



The INSIDER

An Independent Newspaper

For Wynmoor Residents

Vol. 1, No. 1

www.insidernewspaper.com

February, 2017



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Wynmoor Residents Target of Scams

By Mark Bogen

Two months ago, a Wynmoor resident (too embarrassed to give her name), received a telephone call from a person claiming to be a bank employee. As we know today, that person was not a bank employee and was trying to scam the Wynmoor resident. Here is how the scam worked:

Bank scam: The person calling told the resident that her that he worked for the local bank and the bank believed that someone stole your credit card number. The scammer then tells you not to use your

credit card since the number has been used without authority. The scammer then says that they will be driving in the area and willing to come to your home to give you a new credit card and take the old one. When the scammer shows up, he or she takes your old credit card but does not give you a new one. The scammer says that he or she will come back with the new credit card later that day but never comes back. The scammer then uses your credit card until you realize what happened.

Telephone scams are increas-

ing and are being aimed at seniors throughout Broward County. The following are just a few scams to watch out for:

IRS scam: The phone caller claims to be from an IRS agent who is demanding payment for overdue taxes. The caller claims that if you do not pay immediately, you'll be arrested. They'll want the money sent immediately. If you ever have a question, call the IRS at 800-829-1040 before you send anyone any money or give any information.

Grandparent scam: You get a

Continued on page 4



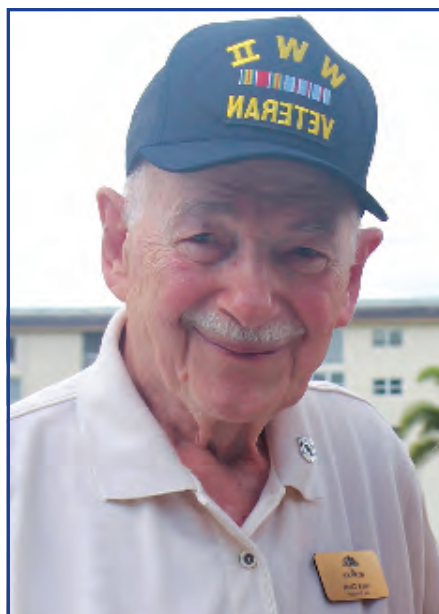
Spotlight of a Wynmoor Resident "CHICK" CHASE

By Insider Staff

As an officer of Wynmoor Community Council and member of the Wynmoor Management Committee, Morris Chase, known as "Chick" Chase was drafted into the Army Air Corp in 1943 at the age of 20 years old.

Even though one of Chick's fears was being in "high places" he flew as a nose gunner in 28 missions in Europe. However, on his last mission, his plane was hit by enemy fire and exploded in mid-air over Berlin. The explosion knocked Chick unconscious for a few moments as he was falling to the earth. When Chick regained consciousness, he pulled his parachute ripcord and survived the fall. Only four of the nine members of his airplane crew survived.

With a broken ankle and bleeding from other injuries, Chick landed in a park in Berlin. Unable to walk, Chick



was immediately captured by German soldiers. After going through interrogation, the Germans took Chick to Herman Goering Hospital where he was treated for his injuries. Chick remembers the doctor at the hospital sewing up his foot without using any painkiller.

After leaving the hospital, Chick was taken to a prison camp where he served as a POW until the end of the war. "I do remember that we got up one morning and all of the guards were gone, then the Russians came in...."

Some of the medals Chick was awarded included the Purple Heart; the Air Medal with Three Oak Leaf Clusters; and the European African Service Medal. Wynmoor is proud to have Chick Chase, an American Hero, as one of its residents.

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Published monthly by **The INSIDER**, distributed free to Wynmoor Village, Coconut Creek, FL 33066 and the surrounding area. Materials submitted for publication may be placed in the box reserved for **The INSIDER** located in the Business Center, Wynmoor Clubhouse. The deadline for written articles, letters and classified ads is 12:00 noon, on the 10th day of each month, preceding an issue.

We encourage your submissions. Please keep all articles timely, according to issue being published. Articles must be typed double spaced (upper and lower case), or **legibly** printed, signed and include the author's address and phone number. We reserve the right to edit or omit articles sent in for publication that do not conform to our standards. Submitted material becomes the property of **The INSIDER** and will not be returned.

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Wynmoor Residents, Target of Scams

Continued from front cover

phone call or email from someone posing as a grandchild or family member who is supposedly out of town and in a desperate situation. They claim to be locked in jail or have had a car accident or are in need of medical treatment. They'll want money wired to them.

Utility scam: This scam involves convincing you that the utility company is about to cut off your service due to unpaid bills. The scammers will want money sent to them immediately.

Lottery scam: Here the scammer will try to convince you that you've won money in a foreign

lottery. However, to collect your winnings, you will be asked to pay up-front for taxes and fees so you can collect your winnings.

Jury duty scam: You receive a call from someone at the County or the courthouse claiming that you failed to report for jury duty. You are given a choice to either pay a fine or go to jail.

The moral of the story is do not believe anyone calling you when the caller is seeking money or your financial information. If you are not sure that the caller is a scammer, hang up the phone and look up the number and make the call.

Fight Odometer Fraud

(NAPS)—For a crime that has so much mileage on it, odometer fraud not only still occurs, it's growing. Recent research by Carfax shows there are still over 200,000 new cases of odometer fraud every year and that the problem has grown nearly 50 percent in just the last three years—but it doesn't have to happen to you.

Here's a look at three facts and tips that can help protect you.

1. What's happening: Criminals are using software now to change digital odometers electronically and artificially inflating the car's value. Fewer

miles equals more money.

2. Where it happens: You can find a rolled-back vehicle practically anywhere but the risk is highest in California, Idaho, Nevada, Massachusetts and New York.

3. What you can do: Take the car to your mechanic to verify its condition. Their trained eye will notice whether certain parts or components show advanced signs of wear that don't match what the odometer says. Also, get more tips and information, plus a free way to check a VIN for odometer fraud, at carfax.com/guides.



We hope that you are just as excited as we are. It took a little time for us to regroup, but we did it! Bringing you back the same paper with almost the same name.

We want to keep you informed of what is happening in Wynmoor and the surrounding area.

Copy Design Group has stayed on with us and will continue to produce **The INSIDER** as they have done in the past.

Have something of interest that you would like to see in the paper?

Want to write a monthly column? Send your specific interest along with your qualifications to: Florida News Bureau, PO Box 670876, Coral Springs, FL 33067. We will be sure to get back to you!

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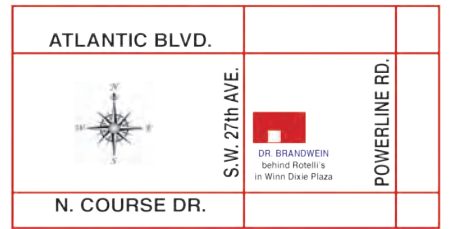
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NEWS AROUND TOWN...

Club Champion Matches

By Philip Edwards

February begins the Club Championships matches. See club bulletin boards for match schedules. "Guys and Dolls Tournament" is the first Saturday of the month. Relay for Life is February 17-19. See bulletin board or News And Views for a complete list of events and the special Golf Package". Definitely worth the price. It is a charity to help fight Cancer. See bulletin board at the golf shop for free group lessons by our resident PGA pro, Kevin Battersby. Swing Easy and Go Far. "Golf is like a love affair. If you don't take it seriously it's no fun. If you do take it seriously, it breaks your heart." Arthur Daily.

15th Annual Butterfly Festival

- **Dates:** 25 Feb, 2017
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Featured entertainment is Beatlemania, a Beatles tribute band at 6:30 PM Free shuttle service from Monarch High School at 5050 Wiles Road and from the Recreation Complex at 4455 Sol Press Blvd. No public parking at Sabal Pines Park.

In memory of Herb Kaplan

My family and I would like to thank all of our Wynmoor friends for all of your memory cards, donations, food trays, and trees planted in Israel.

All of your support has made this transition from wife to widow easier than expected.

He was sick for over 25 years and never complained. I am at peace, just knowing he is no longer suffering.

Again, thanks to all of you ♥

Deena Kaplan, Sherry Kaplan Appleton,
Perry and Barry Kaplan.

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NEWS AROUND TOWN...

35th Anniversary Celebration

By Ruth Barry

Don't miss this very special event on Friday, March 3rd. Following the regular Friday bridge games in the East Wing, the festivities will commence in the West Wing. Invite your spouses, dates, significant others, friends, etc., to meet you at 5:00 PM in the West Wing. The 35th Anniversary celebration includes a roasted chicken dinner, with all the trimmings, and wonderful entertainment: Barbara Brighton, from Las Vegas, a singer and comedienne, will be our star. Save the date, and make your reservations as soon as they are announced. We shall have an especially memorable evening on this exciting anniversary. For more information, call Ruth Barry at 954-970-3456.

From Generation to Generation

By Irving Kaplan

This week, my son Billy sent me a video made from eight-millimeter movies. They are out of sequence, so I will rearrange them chronologically for you.

My first born, Scott, gets the lion's share of attention. Every one drools over him at the filmed pictures of him getting his first bath. Grandma puts talcum powder all over his back. All the adults coo and make ga-ga sounds to make him smile.

Next, we see Scott in the park with the children of four of my friends and their wives. All the boys were about the same age -- hitting each other, running, as their parents pushed their empty strollers after them. What fun.

Fast forward to more on Scott. Now he is a junior in high school, making his own film. It was a class assignment. Needing a cast for his production, he picked his mom and dad, brothers Michael and Billy and did not forget our dog, Candy. Everyone performed. Ok. Scott wasn't as good as Steven Spielberg, but he got a A for this project.

One of the scenes was of an open field behind our house following a dreadful rainstorm. Our basement had flooded and the field was so much like a

lake that the boys launched a 2-man rubber raft and took turns paddling it around -- and getting soaked in the process.

The video also included a trip to a convention in Spain, sponsored by my insurance company. Oh, the souvenirs we brought back. I had forgotten many of them -- as well as many of my co-workers. We took great pictures.

What I recall most about the trip is not on the film, but what I found out about it afterwards. Remember the movie "Home Alone?" That's where our kids were while we travelled. Scott was 15, Michael 13, Billy 10. As we lived in a cluster of townhouses, the neighbors were supposed to keep an eye on them.

While we were gone, Scott and Michael threw a party for their buddies. The kids were so wild Scott threw them out. Later, he paid Billy \$5 to clean up the mess.

The film was bittersweet. Pictures of my wife as a young woman, taking care of everything, were just wonderful. I relived happy memories. I am so glad that these pictures were taken and preserved. It is a good way to end the old year, and start the new.

The Liberal Jewish Temple

By Joan Sampson

First...our heartiest congratulations to the new editors and staff of our "campus" newspaper. Best of luck and good wishes for your complete success because you are an important part of our lives in the future.

It's happening! Our annual BIG BAKE SALE is on at the Cove on Thursday, February 3rd at 8:00 AM 'til 12:30 PM. Norma Levine, Hubby Don and a bunch of hard-working bakers, wrappers and schleppers are preparing a fabulous display of delicious, non-fattening (?) goodies for your delight! Indulge a little! We made a deal with your scales so you won't gain an ounce.

Of course everyone is invited to our Friday evening Sabbath Service at 8:00 PM which is followed by an Oneg where we meet, greet, eat and socialize. Join us -- it's fun.



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Pen to Paper



Dear Abbey or Dear Elder?

By Beverly Friend

“Is my boyfriend cheating? With whom? And where?”

It would have been so tempting to answer, “Yes, her name is Susie Que, and they are meeting in room 412 at the Rent-by-the-Hour Motel in Poughkeepsie.”

How to respond to these queries - and those that are far easier to answer - will be part of my presentation on the “History of Advice Columns” at Wynmoor’s **Hostel at Home**, Friday morning, February 3rd in the Lecture Hall.

Of course, I resisted giving a glib answer to the distressed woman. More responsibly, I told her that I, a total stranger, could not possibly know the answer. Then I asked why she thought this was happening - with what evidence? I asked if she had confronted her boyfriend, and also if her fears were realistic. Perhaps she imagined a betrayal. This was just one of the hundreds of letters the **Elder Wisdom Circle** receives weekly.

About 15 years ago, I joined this group of over 600 volunteer “cyber grandparents” who try to deal with varied questions - most centering on relationships - in order to offer wisdom “gathered with age.”

The cited letter is not typical of queries sent to our online advisers, but it is a sign of how desperate and isolated some people must feel when they reach out to total strangers. Some seem to hope that we have a crystal ball to know the future or - better yet - a magic wand to control it.

While there is always the hope of being helpful, of giving just the right answer, it is impossible to know. Everyone now and again, the writer responds to express satisfaction. I hope I get a letter like this from a young girl who recently presented this problem.

Wanting to speak out for peace and understanding between people, she and had donned a Moslem headscarf to see reactions. They were not favorable. Now, she ordered a necklace with her name in Arabic letters and her mother was very upset - fearing her daughter would be insulted and possibly even injured. She wrote asking what to do, and I had a brainstorm. I wrote that she should purchase two more necklaces. One should be with her name in Hebrew, another with her name in Chinese. Then, she should wear them all together and answer any questions by stating the universality of all people and their cultures. I don’t know if she will follow his advice, but I would love to know what happens.

The newest thing about seeking help is that it is no longer in print form, but has reached the internet, the tip of a historical pyramid. The search for answers can be traced back to antiquity and then on to such famous columns as the “Bintel Briefs” sent by Jewish immigrants to the *Daily Forward* in the early 1900’s, and - within most of our memories - the newspaper columns of Ann Landers and her twin sister Abigail Van Buren.

It is particularly fascinating to see the advice offered prior to the rise of feminism. For example, from one newspaper column:

“Don’t argue with your husband; do whatever he tells you and obey all his orders. Don’t worry him for money. Don’t expect a new dress oftener than he offers to buy you one. Don’t sit up till he comes home from the club; better to be in bed, and pretend to be asleep....” and goes on for four more paragraphs.

We’ve come a long way from the early, and we can travel along the road together at Wynmoor’s **Hostel at Home** (Friday, February 3), when I will present a history which examines who writes, what they want to know and how they are helped. The illustrated lecture will be laced with real letters including even one that I submitted myself in a time of need.

Join us for a full day in the Lecture Hall, also to hear Jacque Wiesel speaking on “How Humor Improves Health and More,” and Jerry Grant on the “History of Folk Music.”

The fee is \$47 and includes both a continental breakfast and lunch. Reserve your place at the Recreation Center or the Business Center adjacent to the library.

I Know Everything About Everything

By Peter Hardis

It’s not an easy thing to be someone who knows everything about everything! For instance, in all the time I was married there was not one single day that went by when my wife didn’t say to me, “Pete, you know what your problem is, you think you know everything about everything and that’s the one thing I hate most about you!”

I just hope that after reading this you won’t feel the same way my wife did about me. I think that the best way to demonstrate to you that I know everything about everything is by me giving you just a few examples showing you how I do know everything about everything to let you make up your

own mind as to whether or not it would be just as annoying to you as it was to my wife.

Here’s one – There are nearly 300 members and players in the Pickleball Club. The skills of playing the game for these players range from being just beginners to very accomplished and outstanding players. Because I know everything about everything I know that I am one of the best if not the best player out of the 300. Whether it’s because of jealousy or for some mean-spirited reason, I know that many of the other players are not willing to give me the recognition I so deserve. What they should know, just as I know, is that this is not a nice attitude to have. If they only knew everything about everything the way I do, then they would have to own up about how good I am. See, I know all this because I know everything about everything!

I can sense that you are already getting disgusted with me but let me give you one more example of how I know everything about everything and I’ll be done with this.

