



The INSIDER

An Independent Newspaper
For Wynmoor Residents

VOL. 1, NO. 6

JULY, 2017



HAPPY BIRTHDAY AMERICA



SPOTLIGHT ON STAN COHEN

By Insider Staff

Stan Cohen was born and raised in Brooklyn, New York. While attending college, he was drafted into the military and served our country in the U.S. Army. Following his military service, Stan completed his education at the New York Institute of Finance, which allowed him to become licensed and work in the securities industry.

Stan raised his family (3 sons) in Brooklyn and then moved to Long Island. Professionally, Stan worked in Wall Street for approximately 55 years becoming involved in debt and equity financing; asset management and general brokerage operations. In addition to working in the securities industry, Stan also worked with his siblings in purchasing and renting real estate in

New York City.

In 1998, Stan decided to move to Florida to retire. However, soon after his move, he began working again in the securities industry in Florida for a short period of time.

In 2002, Stan moved to Wynmoor and almost immediately began serving as a board member of his condo and as president for nine years of Victoria B association. Stan has also served for 14 years as a Wynmoor Council Board member. Recently, Stan was elected to serve on the Management Committee.

In his spare time, you most likely will find Stan on Wynmoor's golf course. He claims he is an avid golfer.

The Insider honors Stan Cohen for his time and dedication to Wynmoor and its residents.



Independence Day Celebration

Tuesday, July 4th - 11:00 am - 2:00 pm - at the West Wing

Music by DJ King Arthur

Presentation of Colors by American Legion Post #170

\$2.00 Hot Dog & Soda Combos available for purchase

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	<i>List Price</i>	<i>Sold Price</i>	<i>Days on Market</i>
1602 Abaco	\$139,900	\$115,000	2
1703 Andros	\$105,000	\$103,000	94
1704 Andros	\$109,700	\$Full Price!	9
2504 Antigua	\$128,000	\$120,000	111
3306 Aruba	\$95,500	\$92,000	42
1801 Eleuthera	\$142,000	\$130,000	46
4301 Martinique	\$87,000	\$78,000	11
2709 Nassau	\$39,000	\$35,000	1
3202 Portofino	\$108,900	\$100,000	53
2802 Victoria	\$89,000	\$85,000	1

Dear Wynmoor Resident,
 People are always asking us how long it will take to sell their condo. As you can see from our days on the market, if your condo is priced right, it will sell fast. We went on a listing appointment and was asked what their condo should be priced at. We did a market review along with any upgrades and suggested they list at \$115,000. The seller told us that another agent told her she could get \$149,900. This is what is known as 'Bait and Switch'. The seller listed with this other agent who priced it at \$149,900, the price was dropped, then dropped again. It has been on the market over 3 months and it is under contract and currently listed at \$111,900. If we would have had the listing, we would have sold it in less time, saving the seller time and money. Call the Wynmoor Experts Cheryl & Wendy Today!



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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. The Insider is not responsible, and assumes no liability for the content expressed in any contributed material.

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WORD LIMITS:

NEIGHBORLY NEWS	200 Maximum
CLUBS	200 Maximum
PEN TO PAPER	250 Maximum
ARTICLES OF INTEREST	450 Maximum

Articles must be typed or legibly printed. Please identify the nature of your submission on your envelope: Example: Calling All Clubs, Neighborly News, Pen to Paper, Etc.

Deadline: The 10th of each month at noon. This applies to all articles, photos, classified ads, etc.

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of my life.

The writing reflects superior skills, augmented by a fine life-like photo.

My profound appreciation and a heartfelt thank you to all.

Sonya and I plan to be an integral part of the Wynmoor Community. We offer our continued support and extend a helping hand for a bright future.

*Sincerely,
Ernest Hartog*

BICYCLE SAFETY

Dear Wynmoor Bicyclists,

On Monday evening, May 29th, I had left the theatre and was driving on Wynmoor Circle, heading toward the Main Gate. It was approximately 9:45 PM. I passed a woman riding a bicycle. There were no lights on the bike and the woman was not wearing a helmet. At the Main Gate, I stopped at the Stop Sign and had just started up again when, suddenly, the bicyclist had caught up to me and, not stopping for the Stop Sign, made a left turn, in front of my car, crossed the road, and drove down the Main Gate exit lane. I just missed hitting the lady. Please, because you are on a bicycle, you must still observe the driving rules. Stop at Stop signs, have a light on your bike, wear a helmet, and ride cautiously. I was quick enough to avoid hitting the woman, the next driver may not be. Whoever you are, thank your lucky stars that you are still alive.

Lynne List

Mailbag

ROAD KILL - SAFETY ALWAYS

If you decide to walk at night which a lot of you do because it is cooler at night, just keep in mind that the lighting is very poor and drivers may not see you within Wynmoor boundaries.

Try to wear white or light color clothes and YOU watch out for cars that may turn in a cross street.

While I was coming home late one evening, I was driving and making a left turn. I was startled by a dark figure that appeared out of nowhere. A man was wearing all dark clothing. Good thing I was driving slowly and I came to a complete stop. This man jogging late at night was crossing the road, and was clueless of any cars being on the roadway. He continued his jog. I shudder to think; had I not come to a complete stop, what could have occurred – (not pretty).

In my experience as a Brevard County Crossing Guard, I encountered some students who were obstinate, and wanted to cross the street on their terms; not by the rules. I would explain to these students the rules for crossing:

1. always cross at an intersection. 2. always look left first, then right, then left again, then over your shoulder. It would be imperative to follow these rules before stepping into the crosswalk.

"If you do not follow these simple rules, you may end up being "Road Kill" which was what I would tell the students who did not want to follow the rules.

STAY SAFE – STAY ALIVE.

Maralyn Wallace



"Wynmoor Residents Win Poetry Honorary Awards"

By Ana Agosto

At the end of May, 2017, the 15th Annual "International Poetry Contest" was held in Miami, Florida, and was sponsored by the Lincoln-Marti Schools and the Miami newspaper, "Libre." Our own Wynmoor residents, Ana Agosto and Alberto Romero, received awards for their poems. Ana and Alberto are residents of 2202 Lucaya Bend, Apt. M3. They were each respectively awarded the first and second, "Honorable Mention" prizes.

Mrs. Ana Agosto is a member, and former President, of the Latin Women's Club. Please contact me if you are interested in joining the Latin Women's Club, at, 954-968-7276, or email me at, ana.agosto@comcast.net

BE AWARE! SCAMS ARE REAL!

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YOUR COUNTY COMMISSIONER

By Mark Bogen, Broward County Commissioner

THIS COULD SAVE YOUR LIFE:

In 2004, my 73-year-old mother died of a heart attack. Prior to suffering a heart attack, she exercised daily and appeared in good health. What she did not know is that one of her arteries was 99% blocked.

Holy Cross hospital now has a machine (one of the latest technologies) referred to as a "256 slice scanner machine," which can tell you (show clear pictures) of whether your arteries are clear or blocked. The best part of this test from what I was informed is that it takes less than 20 minutes; it is **not** invasive and has very little radiation.

Therefore, two weeks ago, I decided to undergo this test to determine whether my arteries were clear or blocked. The test was quick, easy and painless and the good news was that my arteries were clear.

In August, at our next County Commission meeting, I plan to promote this technology that is located at Holy Cross Hospital. If you have any issues about your cardiovascular health, I hope you will speak to your physician about it.

MEDICAL MARIJUANA

Now that the State of Florida has approved the use of medical marijuana, I would like to speak to anyone who has benefitted from this drug. If you have had a positive experience with Medical Marijuana, please email me at Mbogen@Broward.org.

MT. TRASHMORE – DO YOU SMELL ANYTHING?

Two years ago, the City of Coconut Creek and I went to battle with Waste Management to stop them from putting unlimited amounts of waste in Mt. Trashmore. Two years ago, many Wynmoor residents could routinely smell the foul odors coming from it. Since Waste Management agreed to limit the amount of waste it was placing in the landfill, there has been a significant reduction in the odor. If you smell foul odors coming from the landfill, please email me at Mbogen@Broward.org



*If you find mistakes in this publication,
PLEASE consider that they are there for a purpose.
We publish something for everyone, and some people
ARE ALWAYS LOOKING FOR MISTAKES!!!!*

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pen to paper

When Marty Met Ali

By Peter Hardis

After getting her degree in speech pathology our daughter Allison informed us that she and a bunch of her friends were moving all the way out to Denver Colorado. My wife and I looked at each other and at the same exact moment we let out an, "OY VEY!"

A year and a half later Ali informed us that she met a wonderful man and that they were going to live together. My wife and I looked at each other and at the same exact moment we let out an, "OY VEY!"

About a week after that Ali called and said she felt it was important for us to know that her live-in boyfriend Marty was Catholic. After dropping the phone my wife and I looked at each other and at the same exact moment we let out a very loud, "OY VEY!" and then we both collapsed onto the floor.

A year and a half later Ali called. She was so excited and informed us that Marty and her were engaged. My wife and I looked at each other and at the same exact moment we yelled out, "OY VEY!"

A week later Ali called us and told us that they decided to get married. My wife and I looked at each other and at the same exact moment and with tears in our eyes belted out a very terrified, "OY VEY!"

A week later Ali called and told us that because Marty was from Buffalo, NY and she from New City, NY, this is what they decided: that it would be a BIG wedding; that it would take place in New York State; that it will be over the Labor Day weekend and that It HAD to take place half way between Buffalo and New City. Upon hearing this my wife and I looked at each other and at the same exact moment screamed out, "OY VEY!" Allison asked, "What did I hear you say? I thought I heard 'oink oink'?" "No Ali, we just said 'oh that's great!'"

We now analyzed the situation our daughter put us in; she called us from 2,000 miles away, within 15 seconds and using only 3 sentences she told me and my wife; 'what', 'when', 'where' and 'how'! So easy it seemed to her but you can fully appreciate that we deserved to say a very big "OY VEY." Once again we felt we deserved to say it so at the same exact moment we looked at each other opened our window, stuck our heads out and yelled out at the top of our lungs, "OY VEY!!!"

On a very cold and snowy morning in December we set out to travel the 180 miles to the middle of New York State to see how we could accommodate our daughter and her true love Marty. Half way there there was an accident on the thruway and we were stuck on the highway for three hours. We quietly looked at each other and at the exact same moment we whispered "OY VEY."

When we finally got up there we looked high and low for a wedding venue that would live up to our daughter's high expectations. There was absolutely nothing until we saw a bus loading about 60 senior citizens and on the side of the bus there was a fancy sign that said, "The Turning Stone Casino, Country Club, Spa and Hotel. We followed the bus there. When we got there we saw a magnificent complex. We went in, asked if they do weddings. "Yes we hold them in our Country Club." We went there and our jaws dropped. It was unbelievably beautiful. We sat down with the manager and booked it for Labor Day, 2006. How much was it going to cost us? Well let me put it this way so that you can fully understand the huge investment we made to please our daughter and Buffalo Marty. Originally we were planning to retire and buy a stand alone house in the PGA National Golf Resort and Spa in Palm Beach Gardens. But because of the extravaganza we threw we now live here. If it would have cost us one dollar more we would have wound up somewhere on the edge of if not in the Everglades swamp.

"OY VEY, OY VEY, OY VEY!!!"

Pen to Paper continued on page 8

TALK TO A LAWYER...BE SMART LAW OFFICES OF MARTIN ZEVIN, P.A.

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pen to paper

Pen to Paper continued from page 7

Norfolk Island Pines

By Morris L. Jampol

While driving through Florida, one of my great delights is the sighting of the Norfolk Island pine trees. Scientifically known as *Araucaria heterophylla*, these Christmas tree-like evergreens stand out in any southern Florida landscape. They can be very tall, reaching to more than one hundred feet and their parallel branches lend them grace and beauty not commonly found in other trees. Curiosity about their name and origin led me to do some research on this subject.

Norfolk Island in the South Pacific is a tiny speck of volcanic land three by five miles in size, discovered by Captain Cook in 1774. He noted the presence of the giant pine trees growing up to sixty meters high and with trunks up to six feet in diameter, quickly writing that these trees would make good masts and spars for the sailing vessels of the time. England established a penal colony on the island in 1788 when it shipped its worst inmates to Australia and Australia shipped the worst of these to Norfolk Island. Conditions were terrible there and convicts both male and female were brutally treated. The island had a history of repeated convict revolts and brutal repressions and hangings by the jailers. Finally, around 1840, the penal colony was discontinued. Remains of the prison housing and cells are now a tourist attraction on the island.

1789 was the year of the mutiny on HMS *Bounty*. Although Captain Bligh was a brilliant seaman and navigator, he was a vicious disciplinarian and his crew mutinied. He was set adrift in a life raft with those sailors refusing to participate in the mutiny. After seven weeks at sea and a voyage of 3000 miles, he reached the Dutch port of Timor and ultimately returned to England. The mutineers retrieved the wives and children they had acquired in Tahiti and sailed to another small island, Pitcairn. There, many of their descendants still live to this day. Due to the difficult conditions on Pitcairn Island, in 1856, 194 of the mutineer descendants moved to Norfolk Island. Today there are 1800 permanent residents on Norfolk Island, about 35 percent of who are direct descendants of the *Bounty* mutineers.

Our interest in Norfolk Island now jumps to 1942 during the Second World War. Our navy was seeking an island as a refueling stop for planes flying from New Zealand to islands closer to Japan. A young naval officer later to become famous as the author James Michener was flown to Norfolk Island to set up a landing strip for the military. On approaching the island, he was impressed with the towering pine trees between the volcanic peaks. On landing beautiful pine trees grew all over the island and were planted by the natives in neat rows on the area best suited for landing strips. It was necessary to negotiate with the local people for the clearing of these trees to prepare a landing strip. He met the native leaders and their names were revealing. The most common last name was Christian. Other names were Young, Quintal, Adams, Nobs, and Buffet. These were the descendants of the mutineers. Their language resembled English and they had maintained their cultural identity. Over their objections the young pine trees were cut down and the landing strips built. These helped hasten the defeat of the Japanese navy. These landing strips also helped redirect the economy of the island. After the war ended, planes could fly in food and supplies in days rather than the weeks needed for delivery by sea. The airplanes also brought in tourists and this quickly changed the economy. Tourism is now the number one industry having rapidly outpaced farming and fishing.

