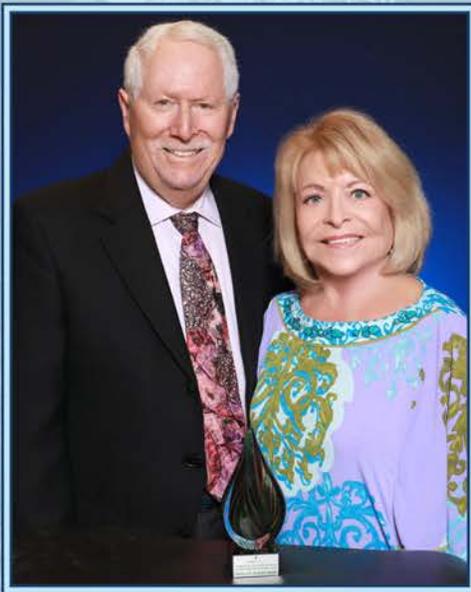


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