There are exactly 756 very, very tiny, almost invisible ants that also live with me in my apartment. If you are asking yourself how I know that there are 756 ants, then you missed the point of this entire piece, meaning that you obviously don’t know everything about everything the way I do. Anyway, let me tell you why these ants chose to live with me. Here is what I know. They like that I am a very nice person and a great pickleball player. I know they like the temperature I keep the house at. They also like the TV programs I watch. But the most important reason that I know why they live with me is because I shop at Trader Joe’s and they love Trader Joe’s food.

So, there you have it. I hope by now I convinced you that I know everything about everything/

Getting back to my wife for a minute. Last year I told her that we should move down to Florida together and that I know it would be the best thing for us to do. Her reply to me was, “Pete there is one thing that I think you should know that I KNOW, I’m not going to go with you, so lots of luck to you MR. KNOW IT ALL!”

The Fickle Finger of Fate

By Morris L. Jampol

The composer Enrique Granados is considered to be one of the most important masters of Spanish Romantic music of his time. Tragically he accidentally died one hundred years ago at the early age of 49 due to an unfortunate twist of the Fickle Finger of Fate.

Granados showed unusual talent at the piano at an early age. He soon began to excel at composition with the output of many types of piano music as well as operas. Many of his pieces were transposed for the guitar and received much acclaim in Europe as well as America. His most renowned suite called *Goyescas* was written in 1911 and is based on a series of paintings by the famous Spanish painter Francisco Goya. An opera based on this suite was completed in 1916 but could not be premiered in Europe due to World War I in progress. It was decided to premiere the opera at the Metropolitan Opera House in New York City.

Granados was afraid of ocean voyages and had avoided sea travel all his life. Nevertheless, he and his wife, Amparo, crossed the Atlantic in 1916 and arrived uneventfully in New York. The premiere was successful and Granados was preparing for the return home. The composer was then invited by President Woodrow Wilson to come to the White House and give a piano recital. This prestigious honor was accepted but it caused the couple to miss their homebound ship back to Spain. The composer then decided to take a boat to England, cross the Channel to France, and then proceed to Spain.

The trip to England was safely made and the couple booked passage on the passenger ferry “Sussex” across the Channel to Dieppe France. But the war was in full swing and German U-Boats prowled the seas and all British vessels were fair prey. A torpedo struck the passenger ferry and set it on fire. It soon began to split in half. The impact of the torpedo threw many passengers, including Granados and his wife, into the sea. Somehow Granados and his wife became separated and he was pulled into a lifeboat. When he spied, his wife floating helplessly in the ocean, he fearlessly leaped into the water trying to reach her. Both were drowned and the bodies never recovered.

Fatefully half of the Sussex slowly sank to the ocean bottom. The other half miraculously remained afloat and was subsequently towed to shore with all passengers remaining on this half surviving. This was the part to which Granados and his wife had been berthed in.

The composer and his wife left six children, all becoming prominent. One of them, Enrique, later became a swimming champion. The world lost a brilliant composer whose music, especially the guitar compositions, are still frequently heard on the radio and in concert halls. The Fickle Finger of Fate had struck again.

Pen to Paper continued on page 11

City Matters

By Mayor Mikkie Belvedere

Happy birthday, anniversary and any other special day you are celebrating. In February, we also celebrate Valentine's Day, President's Day and another special day is National Make A Friend Day. Also, Ground Hog Day and a wacky holiday on February 4th, Eat Ice Cream For Breakfast Day. Hope you enjoy every special day and everyday.

Special days for Wynmoor are February 17-19th. This is our opportunity to participate in many great events and contribute to the Cancer Society, our annual Relay for Life. If you have not purchased your tickets call Jackie Raily for more information, 954-971-6544.

Also, another special day is Saturday, February 4th from 10:00-3:00 PM. The Supervisor of Elections will be in Wynmoor with a van, stationed at the Clubhouse. With local elections coming in March, you may want to register to vote, change your address or just make inquiries.

The month of February is also American Heart Month, Black History Month and National Wedding Month. As a notary, I am licensed to perform weddings and I will be officiating at a wedding in February here in Wynmoor.

And a big upcoming year with the 50th anniversary of our great city. We were incorporated February 20, 1967. The city has many



exciting events coming up including the Butterfly Festival on February 25th. Rides for the children, booths to introduce you to many businesses, non-profits and many agencies, lots of good food and the special presentation of the Beatlemania band and fireworks in the evening. You can find details of all our wonderful happenings on our website www.coconutcreek.net including historical pictures and interviews with city pioneers.

As a growing city, we are looking forward to the completion of the fire station on Coconut Creek Parkway, Residents Inn by Marriott on State Road 7, 296 residential apartments on Sample Road, part of our downtown area, townhome projects on Hillsboro Blvd., Coconut Creek High School area

improvement project, and the new Dunkin' Donuts on Coconut Creek Parkway.

For those of you that want to participate in the 15th annual Butterfly Run, get ready to race on February 5th at Tradewinds Park. The race is open to all ages. A portion of the proceeds will go to benefit the National Wildlife Association. For more information, coconutcreek.net/parks/butterfly-run or call 954-545-6651.

Are you keeping up with your New Year's resolutions? I can be reached at 954-803-7696. Have a great day and keep smiling.

Happy Valentine's Day One And All!

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OR at the Recreation Office (Main Pool), Monday to Friday, 8 AM- 4:45 PM.





Pen to Paper



Pen to Paper continued from page 8

From Generation to Generation

By Irving Kaplan

This week, my son Billy sent me a video made from eight-millimeter movies. They are out of sequence, so I will rearrange them chronologically for you.

My first born, Scott, gets the lion's share of attention. Every one drools over him at the filmed pictures of him getting his first bath. Grandma puts talcum powder all over his back. All the adults coo and make ga-ga sounds to make him smile.

Next, we see Scott in the park with the children of four of my friends and their wives. All the boys were about the same age - hitting each other, running, as their parents pushed their empty strollers after them. What fun.

Fast forward to more on Scott. Now he is a junior in high school, making his own film. It was a class assignment. Needing a cast for his production, he picked his mom and dad, brothers Michael and Billy and did not forget our dog, Candy. Everyone performed. Ok. Scott wasn't as good as Steven Spielberg, but he got an A for this project.

One of the scenes was of an open field behind our house following a dreadful rainstorm. Our basement had flooded and the field was so much like a lake that the boys launched a 2-man rubber raft and took turns paddling it around - and getting soaked in the process.

The video also included a trip to a convention in Spain, sponsored by my insurance company. Oh, the souvenirs we brought back. I had forgotten many of them - as well as many of my co-workers. We took great pictures.

What I recall most about the trip is not on the film, but what I found out about it afterwards. Remember the movie "Home Alone?" That's where our kids were while we travelled. Scott was 15, Michael 13, Billy 10. As we lived in a cluster of townhouses, the neighbors were supposed to keep an eye on them.

While we were gone, Scott and Michael threw a party for their buddies. The kids were so wild Scott threw them out. Later, he paid Billy \$5 to clean up the mess.

The film was bittersweet. Pictures of my wife as a young woman, taking care of everything, were just wonderful. I relived happy memories. I am so glad that these pictures were taken and preserved. It is a good way to end the old year, and start the new.

Baking Up A Storm

By Irv Kaplan

Baking is an art. It is also a science. Chemistry is involved in every recipe when ingredients are combined and then heated. Yes, things can go wrong - but they shouldn't.

I've been baking my Mandelbread for nearly 15 years and it always came out tasty. I have used different nuts, usually almonds but sometimes walnuts. I buy dried fruits whenever they came on the market at a good price: raisins, craisins, various berries, banana chips, and more. I have also used different brands of flour, and I have experimented.

I learned that it was difficult to cut out sugar for diabetics or for those watching calories. Substitute sweeteners do not have the same weight as sugar.

I learned that using Matzo Meal instead of flour, for Passover, made a heavier cookie - although some people liked this even better than the original.

However, I was not doing any experimenting when I arrived in Florida this year. My goal was the same cookie that I bake here every year. I had brought nuts and dried fruits from Chicago. I went off to Costco to buy a 25-lb. bag of their house brand of flour, Canola Oil, three dozen eggs, and all the other things I use. Many things can affect the outcome - the oven and the humidity can make a difference.

And then - I burnt the first batch of this season. This had never happened before! Perhaps I had gotten forgetful and left them in the oven too long. I would make a second batch of 12 dozen slices. They didn't burn, but they did fall apart. The taste was fine, but the consistency was off.

I blamed the flour. So, the next day, I set off to the Restaurant Depot on Sample Road. This time I would try Gold Medal Flour. I had used this before. I hoped the switch in flour would solve the problem.

It didn't!

Once again, when I cut into the loaf, the slices fell apart.

What should I do?

I decided to ask an expert - Catherine, the wife of Frank, the owner of the 19th Hole. I recited my problem and she offered this advice. "How about adding another egg to help the batter stay together?" I had no idea if this would work. Perhaps the eggs I was buying were a bit smaller this year. In any case, I took her advice - and it worked!

I am delighted with the outcome and you can taste the result for yourself. Bon Appetite!

Irv's Famous Mandelbread is sold at the 19th Hole.

Laughter Through Tears

By Fred Lemco

'May you laugh as long as you live, and live as long as you laugh.'

(Author unknown)

My Jewish teacher (melamed) was a wise man, richly imbued with Torah learning, and also the wisdom of ordinary folk. Born and residing in the Polish 'shtetl' of Plonsk, he was insulated from lay influences, particularly the lack of religious conformity found in the big city of Warsaw. I remember him relating the following sage comment to our small 'cheder' class: "when a Jew laughs, the world laughs with him. But when a Jew cries he laughs at himself." My teacher displayed a streak of obvious irony. Only when I became adult did I ultimately understand his logic.

Comedy and tragedy often unite in Jewish humour. Like beet borsht with sour salt; like sultana raisins in cabbage soup. Laughter through tears is often cited. A Jew laughs to nerve himself against the injustices of society. In turn he often cries a little because the mortal comicality of life is no mere laughing matter. He finds that laughter helps to contribute to a modicum of sanity in a chaotic world. "Zorg zach nisht" (Don't worry), my late mother would say to me, when I met with some business reverse. Then she added, "while you can't have success every day, at least you won't have to fast on that day." "Si vet zich auslachen" (It will all balance out), she sagely advised.

"Oy vay is mir" (woe is me) is a Jewish groan. Sometimes my mother invoked it when she was troubled. I inevitably heard it when she was less than pleased with my behavior. It was then followed by a "krechtz" (an inflated groan). Even when times were good and a problem finally overcome, she sighed and repeated, "oy vay is mir," with a smile on her lips. When my father's wages were halved during the 1930's Depression, she moaned, "Oy vay is mir, vos vet zein mit uns?" (what will become of us). Yet when she shopped at the butcher or baker and found that prices had dropped, she still lamented with a moment of surprise, then of pleasure, "oy vay is mir." True many Jews saw things quite differently. "A meshuggenene medina," (It's a crazy world) my grandmother once said of Canada. "How can Jews live here?" Yet she and her husband left England, with four sons, and came to live in Montreal. Her sons honored her with respect in the mad new world, and succeeded beyond all her critical expectations. Truly saccharine acerbity!

In the Haggadah story, which we read at the Passover Seder, we recount the period of Jewish slavery in Egypt, some three thousand years ago. In the joy of our freedom, we are still reminded of Jewish serfdom to Pharaoh. We eat our unleavened bread (matzo) in laughter, and some tears, with a modicum of silent respect. We mull over our own past, never forgetting the suffering of our ancestors. The Seder table is set with bitter herbs (marar), and a sweet paste of apples, nuts and cinnamon, (haroset). And while sipping each cup of wine, we deliver a toast, "to life" "L'chaim" "To peace! To Jerusalem!" (God willing).

I can remember my mother singing a Jewish folk song to us. I can still recall its refrain. "Laugh, laugh, the whole night through, for in the dawn you will be crying." (Lach, lach die gantze nacht, vile in her frie vet men veinen). Which can be defined as enjoy yourself, it's later than you think. And if we didn't laugh with her, she would stop her song and say "what's the matter, are you sick or something?" Looking back again I can see the elements of joy and worry in her song. And although all good humour is universal in appeal, there is a particular difference to Jewish humour; which may be puzzling to an unsuspected non-Jew. The conditions of Jewish existence, and differences in culture, and certain nuances to the laughter of Jews. A gentile may laugh at a Jewish quip at first, often out of courtesy, then he might fall silent when he recognizes the utter seriousness of the joke. Because Jews have lived very difficult, unsettling lives, often fleeing just in time from their persecutors, they have become realists without illusions.

I imagine that today's Jews, even though most are generations away from the Old Country, will still laugh and cry at the foibles our families often recounted of their experience in Eastern Europe, as well as at their trials in the New World. As for me, I prefer someone who roars with unrepressed guffaws of laughter. I often do so myself. It's good for the digestion. What's more, real boisterous laughter is also contagious. So why not laugh along with me? Don't just tee-hee or titter, or ha-ha. Let out a roar! Also don't "boo-hoo." Cry some other time. Probably privately, when you regurgitate the sally or the joke.

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what's COOKING

Peanut Butter Chili Wins Cooking Contest

(NAPS)—Here's food for thought: Studies consistently show that diets low in meat and high in plant foods are associated with reduced rates of cancer, heart disease and obesity. Now, the latest evidence from Harvard School of Public Health demonstrates that plant protein, specifically peanuts and peanut butter, also reduces type 2 diabetes risk.

This new study found that substituting a serving of peanuts or peanut butter for one of processed or red meat, once a day, reduced diabetes risk by 11 to 21 percent.

To celebrate this great news, The Peanut Institute partnered with Meatless Monday and the Natural Gourmet Institute to create a #PickPeanutProtein recipe contest.

"Peanuts are a nutritious, delicious and convenient food to swap for meat in your Meatless Monday meals and throughout the week," says Diana Rice, a registered dietitian on staff with Meatless Monday.

The winning recipe, Peanut Butter Chili with Pinto Beans, packs a big 24 grams of plant protein and 14 grams of fiber per serving.

Peanut Butter Chili with Pinto Beans

(Yield: 8-10 servings)

- 1 Tablespoon extra virgin olive oil
 - 1 large yellow onion, diced
 - 1 red bell pepper, diced
 - 1 Tablespoon sweet paprika
 - 1 Tablespoon chopped garlic
 - 1 teaspoon smoked paprika
 - 1 teaspoon ground mustard
 - 1 teaspoon ground cumin
 - 1 teaspoon cumin seeds
 - 1 teaspoon dried basil
 - 1 teaspoon turmeric
 - 1 Tablespoon tomato paste
 - 1 28-ounce can whole tomatoes, mashed, with juices
 - 3 cups pinto beans, soaked overnight (or 3 15-oz cans)
 - 1 large sweet potato, diced
 - 1 cup peanut butter
 - 6 cups vegetable stock
 - 1 Tablespoon Worcestershire sauce
 - Fresh basil and cilantro, chopped
 - 1 teaspoon sea salt
 - 1/2 teaspoon black pepper
- Optional toppings: avocado, radishes, cilantro, toasted peanuts

Heat oil in a large pot over medium-low heat. Add onion and sauté until translucent, about 5 minutes. Add bell pepper, cook until softened. Stir in the first eight spices and cook for 1 minute. Stir in tomato paste. Add all remaining ingredients. Bring to a boil, then simmer for about 45 minutes, or until beans are soft and chili has thickened.



Packed with protein and good taste, Peanut Butter Chili with Pinto Beans can be your go-to meal on Meatless Monday and any other day.