This is the island from which the stately Norfolk Pine originated. It has been imported to many states and countries. It seems to thrive well in the climate and soil of southern Florida and we have been the fortunate recipients of this

gift from the South Pacific.

Epilogue December 2005

Upon returning to Florida two months after Hurricane Wilma, remains of damaged trees were still evident in all areas of the southeastern part of the state. Many trees were completely overthrown and uprooted. Most were damaged to a greater or lesser extent and relatively few, the younger and shorter stature ones escaped permanent damage.

This was essentially true for the Norfolk Island Pines which presented an unusual appearance. The lowest longest branches (those facing directly into the strong winds and driving rain) were torn off leaving the base of the tree bare. The upper branches were damaged badly leaving a ragged appearance to the peak of the foliage as if the trees had gotten a shaggy haircut. The pine needles as well as the younger branches were shorn clean by the powerful winds. A few trees were spared from severe damage. Fortunately the very youngest trees were resilient enough to allow the winds to pass through and not tear them from the earth.

Will these trees recover? I hope so. Trees are slow growing organisms and will take many years to return to their previous pristine appearance. That is if we do not experience another catastrophe in the coming years.

Epilogue Two 2017

More than a decade after the massive hurricane, most of the Norfolk Island Pines have shown a remarkable recovery. Their lower branches have regrown and the trees have recovered their conical Christmas tree shapes. They have been fairly resistant to severe environmental damage and insect attacks. They still grace many parks and homes. So if you see one of these trees, consider the fact that you may be looking at a direct descendent of a sapling, planted almost two hundred years ago by one of the *Caine* Mutiny mutineers. So enjoy their beauty.

An Email To My 15 Year Old Granddaughter

By Peter Hardis

Hi again! Coincidentally I was thinking about you when you texted me on Saturday.

I was thinking how lucky you are to be 15 years old. I remember when I look back to when I was 15, 16 and 17 that those years were truly great and very special years in my life. I hope they are and will be for you also!

When I was your age I had a great group of friends (both girls and boys) and we did just about the craziest and stupidest things you can think of and had so much fun doing them. As a group we were so close that we all felt like we were part of the same family. Believe it or not, even without cell phones (texting, emailing), without the internet (Facebook, Instagram and all the rest) life for me then as a teenager was probably not that much different than it is for you now. It was probably because being a teenager is an incredibly wonderful phase of one's life without needing all that hi-tech stuff. At least for me and probably for everyone else at that time in life it just seemed like a time when everyone was searching or trying to figure out who they are. Sometimes that was fun and sometimes that wasn't but knowing you had your best pals nearby you always could count on them for support and as a great diversion while you were trying to make sense of the world. How do I know this? I don't! I made that part up so you would think I'm smart.

Pen to Paper continued on page 9

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pen to paper

Continued from page 8

The bottom line is that I know that you will always look back on your teen years with so much nostalgia just as I do and always did; just as everyone I ever met and meet do, including my own two daughters; your mother and your aunt. All you have to do is ask them.

I do love and miss you very much!

-Pete

Catskill Mountains In The Fall

By Lisa LoCascio

Is it true that to every purpose there is a season? I still recall the majestic sunsets in Autumn. The Catskill Mountains were gold in hues of red and orange. To me, a Bronx kid, Sullivan County in upstate New York, was the most beautiful dwelling on God's earth. In 1973, my family spent the summer on our rural sixty acre farm in Monticello.

Life on the farm in summertime was grand, but Fall? Fall was to see heaven and live.

My father had cleared 6 acres for us to enjoy. The hills and valleys beyond that were wilderness. There were bobcats, snakes and black bears. So far, that day anyway, we had only seen Bambi's mother and her fawns. Adorable white tail hoppers reminding me of kangaroos as they pranced. Deer were especially plentiful that season, it was said.

Tory was 12 and myself just 10. The summer that had just passed we had spent hours in expeditions, exploring the agricultural wonders all over the farm. A newly discovered pear orchard had been the starting point today. Our two dogs were our best friends all summer. Rainbow, a pure white two-year-old German Shepard who usually took the role of guide, running ahead of us, and Brandy, an adorably obese six-month-old puppy whom I had spoiled like a baby, and now as usual when on a long hike, had to carry her on and

off. She was thirty pounds.

What had started out as a Sunday afternoon fun adventure soon turned into a nightmare along with the fading light of dusk. Tall pines had us in a maze. My father had warned us to stay out of the woods, and to steer clear east from the waterfalls that divided our property line from the neighboring estate, a private hunting lodge.

But where were we? I said it was "the woods" but my brother called it "the forest." "Trees," we both whispered.

Lost in the woods and my 12 year old brother Tory refused to admit it. After trying to utilize the crackerjack box prize compass to find our way back to the farmhouse to no avail, he shushed my complaints and ordered me to "be still". A new tactic was employed as he held his finger up in the wind and listened sharply. We both heard it. Rushing sound, water from split rock. Waterfalls?

Suddenly, my eye spotted a dimmer of sunlight through the pines, indicating a clearing. Beyond that clearing was the valley, the only way home. Without a pause I took my head start and made a run for it. Rainbow ran ahead, his white tail like a flash as he gained the lead.

It might have been mere seconds before my brother finally caught up to me. After these years, when I try to remember the exact timing of what happened next, alas, my memory delivers it back to me in slow motion. Chasing Rainbow, Tory speeds right by me, and I protest, blaming the weight of the puppy in my arms. It all seems forever ago.

To every purpose there is a season. I remember my brother pointing straight ahead as he turned around to see if we were keeping up. And a time for every purpose under heaven. It was forever ago. Still today I wonder if my brother had seen the verdant valley beyond that gleam of daylight through the pines. And I ponder that laughing and running for home was what we both were doing when that first shot rang out.

Continued on page 11

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So. Florida Senior 9 Ball Award Luncheon

By Bob Horowitz



At the Award luncheon for the 2016-2017 South Florida Senior 9 Ball Pool League the Wynmoor A and B teams each won 3rd place trophies. Pictured are (left to right) Tony Coglianesse, Tom Rabicki, Michele Iannone, Ralph Rubin (Pool Club Co-President/Tournament Director), Richard Felci, Norman Kale, Jim Dudeck, Humberto Acevedo (B Team Captain), and Bill Brunie (Pool Club Co-President).




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pen to paper

Continued from page 9

My Grandmother's Cow

By Frank Lemco (Chapter Two of Three)

In early Spring purple crocusses poke their tender sprouts through the Ukrainian loam. Winter's white blanket liquefies in the warm sun, and runs off to the rivers meandering by. Peasants stir awake from the Winter solstice, while Mother Nature renews its cycle in the Spring. It was four a.m. when a wailing animal disturbed the darkness of a quiet night. The rooster was the first to awaken. Always ready to perform, he mounted a still slumbering hen, before he realized that his timing mechanism had registered a false alarm. Sonya, the cow, was calving and needed assistance. By now the pitiful beast had aroused the entire household. My grandmother had already reached the stable in advance of the others, and was comforting the suffering animal. One of the children was dispatched to waken the neighbouring farmer. He arrived, tired and angry, and after appraising the situation, ministered to the cow. He was obliged to turn the calf, before the cow could purge its offspring. At six a.m. the assembled spectators welcomed the new addition.

The warm pleasant days of Summer finally arrives in the Ukraine, though it passes too quickly. The pastoral landscape succumbs to wind and rain and terminates the Summer's bounty for both humankind and beast. The nature-lover, everywhere, tries to freeze-frame Summer pleasantries on the inner eye, and jealously guard those very rare private interludes. Whatever sun remains, soon slants down and merely glints on earth's remaining greens and abruptly disappears. Thus, Autumn quickly overtook my grandmother, and she was

once again the busy matriarch-cum servant of her own queen-dom. Sonya and her calf both shared the ripened hay. But since mortals are sovereign in God's domain, the little heifer was discretely slaughtered by my grandfather, much to the dismay of his family. Fresh veal soon graced the festive table, with the balance of meat salted and stored for the winter. Still life and custom goes on and Sonya, the cow, was soon again with calf.

The fate of humans is dictated by forces beyond individual control and anticipation. Thus, without prior notice, the life style of my grandparents and their family soon changed. It happened in early October, with disclosures made from the fraudulent book, The Protocols of the Elders of Zion. This tract reached the town of Chernigov via visiting Russian clergy. At Sunday mass, the villagers were notified by the priest that a Sanhedrin of rabbis plotted to take over all of the world. It was also rumoured that a Gentile youth from a nearby village was slain, like a Pascal lamb. His innocent blood was collected, drop by drop, for the Jewish Passover festival. The parishioners were aroused to red-hot anger. They burst from the church, thirsting for revenge, crying "Death to the Jews. Death to the Christ killers". Notwithstanding the holiness of the Sabbath day, they wielded truncheons and heavy stones. They fell on their hapless Jewish neighbours with murderous intent. A pogrom was in the making. Old and young, rich and poor, all Chernigov Jews suffered the onslaught. Homes were razed, graneries emptied, stores robbed. No-one escaped the fierce attacks of the Christian avengers.

Pen to Paper continued on page 12

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pen to paper

Continued from page 11

Uncle Jack's Casablanca

Robert Winston

Looking at him you would never imagine that my uncle Jack was in his late eighties; maybe in his mid-sixties, but late eighties, no way, nor, would you ever guess that he was terminally ill. Although I maintained contact with him, I had not seen him in at least five years. Jack's wife of sixty odd years passed away at that time.

Uncle Jack, my mother's brother, was a one of a kind. A graduate of Boston University's School of Law, he was the first in the family to become a professional.

When it was not fashionable he was always in the forefront to defend those, who could not defend themselves, and more often than not, pro bono. He possessed the qualities that were rare then, and much rarer today. He was just a kind and good person.

He greeted me warmly at the door of his old Cape Cod home that he had built for his wife and himself in 1938. Jack at the time was a rising star in the legal profession and managed very well even through the economic downturns of the 1930's.

When World War II broke out he enlisted in the army, in spite of the objections of his wife and family members. Before too long he rose to the rank of captain.

He saw action, in the D-Day invasion of Normandy, as well as fighting his way through Europe. Like many bona fide veterans, he did not speak willingly of his military experience. I respected this and never asked questions.

He ushered me into the living room where the TV was tuned to the Movie Channel and the classic picture *CASABLANCA*.

Jack was an avid reader. He was fascinated with American history, particularly as it related to World War II.

"I love this film, I must have seen it at least a hundred times. It brings back so many memories. It is my very favorite. You know, it was the last picture I had seen before we had invaded France."

I reached out and held his hand, as the tears cascaded down his face.

Not knowing exactly what to say, "It is a classic."

"So memorable... so memorable."

"Yes, I know." I felt stupid saying that, how would I know. He let that slide.

"Those were terrible years," almost inaudibly he said, "I do love that film." Although I was more interested in talking to him...how are things going...

how are your daughters...what have you been doing...etc. *CASABLANCA* had a special meaning for him. I wasn't about to take it from him.

Still enraptured by *CASABLANCA*, on the TV screen, Uncle Jack in unbroken dialogue continued, "...1943 Battle of Stalingrad...7,000,000 in the American army...the second Warsaw ghetto uprising by Jews...the continued liquidation of the Jews, and others... end of the war in North Africa... Italy surrenders and declares war on Germany."

He always had a photographic memory; he was so bright! These factors, along with his natural drive, elevated him to the top of his class at Boston University's Law School. His obsession with the past was a little disconcerting, but, if that is what he wanted, certainly he was entitled.

I was a young boy in 1943. World War II made headlines every day. I asked my mother one day why she didn't read the newspaper. "I don't want to read them, too depressing..."

I guess her thinking was that if you don't know or talk about an unpleasantry it will go away. No disrespect intended, but by today's definition it would be called escapism or denial. I did not adhere to this thinking and even as a youngster I followed the news avidly.

After an hour or so *CASABLANCA* ended, and Uncle Jack insisted that I join him with tea and lemon.

I got word about a month later that uncle Jack passed away. I returned to Boston and attended the funeral. His daughters were there as were several of his neighbors. The full military honors were impressive, and added a solemnity and finality to the ceremony.

The actual burial was put on hold until all those in attendance had left. As I had planned, I was the last to leave. I asked burial ground workers to give me a little time alone.

I removed an envelope, which had a message that I had written on the plane to Boston. I thought it was appropriate; a quote from Shakespeare's Julius Caesar and one from *CASABLANCA*:

"His life was gentle, and the elements
So mix'd in him that Nature might stand up
And say to all the world, "This was a man!"

"Here's looking at you, kid."

I dropped the message into the grave and left.

Almost immediately a rain cloud that had been hovering above opened, and there was a brief shower. I didn't mind as the rain blended with my tears.

Computers Have Turned Our Lives Upside Down

By Bonnie S. Kutner

Truly, I have pondered writing this article for a long time. Basically, it is a comfort article. We are not alone and that there is strength in numbers.

I've been in touch with Chase, ATT, FPL and many other companies trying to find out if the "Dummy" (the computerized phone) can be avoided. It seems that it requests personal information and does not refer it to an agent, representative or customer service individual.

And, then we have to repeat the information to the customer service person. What a waste of time!

The issue is that these big companies want to make each moment count; and for me, it only makes my time aggravating and exceptionally longer than I intended to wait.

I am sure my blood pressure rises and my patience is exhausted. I wonder if the CEO's of these corporations have taken the time to call in for customer service. That's the downside.

The upside of this analysis is to let you know that you are not alone. So, make a cup of tea and relax before making that phone call!