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BAHAMA2/2 Very clean seasonal, ground floor, near clubhouse	\$ 1,800
MARTINIQUE.....2/2 Great view, furnished nicely	\$ 1,150
LUCAYA.....2/2 Nicely furnished, pool view, professionally cleaned.....	\$ 1,250
NASSAU.....1/1 Great garden view, SEASONAL, very clean, available in Jan for 4 months.....	\$ 1,300
BERMUDA1/1 Upgraded, decorated, and completely furnished, ceramic floors thru-out	\$ 1,500
ANTIGUA1/1 Walk out back door to the pool, nice unit, SEASONAL 4 months.....	\$ 950
VICTORIA.....1/1.5 SEASONAL 4 months, queen size bed in master, flat screen TV's, gorgeous lake and golf view from the balcony	\$ 1,600
ANTIGUA2/2 Amazing garden view, very clean, flat screen TV's, completely furnished.....	\$ 1,900
ANTIGUA2/2 Beautiful unit, pool and garden view, unfurnished, NEW A/C, clean and cozy.....	\$ 1,100
BAHAMA3/2 Corner unit, Furnished or Unfurnished	
BAHAMA2/2 Updated and completely furnished, white kitchen, laminate floors, nice patio	\$ 1,200
ANTIGUA2/2 Very clean unit overlooking pool, updated kitchen and newer appliances	\$ 1,250
LUCAYA.....2/2 Amazing unit.....	\$ 1,300
BAHAMA3/2 Very nicely furnished, corner can be rented ANNUAL (\$1200.00) Seasonal	\$ 1,800
VICTORIA.....2/2 Desirable corner, completely furnished, king size bed, flat screen, golf and lake view	\$ 1,900
MARTINIQUE.....Upgraded with beautiful ceramic tile thru out, large kitchen pass thru, newer appliances, fabulous lake/golf view, enclosed patio.....	\$ 1,900
VICTORIA.....2/2 Ground floor, enclosed patio, ceramic tile/wood floors thru out, granite counter tops	\$ 2,500
BAHAMA3/2 Very nicely furnished, Corner	\$ 1,800

REDUCED SALES

LUCAYA.....2/2 Fantastic view from first floor, newer kitchen, new carpet.....	\$ 93,500
NASSAU.....2/2 Absolutely gorgeous, split bedroom, tile floors, updated kitchen w/SS appliances garden view.....	\$ 78,000
NASSAU.....2/2 Completely remodeled, brand new kitchen cabinets, SS appliances, NO carpet.....	\$ 114,900
ANTIGUA2/2 Breathtaking lake/fountain view, SS appliances, ceramic floors, freshly painted, bathrooms in great shape	\$ 134,000
NASSAU.....2/2 First floor, needs TLC, right next to Tennis Court	\$ 62,990
ANDROSFantastic Evergreen, corner apartment, great building, completely upgraded, newer appliances, pool and lake view	\$ 159,900
ANTIGUA2/2 Desirable ground floor corner, nice and big kitchen with newer appliances, ceramic floors, gorgeous lake/fountain view	\$ 104,500
ANTIGUA2/2 WOW super clean unit, carpet in bedrooms, great garden view	\$ 105,000
ANTIGUA2/2 Luxury, totally remodeled, brand new kitchen, granite countertops, ceramic floors, new vanities, screened patio.....	\$ 121,900
BAHAMA2/2 Great upgraded, granite kitchen counter, newer kitchen cabinets, ceramic floor thru-out, private view from patio	\$ 68,000
LUCAYA.....2/2 Lovely unit overlooking the garden and lake	\$ 79,900
ANTIGUA2/2 Nice and beautiful completely furnished, freshly painted, great lake view, screen patio with shutters.....	\$ 82,000
MARTINIQUE.....2/2 Spectacular completely remodeled corner, with lake/ fountain view, brand new kitchen cabinets, upgraded designed walk in closets, screened patio with storm shutters.....	\$ 144,900
GRANADA.....2/2 Totally and beautiful renovated, 4 th floor, lovely wood cabinets, granite counter tops, new ceiling with recess lights	\$ 162,000

FOR SALE

PORTOFINOSpectacular lake/fountain view, nicely furnished, ceramic and carpet, enclosed patio	\$ 94,900
PORTOFINO2/2 Bright corner unit, Turnkey, lovely golf and lake view, next to swimming pool.....	\$ 115,000
BAHAMA2/2 Master is very spacious, pool and garden view, furnished	\$ 169,000
BERMUDA2/2 Amazing and completely remodeled and furnished, open kitchen concept, new elegant kitchen bathrooms, updated bathrooms	\$ 124,500
LUCAYA.....2/2 turn key overlooking lake and fountain, renovated kitchen with newer appliances, granite counter tops, screen enclosed with storm shutters, lovely furniture	\$ 99,000
VICTORIA.....2/2 Amazing golf & lake view, newer kitchen cabinets, granite counter tops, ceramic floors with carpet, newer appliances, hurricane shutters	\$ 105,900
CAYMAN.....2/2 Juniper model open lake & fountain view, ceramic tile in kitchen, clean carpet, screen patio, great location	\$ 114,900
MARTINIQUE.....2/2 Spectacular panoramic golf and lake view, condo completely furnished and decorated, nice white kitchen, newer appliances, laminate floors, big walk in closets.....	\$ 93,000
VICTORIA.....2/2 Lovely turnkey, updated granite kitchen, tile, laminate and carpet	\$ 90,000
GRANADA.....2/2 This is a must see	\$ 94,900
ABACO.....2/2 Juniper floor plan, large kitchen with eating nook, Washer/Dryer, lovely garden and pool view	\$ 98,000
ABACO.....2/2 Spectacular Juniper model, furnished, enclosed patio, crown molding	\$ 113,000
CAYMAN.....2/2 Great location, Washer/Dryer, New water heater, renovated kitchen, lovely lake view.....	\$ 134,000
MARTINIQUE.....2/2 Gorgeous and completely remodeled, kitchen with granite counter tops, new flat ceiling	\$ 146,500
LUCAYA.....1/1.5 Huge unit, 4 th Floor with pool view, laminate floors.....	\$ 56,900
ANTIGUA2/2 This is a must see	\$ 79,000
ANTIGUA2/2 True Beauty.....	\$ 83,900
ANTIGUA2/2 Upgraded kitchen, nice white kitchen, Newer fridge and micro, tile in dining room nicely painted	\$ 84,500
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LUCAYA.....2/2 1 st floor, sparkling lake and fountain view, newer kitchen, SS appliances, freshly painted	\$ 92,000
ARUBA2/2 Luxury interior overlooking golf course, huge condo, Washer/Dryer, glass enclosed patio pool in walking distance.....	\$ 104,900
LUCAYA.....2/2 Desirable remodeled corner, beautiful kitchen with new counter tops, kitchen cabinets	\$ 119,500
ANTIGUA2/2 Renovated kitchen with designer ceiling, neutral tile thru out, tranquil view overlooking the gardens and pool.....	\$ 120,000
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- Chicken Primavera

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- Tilapia Piccata
- Grilled Tilapia
- Tilapia Franchise
- Fish Fillet in Coconut Sauce
- Fish Fillet in Red Sauce
- Grilled Fish Fillet
- Grilled Salmon
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- Grilled Shrimp
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UPCOMING EVENTS

This Month

WYNMOOR RECREATION OFF-SITE THEATRE SHOWS

WEDNESDAY, MARCH 15TH

Kravis Center; 2pm matinee
 Seats located in Mezzanine
 \$60 per person
 Registration begins Wednesday, January 19th.

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 \$68 per person
 Registration begins Wednesday, January 26th

If You've Got Equity In Your Home, Consider Doing A Trust

By Martin Zevin, Attorney

In 2012 I wrote an article recommending against doing a Revocable Living Trust if you were "under water" with your mortgage. Many of my clients had bought or refinanced from 2004 to 2006, at the top of the market.

However, the last four years have seen a significant increase in property values. This has resulted in many homeowners now having positive equity. If prices continue to rise, many more homeowners will have some positive equity.

In the article I wrote in 2012 I advised clients to live long enough to see their properties increase in value to exceed the amount of the mortgage; at that time they could come back to me to discuss a Revocable Living Trust. That time is now here.

Without equity in your home, it does not make sense to pay an attorney the fee and costs involved in creating a Trust, since you would be burdening your heirs with a property that has a negative equity. However, once that equity turns positive, you are doing your heirs a favor by eliminating the time and money involved in going through probate. Probate can take nine months to a year and costs thousands of dollars in fees and costs.

Remember also that the Trust is called a "Revocable Living Trust." This means that as long as you are alive the Trust remains with you. You can always sell your home and buy a new home as Trustee of



your Trust. You do not need to change the Trust unless you want to change the beneficiaries for the new property. You can also buy additional properties, in Florida or out of state, as Trustee of your Trust.

Therefore, if you now have equity in your home you should seriously consider creating a Trust. Transferring your home to the Trust will not change your homestead or your real estate taxes.

In addition, regardless of the equity in your home, it is extremely important to have current advance care directives to protect you if you are incapacitated. These include the Durable Power of Attorney (which must specifically include the address of your property) as well as the Designation of Health Care Surrogate and Living Will. New Florida laws could mean that your current documents need to be revised.

Please feel free to call me for a free personal or phone consultation regarding any issues pertaining to Wills, Trusts, Deeds, Probate, Power of Attorney or Health Care Surrogate. I am also available for free consultation regarding personal injury claims or car insurance coverage. Call me at 954-569-4878. My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida 33442. My website is www.martinzevinpa.com and my email address is martinzevin@netzero.com.



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Monday	Feb. 6	8 PM
Tuesday	Feb. 7	8 PM
Wed.	Feb. 8	2 PM*



MISS SLOAN

2 Hrs. 12 Mins.

Sunday	Feb. 19	8 PM ONLY
Monday	Feb. 20	2 & 8* PM
Tuesday	Feb. 21	8 PM
Wed.	Feb. 22	2 PM*



LION

2 Hrs.

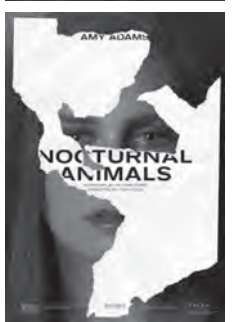
Sunday	Feb. 12	2 & 8* PM
Monday	Feb. 13	8 PM
Tuesday	Feb. 14	8 PM
Wed.	Feb. 15	2 PM*



NOCTURNAL ANIMALS

1 Hr. 55 Mins.

Sunday	Feb. 26	2 & 8* PM
Monday	Feb. 27	8 PM
Tuesday	Feb. 28	8 PM
Wed.	Mar. 1	2 PM*



* OPEN CAPTION



\$2.00 ALL Times



INSPIRATION STATION

By Diana Stone, M.A.

Dear Reader,

Welcome to your inspiration station. The place you tune to with the intention of feeling better. It is my desire to help you connect with your absolute best self and by that I do not mean the NEW AND IMPROVED version of yourself you envisioned with last month's New Year's Resolutions! I mean the absolutely wonderful YOU that is already operating from your highest level that perhaps you haven't given yourself full or even partial credit for! If you are amongst the millions of people who set out 2017 with the intention of losing weight, getting in shape, learning a new skill, etc. allow me to commend you for wanting to take supreme care of yourself. Also allow me to suggest being gentle with yourself because you most likely are doing more than you even realize. Do you care for others besides yourself? Perhaps amongst your responsibilities are tending to an ailing parent, emotionally (or otherwise) supporting your spouse, and being there for your children who look to you for love, guidance and depending on their age and stage EVERYTHING! Is it possible that you have already taken on enough RESPONSIBILITIES and instead of adding more resolutions and expectations, perhaps FEBURARY IS A GREAT TIME TO EDIT YOUR LIFE!

At the core of most resolutions is our universal desire to feel good – physically, emotionally and spiritually! Usually what is blocking us from experiencing our inner balance is TOO MUCH INTERFERENCE. Consider when we are hungry and we open the refrigerator to dozens of little bowls and containers of *who knows what?* how it FEELS like we don't have

anything to eat! Or how about when we go into our closets, literally stuffed with clothing, but FEEL like we don't have anything to wear! Conversely, when we are on vacation and we see just a few delicious offerings in our mini-refrigerators, EVERYTHING looks delicious! And when we go to get dressed, it is EASY-BREEZY, because we only have one dress outfit, one casual attire, one perfect robe etc. so it is CLEAR AND SIMPLE as to what we will wear.

For this wonderful month of February, take yourself on a mini-mental vacation and instead of adding ANYTHING to your to-do's, take an inventory of what you are already doing. Write it down so you are clear as to how you are spending your time. At the top of your new priority list, be sure to schedule in SELF-CARE. Time to meditate, exercise, connect with people who inspire you. When we take time to fill ourselves up, we have more to give to our loved ones! And just like we need to periodically clean out our refrigerators and closets, go through your contact list and edit out anyone who no longer supports the vision of yourself that you aspire to be! LESS IS MORE particularly when it comes to meaningful social connections.

By removing the food, clothing and people in our lives that do not delight, inspire and enrich us, we have more room for what and who nurtures us most. Make February your month to edit your life so can see and savor all the blessings you already have! Happy Editing, Diana

Diana Stone, M.A. is a Wellness Consultant, writer and speaker. Connect with her at dianalynnstone@comcast.net

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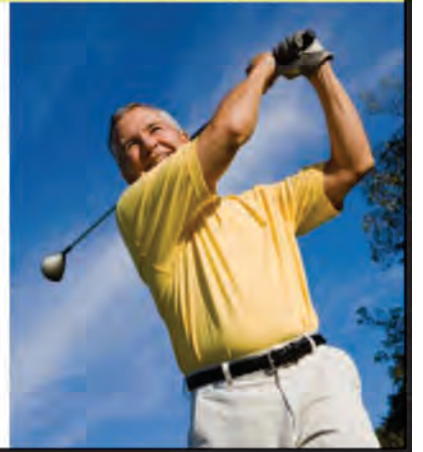
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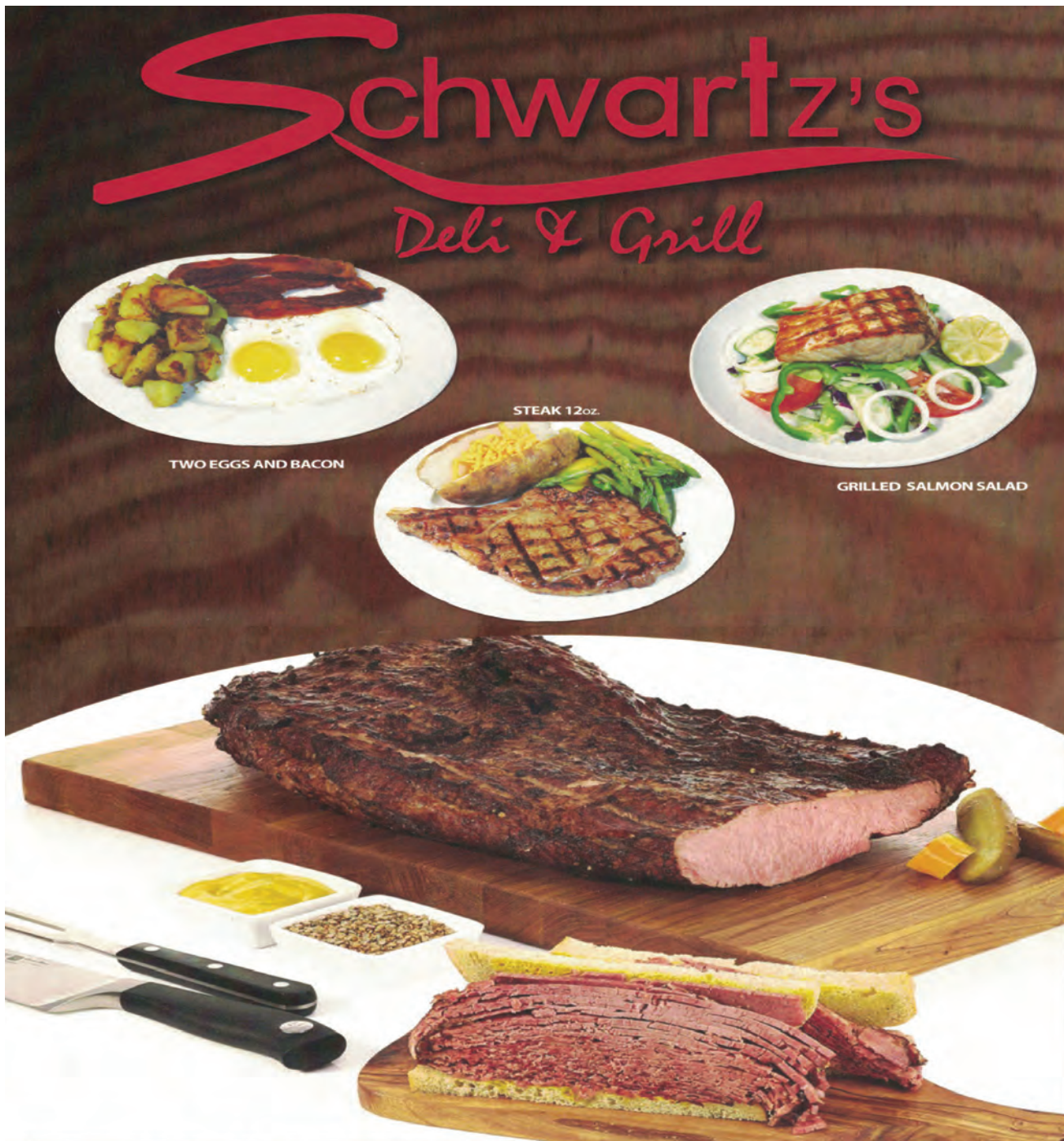
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CONGRESSIONALLY SPEAKING

By Mark Bogen, Broward County Commissioner

As your Broward County Commissioner, I have great news on a variety of issues that affect Wynmoor and Coconut Creek residents.

As many of you may recall during the past ten years, the landfill, which we call Mt. Trashmore, produced horrible smells throughout the year. In an effort to reduce the smell and limit the amount of waste being placed into the landfill, I worked with the City of Coconut Creek Commissioners and the City Manager. After six months, an agreement between the city and Waste Management was entered into that will limit the amount of waste that can be put into Mt.

Trashmore. This agreement has already reduced the odor from the landfill and hopefully will allow you to enjoy your outdoor environment more often.

Another issue relating to the landfill recently came before the County Commission. Every year the landfill produces hundreds of thousands of gallons of liquid toxic waste. During the past decade, the county took this waste, treated it and then disposed of it. However, last year Waste Management applied to build a deep well so that it could inject untreated toxic waste into the ground. After lengthy negotiations, Waste Management agreed to withdraw its permit and the county agreed to continue accepting the toxic liquid, treat it and dispose of it.

You may be eligible to save money on your real estate taxes. Last year I voted to approve a Low Income Senior Exemption that will allow you to save money on your real estate taxes. In order to receive your savings, an applicant must be 65 or older as of January 1, 2017, receive the Homestead Exemption on your property and have a combined gross income for 2016 not exceeding \$28,841.00 dollars. If you believe that you qualify for this, you can call the Broward County Property Appraiser's office at 954-357-6830.

If there is anything I can do for you involving any governmental issue, please give me a call at 954-357-7002.



*If you find mistakes in this publication,
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ARE ALWAYS LOOKING FOR MISTAKES!!!!*

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SHOWS AT WYNMOR



FINE ARTS...CHAMBER ORCHESTRA KREMLIN

Thursday, February 2nd - Time: 8:00 PM - Price: \$20.00

TOMMY MARA AND THE CRESTS...In Concert

Saturday, February 4th - Time: 8:00 PM - Price: \$12.00

WHITESTONE BAND...In Concert

Thursday, February 9th - Time: 8:00 PM - Price: \$20.00

ONE NIGHT IN CENTRAL PARK REVISITED...

TRIBUTE TO ANDREA BOCELLI...In Concert

Saturday, February 11th - Time: 7:00 PM - Price: \$16.00

HERMAN'S HERMITS STARRING PETER NOONE...In Concert

Saturday, February 18th - Time: 8:00 PM - Price: \$20.00

FINE ARTS...RHYTHM OF THE DANCE

Thursday, February 23rd - Time: 8:00 PM - Price: \$20.00

BEGINNINGS...TRIBUTE TO "CHICAGO"...In Concert

Saturday, February 25th - Time: 8:00 PM - Price: \$16.00

* ID's required for all shows, dances and movies. All shows subject to change. Guest Show tickets available two (2) weeks prior to show. PLEASE NOTE: Children under the age of 15 years old are not permitted in the theatre. No shorts allowed in the Theatre after 6:00 PM.

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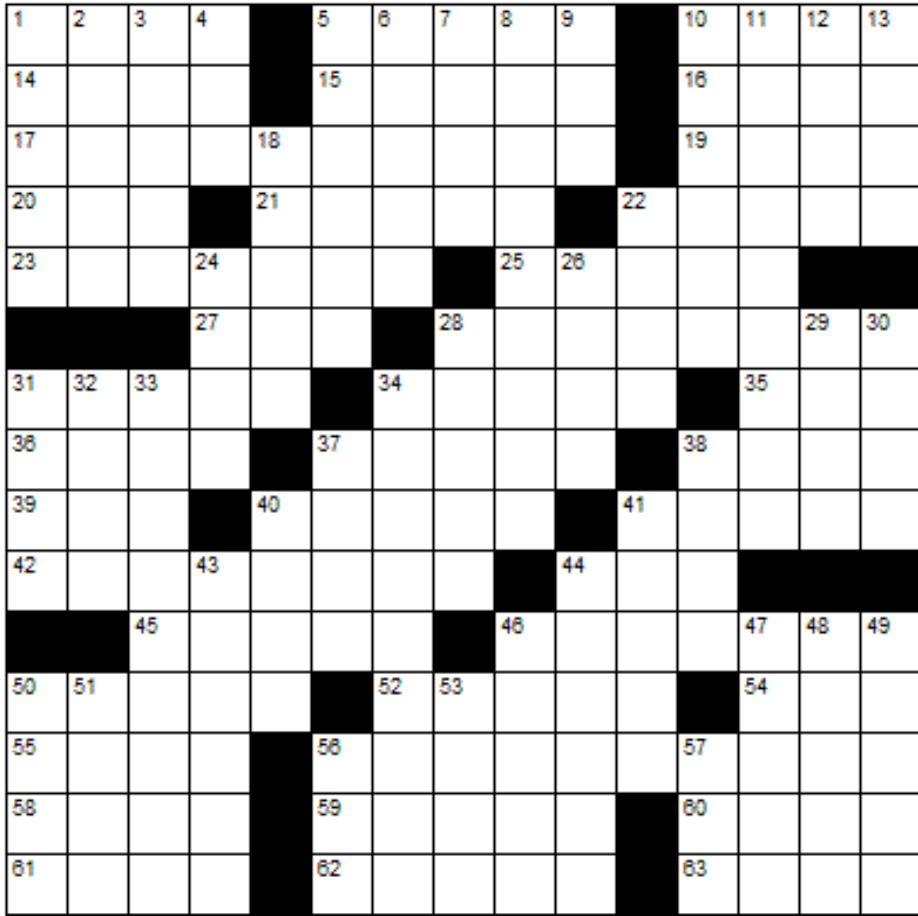
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Puzzles and Games

Solutions on page 49

Crossword Puzzle



ACROSS

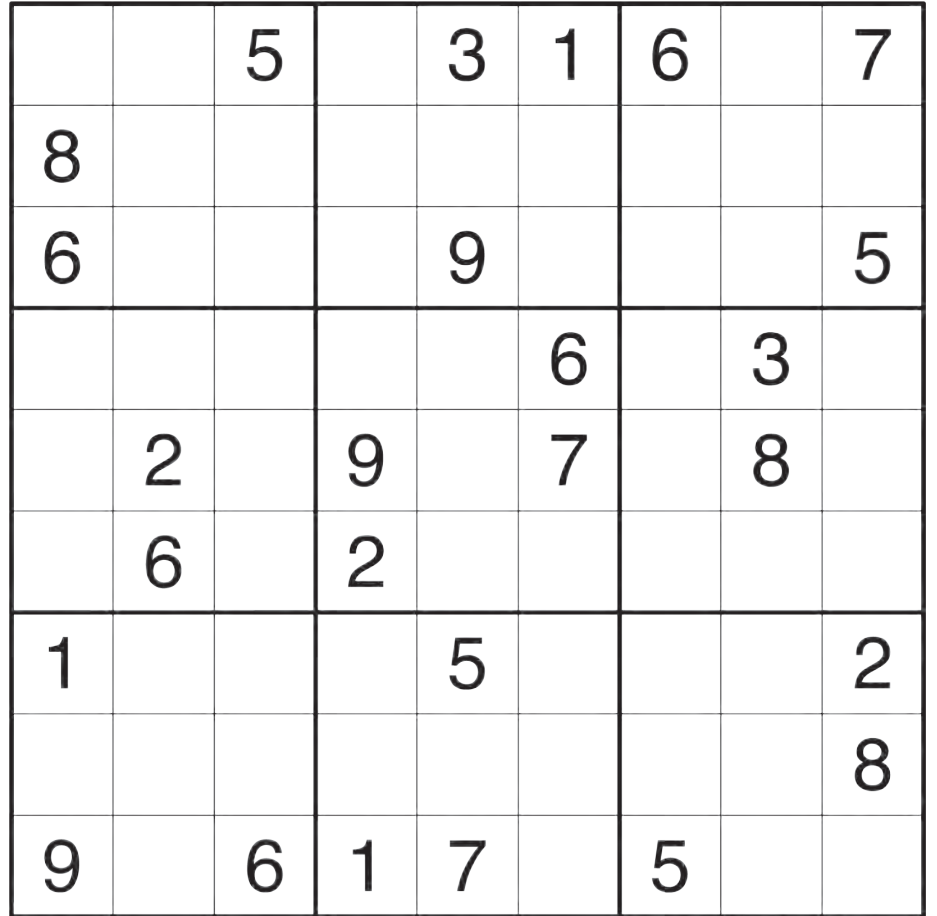
- 1. Nurse shark
- 5. Stripes
- 10. Food thickener
- 14. Astringent
- 15. Genuinely
- 16. Not false
- 17. Pronounced
- 19. Derbies or berets
- 20. African antelope
- 21. Crop up
- 22. Stupefy
- 23. Conference
- 25. Thugs
- 27. Website address
- 28. Communicated silently
- 31. Deceive
- 34. Implant
- 35. Ripen
- 36. Assist in crime
- 37. Column of wood
- 38. Chew
- 39. Not bottom
- 40. Divinity
- 41. Mother hen
- 42. Classify
- 44. Arrive (abbrev.)
- 45. Muse of love poetry

DOWN

- 1. Mobs
- 2. Without company
- 3. Ballet skirts
- 4. French for "Friend"
- 5. Unsaturated alcohol
- 6. Coach
- 7. Chafes
- 8. Undecipherably
- 9. Yes to a sailor
- 10. Goddess of wisdom
- 11. Meadow
- 12. Car
- 13. A musical pause
- 18. A marker of stones

- 22. Agent 007
- 24. Cooking fat
- 26. Curved molding
- 28. Strike
- 29. Quaint outburst
- 30. Wet, as morning grass
- 31. Felines
- 32. Double-reed woodwind
- 33. Rigid dirigibles
- 34. Typify
- 37. Chair
- 38. Encircle
- 40. "Darn!"
- 41. Very prickly woody vine
- 43. Colonnade
- 44. Each
- 46. Ceased
- 47. Poplar tree
- 48. Modelled
- 49. Flexible tubes
- 50. Mother
- 51. End ___
- 53. Countertenor
- 56. Move from side to side
- 57. Apprehend

Sudoku



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Use your logic to find the correct number for each square. When finished, all nine rows across, all nine columns down and all nine 8-by-8 boxes must contain all nine numbers, 1 through 9 with no repeats.

Word Search



- after
- batch
- blunt
- bother
- candle
- carry
- coast
- collapse
- collection
- crisis
- criteria
- current
- drone
- earliest
- force
- grave
- heart
- hurry
- lace
- organ
- porch
- pursue
- rant
- reap
- recent
- river
- seas
- separation
- short
- steed
- strength
- teal
- theory
- thirst
- trash
- tree
- true

a WORD or Two

Word: probity

Definition: the quality of a person who is completely honest

Example: The person who returned the stolen necklace to the police showed a great deal of *probity*.

Word: deliberate

Definition: decided on as a result of careful thought

Example: She shrugged with as much elegance as she could muster, and eyed him with *deliberate* interest.

Dear Dr. Joy...

By Joy Berke Sanchez, PhD

Dear Dr. Joy,

So many of us are always on and off diets. They work for a while, we quit, the weight goes back. My friend went to Duke University for a behavior modification clinic for three weeks. Aside from diet and exercise, they try to find out what makes them want to eat. For many it is stress.

We cannot afford, nor do we have the time to attend, Duke University. Can you give us some tips on things we can do to eliminate the urge and make our diet efforts more successful?

I could write a series of articles on this subject, for the remainder of our lives, and not make a dent in it; but here goes. I don't know how many of you know that in the early 80s I owned an obesity clinic in Brooklyn, on Sheepshead Bay Road.

A lot of theories have changed and a lot of new diets have come and gone in the past 35 years, but the problem of obesity is still with us and from what I understand, getting worse. In my clinic I had a physician, three full-time nurses, two part-time nurses and me, to handle the psychological side of eating. Our diet was unbelievably strict (9 oz. of protein a day and one salad with a squirt of lemon and/or vinegar, plus 80 oz. of water). We had support groups and psychotherapy groups and one-on-one counseling which often led to intense psychotherapy. The clients had to have at least 50 lbs. to lose and many had 100-200 extra pounds. One person weighed over 450 lbs. The people who stayed on the diet lost weight but unfortunately this included muscle and organ tissue. Many of them could not exercise so we initiated a stretching and mild yoga class also. They were asked to bring to walk, just for 5 minutes to start. Most people were actually compliant and did what they were supposed to do for a while. Some of the 'whiles' were of longer duration than others but they all succeeded to differing degrees. So what happened?

No one could maintain such stringent rules for eating and sooner or later the dam burst. Binges would ensue and soon they were spiraling out of control. I closed the clinic in 1984 and tried to find a new way to help those with severe weight problems. At the same time my psychotherapy practice was growing, especially my Brooklyn office where I had a large base of clients who realized they had 'food and eating issues' that needed to be looked at and inevitably this led to other fundamental problems.

In 1989 or 1990 Oprah Winfrey lost 60 lbs. on Optifast and that plan became the new 'in' thing. I was asked to facilitate counseling groups from two area hospitals using the program and I agreed to do it. I also wrote the psychological part of their maintenance program. I found the same results occurring that I had in the Brooklyn clinic except this time the people weren't even eating food of any

chewable type. It was all liquids and after 16-32 weeks, they were reintroduced to solid food. The binges started when the carbs were started. So even though, once again, people lost a great amount of weight, they were often back where they started or worse within a relatively short period of time. Even addressing the disorder, psychologically and behaviorally couldn't seem to ward off the pull of the food. However, I did begin to notice that even in those people who did not return to huge amounts of food, just eating what would be considered rather normal eating put weight back on them, albeit more slowly. What happened was that the severe dieting, bordering on starvation (both programs were under 500 calories a day), slowed people's metabolism to a point where almost any eating above 750-1000 calories a day added fat to their bodies. Enter the syndrome where people now cut their calories even further to see results which obviously can't be maintained and subsequently it takes even less calories to regain fat. As they lose pounds they lose muscle and organ tissue and when they regain pounds they only gain fat. So even weighing the same thing, they are actually fatter and it is even more difficult to lose fat because there is more of it and their metabolisms have slowed down considerably.