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Improving My Knowledge of Ancient History In Ann Arbor

By Barry Isaac

Recently, I visited Ann Arbor, Michigan's Kelsey Museum of Archaeology and I improved my knowledge of ancient civilizations in the Fertile Crescent, the birthplace of Western Civilization and Egypt. I studied numerous objects found in excavations done by the University of Michigan, the Cleveland Museum of Art, and the Toledo Museum of Art in the 1920's under the leadership of Leroy Waterman. Most of the objects that I studied came from excavations done in Seleucia (present day Iraq, 18 miles from Bagdad), Karanis (located in present day Egypt), and the Fayoum area (present day Egypt). From Seleucia, I saw an abundance of Parthian Period pottery. From the Parthian Period in Iraq and Syria, I saw a fine collection of female figurines (245 BC-226 AD) which symbolized fertility and successful childbirth. I also appreciated antiquities from the Sumerian Civilization (mace head with inscription 2112 BC, found in Ur) and the Babylonian Civilization (tablet made of clay with inscriptions 2000 BC).

I also saw its copious collection of antiquities from Fayoum and Karanis, including green axe heads and flint knives from Neolithic times (6000=4000 BC). Most of the Kelsey Museum's objects from Karanis came from the Ptolemaic

and Roman Periods in present day Egypt. I saw several Egyptian mummy portraits from the Ptolemaic Period, as well as Egyptian mummy masks. I also relished studying the coffin of Djehutymose from Egypt's Saite Period (685-625 BC).

I also saw its large collection of ceramic works from Ancient Greece and an Opulian Votive Krater done in 340 BC and made of clay by Gioia Del Calle.

Considering the destruction of the archaeological ruins of Palmyra (Syria), Aleppo (Syria), and the museums of Ancient History and Art in Baghdad and Damascus, the Kelsey Museum of Archaeology has the valuable function of maintaining our ability to study life in the Fertile Crescent in ancient times. I also appreciated the Kelsey Museum of Archaeology's staff for their devotion to the work they have done in educating the public in the field of Ancient History.



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By Mark Bogen

Q and A



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Enhanced Life Estate Deed: Is It Safe?

By Martin Zevin, Attorney

There are several ways to avoid probate on your home when you die. If you are single, there will be probate when you die unless you choose one of the following options. If you are married and own your home together, your surviving spouse will not have probate; however, there will be probate when the second of you passes away, unless one of these options is done.

Let us assume that you own your home jointly with your spouse and that you have two children. Both of you desire to have your two children inherit your home equally when you both pass away.

The first option would be to add the names of your two children to the Deed as joint tenants with right of survivorship. This is not a good idea. It would affect your ability to claim your full homestead exemption.

In addition, you lose control of your property and can only sell it if your children both agree and sign all closing documents. If you wanted to take one of the children off the Deed, you would be unable to do so. If one of your children files for bankruptcy, has an adverse judgment or files for divorce, your property could be subject to liens or other legal action. Therefore, I recommend against a Deed with your children as joint tenants with right of survivorship.

The second option is a Life Estate Deed. There are two types of Life Estate Deed: regular and Enhanced (also referred to as "Lady Bird"). The regular Life Estate Deed requires that your children join in any sale or other changes on the Deed; therefore, you have lost control and cannot take your child's name off the Deed if you choose to do so. The Enhanced Life Estate Deed gives you the sole right to sell the property during your lifetime or make any other changes to the Deed without the permission of your child. The Enhanced Life Estate Deed has very specific legal language in order to be effective; therefore, do not attempt to do this on your own.



Even with the Enhanced Life Estate Deed, there are risks, particularly if your child has a bankruptcy, outstanding judgment or undergoes divorce. The worst risk, however, is if, God forbid, your child dies before you or with you in a common accident. Your child's estate would then become the owner of the property once you died, which would result in probate being required. Thus, the main purpose of the Life Estate Deed is not accomplished.

The best way to avoid probate on your home is to do a Revocable Living Trust. When you sign the Revocable Living Trust Agreement, you also sign a Deed transferring the property to you as Trustees of your Trust. You are able to keep your homestead exemption, maintain complete

control of the property during your lifetime and make amendments to your Trust without changing the Deed. There are no risks involved, since your children's names do not appear on the Deed. The only disadvantage of the Revocable Living Trust is that it will cost more money in attorney's fees. When you discuss the options with your attorney, you should discuss the difference in fees between the Revocable Living Trust and the Enhanced Life Estate Deed. You can then determine whether it is worth saving the money and taking the risks involved in the Enhanced Life Estate Deed.

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 a free consultation regarding personal injury claims or to explain car insurance coverage. Call me at 954-569-4878. My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida 33442 .

You can visit my website www.martinzevinpa.com and my e-mail address is martinzevin@netzero.com. See my ad on page 7

Canasta Tournament

By Ann Elkin

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Dear Dr. Joy...

By Joy Berke Sanchez, PhD



Dear Dr. Joy,

Diet seems to be a major factor in many of our lives. We learn that calorie reduction is what loses weight and exercise, although a healthy practice, does little in weight management. What is not mentioned is the psychological aspects. We know when going for stomach surgery reduction of any kind, there is a psychological test that goes with it.

The secret I suspect is going from "living to eat,} to "eating to live." Can you give us some tips that we can apply today.

I wrote an article a few years back about weight loss and how frustrating it can be. I thought about reprinting it here but since then, my perspective has changed somewhat.

The facts remain the same; diet and exercise are still important as are your priorities. But I have some additional ideas as well.

To begin, different people lose weight by eating different types of food.

If you have a family history of heart disease and you have high cholesterol, especially high LDL, you will lose weight easier with a low fat, higher carb diet. Remember, the carbs here are complex, not simple sugars. Complex carbs consist of fruits, veggies, whole grains, fiber rich foods. They do not mean cakes, ice cream, candy, cookies, etc. Even most dried fruits should be avoided. Complex carbs with their higher fiber content are slow release and keep you fuller longer. Simple carbs make you hungrier than you were before you ate.

If you have a family history of diabetes and you carry your weight around the middle, a low carb diet is best.

Without these genetic predispositions, a balanced diet that is low-calorie is probably the right one for you.

No matter which diet you choose to go on, you are correct in stating that there is a huge psychological component involved.

I mentioned in a previous article, that I owned an obesity clinic in the early 80s and although the center was diet oriented, there was a very important slant on the psychological/emotional aspects of a person's ability to lose weight. I did private counseling and ran groups. When I closed the clinic, I worked for the hospital, "Optifast" programs doing psychological counseling. Weight loss was always a large part of my private practice as well so I am pretty much an expert in this area.

To begin, you may be able to lose weight doing the right stuff but you most likely won't be able to keep it off unless you change the way you **think** about food, weight, your body and yourself in general. You can't stay thin unless you change your entire orientation towards all the above subjects. You need to know what food and eating mean to you and how you view your body and what you tell yourself about how you look and feel.

You can't stay thin if you are thinking about being fat just as you can't be healthy if you believe you are ill and give it a great deal of your attention.

Your imagination plays a large role in your success. Your mind really doesn't know the difference between the thoughts you are having that are 'real' as in a reflection of your observations and imaginary ones that you are choosing to hold. Your mind orients itself towards what you tell it. If you imagine yourself eating healthy and looking good and taking care of yourself, your mind will begin to look for ways to manifest that. If you are constantly telling yourself that you look terrible and feel awful and that you are a failure at dieting your mind will manifest that as well.

It's mental exercise and it works. It may work slowly and it may feel strange and unusual to think of yourself as how you want to be rather than as the 'real you' that you are today, but the more you can impress these thoughts and images on your mind, the easier it will become to do the necessary things to create your new self.

A lot of people believe that if you think of yourself as thin when you are fat, then you will eat more.

This will not be true if at the same time you are thinking of yourself as thin you are also thinking of yourself as healthy and fit. When you live in that orientation, you will continue to treat your body with respect and the more you do, the more real it will become and the more you will want to continue to do it. It's like the better it gets, the better it gets. When you are in a downward spiral of lethargy, overeating and depression, then the worse it gets.

You can't get thin and fit if you believe you can't and if it just isn't important enough to commit to. You can if you believe in yourself and the ability to create your body the way you want it to be.

Genetics and age may or may not play a role here. No one really knows for sure but everyone assumes it is true. Even if it is, you can still move forward to the best you can be under the circumstances.

Changing your body and your fitness and health level can be looked upon as an adventure instead of as an ordeal.

Your comments and questions are welcomed and desired. Please submit to Joyb212@aol.com.

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The Liberal Jewish Temple

By Joan Sampson

It's that time of year again when we celebrate the miracle of America—we're talking about the 4th of July, America's birthday! There are always big doings at Wynmoor and this year will not be different. After all, no matter what our varied politics may be, we all sing "God Bless America".

So many of us who are here all year round make short trips 'back home' but are delighted to return to our little Village because we've all made it a great place to be—even during the hottest part of the summer. All the theaters are open, activities in Wynmoor continue, and our Temple continues to have services every other Friday evening at 8:00 PM. Everyone is invited to hear Rabbi Steve Texon's beautiful baritone and learn a lot of interesting Torah trivia not taught in Sunday Schools.

For the dates of services in July and August call Iris Arlan at 954-532-5268 or Ronny Sydney at 954-973-7522. They'll be delighted!

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HISTORY CORNER

By Phil Edwards

Some Soldiers Stand Taller Than Others



Vietnam, March 1968, Quang Ngai Province. They were outnumbered, but Chief Warrant Officer Hugh Thompson Jr. made his stand with his two crew members, Specialist Glenn Andreotta and door gunner Specialist Larry Colburn. There are those rare times in life when you move beyond the realm of your country or your flag. You find the courage to do the right thing, even if it means your life.

All three men were under twenty-five years old, and they did the unthinkable. They ignored orders from a ranking officer and turned their guns on fellow American soldiers of Company C, 1st Battalion of the 20th Infantry Division and were prepared to shoot and die if necessary. Americans standing against Americans was unheard of and this tragedy became one of the greatest attempted cover-ups of the Vietnam War.

Thompson and his helicopter crew were supporting an infantry sweep of several Vietnamese hamlets in the Quang Ngai Province. When they spotted several wounded, they dropped flares to alert the ground troops to assist the wounded. Later, they flew over these same people again and noticed that they were all dead. The helicopter crew knew that American troops had murdered these folks instead of assisting them. They then saw American soldiers massacring unarmed civilians. Thompson landed his helicopter after radioing his base camp and told them what he had witnessed. Once on the ground, Thompson confronted the ground officer, Lt. William Calley, who outranked him. Lt. Calley told Thompson that he was in charge and for Thompson to mind his own business.

Going airborne, Thompson noticed another group of American troops chasing unarmed civilians. He told his crew that this had to stop and asked if they would back him. Both crew members agreed. Thompson then landed his helicopter between the civilians and the Americans and said to his crew, who were both manning M-60 machine guns, "Y'all cover me! If these bastards open up on me or these people, you open up on them. Promise me!" They replied, "You got it boss. Consider it done."

With guns locked on him, Thompson approached the American troops and confronted the officer in charge. He told him he was taking the civilians out. He then coaxed the civilians out of the trench and begged other helicopter pilots to come in to pick up the civilians because there were too many for his copter. After the civilians were lifted off, Specialist Andreotta noticed movement in another ditch that was filled with over 100 lifeless bodies. Thompson landed his copter, and Andreotta waded through the dead bodies and found a young boy who had been shot but who was still alive. He picked the boy

up, carried him to his copter, and flew the boy to safety. Back at his base, Thompson reported the massacre to his superiors in the strongest and loudest manner possible. The order was finally given to stop the killing.

When Charlie Company entered the hamlets, not one shot had been fired at them. They began torching homes, torturing civilians, raping women, shooting everyone they could find, beheading the dead, and mutilating bodies. In the end, over 500 Vietnamese were massacred. Most were women, children, and old men. Then began the cover-up from the top down.

Thirty years after the My Lai Massacre, the army wanted to present Thompson with a medal for his actions. They wanted a quiet ceremony tucked away where no one would notice. He said he would only accept the medal if his crew was honored and the ceremony had to be at the Vietnam Memorial, the black granite wall referred to as "The place of healing." Thompson and Colburn accepted their medals. Andreotta had been killed in action three weeks after the massacre, so his medal was awarded posthumously.

What do we learn from My Lai? Yes, horrible things happen in war, and yes, American soldiers commit atrocities just like all other armies. During war, no side is innocent of appalling acts. We also learn that some soldiers stand taller than others. Some soldiers, as well as civilians, will stand in the gap and do what is right and just. These are the soldiers and civilians that bring honor to our country. These courageous men and women, who put their lives in harm's way for the weak and the oppressed, are the folks who make America great. Greatness is not measured by how powerful one is but in how one acts in an honorable way toward the weak. America's greatness before the world is our conviction to stand tall for the poor, the weak, the hurt and the defenseless.

Thompson and Colburn were shunned, ostracized, and received death threats from Americans for their actions. Larry Colburn went back to Vietnam in 2008 and received his greatest reward. He met that young boy from thirty years ago, Do Ba, whom Andreotta had rescued in 1968. Mr. Ba thanked him. Specialist Andreotta died three weeks after the massacre in combat. Chief Warrant Officer Thompson died of cancer in 2006 and Larry Colburn died of cancer in 2016.

General Douglas MacArthur may have said it best. "The soldier, be he friend or foe, is charged with the protection of the weak and the unarmed. It is the very essence and reason for his being."

God bless America for its true greatness that has been recognized around the world.

If anyone wants to comment they can at chooserightly.com

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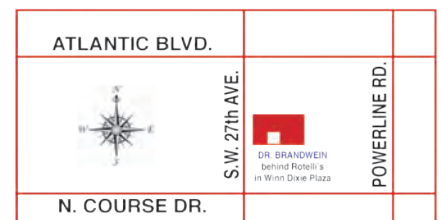
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Declare Your Financial Independence Day

We're getting close to the Fourth of July, when we celebrate the freedoms we enjoy in this country. The U.S. constitution grants us many of these liberties, but we have to earn others – such as our financial freedom. What steps can you take to achieve the financial independence you need to reach your long-term goals?

For starters, always work to build your resources. Contribute as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plan. At a minimum, put in enough to earn your employer's matching contribution, if one is offered. If you don't take advantage of this match, you are essentially leaving money on the table. While how much you invest is an essential factor in gaining your financial freedom, how you invest your money is equally important. So make sure you have sufficient growth potential in all your accounts. While growth-oriented investments, such as stocks and stock-based vehicles, carry investment risk, you can help moderate this risk by also including other investments, such as bonds.

Another way to gain your financial independence is to liberate yourself from the shackles of debt. This isn't always easy, of course – most of us have experienced times when our cash flow simply wasn't sufficient to meet our expenses, so we had to take on some type of debt, either through a credit card or a loan. But the more you can control your debts, the more money you'll have to save and invest for your future.

One way to manage your debt load is to build an emergency fund, containing three to six months' worth of living expenses, which you can use to pay unexpected costs such as a major car repair or a large medical

bill. Ideally, you should keep this money in a liquid, low-risk account, so you can access the funds quickly and without penalty. Aside from possibly helping you control your debts, an emergency fund also may enable you to avoid dipping into your long-term investments to pay for short-term needs.

Thus far, we've only discussed achieving your financial freedom through methods of saving and investing. But you also need to consider your protection needs, too. If you were to become ill or suffer a serious injury, and you could not work for a while, your financial security could be jeopardized. Your employer might offer you disability insurance as an employee benefit, but it may not be enough for your needs, so you might need to purchase some additional coverage on your own. And to help ensure your family's financial security, you'll also need sufficient life insurance.

You also might want to protect yourself from the catastrophic costs of long-term care, such as an extended nursing home stay. The average annual cost for a private room in a nursing home is more than \$92,000, according to the 2016 Cost of Care Study issued by the insurance company Genworth. And Medicare generally covers only a small percentage of these expenses. You may want to consult with a financial professional to learn about ways you can protect yourself from the long-term care burden.

By following these suggestions, you can go a long way toward declaring your own financial independence. Consider taking action soon.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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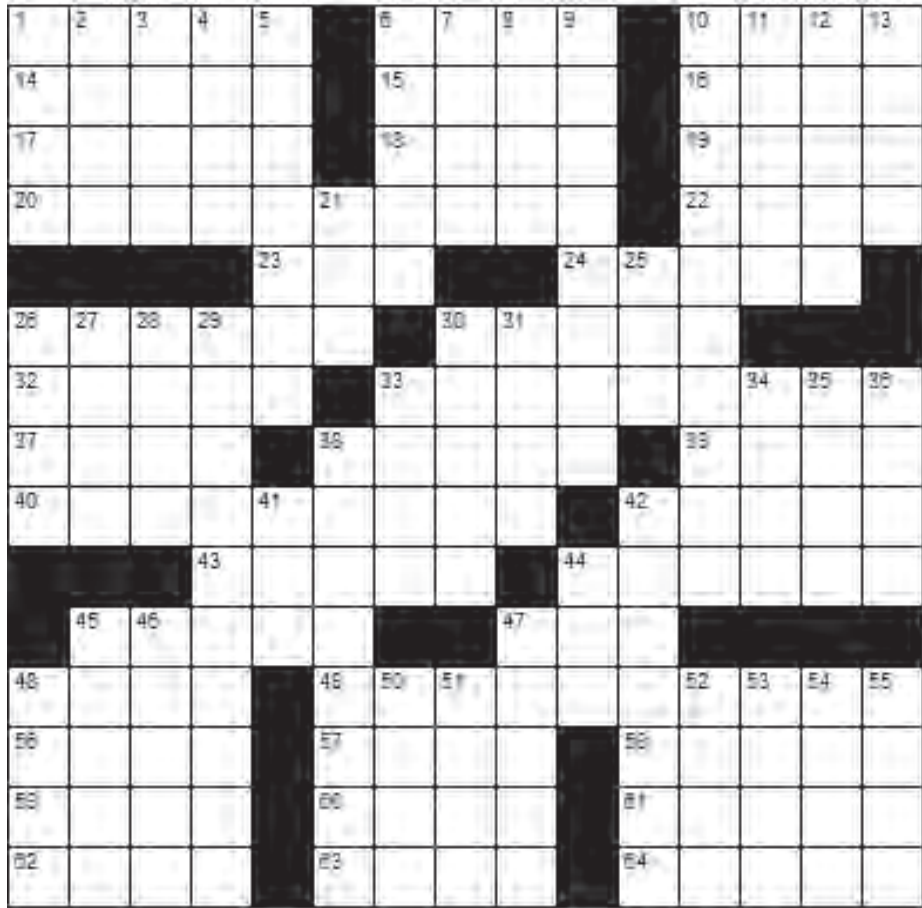
License Numbers: A/C CAC057227 Plumb. CFC057068 Elec. EC13005810 Warranty 80031



Puzzles and Games

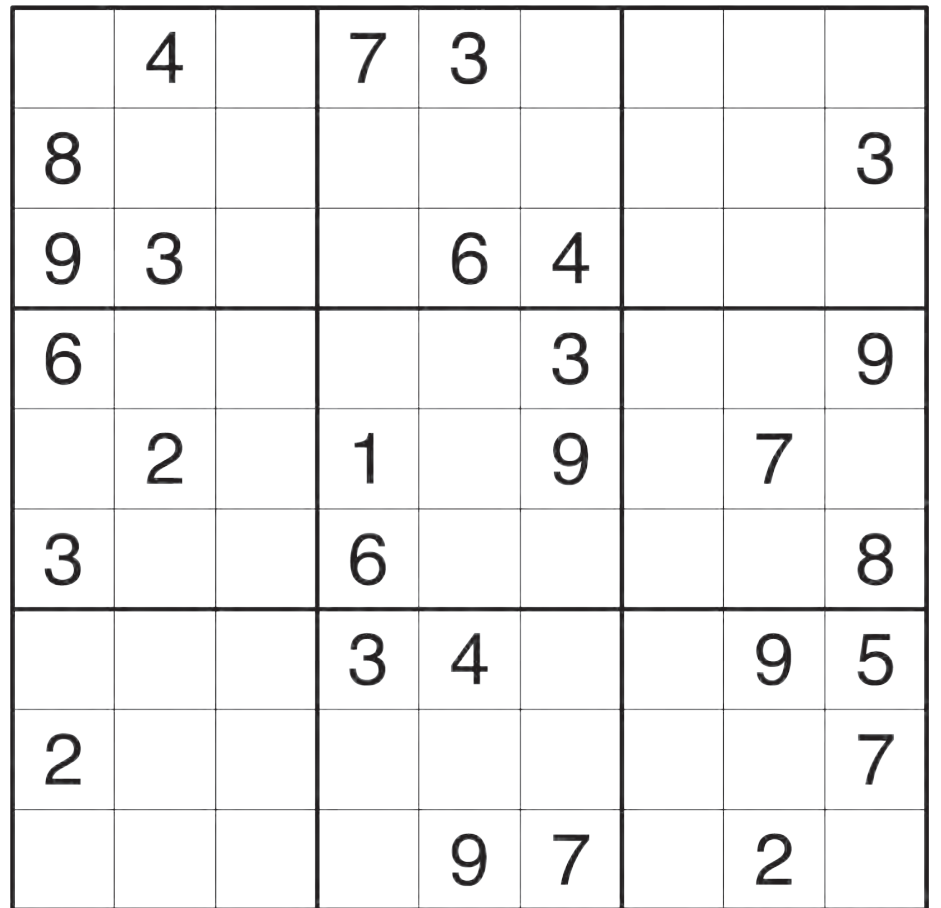
Solutions on page 54

Crossword Puzzle



- ACROSS**
- 1. A kind of macaw
 - 6. See the sights
 - 10. Put away
 - 14. Volumes
 - 15. Forearm bone
 - 16. Desire
 - 17. A religion based on sorcery
 - 18. Low-fat
 - 19. Babylonian goddess of healing
 - 20. Intentionally untrue
 - 22. Secluded valley
 - 23. Chart
 - 24. Complies
 - 26. Mold
 - 30. Japanese wrestlers
 - 32. Not silently
 - 33. Infection of the intestines
 - 37. Association
 - 38. Anagram of "Amend"
 - 39. Notion
 - 40. An appraiser
 - 42. Tomorrow's yesterday
 - 43. Tweaked
 - 44. Givers
 - 45. Picture
 - 47. One time around
 - 48. Annoying insect
 - 49. Unacquainted
 - 56. Hindu princess
 - 57. Conceited
 - 58. Approximately
 - 59. Pearly-shelled mussel
 - 60. Type of sword
 - 61. Catkin
 - 62. Legume
 - 63. Umpires
 - 64. Fails to win
- DOWN**
- 1. "Smallest" particle
 - 2. Gown
 - 3. So be it
 - 4. Absorb written material
 - 5. Disgraced
 - 6. Garden bulb
 - 7. Margarine
 - 8. Two-toed sloth
 - 9. Redeemed
 - 10. Proposal
 - 11. Genuinely
 - 12. Leers
 - 13. Withdraw gradually
 - 21. Bird call
 - 25. French for "Good"
 - 26. A ceremonial staff
 - 27. Ailments
 - 28. Boor
 - 29. Act of doubting
 - 30. Church council
 - 31. End ____
 - 33. A romantic meeting
 - 34. Cocoyam
 - 35. Back
 - 36. Cheers
 - 38. Tactic
 - 41. Cup
 - 42. Applied to the skin
 - 44. Water barrier
 - 45. Absurd
 - 46. Craze
 - 47. Paths
 - 48. Food
 - 50. Back of the neck
 - 51. Feudal estate
 - 52. Large luxurious car
 - 53. Angers
 - 54. Skin disease
 - 55. Rodents

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.

The Beach

Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.



- | | | |
|------------|------------|------------|
| BARE FEET | SAILING | SURFBOARD |
| BEACH BALL | SAND | SURFING |
| BOAT | SEAGULL | SWIMMING |
| CLOUDS | SEASHELL | SWIMSUIT |
| DRIFTWOOD | SEASHORE | T SHIRT |
| HAT | SKY | TOWEL |
| KITE | STARFISH | VOLLEYBALL |
| LIFEGUARD | SUNGLASSES | WADING |
| OCEAN | SUNSCREEN | WATER |
| PAIL | SUNSHINE | WAVES |
| PIER | | |

a WORD or Two

Word: pittance
Definition: a small portion, amount, or allowance; *also:* a meager wage or remuneration
Example: "...chances are good that any snow that might fall in coming days could be like the *pittance* of flakes that fell Thursday-and then almost immediately melted" -Neil Johnson
Word: interminable
Definition: having or seeming to have no end; *especially:* wearisomely protracted.
Example: Hayley didn't think she would have the patience to sit through another *interminable* radio pledge drive without changing the station at least once.

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Icemaker in Refrigerator – Parts & Labor	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	\$75
Ice & Water Dispenser	<input checked="" type="checkbox"/>		—
Dishwasher – Standard models	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	\$300
Oven/Range – Standard, Self cleaning	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	\$500
Microwave Oven – Built-in Only	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	\$200
Water Heater – Up to 50 gallons	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	\$500
Garbage Disposal – Up to 1/2 HP	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	\$250
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MARTINIQUE.....	Grnd Flr, REMODEL Kitchen, TILE THRU-OUT, Golf/Water		\$ UNDER CONTRACT
ANTIGUA	Newer Appliances+A/C+W/Htr, Decor'Tile, Encl Patio		\$ 79,900 JUST LISTED
NASSAU	1/1+HALF NEW TILE, Modern Furn, Roll-Ups, Pool/Tennis.....		\$ UNDER CONTRACT
ANTIGUA	1/1+HALF TILE ON DIAGONAL THRU-OUT, Encl Patio, Pool		\$ 55,000 JUST LISTED
NASSAU	Studio NEWER A/C+W/Htr, Furn, Encl Patio, Tennis		\$ UNDER CONTRACT
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City Matters

By Commissioner Mikkie Belvedere

Happy birthday and happy anniversary to all celebrating this month.

July has some other significant holidays besides the summer vacations. Enjoy July 4th, our Independence Day. Drive carefully to your destination and enjoy the barbeque. Remember the sun screen. Florida is known for its susceptibility to cancer. July 30th is "International Friendship Day," a day to build bridges and celebrate diversity. Use this month to get acquainted with your neighbor, to meet interesting residents, and to check out the "Multicultural Circle" of Coconut Creek. Our next meeting date is the first Tuesday of the month (not this month because of July 4th) the meeting will take place on July 11th at the Community center at 6:30 PM. There you will find occasional speakers, sharing of ideas and personal stories of holidays, cultures, food and more.

Remember that we are in hurricane season. Make sure you are prepared. Have personal papers in plastic bags to avoid losing them. If you need special assistance, make sure you know where the shelters are and how to get there. If necessary, call our police department. The main non-emergency number is 954-973-6700. This number is answered at the front desk Monday to Friday from 7:30 AM to 6:00 PM. For police emergency call 911.



We live in a very special city. We are the first in the state to be certified as a wildlife habitat by the National Wildlife Federation. Our promenade is doing very well. We are known as Tree City USA, Playful City USA, and Healthy Worksite. We were voted one of the safest cities in Florida and we received the John Keller award for outstanding planning initiatives. We have our own TV Station, Channel #78.

For garbage pickup issues, call 954-973-6780. For landfill odor complaints, call 954-519-1499.

If you think there may be abuse or neglect to a neighbor or child in your building or neighborhood, please call 2-1-1- and ask for assistance. Another good reason to call

2-1-1 is to get an "are you ok" phone call. Residents over 60 living alone can get phone calls to check if they are ok.

For important information on what is going on in the city, where your permit is, when the next concert is, what economic growth is on the horizon, what jobs are available, or when summer camp starts go to www.coconutcreek.net. It is a good idea to sign up for Cocogram on our website to receive weekly e-mails keeping you informed on city programs and meetings.

For additional information, to share ideas or to meet in person please call me at 954-803 7696. Have a great day and keep smiling.

Donald Buikus

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Health-Care Generosity and Connection Have Overwhelming Benefits to You and to Society

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

In tough times, lots of folks think that when it comes to health care, tightening the purse strings, letting folks fend for themselves and advocating tough love (or not so much tough love as just tough noogies) is the smart way to proceed. It's, well, responsible, is what gets said.

We say, yes, front-end, cost-cutting measures are responsible... for increased health risks, higher health costs and expenditures, and a reduced economic base. Not really what most people want or think they're advocating!