Depressing isn't it!!!

So where does this leave us? Diets like Atkins may work for a while also (mostly, but not exclusively for men) but no matter what kind of PR we hear, these diets are dangerous and do lead to cardiovascular problems as well as digestive problems.

Most fad diets fall somewhere in the short-term weight loss/long-term weight gain area. Weight Watchers, the old standby, used to be a fairly well-balanced diet but now with the point system you can actually stay within the guidelines and eat nothing but junk food. Personally I believe if done right it can be doable, but for people with very slow metabolisms the points have to be cut down considerably. It is also relatively slow and for most dieters "fast" is the only way to go.

Medically at our ages we have issues with Metabolic Syndrome, which is a fancy term for saying we are either pre-diabetic, diabetic, hypoglycemic, and/or insulin resistant, all of which will wreak havoc on our ability to lose fat. We are often more sedentary than we should be so the fire inside never gets lit and even if it does, it certainly never burns brightly for any extended period of time. Which brings me to exercise. Please keep reading...you don't have to start with a lot of it or do it strenuously. You can walk, you can stretch, you can learn to breathe deeply, you can buy a videotape and do yoga for seniors if you don't want to do it in public. But you must do something beginning with



5-15 minutes a day if you are sedentary or 30-60 minutes a day if you are already doing something. Working out with weights, while dieting, can help you keep some of your muscle tone.

As for eating...cut out ALL simple carbs for the most part. If it's white (flour, sugar, rice, potatoes) don't eat it. If it is deep fried, don't eat it. If sugar is one of the first 5 ingredients, don't eat it. If it contains high fructose corn syrup, don't eat it. If it contains trans fats, don't eat it. If your cholesterol is high avoid animal products and full fat dairy as well as the above mentioned items. If you are diabetic, don't take meds and then eat lots of simple carbs. Insulin is the fat storing hormone and anything that's floating around with the insulin will be stored as fat. Eat lots of high fiber foods but start slowly so your body adjusts to it. There are also some supplements that you can take safely before a meal. One is citramax and the other is glucamannon. You can also take chromium. There are more, but I don't want to start to sound like a commercial for vitamins and supplements.

You should lose some weight following these guidelines but even if you don't you'll be healthier. For those of you (I am one of you) who do all the right things and still can't lose an ounce, hang in there and remember you can still be healthy and fit even if you're not skinny.

For those of you who have compulsive eating added to your bad food choices, things get a little harder for you. To begin with, it takes 21 days to break any habit including the one of continually moving your hand from food to your mouth. You need to find a way to do something that is incompatible with eating. Typing, painting, walking (no food allowed) or any other sport, showering, knitting, playing a musical instrument, etc.

You also need to train yourself to allow the anxiety of wanting to eat, and not eating, to surface and not give in to it. Yes, I know how difficult this is and I'm not saying this lightly. You also need to draw up a hierarchy for yourself where being fit and healthy and losing some weight becomes more important and if it isn't, no amount of mind control will make it so. In that case you will just have to accept what exists and move on with your life. You must really want the end result to justify what you have to do to achieve it. Just saying you want it isn't enough; the real question is what are you willing to do to get what you want? Be honest with yourself and see what is true for you.

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Dinner Theatre

By Lynne List

Broadway Comes To Wynmoor

There is only a couple of weeks left before the wonderful Movie and Broadway drama, "The Lion In Winter" will premiere on Sunday February 12 in Wynmoor's West Wing. The historical drama is highlighted by sibling rivalry, adultery, and the personal and political conflicts of Henry II of England and his wife Eleanor. Katherine Hepburn and Peter O'Toole starred in the movie version and Glenn Close performed in the lead on stage. There are still a few seats left for the evening performance (the matinee is sold out) so be certain not to be left out. A light family style supper consisting of a deli platter, potato salad, dessert and coffee and iced tea will be served. Supper is served at 6 PM and the show starts at 7 PM. The ticket price is only \$15 per person and tickets are sold every Monday and Wednesday afternoon from 2 to 4 in the Country Club Library.

The musical, "I Love You, You're Perfect, Now Change" will be presented on three evenings in March, the 8th, 9th, and 10th. This show was the 2nd longest running Off-Broadway Musical. It presents a hilarious view of relationships, from dating through marriage. At the evening performances of the musical a sit-down served dinner will be served prior to the show. Dinner will start with a glass of wine (BYOB if you want more.) a salad, an entrée of either salmon in dill sauce or chicken marsala served with rice pilaf and baby carrots. Dessert will be an éclair. Beverages will

include coffee, tea, and soda. The price of the tickets is only \$32 per person including tax and gratuity. The food is catered by Olde Florida Caterers.

The doors open for the Musical at 5:15, dinner is served at 5:30 and the curtain rises at 7:30 PM. All of this takes place in the West Wing. No need to drive to a theater, no need to leave Wynmoor.

Both shows are presented by the Curtain Call Playhouse. They are a professional travelling troupe who performs all over Broward and Palm Beach Counties. They can be seen in both the Drama and Musical performances at the Willow Theatre in Boca, the Township Theatre, Skolnick Theatre in Pompano, and the Sunrise Theatre to name a few.

The Friday evening performance is sold out but seats are available for the other two evenings. Be certain to get a ticket. Broadway show performances are only offered once a year in Wynmoor. So, get your ticket before it is too late.

Tickets are sold every Monday and Wednesday afternoon in the library of the Country Club from 2 to 4 PM. Please make your checks out to "The Supper Club." Where can you get both a professional show and a meal for the prices of these tickets? Only in Wynmoor, once a year. For more information get the flyer in the carousel in the library or call Lynne at 954-973-1223.



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POETS *and* POETRY

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Wynmoor's Circular Road

Poet Larry-Eh, Larry Band

I rent a lovely unit on the third floor
Where I enjoy winters at Wynmoor.
Both stairs and elevators can take me to the level there.
But I only use the elevator when there's too much hot air.
Which during my winter sojourn in Florida is just about always
Either because of the sun's hot rays or of a lawyer's kop-drays.*
Outside our door, three stories down, is a nearly Olympic-sized pool.
But I'm much too lazy to use it as a weight-reduction swimming tool.
But sadly I am
A very lazy man.
And rarely, if at all, do I think of fat
And so do not avoid becoming that.
Moreover, at the end of our unit's access path is a connecting circular road
Where Wynmoor residents like me, can walk off their extra weighty load.
But I've decided to drive the circle, as walking it would be a quantum leap
For me, which isn't worth it, because gasoline in the U.S.A. is so cheap.
As you can readily see, all my vacation activities underscore my only sin
Of no exercise; eat a lot; try not to swallow; and be like me; almost thin.

* Kop Drays, i.e. idiomatically 'head spins'.

Mailed to: Leonard Cohen

By Norman Cohen

i lifted my hands
raised my eyes
reached into heaven
god knows how
nothing fancy
mailed to: leonard cohen
tower song singing
hallelujah hallelujah
his resting place unlocked
light streaming
cracked pots
in dark rooms
black robe
fine wine
women and psalms
tu dum dum dum
de tu dum dum.

In Their Shoes

By Judy Bobker

How can we walk in the shoes of men
So desperate that they must flee
Ancestral home and trust their fate
To flimsy craft on a turbulent sea?

The neighbor lands soon close their doors,
With surging hordes they cannot cope,
And so the lost are left encamped,
With little aid and little hope.

Their cries of anguish go unheard,
Their prayers, alas, on deaf ears fall,
While wheels around the world grind slow
To open borders to them all.

How can we comprehend the men
Who claim that their Allah is great,
And in his name will massacre
All those whom they profess to hate?

How can we reason with the youths
Whose aim is to annihilate
With suicide bomb, in the belief
That sweet awards in heaven await?

And how can we be so naïve,
To keep in mind for long the thought
That brotherly love and peace on earth
Were lessons that religion taught?

We bear with nature's tragedies,
Her storm and quake, her fire and flood,
Why suffer too, this man-made scourge,
Barbaric evil, with rivers of blood?

And in this place, where men are free,
Its tentacles reach far and wide,
And we are prone to walk in fear
That there may be no place to hide.

Ominous clouds loom overhead,
Foreboding air of expectancy,
The land trembling on the brink,
Of shattering catastrophe.

And even when the tide is turned,
And equilibrium regained,
How can we fail to question, just
How long will this peace be maintained?

Man's nature is his greatest virtue,
And, it seems, his greatest curse,
Good men strive to make things better,
Evil ones, to make them worse.

The Boot

By Frank Lemco

A humble Honda rests inert,
Hobbled by a steely skirt,
Trapped within a measured mile.
Now it slumbers immobile.

A tricky riddle makes the rounds,
Heard above the traffic sounds.
"Name two boots which circle round?"
"A booted Bentley metal bound."

A cheeky Chevy glides right on,
Smugly blows its clarion.
Spies the "Boot" with metal sole.
Shod by bailiff minus soul.

So tame your speed, avoid the stress
The "Shoe" should not your car caress.
Be prudent and no chances take,
It's bit could one a captive make.

Stringing a Sonnet

By Frank Lemco

Loosely align fourteen lines; thirteen then.
And after the next, merely a dozen,
To launch a poet amongst literary seas;
Leaving a decade like an array of peas.
Freely they flow as he waxes Shakespearean,
And united them into iambic strophes elysian.
Then erects a rhyme to the rear of a line;
One for each position of the sonnet's spine.
Seeks respite a while to gather his wit,
For the decisive five, and to opine a bit;
When his odist's block will find an omega.
Anon the bard will solve Hamlet's enigma;
Shed his skin-tight Elizabethan rompers,
And nuzzle his fair Annie in chambers.

Unborn

By Masood Parvaze

In my head
I always carry
A poem
Unwritten
Un-structured
I
Feed it
With
memories
Fantasies
Dreams and nightmares
Hoping
It will be
born
One day
Grow up
And
Make me
Proud



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2	Sun, Apr 01, 2018	Nassau, Bahamas	7:00 AM	2:30 PM
3	Mon, Apr 02, 2018	At Sea	-	-
4	Tue, Apr 03, 2018	San Juan, Puerto Rico	12:00 PM	9:00 PM
5	Wed, Apr 04, 2018	Phillipsburg, St. Maarten	9:00 AM	6:00 PM
6	Thu, Apr 05, 2018	At Sea	-	-
7	Fri, Apr 06, 2018	At Sea	-	-
8	Sat, Apr 07, 2018	Miami, Florida	7:00 AM	-

*Itinerary and schedule is subject to change.



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TOP 10

New Year's Resolutions



New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Did your New Year resolutions make our top ten list?

1. Spend More Time with Family & Friends

Recent polls conducted by General Nutrition Centers, Quicken, and others shows that more than 50% of Americans vow to appreciate loved ones and spend more time with family and friends this year. Make plans to meet up with friends for an evening of camaraderie. Work shouldn't always come first!

2. Fit in Fitness

The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better. Why not make this the time to start getting in shape?

3. Tame the Bulge

Over 66 percent of adult Americans are considered overweight or obese by recent studies, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of Americans who made a New Year's commitment to shed extra pounds.

4. Quit Smoking

If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life!

5. Enjoy Life More

Given the hectic, stressful lifestyles of millions of Americans, it is no won-

der that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you! Take up a new hobby or try your hand at skiing. Go to a theater performance, or head to the local spa.

6. Quit Drinking

While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available. There are also a number of treatment-based programs, as well as support groups for families of alcoholics.

7. Get Out of Debt

Was money a big source of stress in your life last year? Join the millions of Americans who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead.

8. Learn Something New

Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep.

9. Help Others

A popular, non-selfish New Year's resolution, volunteerism can take many forms. Whether you choose to spend time helping out at your local library, mentoring a child, or building a house, there are many nonprofit volunteer organizations that could really use your help.

10. Get Organized

On just about every New Year resolution top ten list, organization can be a very reasonable goal. Whether you want your home organized enough that you can invite someone over on a whim, or your office organized enough that you can find the stapler when you need it, these tips and resources should get you started on the way to a more organized life.

Taken from the Internet

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What Turns Your Genes On – And Off? Hormone Therapy's Health Benefits

By Michael Roizen, M.D., and Mehmet Oz, M.D.

Q: I thought I was born with my genes (some from Mom, some from Dad), and they made me who I am. Now I hear that how you live day-today turns genes on and off. Does that change who I am, basically? — Mitch D., Mystic, Ct.

A: You were born with a set of genes. The DNA-containing chromosomes in those genes determine your gender, your eye color, even your sensitivity to sound. But not all genes are active all the time. And about 80 percent of your genetic material is made up not of genes but of gene switches (which we are just beginning to understand). These switches cause changes in the way a gene works; this is called gene expression — a smile or a grimace, if you want to think of it that way. Switches can be prodded by things like toxins, stress, behavior and diet into expressing themselves as they were intended to — or not — without altering your DNA. So you stay the same person, but one who, unfortunately, develops cancer, muscular dystrophy or mental illness, for example. So, how can you help your genes do their job of keeping you healthy, happy and strong?

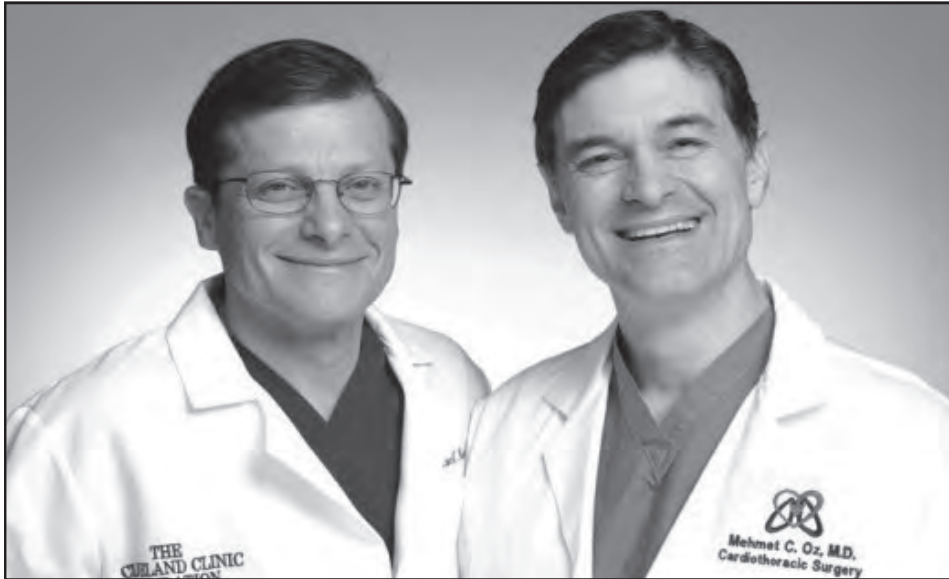
Limit Exposure to Toxins. Have your house tested for radon (radon occurs naturally in the ground and is the second leading cause of lung cancer in North America). Eliminate plastics containing bisphenol-A (BPA) and phthalates from your home. Use paints with a low- or no- VOC (volatile organic compounds) rating. Wash fruits and vegetables in water to remove pesticide residue and bacteria. And stay away from smoke (cigarettes, charcoal grills and fireplaces).

Chill It. Chronic stress can flip the switch on genes, making you more susceptible to cancer, heart disease and depression. Meditation for 10 minutes a day lowers levels of the stress hormone cortisol.

Break a Sweat. Exercising 30 minutes a day provides protection against diabetes, heart problems and dementia.

Eat Smart. Eliminate the five food felons (trans fats and most saturated fats, added sugar and sugar syrups, and any grain that isn't 100 percent whole), and if you are overweight, drop 10 percent of your body weight. It's a sure gene pleaser, and you'll make your other jeans happy too!