Turns out, there's no time like the present to expand the love in your heart and in your budget. There are enormous benefits gained physically, emotionally and economically when you reach out to help others and support programs that do that too. Over and over, studies have shown that a generous, social and compassionate approach to your neighbors' problems, returns a bounty of **benefits to YOU and society.**

On a Social Level

Health-care costs in this country are out of control; we all know that. In fact, according to the Commonwealth Fund, we spend more per capita than other high-income countries, with worse results (lower life expectancy and worse health). We have ever-more folks developing chronic diseases, and we spend 84 percent of all health-care dollars on such conditions, many of which are preventable. But does that mean we should spend less on programs that measurably improve people's health? Not by a long shot.

A new study published in the New England Journal of Medicine, titled "Economic Effects of Medicaid Expansion in Michigan," found that contrary to expectations (of some folks), even though the state's cost of expanding Medicaid coverage to more than 640,000 low-income people will hit \$399 million in 2021. The economic benefit of providing the health care will more than make up for it. It seems the expansion generates jobs -- lots of them -- and that brings in an additional \$150 million a year in revenues to the state from income and sales taxes. The study also shows that this year, the state's economic windfall from the expansion (including health care expenditure savings picked up by the federal government) will be \$432 million. It declines as the state has to pick up more costs of the program, but will still be \$162.3 million in 2021. And none of that takes



into account the enormous health benefits (and reduction in health-care costs) to people whose lives are made far, far less stressful and who receive improved medical care, which helps prevent chronic diseases. In Michigan, expanding Medicaid pays huge dividends!

Then there's the study in the American Journal of Public Health in 2015, which found that states with a generous unemployment compensation payment reduced unemployed men's reported health problems! Together, these studies demonstrate that you can save money and improve

people's health by spending money on programs that expand health-care coverage and improve **economic stability.**

On a Personal Level

Increasing your feelings of affection and connection stimulates production of the hormone oxytocin -- the love juice that bonds mother and child, and makes partners feel like cuddling. But the hormone does more than give you a warm glow. It helps keep muscles strong, reduces bodywide inflammation (a chronic disease generator!) and dispels loneliness, (a big contributor to cardiovascular woes).

Extending yourself generously also boosts optimism and reduces stress. When generosity helps reverse the effects of chronically elevated stress hormones, it eases elevated blood pressure and blood sugar, protects your circulatory and immune systems and helps keep your brain sharper.

Another way it helps? Generosity -- say, by donating money and time -- protects your health by making you feel that you can make a difference, and that feeling of positively affecting your world creates happiness. That's one of the best health elixirs there is.

In short, supporting a cause that matters to you, helping a neighbor and extending kindness, makes the RealAge of the person you help younger, while making your RealAge younger, too.

* * *

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit www.sharecare.com.

(c) 2017 Michael Roizen, M.D. and Mehmet Oz, M.D.
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Independence Day Celebration

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RENTALS

NASSAU.....	1/1 Great garden view, SEASONAL, very clean, available in Jan for 4 months	\$ 1,300
VICTORIA.....	2/2 Desirable corner, completely furnished, king size bed, flat screen, golf and lake view	\$ 1,900
VICTORIA.....	2/2 Ground floor, enclosed patio, ceramic tile/wood floors thru out, granite counter tops	\$ 1,800
BAHAMA.....	3/2 Very nicely furnished, Corner	\$ 1,800
LUCAYA.....	2/2 Very nice and furnished	\$ 1,100
VICTORIA.....	2/2 Desirable corner, completely furnished, golf and lake view	\$ 1,200
NASSAU.....	2/2 Fantastic, furnished and completely upgraded, gorgeous furniture, large flat screens	\$ 1,400
BAHAMA.....	1/1 Beautiful Studio completely remodeled	\$ 900
VICTORIA.....	1/1.5 Beautiful golf and lake view, ground floor, completely furnished	\$ 1,150
ANTIGUA.....	2/2 Lovely fully equipped for a yearly rental, immaculate overlooking the lake	\$ 1,200
BIMINI.....	2/2 WOW very clean unit with garden view, Washer/ Dryer, furniture optional	\$ 1,250
ANDROS.....	2/2 Fantastic lake view, tile floor, enclosed patio	\$ 1,300

REDUCED SALES

ANTIGUA.....	2/2 Breathtaking lake/fountain view, SS appliances, ceramic floors, freshly painted, bathrooms in great shape	\$ 125,000
ANTIGUA.....	2/2 WOW super clean unit, carpet in bedrooms, great garden view	\$ 83,000
ANTIGUA.....	2/2 Nice and beautiful completely furnished, freshly painted, great lake view, screen patio with shutters	\$ 79,500
ANTIGUA.....	2/2 Priced to sell, lovely pool view, freshly painted, newer appliances	\$ 82,500
ANTIGUA.....	2/2 Immaculate unit, some furniture included, overlooking canal, 2 nd floor	\$ 79,500
ANDROS.....	2/2 Magnificent corner evergreen, extra windows for light, newer kitchen, screen terrace with shutters	\$ 169,000
LUCAYA.....	2/2 Remodeled deluxe model, open kitchen with granite counter tops and newer kitchen cabinets with newer appliances	\$ 117,000
LUCAYA.....	1/1 Beautiful updated unit with walk in closets, laminate floor, ceramic in kitchen, newer appliances, garden and pool view	\$ 59,900
BAHAMA.....	2/2 Nice cozy unit, newer appliances, carpet in living room, nice garden view	\$ 69,900
MARTINIQUE.....	2/2 Turn- key, overlooking the garden and lake, enclosed terrace, floor to ceiling plexi glass	\$ 75,000
MARTINIQUE.....	2/2 Overlooking the canal and garden, renovated kitchen, newer appliances, laminate floors	\$ 78,900
ELEUTHERA.....	2/2 Sparkling fountain view, renovated kitchen cabinets with granite counter tops and stainless steel appliances, huge tile thru put, Washer/Dryer in unit	\$ 124,900
LUCAYA.....	2/2 Spectacular lake view, laminate floors in bedroom, No popcorn ceiling, newer water heater	\$ 125,000
PORTOFINO.....	2/2 Spectacular and completely remodeled, new open kitchen with new cabinets, remodeled bathrooms	\$ 190,000

FOR SALE

GRANADA.....	2/2 This is a must see	\$ 94,900
ANTIGUA.....	2/2 Updated, ceramic floors, newer appliances, updated guest bathroom	\$ 97,500
ANDROS.....	2/2 Corner Evergreen model nice white kitchen, SS appliances, gorgeous furniture, lake/pool view from balcony	\$ 193,500
CAYMAN.....	2/2 Juniper model , beautiful lake and fountain view, ceramic in kitchen and carpet in living area, enclosed patio, newer water heater, furnished	\$ 109,000
MARTINIQUE.....	1/1 Beautiful upgrade unit, walk in closets, renovated kitchen cabinets, granite counter tops, beautiful lake and golf view	\$ 64,000
ANTIGUA.....	2/2 This is a must see unit	\$ 84,900
NASSAU.....	2/2 Desirable and nicely renovated, SS appliances, new kitchen ceiling and new faucet, laminate floors	\$ 87,500
BERMUDA.....	2/2 Desirable Bermuda model, spectacular lake and fountain view, ceramic and laminate floors, tile and screened patio with storm shutters	\$ 89,500
CAYMAN.....	2/2 Juniper model, ceramic in kitchen, carpet in living room, screened patio, beautiful lake view	\$ 109,900
VICTORIA.....	2/2 Corner unit completely remodeled, elegant kitchen with new kitchen cabinets, porcelain floors, ceramic in rooms, overlooking the pool and garden	\$ 114,500
BERMUDA.....	2/2 Spectacular corner on the ground floor, lake and fountain view, nice kitchen ceiling, ceramic floors, carpet only in master	\$ 115,000
PORTOFINO.....	Spectacular panoramic and private golf and lake view, ceramic floors, newer white kitchen cabinets, granite counter tops, big screened patio with shutters	\$ 138,000
VICTORIA.....	2/2 Amazing golf and lake view, completely remodeled, laminate floors, brand new open concept kitchen, high hats lighting	\$ 143,900
ANTIGUA.....	2/2 Corner unit, located near the gate, garden and pool view, ceramic floors in the kitchen, true beauty	\$ 149,900

POETS *and* POETRY

If your poetry was not in this issue because of space, we will try to get it in the next issue. Our goal is to give everyone an opportunity to have their work published. All poetry will be printed as submitted.

I held his hand

By Frank Lemco

*I held his hand in mine,
And awaited the doom;
Twenty-four hours was all he had.
Cancer ridden he reeked
Of the parasites of hell,
Only oily incense could veil.
Rescued from cheerless corridors,
And the wretched wards of pain,
He languished in his anointed bed.
He sired me there
Eighteen years before,
To reap life's bold design;
That the torch he left behind,
Would blaze my future path.
Often wayward in my wants;
He forgave my trespasses.
We walked the same lanes,
Shared the privacy;
Of life's inner dreams.
He revealed.
Man's noblest ways;
To wish no neighbour woe.
To champion a common cause;
And spark mankind
To new-grown hope.*

*We traded barbs and wit;
Mulled passages of prose.
Delighted in the manly sports;
Cheered the rivals both.
And when day was done,
We shared a draft or two;
Laughed at silly things;
Argued when we needed to.
I aged in his shortened hours;
And I became the man,
And ached sorely.
I craved solutions,
To wish away the woe.
That this was a perverse prank.
I recalled the psalm,*

*"Blessed be God who created
Death and life to cease".*

*No anima on earth below,
The soul in providence above?*

*I read his lime-coloured lips.
Sensed him groping
Like the thirsting roots
Of a dying tree.
Bowing and sinking,
With laboured breath,
For the heights of his life;
Yet tempted by a glimpse
Of a summit more nobler.
Then Sammael with naked sword,
Entered the sanctum
Of interminable night.
And with the hint of Eternal Life,
Extended the arm of peace.*

And I gave his hand to Him.

Memorial Day Celebration in Veteran's Park

PHOTOS: Courtesy of American Legion Post #170



Clubs and Activities

ALL Wynmoor Clubs, regardless of name, are open to ALL Wynmoor residents. Dues may be applicable.

You can find Club flyers in the Country Club, on the Bulletin Board.

All Year-Round Club

By Barbara Milkes

We hope those members who were able to attend our Sunday Brunch on June 11th in Ballroom A were pleased with the wonderful food and entertainment. On July 12th, we will be having a Mardi Gras gambling trip. The cost is \$3.00. You may call Joy at: 954-978-2222 for complete details. This will be a really fun trip and hopefully there will be some lucky winners! Don't forget to join us at our next Sunday breakfast meeting on July 9th in Grand Ballroom A at 10:00 AM. Remember new and former members are always welcome to join us.

American Legion Post #170

By Ralph Trapper

The next meeting of American Legion Post #170 is scheduled for July 10, 2017 at 7:15 PM in West Wing II, located at the Main Theater Complex.

The Memorial Day Ceremony and the Memorial Day Remembrance, on May 29th of 2017, were well received by the residents and guests of Wynmoor. Hopefully next year, we will have peace in the world for all men.

For additional information, please contact Ralph Trapper, 1st Vice Commander (954) 972-4329 or Don Schwiesow, Commander (954) 984-6070.

Billiard & 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, and Club Pool & Billiard tournaments, and other social events. Annual membership is only \$5.00.

Wednesdays night open play:

Join us Wednesday night starting at 6:00 PM for open "9 ball" play.

This is open to all levels of players from beginners to advanced.

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.

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.

BOOKIES

By Edythe Rishin

BOOKIES, is a group of Wynmoor residents who meet on the first Tuesday of each month in Ballroom "C" at 7:30 PM to discuss...that's right, "Books." Please do not look for us this month (July). The powers that we have declared a BOOKIES Holiday so everybody can support and enjoy the festivities of our National Holiday - July 4th.

We will pick up again on August 1st at our usual time and place. The book to be critiqued that evening is *Practice House* by Laura McNeal. She has created wonderful characters who are richly imagined and engaging, even the ones that are supposed to be unappealing, in a love story about leaving and finding home. On September 5th, we will pay tribute to Ken Haruf for his work "*Our Souls at Night*."

This posthumously published tale of a small-town widow who finds happiness is beautifully told.

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

Bridge Club

By Lynne List

The summer is heating up, so stay cool playing bridge at Wynmoor. **ACBL games are on Monday and Wednesday starting at 7:00 PM.** Games end at

approximately 9:30 PM. The ACBL games on Friday and Saturday continue to start at 1:00 PM. The ACBL games are held in the East Wing.

The Easy Duplicate Game on Tuesday continues to start at 12:30 PM in the East Wing. The Easy Duplicate Game on Friday also continues to start at 12:30 PM, in the East Wing for the summer months, with a free 30-minute lesson beginning at 11:45 AM.

Please arrive 15 minutes before game time to allow directors to set up. If you need a partner for any game, please call Gerri at 954-978-2457 and she will do everything she can to help you find one.

Clay Sculpture Club

By Martha Van Cleave

Explore your creative talents in Clay! Our club is open to all no matter what your level of experience in clay sculpture.

Tuesday is our club day and the studio is open for your use throughout the week as well. The studio is located in the back of the main clubhouse facing the golf course to the right of the library.

Please come by and check it out and see if you might be interested in joining us.

If you decide to join, our club dues are \$10 for the year.

Feel free to call me for more information about our club or just come by on a Tuesday, usually 11:00 AM or later is a good time to find some of our members at the studio.

Martha 954-971-3932 or email me at vancleavemartha@yahoo.com

Current Events Club

By Daisy Sheridan

Come and join us at the Current Events Club. As the name implies, we discuss the important happenings of our times. We meet every Tuesday morning from 11:00 AM until 12 noon in the Multipurpose Room which is located near the entrance to the main pool.

Our meetings are always most interesting and stimulating. Every Wynmoor resident is welcome, as well as their guests. There is never a charge. We hope to be able to welcome you next Tuesday.