Q: It's official; I'm menopausal. Now my gynecologist suggests I start



hormone therapy, even though I don't have many hot flashes and my brain fog seems to have lifted. Does this make any sense? — Susan G., Chicago

A: Hormone therapy — progesterone/ progestin and estrogen for women with a uterus, or estrogen alone for those without one — is safer than once thought. Evidence shows that HT is OK for easing menopause-related symptoms such as hot flashes, cloudy thinking and heart palpitations, and it provides protection against heart failure and

heart attack without increasing the risk of a blood clot or cancer, especially when combined with two baby aspirins a day and a half glass of warm water before and after.

best benefits come if you start HT soon after your periods stop — and stay on it for up to 10 years. (This info comes on the heels of two studies: One found that women using an estrogen patch or gel, on the skin or in the vagina, cut their risk of heart attack by 38 percent to 44 percent; the other found that the patch increases insulin sensitivity — good protection against diabetes.)

HT isn't for every woman: If family history, obesity or a chronic disease increases your risk for cardio problems, dementia or cancer, it's important to use lifestyle changes to control menopause symptoms, protect your heart and reduce your cancer risk. In fact, everyone should adopt these, whether they start HT or not!:

—Make sure your diet is loaded with well-washed veggies, fruits and whole grains, has no trans fats and very little saturated fat. You'll lose weight and reduce heart-damaging, cancer triggering inflammation.

—Get moving. Walking 10,000 steps a day cools stress and hot flashes, strengthens your heart and can make your Real Age positively premenopausal!

* * *

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Medical Officer at the Cleveland Clinic Wellness Institute. Submit your health questions at www.doctoroz.com.

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A Message From Marty Kiar Your Property Appraiser

As your newly elected Property Appraiser I would like to tell you a bit about myself, my family and my steadfast commitment to Broward County and its residents. From 2006 to 2012, I served in the Florida House of Representatives and took a special interest in improving K-12 Education. After leaving the House, I served as Broward County Commissioner District 1 from 2012 to 2016 and was Mayor of Broward County from 2015 to 2016. While serving on the Commission, I focused on keeping property taxes low, improving services for seniors and children, and protecting animals -among other priorities. On January 3, 2017, I was sworn in as your Property Ap-

praiser and look forward to continuing the exceptional service and accessibility this office is so well known for.

I am a lifelong Broward County resident, a local lawyer and an avid softball and ping pong player. I am married to my wife Kelly who is a proud University of Florida Gator. We have two daughters, Brianne and Camryn, a dog named Cooper and a cat named Rocky. If we can assist you please do not hesitate to visit our website at www.bcpa.net or contact me directly at 954-357-6904 or via email at mkiar@bcpa.net

Cruise Lines: Protecting And Preserving The Environment

(NAPS)—More Americans are choosing cruise vacations than ever before. Over 12 million people are expected to cruise out of U.S. ports by the end of 2016, up from 11.3 million in 2015, according to the Cruise Lines International Association (CLIA).

“Cruise lines are committed to environmental best practices and policies,” says Cindy D’Aoust, president and CEO, CLIA. “After all, our business depends on pristine oceans, clean air and beautiful destinations.”

Cruise lines use a number of green technologies to minimize the industry’s environmental impacts.

1. Recycle 60 percent more per passenger than the average person does on land: Some cruise ships even donate used cooking oil to be turned into fuel and turn food waste into steam for laundry facilities.

2. Use LED lighting to reduce power consumption by up to 20 percent: LED lighting lasts 25 times longer, uses 80 percent less energy and generates 50 percent less heat compared to incandescent lightbulbs.

3. Reuse water in a number of ways: Recycled hot water is used to heat passenger cabins. Naturally occurring condensation from shipboard air-conditioning units is reclaimed and reused to wash decks on some cruise ships, saving up to 22.3 million gallons of fresh water annually.

4. Invest in new technologies and cleaner fuels to reduce ships’ air emissions: Billions of dollars are being invested in the development of advanced liquefied natural gas (LNG)–fueled cruise ships that will have lower emissions and higher energy efficiency.

5. Invite passengers to join environmental stewardship efforts: While onboard, passengers are encouraged to participate in resource conservation programs, take environmental education classes, and tour below deck to see firsthand how crewmembers work to reduce and often eliminate waste.

For a free digital copy of CLIA’s Cruise Industry Environmental Sustainability Report, e-mail environment@cruising.org.

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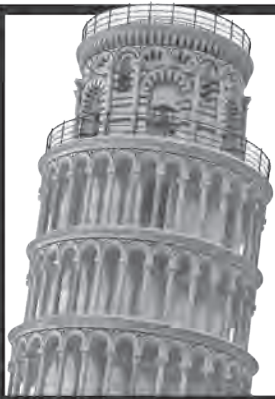
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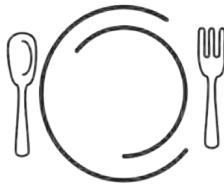
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Protein To The Rescue: Five Snacks To Power You Throughout The Day

(NAPS)—Here's some health and nutrition news you should find easy to swallow. Protein can go a long way toward satisfying your appetite. In the world of fitness and muscle building, protein has had its seat permanently rooted as a key nutrient in every meal and snack. Now it has gone mainstream and is an important part of a healthy lifestyle and diet.

Considering Americans' busy lifestyles—and that half of all eating occasions today involve snacks, according to research by Mintel*—*eating more protein can be a good thing.*

For those of us with active lives, convenience is king. Snack options that are tasty and healthy, as well as portable and accessible, help increase the likelihood of maintaining a balanced diet and making healthier food choices.

Here are five high-protein foods to enjoy on the go or at home anytime of day:

- **Jerky**—With options now made of turkey, bison, pork, salmon and poultry, there's a flavor for every taste preference. A 1-ounce serving provides around 9 grams of protein. Look for brands that are free of artificial flavors, colors or sweeteners.

- **Cottage Cheese**—What was once considered a boring diet food has been reimagined as a protein-packed snack item, available in a variety of flavors and conveniently portable single-serving cups. One such brand, Muuna®, recently launched a line of unique, melt-in-your-mouth, creamy cottage cheese with delicious, real pieces of fruit, including strawberry, blueberry, pineapple, peach and mango. Each 5.3-ounce fruit-flavored, single-serve container has 15 grams of protein, while its plain cottage cheese counterpart contains 19 grams of protein.

- **Bean-Based Snacks**—This protein-packed superfood is popping up everywhere from chips with 5 grams of protein in a 1-ounce serving to roasted chickpeas averaging around 6 grams of protein per 1-ounce serving. With experts recommending consuming up to four servings of legumes a week, these options make upping your intake even easier.

- **Greek Yogurt**—As one of the fastest-growing categories on the market in recent years, Greek yogurt can have up to twice the amount of protein as traditional yogurt, and is available in a variety of sweet and savory flavors.

- **Nut Butters**—Peanut butter is an oldie but a goodie with 8 grams of protein per 1-ounce serving, whereas increasingly popular almond butter is also an excellent source of protein with around 6 grams of protein per 1-ounce serving. These delicious items are now available in snack packs for an on-the-go protein boost eaten right out of the pack or served alongside a favorite fruit or vegetable.

According to Rania Batayneh, MPH, a nationally recognized nutritionist and author, “When it comes to snacking, I recommend clients look for options with at least 8 grams of protein per serving. High-protein products like Muuna cottage cheese can make all the difference in feeling satisfied to hold you between meals. You will find that choosing to snack on creamy cottage cheese or beef jerky instead of chips and cookies will not only satisfy your sweet or salty cravings, but it will also power you throughout the day. Plus, as one of three key macronutrients that our body needs, protein plays an important role in muscle building as well as preventing age-related loss of muscle mass.”

While food and fitness fads come and go, your need for high-protein foods is here to stay. Protein-rich snacks can be good for you whether you're bulking up or slimming down, looking for a pre-workout energy boost or simply keeping something on hand while burning the midnight oil.

*Mintel: *Snacking Motivations and Attitudes US 2015 Trends Report*



For protein on the go, choose cottage cheese with real pieces of fruit.



Upcoming Library Events...

North Regional/Broward College Library

1100 Coconut Creek Blvd. • Coconut Creek, FL 33066 • 954-201-2601

FEBRUARY

1st Floor Adult Community Coloring: Take some time today, to reduce your stress by coloring!

Sponsored by the Friends of North Regional/BC Library.

2nd Floor Jigsaw Puzzle: Collaborate with other library customers to complete a jigsaw puzzle. *Sponsored by the Friends of North Regional/BC Library*

Language Classes:

Tuesdays & Wednesdays – English Café: conversational practice session for intermediate learners of English. 6:30 to 7:45 p.m. Rm 226

Tuesdays & Wednesdays – Spanish Café: conversational Spanish practice for English speakers. 6:30 to 7:45 p.m. Young Adult Room, 1st Floor.

Adult Programs:

Thursdays – Digital Downloads Open House. Learn how to access and download the library's free books, music, magazines and movies to your device. First come, first served. Noon to 1 p.m. Rm 226

Fridays & Saturdays – Tax Preparation by VITA: Free Income Tax Assistance. Income requirement is \$54,000.00 or less, taxes are filed electronically. Must bring: Original Social Security Cards for you, your spouse and/or dependents or social security number verification letter issued by SSA, government issued photo identification for you and your spouse, form W-2, W-2G, 1099-R from all employers, Interest and dividend statements from banks (Form 1099), day care expenses with the providers' EIN and amount paid (if applicable), bank routing numbers and account numbers for direct deposit, blank check, a copy of last year's tax return, any other relevant information about income and expenses, Health insurance documents: 1095A, 1095B or 1095C. If you qualified for an exemption through the Health Insurance Marketplace, bring the Exemption Certificate Number (ECN).

Fridays – 8 a.m. to 2:30 p.m.,

Saturdays – 10:30 a.m. to 4 p.m. First come, first served. Rm 226

Wednesday, February 1 – How to Tell the Fakes from Facts. This program is designed to help you identify credible news sources and avoid media bias/fake news. Part of the series "How to Survive the Media" 11 a.m. to 1 p.m. 2nd floor Computer Center **Mondays, February 6, 13 & 27 - Girls in Trouble** presented by **Dr. Sandra Lilienthal, Ed. D.** Continuation of eight-week series about women in the Torah, Sarah, Rachel/Leah, Judith. 2 to 3 p.m. Rm 154. *Sponsored by the Friends of the North Regional/BC Library.*

Mondays, February 6, 13 & 27 – Toastmasters. Learn more about Toastmasters International, a non-profit educational organization that teaches public speaking and leadership skills. 4:30 to 6 p.m. Rm 226

Tuesday, February 7 – Music Appreciation with Walter Ladden: Antonin Dvorak. 10:30 a.m. to 12 Noon. Rm 226. *Sponsored by the Friends of North Regional/BC Library.*

Wednesday, February 8 – Science versus Sensationalism. When the media distorts facts, we may be left with misguided hopes and irrational fears. Join us in a lively discussion with scientific minds to explore this topic. Part of the series "How to Survive the Media" 11 a.m. to 1 p.m. Rm 226

Wednesday, February 8 – Ruth E. Cohan Jewish Book Review: "Safekeeping" by Jessamyn Hope. A dazzling first novel spanning three continents and seven centuries tackling love, loss, and the courage to begin anew. 2 to 3 p.m. Rm 154

Thursday, February 9 – Against the Odds: The History of African American Art.

Dr. Barbara A. Falletta, Ed.D examines this struggle and discusses some of the works created by these artists. In celebration of Black History Month. 12 to 1:30 p.m. Rm 154. *Sponsored by the Friends of the North Regional/BC Library.*

Wednesday, February 15 – Foreign Film Series Discussion & Commentary with Shelly Isaacs:

"Still Walking". The Yokoyama family come together every year to commemorate the death of the eldest son, Junpei, who drowned accidentally 15 years ago while saving the life of another boy. The family experience nostalgia, humor, sadness and tension as memories are shared and ceremonies performed. 2008, Not Rated. 2 to 4:30 p.m. Rm 154. *Sponsored by the Friends of the North Regional/BC Library.*

Thursday, February 16 – The Political, Social, and Cultural Mores that Shaped Jhumpa Lahiri's "Interpreter of Maladies" and "The Namesake". Presented as part of the Big Read by **Dr. Somnath Bhattacharya**, Dean of the Gus Machado School of Business at St. Thomas University. 1 to 2 p.m. Rm 154

Saturday, February 18 – Color Your World. Join artist **Barbara Friedberg** to create collage art inspired by the work of Romare Bearden, in celebration of Black History Month. 11 a.m. to 12:30 p.m. *Sponsored by the Friends of the North Regional/BC Library.*

Wednesday, February 22 – "Constructing Public Opinion" Film & Discussion. Explore new ways of viewing the relationship between politics, the media, and the public with a critical eye. Part of the series "How to Survive the Media" 12 to 2 p.m. Rm 226

Thursday, February 23 – Cultural Gems: The "O" Factor Curse of the Presidents: 1840-1890. Marc Newman, also known as Myster History, appears in period clothing with original artifacts making history come alive. Programs in the Cultural Gems series are free to the Friends of North Regional/BC Library members and Broward College students. Fee for non-members is \$5 per program. 1 to 2 p.m. Rm 154 *Sponsored by the Friends of the North Regional/BC Library.*

Saturday, February 25 – Classical Music Romance, a concert featuring internationally renowned violist, David Pedraza. 3 to 4 p.m. Rm 154. *Sponsored by the Friends of the North Regional/BC Library.*

Tuesday, February 28 – Reading Round Table Book Discussion. "Seraph on the Suwanee". In celebration of Black History month, join librarian Christopher Jordan for a discussion on critically acclaimed author Zora Neale Hurston's final, and most contentious novel. 2 to 3:30 p.m. Rm 226

PREPARED



Mental Illness is Not a Crime; Let's Not Treat it as One

By Sheriff Scott Israel

Most of us have been touched in our lives by someone struggling with mental health illness or substance abuse issues. The deep personal pain of watching helplessly as our closest family members and friends spiral out of control is devastating.

The fact is that nearly one in six young Americans will struggle with mental illness in their lifetime. As I often say, these are people with problems, not problem people. These illnesses and/or addictions are a disease, not an indication of someone's worth in our society. In fact, Abraham Lincoln and Winston Churchill both suffered from what is now today called clinical depression.

Sadly, those suffering – often silently – can find themselves on the wrong side of the law. Too frequently, the criminal justice system treated these individuals as criminals and locked them in jail – often for relatively minor offenses. My experience has shown that arresting a person with mental health issues does not address the problem. Instead, it adds to the problems the individual is already facing. Mental illness is not a crime, and incarceration – the most expensive social service option – is the least effective solution.

At the Broward Sheriff's Office, addressing this issue is paramount, and diverting certain non-violent individuals into treatment (instead of incarceration) is our key objective. Already, we made great strides in tackling this public safety concern through proactive community policing, including increasing the number of deputies with Crisis Intervention Training (CIT). CIT provides a non-violent solution focused upon de-escalating and assisting, not arresting.

Recently, the community received a massive boost to the tune of a nearly \$22 million grant from the Florida Department of Children and Families to establish a

comprehensive system of behavioral health care via a new, specialized Centralized Receiving Facility. In partnership with Henderson Behavioral Health and other behavioral health providers, the facility will provide law enforcement officials with a one-stop assessment center for individuals they encounter exhibiting signs of mental illness or experiencing a crisis that requires mental health evaluation, intervention, and treatment. It will assist in determining if certain individuals can be successfully diverted from arrest, incarceration and criminal prosecution.

Staffed 24/7/365 by human services professionals specializing in security, mental health, substance abuse, homeless services and case management, the center will focus on properly assessing individuals and linking them with appropriate, proven community providers for the help they need. BSO will remain in direct contact with these individuals and chart their progress through a continuum of care. We hope to deploy several centers strategically throughout the county in the coming months.

It's a win-win for both those struggling with mental illness and the community as a whole. The center will help increase behavioral health programming and services to at-risk individuals in a community setting – not behind bars. It will also have the added benefit of driving down the rearrest rate – leading to increased public safety gains – while reducing our jail population, where taxpayers shell out nearly \$120 per day to keep each prisoner incarcerated.

Individuals suffering from mental health illness deserve our support in helping them overcome their difficult situation – and I am excited for what this initiative will bring.



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FEBRUARY CLASSES

Monday

AARP: Monday & Wednesday, February 6th and 8th from 1-4 PM for TWO DAYS: \$15-\$20

Arts for the Artist in You (Lines): Starts February 6th from 1-3 PM for 4 weeks - \$50

Chair Yoga (Charland): Starts February 6th from 1-2 PM for 4 weeks - \$28

Female Comics (Glass): Starts February 6th from 10:30-12 PM for 4 weeks - \$32

Tap Dance (Fisher): Starts February 6th from 10-11 AM for 4 weeks - \$32



Tuesday

Beaded Tennis Bracelet (Maron): Starts February 7th from 7-9 PM for 2 weeks - \$28

Creativity Unlimited-Paint (Benezra): Starts February 7th from 10 AM-12 PM for 4 weeks - \$45

Following the Leader-Paint (Emerick): Starts February 7th from 1-3 PM for 4 weeks - \$40

Line Dancing (Levitan): Starts February 6th from 10-11 AM for 4 weeks - \$28

Stain Glass (Zannini) Tuesdays and Thursdays, February 7th and 9th from 9 AM-12 PM for 3 weeks - \$60



Wednesday

Ballroom Dance-Hustle (Price): Starts February 1st from 7-8 PM for 4 weeks - \$32

Classical Music Appreciation (Ladden): Starts February 1st from 10-11:45 AM for 4 weeks - \$32

Free Fitness Demonstrations (Molino): Wednesdays and Fridays at 1 PM in the Fitness Center

Paper Tole (Katz): Starts February 1st from 10-11 AM for 4 weeks - \$40



Thursday

Canasta (Levitan): Starts February 2nd from 3:30-5:30 PM for 4 weeks - \$36

Mahjongg (Levitan): Starts February 2nd from 1-3 PM for 4 weeks - \$36

Polymer Clay (Maron): Starts February 2nd from 6:30-8:30 PM for 4 weeks - \$54

Portraits/Plein Air (Lines): Starts February 2nd from 1-3 PM for 4 weeks - \$50

Stone Sculpture (Capeloto): Starts February 2nd from 9-11 AM for 4 weeks - \$70

Viking Knit (Maron): Starts February 2nd from 10 AM-12 PM for 2 weeks - \$28



Friday

Free Fitness Demonstrations (Molino): Wednesdays and Fridays at 1 PM in the Fitness Center



Saturday

Yoga (Charland): Starts February 4th from 9-10 AM for 4 weeks - \$28 Session

Golf Lessons (Battersby) Private Sessions available.

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For more information, call Recreation at 954-978-2600, press 1. Register at the Recreation Office Monday - Friday from 8:00 AM – 4:45 PM OR at the Business Center in the Country Club, Monday - Friday, 8:00 AM – 12:45 PM AND 2:00 – 5:00 PM. Classes are on a monthly basis and must be taken consecutively. Classes are subject to change. Refunds are not granted after the start of the second class.



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The Family of Ralph Eisenberger gratefully acknowledges the outpouring of words, cards, hugs and support from our Wynmoor family on his sudden passing.

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Arlene Eisenberger



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CONDO LAW

By Mark Bogen

Q and A



Q May our condo association use earned interest from our reserve funds on general expenses or may the earned interest from the reserve funds only be used towards the reserve items for which the reserve accounts have been established?

A Any earned interest income from the reserve funds must only be used towards the reserve items for which the reserve accounts have been established.



Q How many people are allowed on a deed in a condo or HOA?

A As long as every person to be on the deed complies with the association's governing documents and rules and regulations, such as submitting an application for a background check, etc., then there generally is no limitation on how many people may be on a deed to a unit or lot in a condo or HOA.

Q An owner in our HOA who was fined wants to become a board member. Is this owner eligible to become a board member?

A Owners who are current on their assessments, but may have a lingering fine on their account, are not eligible to become a board member until their fine is paid. Under Florida law, an owner is not eligible to run for the board if they are more than 90 days delinquent in the payment of any monetary obligation to the association.



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Please call me, **EVETTE** at **561-364-8659** or on my cell phone **954-734-3449** if you would like to discuss or get additional information. Just Imagine, Freedom from Bladder Problems.

Clubs and Activities

Actors Workshop

By Judy Bobker

We are now auditioning for a late Fall production. Join us for an enjoyable and rewarding experience. Our wonderful new Director, Marvin Keith, will bring out all your talent. We welcome everyone. We meet in the Lecture Hall at the Country Club on Fridays, from 1:00-3:00 PM.

For information, contact Judy at 954-973-4958.

Belly Dance Club of Wynmoor

By Marcia Maron

Learn the art of Belly Dancing, improving posture, muscle toning and balance. Enjoyable way to exercise. Reduce depression and anxiety.

The club is complimentary to any registered resident of Wynmoor. For more information please call Marcia Maron, 954 969-7836.

Ben's Friends

By Seli Riegler

As your first publication of The Insider, Wynmoor welcomes you!

We also welcome back our snow birds, our club is now in full swing.

If you are curious about us and how we function, let me tell you a little about our Saturday morning Art Club, Ben's Friends.

We are a group of artists that have prior painting experience (in whatever medium of your choosing) that like the social atmosphere we provide.

Our club has been around for approximately 35 years, started by a former Wynmoor resident, Ben Clement, followed by Dorothy Dickstein, and myself as a third in succession.

Last year's art show, which is held every March, was dedicated to Dorothy for all she had done for the community.

Feel free to call me if you have an interest in joining us and I will be glad to answer any questions you may have.

Looking forward to meeting you.

Seli Riegler, Chairperson, 954-956-8017.

Billiards Club & Pool Club

By Bob Horowitz

Wynmoor residents can join the Wynmoor Billiards and Pool Club to participate in additional fun events. Past events included; Karaoke night, comedy club night, group BBQ, Club Pool & Billiard tournaments and other social events. Annual membership is only \$5.00.

Wynmoor Billiards & Pool Club has two teams in South Florida Senior League that travels to other communities and hosts games at our room.

Our Club Meetings, where events are planned, ideas to improve the club are discussed, and members get to socialize are the 2nd Sunday of each month at 10:00 AM in the Multi-Purpose Room near the main pool. Refreshments are served. Please sign up at least one day in advance so we know how much

refreshment to order. Cost \$1.00.

For information about the Pool and Billiard Club, to join our e-mail list or to sign up for an event or meeting email WynmoorPoolClub@gmail.com or come into the room and look for event sign-up sheets or ask for Co-Presidents; Ralph Rubin or Bill Brunie or Vice President; Bob Horowitz.

Pool Tournament Dates: Sunday, February 5th 11:00 AM-Open Straight Pool and Sunday, March 19th One Pocket.

Billiard Tournament: Saturday, February 4th Billiard Semis & Finals.

Snooker Tournament: Saturday, February 25th.

Social Events: February 9th. Singles & Couples 8 Ball Social. "Make New Friends," February 16th. Open Mic Joke Nite and 50/50 Raffle with donation to "the Relay for Life."

Women Pool Group: Tuesdays 2:00-4:00 PM, Beginners welcome! Format is first half hour for practice followed by 90 minutes playing pool with different partners in different games (straight pool, 9 ball, etc.). This is not a league or tournament. If you have questions, call Regina Kaplan, 516-236-1417.

Wynmoor Pool & Billiard Room

All residents and their guests are welcome to play at the Wynmoor Billiards and Pool Room located in the Wynmoor Country Club building, next to the library. Boasting 14 tournament grade regulation size pool tables, 4 heated- billiard tables and one regulation snooker table.

This club has been called the best Pool, Billiard, and Snooker venue, public or private, in all South Florida

Players of all skill levels are welcome. The Room is open 7 days a week from 8:00 AM to 12:00 PM.

Use of the room and tables is free to all residents and their guests.

Bocce Club of Wynmoor

By Diana Esposito

A funny thing happened at the bocce court at Wynmoor. While playing bocce, we members have become good friends with each other. Bocce is a relatively simple game to learn and play and it's easy to understand. The finer skills, of course, come with practice; the more you play, the better your skills become. We're a friendly group, only too happy to help our "newbie" as well as our "oldbie" players learn and improve their games and hone their skills. We'd love to meet you and have you join us on Thursday mornings, starting at about 8:30 AM at the bocce court. Wynmoor has one of the finest bocce courts in Florida and is located just southwest of the clubhouse. Just join us and enjoy the fun! For information, please call Joe at 954-978-6699.

Bookies

By Edythe Rishin

BOOKIES meet on the first Tuesday of every month at 7:30 PM in Ballroom C. All readers are welcome.

Our choice of book for February 7th is *The Bridal Chair* by Gloria Goldreich, a historical novel of the Marc Chagall family with "a mesmerizing

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Holy Week Schedule



Ash Wednesday Service

Mar. 1, 2017

7:00 PM

Good Friday Service

Apr. 14, 2017

12:00 Noon

Palm Sunday

Apr. 9, 2017

10:30 A.M.

Easter Sunday Sunrise Service

Apr. 16, 2017 7:00 A.M.

Breakfast 8:00 A.M.

Maundy Thursday Service

Apr. 13, 2017

7:00 P.M.

Resurrection of the Lord

Easter Sunday Service

10:30 A.M.

Clubs and Activities

plot, elegant images and a remarkable heroine." The book chosen for the meeting on March 7th is *The Obsessions* by Nora Roberts, "a book with a difference, about difficult matters, about different issues, written in a very descriptive way". In April, we will review *The Namesake* by Jhumpa Lahiri and follow the struggles of Gogo Gangoli to come to terms with his name and who he is. Looking ahead to May, we will read *The Warmth of Other Suns* by Isabel Wilkerson, an American historical novel.

For further information, call Laura at 954-917-7677 or Edythe at 954-978-9824.

Bridge Club

By Ruth Barry

Save the date: Friday, March 3rd, for our gala celebration of the club's 35th anniversary. Our regular schedule of games accommodates all players. For brushing up your game, come to the East Wing on Saturdays from 9:30 AM to 11:30 AM for Supervised Play. No partner is needed. The regular ACBL sanctioned games take place in the East Wing on Monday and Wednesday evenings at 7:00 PM and on Thursday, Friday, and Saturday afternoons at 1:00 PM. Then there are two Easy Duplicate games at 12:30 PM on Tuesdays in the East Wing and also at 12:30 PM on Fridays, but in the West Wing. A half hour before these two games, there is a complimentary lesson. If you need a partner, Gerri will try to help you, so call her at 954-978-2457. It will help the Directors to set up the games by your arriving at least fifteen minutes ahead of time. See you at the tables.

Camera Club

Will meet the second and fourth Tuesday every month December through May, from 3:30 to 5:30 PM in the Lecture Hall at the Country Club.

Guests and new members are welcome.

Our purpose – to promote enjoyment and excellence in photography.

Information contacts: Hy Cohen, 954-974-4518 or Lee Levine, 954-933-7977.

Computer Club

By Beverly Friend

"SMART CARS! THE BEST IS YET TO COME!" will be presented by Board Member Adele Berenstein on Wednesday, February 15th at 9:00 AM in West Wing I. See what is current and peek into the future: back up cameras, adaptive cruise control, lane-changing warnings, blind spot indicators, cars as mobile computers, and more! Every session has time for troubleshooting and refreshments. The March 15th session will deal with buying and selling on Ebay and will feature our annual brunch. For further information, contact Club President Jerry Murphy, 954-968-2029 - JerryJMurphy@aol.com

The Conservative Club

By Andrea Joy Frankel-Bellitto

The Conservative Club of Wynmoor for its February meeting will host Benjamin H. Bennett as its speaker.

Ben is the senior Sgt. of Arms of the Broward Republican Executive Committee and founder of Mission Jabaz. He was one of Sheriff Al Lamberti's top aides. Mr. Bennett is going to speak on the direction of BREC, The Steering Committee, The Vetting Committee in Broward County. Where are we going? What now? We need a positive outlook on a local level.

The meeting is Tuesday, February 21, 2017, Clubhouse, Ballroom A. We will have a 50/50 raffle and refreshments will be served. Our meetings are fair and balanced and opened to all and all are welcome! Bring a friend! Happy New Year!

Current Events Club

By Daisy Sheridan

We would like to welcome you to our club where we discuss the important happenings of our times, local, national, as well as international. We meet every Tuesday morning from 11:00-12:00 PM, in the multi-purpose room, located near the main pool. You may stay longer if you wish to socialize with new and old friends.

Wynmoor Dance Troup

By Marcia Maron

Auditions are on-going for the upcoming Wynmoor show in March, 2018.

We are looking for singers, dancers, musicians, comedians and specialty acts. We are also looking for more tap dancers, beginners are welcome. Ideas will be considered.

Contact Marcia Maron at 954 969-7836 or 516-659-3367 if you are interested in joining the group.

Drawing and Painting Club

By Joanne Tibaldi

Look what's happening in the Wynmoor Art Studio. The Drawing and Painting Club of Wynmoor has some exciting not-to-be-missed events coming up.

February, the month of romance, brings the pairing of poetry and art to the Broward Library from Feb 1-28. Our artists have chosen poems, some written by Wynmoor residents, some by bygone poets and some written by the artists themselves. They then produced works of art inspired by the poems. Both pen and brush will be displayed beside each other on the second floor of the Broward Library, Coconut Creek.

Our Open Studio Night will be an opportunity for Wynmoor residents to visit our art studio, to see what we have been doing all year, to see demon-

Clubs continued on page 46

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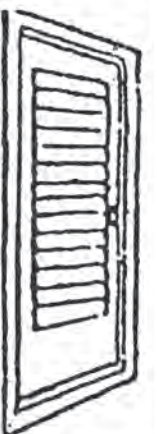
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Clubs and Activities

Clubs continued from page 45

strations, to chat with the artists while indulging in the light refreshments.

What better way to get to know your artist community? Artists are ready to welcome you to answer your questions and share their works of art. February 3rd are ready 7:00-9:00pm in our Clubhouse Studio. Bring a friend.

Wynmoor's 2017 Fine Arts Program

Thursday, February 2, 2017 Chamber Orchestra Kremlin

Thursday, February 23, 2017 Rhythm of the Dance

Thursday, March 23, 2017 The StepCrew

Fishing Club

By Eddie Kopple

We hold meetings on the 1st and 3rd Monday of each month. Bagels and coffee at 8:00 AM meeting starts at 9:00 AM. If you are interested in fishing, please join us. Dues are \$20.00 a year. Meetings are held in Ballroom C.

If you need any other information please call Eddie Kopple at 954-532-1555 or Arnold Roseman at 954-973-2687.

Fun with Friends

By Louis Kravitz

Our December dance was a great success with a packed house. Danny Beck had a full dance floor the whole night. If you just wanted to listen to the music and talk to friends that was also a hit.

We expect the February 26 dance to sell out, so set up your tables early. If this is your first time coming, we will find a good table for you. We recommend you bring your own snacks and wine if that fits your taste.

If you join the club, the yearly dues are \$10.00 and then \$10.00 a dance. Everyone else pays \$15.00 ahead of time or at the door. Cut off time to register and pay the \$10.00 is always 12 noon on Thursday the week of the dance.