Hadassah

By Marilyn Stoloff

The Board is hard at work developing program ideas for next season. It will meet July 12 to make sure we are organized. Our first meeting of the next season is Wednesday October 4, 2017 in the West Wing. ATTENTION: Doors open at 11:45 AM and the program will begin at 1:00 PM so there is plenty of time to browse and buy at the Boutique and catch up with your friends over coffee and bagels. We have the room until 3:00 PM. **THIS IS A CHANGE.** See you there.

A reminder that Holiday Greeting are due before our next meeting. They are \$3.00 and should be sent to Bernice Riback. Remember while you are away you can purchase certificates, cards, and trees. Purchasing certificates, suitable for all occasions, from Bernice Riback (954-984-1763). Trees, to be planted in Israel, can be purchased from Beverly Alexander 954-969-1701. These are for all occasions. Lovely greeting cards for any occasion are available from Dotty Pekus 954-973-9050.

Ladies Golf Association

By Violet Howard

FIREWORKS, BARBEQUES, PARTIES, and, THE WLGA GOLFERS continue to swing along with ease and enjoy the Tuesday morning Tournaments despite the summer weather. Linda, Bella, Barbara B, Sandy, Jean, Mary Cohen, Zena, Eileen Silverman (I'm a GOLFER), and many others had so much fun out on the course. Thanks too, Laura (sitting in for Pres. Connie) and Mona - doing the 9 and 18 hole Pairings each week - not an easy chore. Plans are also in the works for pizza lunch after play. Send in suggestions as we need and value your input. The Round Table is the best place for what's happening and to enjoy your lunch on Tuesdays. Be sure to check the Bulletin Boards in the Golf Shop and outside too, for the latest events. Don't miss up on "fun times with friends."

Happy Birthday To: Flo Germaine - July 4, 2017; Gloria Penberth - July 4, 2017; Joy Rosenthal - July 14, 2017; Betty Kregas - July 17, 2017; Eileen Silverman - July 20, 2017; Eileen Jones - July 29, 2017; Sylvia Moses - July 29, 2017; and Barbara Buchen - July 31, 2017. Congratulations - Celebrate your special day and have fun!!



Clubs and Activities

Live Love Laugh MOOR

By Charles Lindquist

July will start with Live Love Laugh MOOR hosting a get together for our members and their guests in the Ballroom on July 4th at 5:00 PM. There will be a BBQ or bring your own dinner. Our Friday night at the movies continue on July 14th and July 28th. Movies are shown in the Country Club Lecture Hall at 7:00 PM. Everyone is welcome. Coffee and tea follow the movie. We are now taking reservations for our "Break the Fast" on September 30th.

The event will be held in the Ballroom. The is still space available on our annual cruise on December 8th. The 10-night trip will be on the Celebrity Reflection. For membership info: LiveLoveLaughMOOR@hotmail.com

Pickleball Club

By Sandra Cohen

With summer fully upon us, our members are having a fun and active season. The pickleball club continues to offer a variety of sporting and social activities including games and karaoke nights.

Join us for karaoke night on Wednesday, July 12, at 7:30 PM in the Grand Ballroom A. There's no entry fee for pickleball club members and \$3 for guests. Pickleball Club dues are only \$5 a year, and members never pay to attend any of our events, except for a small amount to play in our tournaments or for meals.

Want to learn to play pickleball? Come to the pickleball courts any morning. See how the game is played and meet our members. Check the bulletin board at the courts to find out about free pickleball lessons for beginners. We even supply racquets and balls for the lessons. All Wynmoor residents are welcome.

Tennis Club

By Shelly Propper

Don't forget – tennis is ongoing during the summer months both mornings and evenings. Night tennis is played on Mondays, Tuesdays and Thursdays from 6:15 PM until 8:00 PM. Beginner Wednesdays are still offered at 11:00 AM. See Bob for more information. Masters Tennis is played on certain Friday nights, so watch the board at the courts for dates and other events or check with Bob. Private and group lessons are also still available.

Wynmoor Amateur Radio Club

By Ralph Trapper

The W.A.R.C. meets every Friday morning at 9:00 AM at the Multi-Purpose Room, near the Main Pool, and we meet all year round. At 10:00 AM we move to the "Ham Shack" located in Room #118, on the West End of the Administration Building. Visiting Amateur Operators are welcome to operate from our station, just be sure to bring a copy of your "ticket" (License) along with you.

Work on the installation of the new vertical antenna is continuing, and hopefully the ability to add the lower Amateur bands (75 and 40 meters) will increase our stations communications ability in the very near future. For further information, please contact Ralph Trapper, W9TWW, at (954) 973-4329.

Wynmoor Emergency Hurricane Net

By Ralph Trapper

It is now July, and just a little explanation as to the time line in writing this article. This article is being written at the end of July (2017) to take into account of the editing and printing cycle. It is important to understand this as timespan as certain information needed to understand why we cannot provide numerical details as to the number of stations that will be making up the Hurricane net membership.

Equipment issues took place on Wednesday, the June 21, 2017 at 9:00 AM in Ballroom "A" of the Country Club Complex. The first on the air practice to take place will be on July 26, 2017, at 7:00 PM, on CB channel 14. We hope all operators that were issued equipment will check-in for the inaugural on "the air" meeting.

Then every following Wednesday evening at 7:00 PM again on CB Channel 14, until the Hurricane season officially ends on November

O'Neil Elliott
Director of Security, WCC
(954) 968-2504

Ralph Trapper
President, Wynmoor Amateur Radio Club
(954) 972-4329

Woodshop Club

By Ernie Fleury

Congratulations to Janice, Jeanette, Anne, Murray and Mike on their successful completion of the Cutting Board/Chess Board Class. The group completed a total of nine show pieces, some of which are in the display cases in the front of the shop. Janice and Murray are in the process of making slim line and duchess pens for holiday gifts. Course sign up is now open.

All power machines are now up and running and we are awaiting the delivery of two new quick stop table saws. Through the generosity of one of our members we have all new carbide tipped router bits and router accessories for the table mounted and the portable plunge routers. The Shop additionally has purchased new pipe and hand spring clamps. Air cleaners in all three rooms have been cleaned and three new ones scheduled to be installed this fall. The Woodshop is scheduled to be cleaned each night with a deep cleaning the first Friday morning of each month. During that time, members are not allowed in the shop until after 10:00 AM. All three drill presses have been leveled by a dial indicator and all sanding machines have new belts.

Barry Burns generously offers his professional photography skills for the woodshop and also for Wynmoor. Barry has given his time to photograph events such as the Walstein Foundation, the Broward Public Library and countless others. Barry and Sue operate the shop store providing members with supplies unique to their projects such as pen parts, salt/pepper mechanisms, glues, brushes and advice.

The Woodshop will be visiting the South Florida Woodworkers Guild meeting June 13th in Davie. SFWG members display their projects, provide demos and offer workshops. This is an opportunity to network with other woodworkers at all skill levels and provide ideas that will benefit The Woodshop. Guy Zannini, shop president, hopes to make these visitations a routine part of the shops activities.

All Woodshop members wish brother Patrick Moores a speedy recovery from his recent automobile accident. See you soon Patrick.



The Bocce Club sign made by Guy Zannini



Finished cocobolo cedar lined chest made by Everett Yankie



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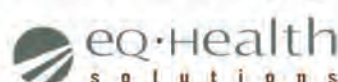
Senior Medicare Patrol (SMP) would like to alert Medicare beneficiaries, their family members and caretakers of a new scam based on the announcement that new Medicare cards and numbers will be issued soon. Scam artists are calling people posing as Medicare or other government employees telling them that new cards are being issued and that in order for them to continue receiving benefits, the agency must “verify” or “update” identifying information. This includes requesting their Medicare number and birth date and in some cases even financial accounts. Don't be fooled. This is a scam to steal your personal information, money and possibly your identity. Here is some information you need to know:

- Social Security number absent Medicare cards will be issued to new and existing beneficiaries from April 2018 to December 2019.
- Medicare will not phone you asking you for personal information. This includes your Medicare number. Nor will Medicare email or visit your home unannounced to “verify” or “update” information it already has.
- If you receive a suspicious phone call, simply say, “I don't give out personal information over the phone,” and hang up.
- Report your experience at **1-877-272-8720** or go to www.stopmedicarefraud.org.

Senior Medicare Patrol continues to empower and assist Medicare beneficiaries, their families and caretakers to protect, detect and report health care fraud, errors, and abuse through outreach, counseling and education. Please feel free to share this alert with others to prevent becoming a victim. Call 1-877-272-8720 to schedule a free educational session for your seniors to be presented by one of our SMP Outreach Specialists or hear information about becoming a volunteer for Senior Medicare Patrol.

This project was supported, in part by a grant (Nos. 90MP194-02-01, 90MP0196-02-01, 90MP195-02-01 and 90MP0242-01-01), from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

SMP is sponsored by eQHealth Solutions and funded in part through a grant from the U.S. Administration on Aging.





State Senator

Kevin Rader

Proudly serving District 29

Dear Friends,

The 2017 Hurricane Season is here. Broward County Emergency Management closely monitors weather activity in the tropics, especially during Hurricane Season. As South Florida approaches the peak of hurricane season, it is strongly advised that residents have their emergency plans in place.

Don't wait for last minute help when you can easily remain prepared through the season!

- Register with Broward County's Vulnerable Population Registry. This registry allows people who are disabled, frail or have health issues to register in advance with their city so that emergency workers may plan a better response following a hurricane or other emergency. For more information or to register, call 3-1-1 or 954-831-4000.

- If you plan on going to a Special Needs Shelter, pre-registration is encouraged to ensure that the shelter is adequately prepared to meet your needs. If you pre-register, you are not obligated to go to the shelter in an emergency. You can change your plans without notice if you make other arrangements. To pre-register, call Broward County Emergency Management

at 954-831-3902.

- Pre-register for evacuation transportation if you think you may need it. As with shelter registration, you are not obligated to take advantage of the service if your plans change. To pre-register, call Broward County Emergency Management at 954-831-3902.

It is also important to prepare important documents.

- Make a list of your Personal Support Network – the people you can count on to help you before, during and after an emergency. Document contact information (home, work and cell phone numbers) for each person on the list, including family members, friends, coworkers and neighbors.

- Create a Personal Information Card with all your health information (doctors, insurance policy numbers, hospital preferences, current medications, medical conditions, etc.) Identify your disability-related or special medical needs.

Information provided by Broward.org Emergency Services

**District: 5301 N. Federal Highway Suite 135 Boca Raton, FL 33487
561-443-8170 Email: Rader.Kevin.Web@flsenate.gov**

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Ending The Opioid Epidemic

By Sheriff Scott Israel

A terrifying opioid epidemic is sweeping the nation—infecting our neighborhoods, poisoning our families and filling our morgues. Nationwide, nearly 33,000 people lost their lives to opioids in 2016—more than died in auto accidents or homicides.

Sadly, Broward is not immune from the devastating crisis, which knows no bounds and impacts individuals across nearly all demographic and socioeconomic categories. The numbers are alarming. In 2016, opioids claimed 582 lives in Broward—nearly two each day. The death toll from this deadly menace is rising all the time. By the end of the year, deaths attributed to this threat will likely exceed 1,000 in Broward alone.

The dramatic uptick is largely the product of cheaply-made synthetic drugs, such as fentanyl and carfentanil, which are used as replacements for heroin. For instance, fentanyl is many times more potent than heroin, while carfentanil is up to 1,000 times more potent than heroin, and a very small dose can sedate a 13,000-pound elephant (while the same miniscule dose can easily kill a person).

In more than 30 years of working in law enforcement, I have personally witnessed the horrific damage drugs can inflict on individuals, families and communities. The drugs may change over the years, but the overall narcotics problem remains. While this public health emergency is historic and its impact far reaching, the Broward Sheriff's Office is doing all we can to make a difference and end this deadly drug plague.

BSO is a member of the Community Action Team, comprised of law enforcement, treatment providers, epidemiologists, first responders,

physicians, the Broward Medical Association, Broward Health, Memorial Health, United Way and many others. The team has developed a three-pronged attack at ending this epidemic via a combination of enforcement, education and intervention.

While BSO drug detectives and deputies are working at a feverish pace to enforce drug laws and arresting those responsible for selling these dangerous drugs, we are also educating the public through town hall meetings and community forums. Education campaigns also continue in middle and high schools, PTAs and community organizations. In addition, BSO has acquired funding to outfit hundreds of additional deputies, along with first responders from fire rescue, with the anti-narcotic overdose drug "Narcan." That move will no doubt save lives.

This war on opioids is not our first fight to end a drug epidemic gripping Broward. We've been here before and we've had much success. When the highly-dangerous, imported, designer drug "Flakka" suddenly appeared on the scene a few years ago and became an out-of-control local plague, we met it head on. Within months, we effectively stamped out the deadly drug from Broward's streets. I am hopeful we will have similar success in the battle against opioids.

If you know someone struggling with these dangerous drugs, don't hesitate to ask for help. Call 2-1-1.

The opioid crisis is very real and very deadly. But, together, BSO and our community partners are committed to ending this alarming epidemic and saving lives.



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YOM KIPPUR – the Day of Atonement
Fri., 9/29, 8pm – Kol Nidrei Eve
Sat., 9/30, 10am – Morning Worship Service
Sat., 9/30, 3pm – Family Service
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SUPPER CLUB

By Lynne List

Two wonderful Broadway shows will be presented, here in Wynmoor, in February 2018. Both shows are performed by the fantastic professional group, The Curtain Call Playhouse. This group can be seen in multiple venues throughout Broward and Palm Beach Counties including the Willow Theatre in Boca, Township theatre, Skolnick, and Sunrise theatres. They produce numerous shows each year including dramas, musicals, revues, and children's shows.

We are fortunate to have them at Wynmoor. The first show we will see is a deeply moving story about the psychological scars left on the children who were evacuated to avoid World War II in Europe. The play features a grown woman, in England in 1980, who was sent away as a child. Now, as an adult, she faces her past identity and the new person she has become. *Kindertransport* is an intense show not to be missed. There will be two performances in the West Wing, on Sunday February 11 a matinee at 1:00 PM and an evening show at 6:00 PM. A light lunch and light supper will be served. The exact menu and price will be announced next month.