There is a free dance lesson at 7:45 and the dance starts at 8:30. Checks can be mailed or dropped off at Sheila Glater, 1602 Abaco Drive, Apt. A3. To contact Sheila, 954-247-9323 or email sglater@comcast.net.

GLOW

(Gay & Lesbians of Wynmoor)

For information on social events, please call Judi Goldstein at 954-586-4096.

Wynmoor Hadassah

By Toby Gordon

The 2017 season has gotten off to a GREAT start! Our annual HMO luncheon, thanks to the co-chair people, Naomi Fried and Toby Gordon, was a

huge success. Many thanks to those who attended, and by doing so, donated to Hadassah Hospital. Also, a big thank you to Guy at Merola's Restaurant of Coral Springs for a delicious lunch.

Save the following dates: February 22, 2017 is our first Card Party of the new year. Please call Natalie Gorelik (954-984-1673) for details. Don't forget, your box lunch is \$15.00. Our membership luncheon and fashion show is March 21, 2017. Our flyer will be out soon. Contact Beverly Alexander (954-969-1701) with any questions. Also, watch for the flyers for our "Baseball at Wynmoor Night." It will be in Ballroom A on March 29, 2017, at 7:00 PM. This evening is designed for all – bring your husbands and friends. We are planning to have typical baseball snacks! For further information please contact May Abrams at 954-917-3325.

Thank you to Joan Katz for her informative talk about the history of the Katubah. The drawings that you schlepped were beyond beautiful! Please join us the first Wednesday of the month in the West Wing for our monthly meeting. The doors open at 11:00 AM. Come and visit with friends, shop our boutique and partake in light refreshments. Our meeting starts promptly at 12:30 PM. These meetings are open to anyone who wishes to join us. Hope to see you there.

Reminder: Please support Hadassah by purchasing certificates from Bernice Riback. She can be reached by calling 954-984-1703. Trees for any occasion may be purchased through Beverly Alexander. She may be reached at 954-969-1701. Beautiful cards for any occasion may be obtained through Dotty Pekus who is reachable at 954-973-9050. Your support is greatly appreciated!

Health & Wellness Club

By Hope S. Myers

Stress, Hormones and Health: The True Cause of Belly Fat will be the topic at our next meeting on Tuesday, February 21, 2017 at 2:30 in the West Wing 2. Our speaker will be Dr. Merna Matilsky, MD. With Board Certification in Family Medicine, Anti-Aging & Regenerative Medicine, she is not your ordinary doctor. As a Functional and Integrative medical specialist, Dr. Marilsky's practice focuses on Healthy Lifestyle Management, Weight Loss Programs, Bio-identical Hormone Therapy and Age Management Medicine. Everybody needs to hear what she has to say. Don't miss this meeting!!

We are very sorry that our January meeting had to be cancelled. We learned at the last minute that our speaker Dr. Mash was called away to give expert testimony at a trial on the effects of a specific drug. It appears that she is the only doctor in the world who has had experience with this drug. We hope that our members were not too badly inconvenienced by the meeting cancellation. We expect to be able to reschedule Dr. Mash soon.

Healthy snacks and bottled water will be served at our February meeting.

Yearly membership is \$10 and the guest fee is \$3. For more info contact Hope Myers, President at 954-971-9538

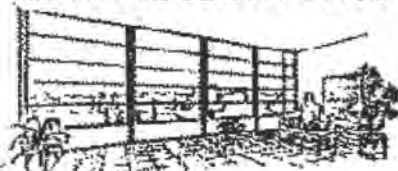
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Clubs and Activities

Ladies Circle

By Eleanore Butler

Our winter season is in full swing again – our snowbirds are back and our weather is more comfortable. So plan on joining us for our latest round of activities. Our February meeting to be held on the 23rd starting at 12:00 noon will feature our usual bagel lunch with delicious desserts to follow. Our program chairman has announced that we will be having a book review (title to be announced) given by Debbie Silverman. Come and enjoy!

There are still a few spaces available for the February 9th trip to the Palm Beach Equestrian Center. Price is \$38. Call Harriet Shlam, 954-970-8546, for availability.

A card party has been scheduled for Thursday, March 9th in Ballrooms B and C at the Clubhouse from 11:00 AM to 3:00 PM. Cost is \$14. A box lunch which features your choice of Tuna Salad, Chicken Salad, Sliced Turkey or Roast Beef will include sides, chips, dessert and regular or diet soda. Members and non-members are invited. Harriet must have your check by February 25th. Please note your menu choice either on the check or enclosed note.

Just a reminder – if you are going on the trip to St. Augustine, the final payment is due by March 30th.

More and exciting adventures are planned; so keep reading in the months ahead.

National Council of Jewish Women

By Geraldine Silverman

It is with great regret that we wish to announce the closing of the Gold Coast Chapter of NCJW. We very much enjoyed during the years of our existence meetings and getting to know the members of our Chapter.

We wish everyone good health and good fortune in their future lives.

Wynmoor Nature Club

By Roberta Cohen

The Wynmoor Nature Club meeting twice per month through May, 2017, the first (1st) Thursday of the month and the third (3rd) Thursday of the month. The club meets in Ballroom C, starting at 8:30 AM through 11:00 AM. Membership fees are \$15.00, including a buffet breakfast and a speaker.

Our meeting is on Thursday, February 2, 2017.

Our bus trip takes place on Thursday, February 16, 2017. We are going to the Henry Flagler House and Museum. Cost \$31.00.

If you are interested in joining the Nature Club and/or inquiring about the February 16th trip, please call Bonnie Sammer, 954-532-7771.

For any questions, you can also call me, 954-975-3997.

Needlework Click

By Barbara Bilello

Our Meetings for the month of February are on the 8th and the 22nd;

the 2nd and 4th Tuesday of every month. We are located in the West Wing from 1:00 PM-4:00 PM. Looking forward to seeing you there.

We welcome everyone, neighbors, family, new friends, old friends and everyone in between. This is a good way to make new friends and have some fun. If you knit, crochet, sew, or bead, even if you like to watch what everyone is doing, come and check us out.

We serve coffee, tea and cookies. You can enjoy your afternoon meeting new people and having a few laughs.

If you know anyone that has yarn that they do not use, we will be happy to pick it up. Call Barbara at 754-222-6375.

I just wanted to thank my friend Charlotte for all her help and support keeping the knitting click going. We'll still see her at the meetings she just needs to be refreshed.

Many of our ladies volunteered to help so I will be looking forward to working with them.

Queens Club

By Ruth Weinstein

I want to extend my best wishes to the new "Insider" and say that I and many, many others are very happy to welcome the newcomers.

The news from the Queens Club is to remind the members and any others to sign up for February 5th and come to our anniversary dinner and entertainment.

Also, tickets must be reserved to see "The Kid From Brooklyn" at the Stage Door Theatre on March 19th. This is the story of Danny Kaye. For information call Ruth at 954-975-0515.

Call for the date of the Pennsylvania Club annual barbeque.

Again, welcome back to the Insider!

Wynmoor Video Club

By Phil Guterman

We just videotaped the fabulous Wynmoor Dance Troupe using 4 cameras! If you are interested in obtaining a disc of this magnificent one-and-a-half-hour performance, contact our President PG at 954-984-8871.

We meet the 3rd Thursday of every month at 10:00 AM at the Video Room opposite West Wing II. There are no meetings from May to October.

We also taped the Trial of FDR for the Actor's Workshop in April and concluded our most successful season in years.

We just received the latest Pinnacle 19 editing system and a most sophisticated computer. We can help you edit and improve your movies.

We are looking forward to working with the newly formed Camera Club.

Welcome to the club Darrell Iucci, a most experienced video maker.

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NOUS PARLONS FRANCAIS

A Fruitful Day Enjoying Fine Art in the Baker Art Museum

By Barry Isaac

Granted driving from Wynmoor to this special art museum is a long two hour plus ride to Naples, Florida's Baker Art Museum. Nevertheless, the day that I spent there was very worthwhile. I enjoyed its superb temporary "In a New Light: American Impressionism 1870-1940" art exhibit very much. Not all the paintings were Impressionistic, but there was a fine variety of American paintings from different schools of Art. Personal favorites of mine that day were: Lilla Cabot Perry's "Poacher" (Impressionistic, associated with Claude Money), Childe Hassam's "Old House" (Impressionistic), Wilson Irvine's "Old Lyme Pond" (Impressionistic, associated with Cos Cob School in Connecticut), George Inness "Meadowland in June" (Tonalistic), Birger Sandzen's "Farm in the Smokey" (Expressionistic), Clarence Chatterton's "September Afternoon 1930," John Sloan's "Reddy in Pond" (Ash Can School, very realistic and somber), Jonas Lie's "Harbor Scene, Cape Ann" (Naturalistic), Edward Redfield's "Burning of Center Bridge" (New Hope School), and Oscar Berninghaus "Rancho de Taos Church." This exhibit ends on March 12, 2017.



Pictured above: "Meadowland in June" By George Inness

I also liked the temporary Olga Hirshhorn Collection Exhibit which ends on July 23, 2017. This exhibit emphasizes the paintings of American Primitive Painter, Louis Eilshemus "Lover Tryst" and fine Modern Art. At the Olga Hirshhorn exhibit there were fine paintings by Pablo Picasso "Woman with Hat," Man Ray "Shakespearean Equation, 12th Night," Larry Rivers "Final Portrait of Joe and Olga Hirshhorn" and John Briggs "Downtown Tallahassee," among others plus fine creations by Alexander Calder "Elephant".

I was also impressed with fine "Robert Indiana: Now and Then" which ends on May 2, 2017. This exhibit features his creations such as "Love," "Artist's Alphabet" and "Art 2013." I also liked the temporary "Origama in the Garden" exhibit featuring the creations of Kevin Box, which used powder-coated fabricated steel, including his "Heroes' Horse" and "Flight of Birds" (the Kevin Box exhibit ends on April 23, 2017). As usual I enjoyed the splendid glass creations of Dale Chihuly which are always on display.

Admission to the Baker Art Museum is \$10.00 for seniors 65 and older. Parking is free of charge. This art museum is located at 5833 Pelican Bay Boulevard, Naples, Florida and their telephone number is 239-597-1900.



Pictured above: "Poacher" By Lilla Cabot Perry

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Puzzles and Games

Solutions from page 22

Crossword Puzzle

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A	L	U	M		T	R	U	L	Y		T	R	U	E	
N	O	T	I	C	E	A	B	L	E		H	A	T	S	
G	N	U		A	R	I	S	E		B	E	S	O	T	
S	E	S	S	I	O	N		G	O	O	N	S			
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C	O	Z	E	N		E	M	B	E	D		A	G	E	
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M	E	N	D		A	Z	T	E	C		A	L	E	E	
A	R	S	E		G	E	O	D	E		B	E	D	S	

Sudoku

2	4	5	8	3	1	6	9	7
8	9	7	6	2	5	3	1	4
6	3	1	7	9	4	8	2	5
7	1	8	5	4	6	2	3	9
5	2	3	9	1	7	4	8	6
4	6	9	2	8	3	7	5	1
1	7	4	3	5	8	9	6	2
3	5	2	4	6	9	1	7	8
9	8	6	1	7	2	5	4	3



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- ✓ *Suggesting new PC/Laptop/equipment purchases based on what's best for you.*
- ✓ *Helping to transfer data from old to new computers.*
- ✓ *Setting up WIFI, printers and other equipment.*
- ✓ *Training on Microsoft products such as OUTLOOK, WORD, EXCEL and POWERPOINT.*
- ✓ *Creating unique, highly personalized anniversary, birthday, valentines' day and bar mitzvah greetings.*
- ✓ *COMCAST help... how to deal with Comcast, Q@A, etc.*

If interested, contact me ... I do not charge for advice over the phone and I will come to you. Prices are very reasonable and they are based on the job.

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What's Smarter -- Paying Off Debts or Investing?

If you're just starting out in your career, you will need to be prepared to face some financial challenges along the way – but here's one that's not unpleasant: choosing what to do with some extra disposable income. When this happens, what should you do with the money? Your decisions could make a real difference in your ability to achieve your important financial goals. Under what circumstances might you receive some "found" money? You could get a year-end bonus from your employer, or a sizable tax refund, or even an inheritance. However the money comes to you, don't let it "slip through your fingers." Instead, consider these two moves: investing the money or using it to pay off debts. Which of these choices should you pick? There's no one "right" answer, as everyone's situation is different. But here are a few general considerations:

- Distinguish between "good" and "bad" debt. Not all types of debt are created equal. Your mortgage, for example, is probably a "good" form of debt. You're using the loan for a valid purpose – i.e., living in your house – and you likely get a hefty tax deduction for the interest you pay. On the other hand, nondeductible consumer debt that carries a high interest rate might be considered "bad" debt – and this is the debt you might want to reduce or eliminate when you receive some extra money. By doing so, you can free up money to save and invest for retirement or other goals.

- Compare making extra mortgage payments vs. investing. Many of us get some psychological benefits by making extra house payments. Yet, when you do have some extra money, putting it toward your house may not be the best move. For one thing, as mentioned above, your mortgage

can be considered a "good" type of debt, so you may not need to rush to pay it off. And from an investment standpoint, your home is somewhat "illiquid" – it's not always easy to get money out of it. If you put your extra money into traditional investments, such as stocks and bonds, you may increase your growth potential, and you may gain an income stream through interest payments and dividends.

- Consider tax advantages of investing. Apart from your mortgage, your other debts likely won't provide you with any tax benefits. But you can get tax advantages by putting money into certain types of investment vehicles, such as a traditional or Roth IRA. When you invest in a traditional IRA, your contributions may be deductible, depending on your income, and your money grows on a tax-deferred basis. (Keep in mind that taxes will be due upon withdrawals, and any withdrawals you make before you reach 59½ may be subject to a 10% IRS penalty.) Roth IRA contributions are not deductible, but your earnings are distributed tax-free, provided you don't take withdrawals until you reach 59½ and you've had your account at least five years.

Clearly, you've got some things to ponder when choosing whether to use "extra" money to pay off debts or invest. Of course, it's not always an "either-or" situation; you may be able to tackle some debts and still invest for the future. In any case, use this money wisely – you weren't necessarily counting on it, but you can make it count for you.

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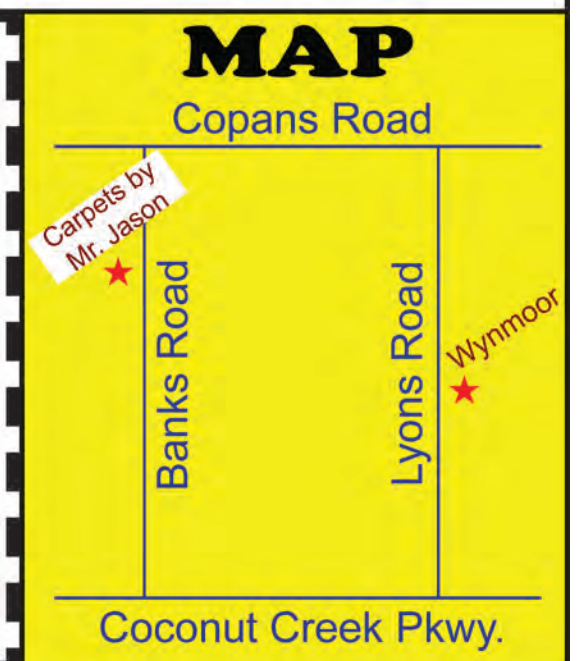
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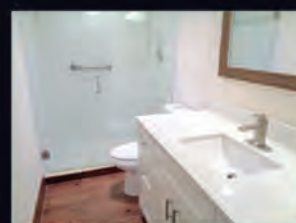
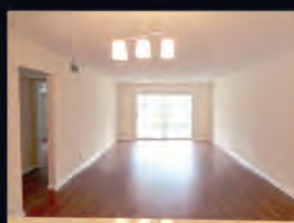
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