The second show holds the title of the longest running Off-Broadway show. *The Fantasticks* will be performed on Tuesday, Wednesday and Friday evenings, February 27, 28, and March 2 in the West Wing. This



play presents an allegorical story concerning two neighboring fathers who trick their children into falling in love. A sit-down, plated dinner will be served catered by Olde Florida Caterers. Theatre goers will start with a glass of wine (BYOB if you want more), a salad, a choice of Chicken Marsala or Salmon in dill sauce, rice pilaf, baby carrots, éclairs, and beverages and rolls. Doors open at 5:15 PM, dinner is at 5:30 PM and show time is 7:15 PM. The price will be the same as last year, \$32 per person, tax and gratuity included.

Email advanced order forms and flyers will be sent out in September to those 315 people who have requested the opportunity to purchase their tickets in advance. If you wish to add your name to the list, send an email to LLIST@juno.com and write SUPPER CLUB in the subject line.

There is a lot of work involved in bringing these shows to you. The Supper Club relies on volunteers. Please, if you enjoy the shows and wish them to continue, volunteer to help. The jobs are not difficult. We need people to sell tickets during the month of January, to put and replace flyers in the library carousel, to write articles, to make centerpieces, etc. If you can help out please email Lynne at the address above or call her at 954-973-1223. Of course, most important, we need you to purchase tickets and to keep enjoying the shows.

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A MESSAGE FROM MARTY KIAR

It has been just over 100 days since I was sworn into office as Broward County's Property Appraiser and we have hit the ground running. The Property Appraiser's Office is responsible for determining the taxable value of all residential, commercial and tangible personal property located in Broward County. We also grant tax-saving exemptions and classifications to qualified individuals. The amount of property taxes a property owner pays is based on the assessed value less any exemptions and the tax rates set by the various taxing authorities. Our Compliance Department works to ensure no property benefits from an exemption or classification it is not entitled to. When a property owner frauds the system, it forces everyone else to pay more than their fair share.

We have taken great strides in a short time. Nowhere is this more evident than in the level of community outreach and education we are engaged in. Over the past 100+ days, our Community Outreach Department has attended 309 events serving 12,859 residents with exemption filing and providing other important information. Through these events, we were able to grant 2,135 exemptions to qualified individuals resulting in tax savings on their upcoming 2017 property tax bills. I have personally spoken at 75 events. The Property Appraiser's Community Outreach Department visits homeowner associations, community groups, realtors, business groups, places of worship and local organizations all over Broward County as part of our ongoing commitment to educate residents. If you would like our Outreach Representatives to attend one of your events, please contact them directly at 954-357-6905.

Communication is a key part of our current success and long-term goals. The Property Appraiser's Office inspects all property on a three-year review cycle unless there is a permit issued on the property or we are notified of

a change. We have started using door hangers when we inspect the property to let the owner know we were there and provide our contact information should the owner have any questions. Our social media presence has been a key component of our success and ability to reach people wherever they may be. Did you know our website, www.bcpa.net, receives more than 1 million hits each day? To further improve our ability to not only educate but also provide a one-stop place for information, we are working on an improved website. This website will still contain the information you are used to but also be responsive allowing you to access enhanced information and apply for exemptions on your smartphone or tablet.

Customer service remains a priority in my office. Our Customer Service Department has assisted 11,518 visitors in our office since January 3 and served thousands more online and by telephone. Along with our Outreach Department, they have approved 22,889 Homestead Exemption applications; 22,096 Additional Low-Income Senior Exemptions; 8,941 Portability applications; 2,827 Veterans, Military, Disability and Widowed Exemptions; and 2,493 Non-Profit Exemptions. When visiting our office or interacting with our customer service representatives online or on the phone, rest assured you will be treated in a friendly and efficient manner. We will work to provide you with every tax-saving exemption you are entitled to and get you on your way quickly.

Our progress over the past 100 days is just the start. Thank you for allowing me to serve as your Broward County Property Appraiser. If my office can ever be of assistance to you, please do not hesitate to contact us directly at 954-357-6904 or email at martykiar@bcpa.net.

THE COVE

The Cove is located on the Country Club Patio on Thursdays from 5:00 – 8:00 PM.
Food Available to purchase between 5:00 – 7:00 PM while supplies last.

ENTERTAINMENT

July 13th: Randy Stevens • July 27th: King Arthur

additional dates to follow!

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INSPIRATION STATION

By Diana Stone, M.A.

Dear Reader,

Do you remember the top of the charts Bee Gees song, "How Deep Is Your Love?" The easy melody and tender lyrics reveal a gentle vulnerable soul requesting reassurance from his love. Most of us, at some point in our lives, can relate to the lyric, "And the moment that you wander far from me, I wanna feel you in my arms again." I have felt this tugging sensation of wanting to keep my loved ones close with both my husband and my children, no matter what their ages or stages. If we have been blessed to know love, we also know the pain of separation. Whether it's romantic love that simply has to be temporarily paused for both people to return to work or those parenting milestone moments of having to let go of our babies for either preschool or college, that old familiar tingling, almost acidic feeling of having to let go a little bit or a lot, to allow the other person to expand can kick in. The feeling of holding your loved ones close is one of life's most precious human experiences.

Loving another requires holding on for so many reasons (comfort, safety, dancing!) but it also requires letting go so that each soul can fully develop and evolve into the fullness of who they are intended to be! Letting go of our hold is essential for babies to learn how to sit up, crawl and eventually walk on their own. Letting go of our desire to control the adults we love is also essential to allow others to discover who they really are. It is rewarding when our spouses and children enjoy the same things as we enjoy. Couples and families who share the same spiritual beliefs, political ideologies, food preferences and vacation destinations, have a wider platform of connectedness opportunities than those families who do not share common ground on such topics, but true unconditional love allows for differences in every category of life.

Letting go does come with some big emotional risks. When we let go, we are not guaranteed our loved ones will return with the same depth of depen-

dence as they left us with. This is most assuredly true when we release our children to go away for college. This can be a very healthy development. We want our children to be healthy, independent, gentle warriors in the world! Witnessing our children as adults and especially teenagers, making choices that are different than the choices we would chose for them, can be unsettling. Learning to share our wisdom and then let go so our children can discover the lessons of their lives on their own timetable is the challenge all parents will be called to make. It can take time to develop a new dynamic in the parent/child relationship, where both parties learn to accept their differences and know that love still prevails.

In peer relationship, whether it be with friends or a partner, the sense of closeness can vary even when nothing in particular has caused a shift. If even one person is tired or distracted, he or she will not be in the same space of wanting or needing the love the other is offering. One of the best tools I've discovered for maintaining my own inner equilibrium as the tides of closeness varies with my hubby, children and friends, is my meditation practice. Over the past several decades, I experimented with many meditation techniques, but "Transcendental Meditation" has been, by far, the most powerful and consistent tool of bringing me inner peace and bliss. It also allows me to feel steady even as the currents of life cause the surface patterns of relationships to vary.

The Southern Rock group, 38 Special's song, "Hold On Loosely," reminds us to "just hold on loosely, but don't let go...your baby needs someone to believe in and a whole lot of space to breathe in." It's helpful to **START** by believing in ourselves, allowing for our own deep breathes and trusting that love is an eternal gift that can be renewed the moment we let go!

Let go and exhale, all is well! With love, Diana

Diana Stone, M.A., is a Wellness Consultant and inspirational writer and speaker. Connect with her at dianalynnstone@me.com

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Saturday, July 8th - Time: 8:00 PM - Price: \$5.00

ANDREA GAROFALO

Saturday, July 15th - Time: 8:00 PM - Price: \$5.00

LOU AND LYNN

Saturday, July 22nd - 8:00 PM - Price: \$5.00

MICHAEL RAPPOSELLI

Saturday, July 29th - Time: 8:00 PM - Price: \$5.00

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Upcoming Library Events...

North Regional/Broward College Library

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

JULY 2017 PROGRAMS

* Play the summer learning game * Prize drawings * FREE fun all summer long! *

1st Floor Adult Community Coloring: Take some time today to reduce your stress by coloring!
Sponsored by Friends of North Regional/BC Library.

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

1st and 2nd Floor Display: Artist M. Christine Landis' original watercolors, handmade books, graphite and colored pencil drawings.

2nd Floor Exhibit: Bold Beauty Project – A powerful visual arts exhibition that features women with varying disabilities portrayed by award-winning photographers. www.boldbeautyproject.com

Adult Programs:

Thursdays, July 6, 13, 20, 27 – 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.

Mondays, July 3, 10, 17, 24, 31 – Toastmasters. Learn to become a better speaker and presenter, communicate with confidence, and develop your leadership skills. 4:30 to 6 p.m. Rm 226.

Wednesdays, July 5 & 19 – Job Quest. Sharpen your skills and share your experiences as job seekers. Tips on job searching, networking, phone skills, resume writing. Practice your interviewing skills with role-playing exercises. 11 a.m. to 12:30 p.m. Rm 226. *Sponsored by Friends of North Regional/BC Library.*

Saturday, July 8 – Spectacular Self-Esteem Saturday. Start your July with sensational tips and tricks on how to make your self-confidence shine. Presented by "The Self-Esteem Doctor" Dr. Simone Alicia, D.D. (h.c.) 11 a.m. to 1 p.m. Rm 154. *Sponsored by Friends of North Regional/BC Library.*

Saturday, July 8 – Be-YOU-tiful: Come as you are and leave looking like a star. From skin care tips to glamour shots. Call ahead to register for a hands-on session with a beauty consultant. 954-201-2601. 1:30 to 3 p.m. Rm 154.

Monday, July 10 – Take What You Need: "Falling in Love with Mondays!" Stay positive, stay sweet, with our uplifting display in the library lobby. Stop by and pick up your positive message. 10 a.m. to Noon. Lobby.

Wednesday, July 12 – Representatives from the North Broward **Social Security** office will be available to answer general questions and provide information. 2 to 4 p.m. Lobby.

Thursday, July 13 – Movie & Discussion. Noon to 3 p.m. Rm 154. Call 954-201-2601 for movie title.

Thursday, July 13 – "Alexander Hamilton" by Ron Chernow, book discussion. Building a better world through understanding American history and its relevance today. 6 to 7:30 p.m. Rm 154.

Saturday, July 15 – Guitar Café for adult beginners to intermediate guitarists. Bring your guitar and join in if you are interested in learning and playing. (Acoustic, Electric or Bass). 2:30 to 5:30 p.m. Rm 154.

Wednesdays, July 19, 26 & August 2 – Learn to Knit. Join us to learn knitting basics and work on the popular Baktus Scarf. Bring at least one skein of Aran (medium) weight yarn and matching needles (US size 7-9). Limited supplies will be available. First come, first served. 5:30 to 6:30 p.m. Rm 154.

Thursday, July 20 – Get Acquainted with Virtual Reality! Stop by for a demonstration and hands on experience with Oculus Rift and/or Microsoft HoloLens. 2 to 4 p.m. Lobby.

Thursday, July 20 – Ukulele Meet Up. Bring your own ukulele and jam with other ukulele enthusiasts. 6 to 7:45 p.m. Rm 154.

PREPARED



Upcoming Library Events...

North Regional/Broward College Library

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

JULY 2017 PROGRAMS

Thursday, July 27 – Movie & Discussion. Noon to 2:30 p.m. Rm 154. Call 954-201-2601 for movie title.

Language Classes:

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

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

JULY 2017 COMPUTER CLASSES

Thursday, July 6th 2:00 to 4:00 p.m. – Meet the Computer Windows 7 Introduction to computers, beginning with the components that make up a computer system. How to use a mouse and keyboard, including starting programs and the desktop area.

Friday, July 7th 9:00 to 11:00 a.m. – Exploring Google. Google is a leading search engine which helps you locate information on the Internet. Learn about other things you can do with Google—including Google Drive, Google Maps, and Google Calendars.

Wednesday, July 12th 2:00 to 4:00 p.m. – Microsoft Excel, Part 1 of 6 Become familiar with Microsoft Excel and spreadsheet concepts. Spreadsheets are often used to track numerical or financial data to perform calculations easily and quickly. This course focuses on using menus, toolbars, formatting text and numbers, creating charts and graphs, and creating formulas. **Required book is \$12 cash or check.**

Thursday, July 13th 2:00 to 4:00 p.m. – Exploring the Internet

Explore the best the internet has to offer, including sites for lifelong learning, entertainment, sources for streaming music and movies, the best of shopping, and information about online safety. Appropriate for desktop, tablet, and smartphone.

Friday, July 14th 9:00 to 11:00 a.m. – iPhone Essentials, IOS 10

Apple iPhone owners love their phones. This iPhone Essentials iOS 10 course will help you learn how to use your phone and avoid frustrations. Includes the new Health app, Apple Pay, Wallet, and Touch ID.

Wednesday, July 19th 2:00 to 4:00 p.m. – Part 2 of 6 Microsoft Excel

See July 12th for full description.

Thursday, July 20th 2:00 to 4:00 p.m. – Going Wireless: How To Use Wi-Fi. Wi-Fi is a wireless network that allows you to connect to the internet. You can surf the internet wirelessly at a public Wi-Fi hotspot such as a coffee shop or library. This course will: define Wi-Fi and its benefits, discuss how to use public Wi-Fi, find public places that offer Wi-Fi, and review Wi-Fi safety precautions.

Friday, July 21st 9:00 to 11:00 a.m. – Exploring the Internet, *in Spanish* – The best the internet has to offer including sites for lifelong learning, entertainment, sources for streaming music and movies, the best of shopping, and information about online safety. Appropriate for desktop, tablet, and smartphone.

Wednesday, July 26th 2:00 to 4:00 p.m. – Part 3 of 6 Microsoft Excel See July 12th for full description.

Thursday, July 27th 2:00 to 4:00 p.m. – Safety First: Privacy & Safety Online – Learn to protect yourself from scammers and identity thieves to recognize phishing and fraud attempts, how to create and use effective passwords, develop and practice good security habits and reduce exposure to threats; about virus protection, firewalls, top scams, credit monitoring, and job search scams.

Friday, July 28th 9:00 to 11:00 a.m. – Job Search Online – The vast majority of jobs today are posted on the internet, and most job applications are also done online. This class will guide you through the basics of online job searching and applications.



JULY CLASSES

Monday

AARP: Monday & Wednesday, July 3rd and 5th from 9:00 AM - 12:00 PM for TWO DAYS; \$15-\$20

Art for the Artist in You/Portraits (Lines): Starting July 3rd from 1:00 - 3:00 PM for 4 weeks; \$50.00

Chair Yoga (Charland): Starting July 3rd from 1:00 - 2:00 PM for 5 weeks; \$35.00

Tuesday

Line Dancing (Levitan): Starting July 11th from 10:00 - 11:00 AM for 3 weeks; \$21.00

Wednesday

AARP: Monday & Wednesday, July 3rd and 5th from 9:00 AM - 12:00 PM for TWO DAYS; \$15-\$20

Thursday

Canasta (Levitan): Starting July 6th from 3:30 - 5:30 PM for 4 weeks; \$36.00

Mah Jongg (Levitan): Starting July 6th from 1:00 - 3:00 PM for 4 weeks; \$36.00

Middle East Conflicts (Chesterman): Starting July 6th from 10:30 AM - 12:00 PM for 4 weeks; \$32.00

Saturday

Yoga (Charland): Starting July 1st from 9:00 - 10:00 AM for 4 weeks; \$35.00

Private Sessions

Golf Lessons (Battersby) Private Sessions available

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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954-978-2600, press 1.



LIVING IN BALANCE



By Debbie Cohen, LCSW

Unexpected Life Lessons

Some of the best lessons of life come to us in unexpected ways. We can't always transform something that seems negative while it's happening. Often, at a later time we see that something profound was learned from a challenging experience.

How can we stay calm in the face of something disturbing? There can be a social situation that's disappointing, such as being ignored at a group dinner or not hearing back from a family member. This, rattles us inside. There are also familiar disruptions such as the air conditioner breaking down or a dog barking all night and keeps us up. According to Albert Schweitzer, **"The most valuable knowledge we can have is how to deal with disappointments."**

One thing that is helpful when you are disappointed is to look at reasons why you are fortunate. You can look at the important relationships in your life, financial security, health and other conditions. They may not actually all be favorable, but you are still taking breaths, able to reflect and have the capacity to laugh. This gives us perspective.

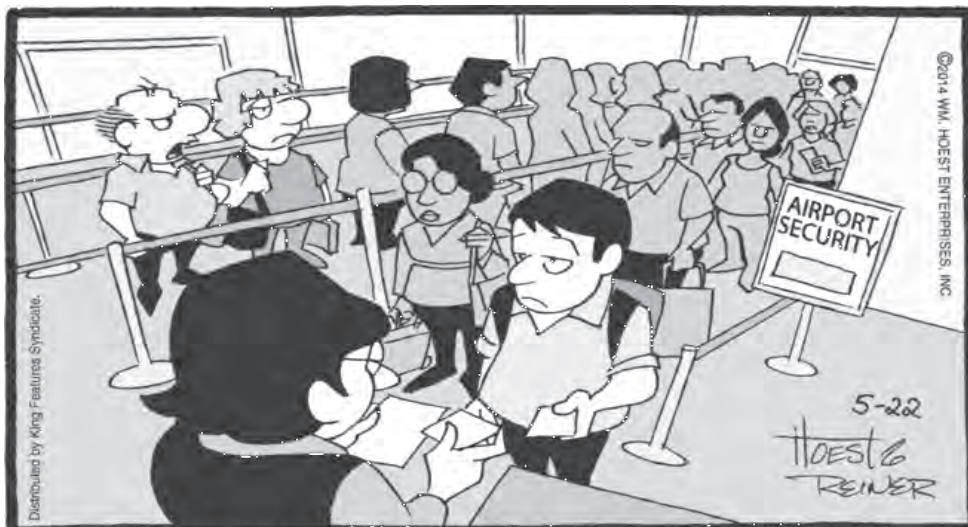
Another tool is to think about past periods of life where things weren't going as we hoped. In retrospect, we often see that we wouldn't have moved to the next phase of our lives if what we wanted initially hadn't fallen apart. One example is a relationship breakup that led to a future, more significant love. Or perhaps your career changed when you were rejected at an interview. Maybe that's when you found your true dream, because you revised your direction and goals. As John Lennon said, **"Life is what happens when we are busy making other plans."**

We use up a lot of energy worrying about whether something may or not happen. Sometimes we brace ourselves for situations because the mind is generating a lot of negative scenarios. Mark Twain said, **"I am an old man and I have known a great many troubles, but most of them never happened."** Before a recent trip to New York, I was going over maps and concerned about the traffic, feared getting lost and anticipated rental car complications. I thought out different routes and let the worries take over. When I actually did the drive, I was able to notice the beautiful hills and interesting trees. I did get lost a few times, but the GPS guided me back and I remembered to look at the beauty in the surroundings. In fact, because of getting lost, I found an interesting cafe I didn't know existed. Many people can't travel due to health or finances and I overlooked this and forgot to practice gratitude during the circling of worries.

Whether it's worries or disappointments, our lives can get eaten up by the little gremlins. Find ways to get some relief and change perspective. This can be by speaking with supportive friends, reading quotes, seeing a funny movie, getting outside, meditation or not buying into the circle of thoughts that pull us down.

Jo Walton said, **"There's a sunrise and a sunset every single day, and they're absolutely free. Don't miss so many of them."**

Debbie looks forward to your questions or topics for future issues at: quietmind2000@yahoo.com



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THEATER Front Row Center...



By Selma Glass



Theater, Theater, Theater! In my research for the upcoming season in South Florida, waves of nostalgia suddenly overcame me, and I suddenly had to find out what was currently playing on Broadway! Of course, there are many revivals along with some new productions. Bette Midler is starring in "Hello Dolly" and has received wonderful reviews, and is up for a Tony Award! How fantastic it would be if she brought the show to Florida at the end of the Broadway run! Lillian Hellman's "The Little Foxes," (another favorite of mine) is also on Broadway, starring Laura Linney and Cynthia Nixon. Linney is a well-known movie actress, and Nixon is best known for her role in "Sex in the City." The uniqueness of this show is that these two actresses interchange the roles of Regina and Birdie (two completely opposite human beings) at different performances.

Coming to Broward Center straight from Broadway, the 2017-2018 list of shows is truly impressive! Opening the season from October 10th - 22nd is "Sound of Music," Rodgers & Hammerstein's beloved musical about the Trapp family. From November 7th - 19th is "Love Never Dies" by Andrew Lloyd Webber. This is a sequel to "Phantom," and it has never been performed in Florida. "School of Rock" will be playing from December 17th - 24th. In 2018, Broward Center has top Broadway hits scheduled "Waitress," "Jersey Boys," "Riverdance," "Wicked" and, the biggest one

of all, "Hamilton" will be coming 2018-19th season! Call Broward Center for individual shows or subscriptions at 954-462-0222.

Stage Door Theater on Sample Road continues their shows all year round. You can still see 'Swing, Swing, Swing' until July 30th. This is an all singing, all dancing musical with all your favorites from yesteryear! From June 30th - August 6th is "Minnie's Boys," the madcap musical about the Marx Brothers. Two lively musicals for the summer doldrums! The Stage Door is to be commended for presenting many shows that are new to the Florida audiences. They are also known for having such a variety of shows playing in their two theaters. Further into the season are many exciting shows which audiences will be delighted with. Call 954-344-7765 for tickets. Stage Door also has subscriptions for sale.

Wynmoor's Summer Saturday Night shows are now only \$5.00! Folks, take advantage of this incredible cost to see top notch entertainers! See you next month. Remember, go to the theater! It is food for the soul!!!!



Wednesday, July 26th: Superstars Tribute Show Show Begins at 8:00 PM

One Man recreating four of the most popular legends - Billy Joel, Gary Puckett, Tom Jones and Frank Valli. Watch them come alive in a 90-minute quick change show. Enjoy all your favorite songs. Price includes pre-show wine or iced tea on the patio, starting at 6:30pm. Doors open at 7:15pm. Advanced reserved seating only. For groups who wish to sit together, please be prepared to purchase all tickets at the same time! No shorts permitted.

Tickets on sale in the Main Recreation Office by the Main Pool. Price: \$11.00.



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Neighborly News

Andros 1705

By Marilyn Stahl

Hope a year of peace prevails in our country and especially here in Wynmoor. Belated Birthday Greetings to Helen Ross. Celebration was in June. Les Resnick will be another year "younger" on July 2nd. Speaking of the Resnick's, Ellen is off to Paris with the "girls." Vi Roth will be joining her children in Rhode Island for a summer vacation. Clint and Pam Henderson had their two grandsons visiting from Texas, Jonah 3 and Jace 6, loved the pool. Handsome guys. Our Lunch Bunch continues our monthly outings. We visited Sea Watch. We always have fun getting together. The view, company, and food was great. Til next month, keep enjoying your wonderful life here in Wynmoor.

2901 Victoria Circle

By Joan Sampson

Your Board of Directors joins me in expressing sincere condolences to the family of Edith Farber. Edith was one of the original members of our Beautification Committee. She was a sweetheart and will be sorely missed. On Saturday, June 3rd, we had a fire in Unit G-4 that totally destroyed Phil Nielsen's lovely apartment. At the time of this writing, we don't know exactly what caused it but in all probability, it was electrical. We're so sorry for Phil, but thank God, nobody was hurt – things can be replaced. That's why it is so important to have Condo Insurance! I would like to thank Captain O'Neil Elliot and his entire Security Department for their immediate response and invaluable help during our crisis. I would also like to thank our wonderful President, Jackie Railey, just for showing up! Jackie, you are AMAZING! And so is our FABULOUS FIRE DEPARTMENT!

We try to do our building work during the summer months while the place is somewhat less populated, but those of you on the 4th Floor should be aware that we will be making some necessary repairs to our coping and Mansard. Therefore, there will be (or has been) some action on the roof. Also, the semi-annual root-pruning and cleaning of the A/C downspouts has been (or will be) done. That's it for now. Have a joyous 4th of July, stay well, keep safe and of course, be good to each other.

**Be A Good Neighbor
Look Out For Each Other!**

Andros Isle Building 1703

By Lindy Borden

Sadly, we said good bye to our beloved Sy Studin and his wonderful wife Ellen, as they leave for New York to be close to their family. Sy tirelessly served his neighbors and friends at Wynmoor as Wynmoor Council Representative, Andros 1st Vice-President, and 1703 Building Director. Thank you and be blessed always.

Happily, 1703 celebrates our newest neighbor Patricia Walthall; a welcome basket was presented to her by Jay Borden, 1703 Building Director, to let her know we are happy she selected Wynmoor as her home.



Jay Borden (left), Patricia Walthall (right)

A

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Salt: May there be of spice in your life.

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Wine: May you always have a reason to celebrate.

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Candy: May sweet things always be a big part of your life.

Candle: That you always see the light in the days ahead of you.

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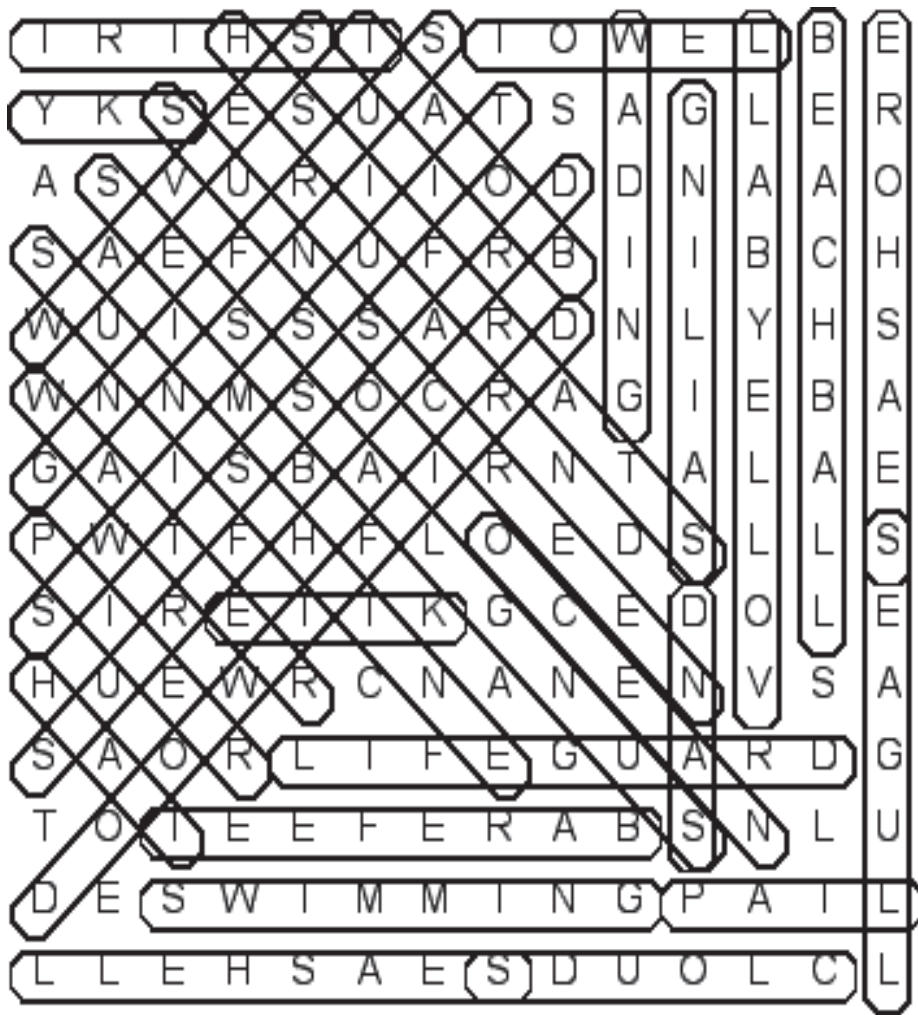
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Solutions from page 26

Puzzles and Games

The Beach



The hidden message is: SANDCASTLE

Crossword Puzzle



Sudoku

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



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