

VOL. 4 NO. 8

AUGUST 2020

Summary Of Contested Races

Ways to Vote

STATE ATTORNEY

As most of our readers know, Coconut Creek Vice Mayor, Josh Rydell, is now a candidate for State Attorney. As a Commissioner of Coconut Creek, Rydell has advocated for our community for many years and has been a friend of Wynmoor. Rydell has the support from over 30 elected officials.

SHERIFF

While the candidates running for Sheriff have visited Wynmoor, this race has unfortunately focused on media reports of Sheriff Tony's past. Although the Sun-Sentinel just endorsed Scott Israel, voters need to do their own research to determine who they believe is the best candidate.

STATE SENATE

With Senator Kevin Rader no longer running for re-election, State Representative Tina Polsky is now seeking to fill this seat. Polsky has visited Wynmoor many times pledging to fight the turnpike expansion if she is elected. Senator Rader and County Commissioner Bogen are supporting her.

SUPERVISOR OF ELECTIONS

If you are a Democrat, then you will know Mitch Caesar headed up the Broward Democratic party for many years. Caesar has been a constant visitor to Wynmoor for more than 20 years and pledged to be available to Wynmoor voters if elected.

Early Voting

Early voting is a time period prior to Election Day, at a location designated by the Supervisor of Elections, where registered voters can vote their ballots.

During early voting, you must vote in your county but you are not required to vote in your precinct. It is ideal if you wish to vote closer to work or school, or if you are unavailable on Election Day.

For all Florida elections in which there is a state or federal office race, the Supervisor of Elections is required to conduct early voting. **Early Voting Schedule**

Specific early voting dates and times in your county are determined by your local Supervisor of Elections. Early voting will end the weekend before the election. There is no early voting the day before Election Day. Early Voting Locations

All supervisors will hold early voting in their main and branch offices. In addition, supervisors may designate certain other locations for early voting sites as allowed by state law; however, if so designated, these sites must be geographically located so that all voters in the county have an equal opportunity to cast a vote.

Additional Information

To vote early, remember to bring current **photo and signature identification** with you.

For more information contact your **local Supervisor of Elections** or the **Division of Elections.**

Assistance in Voting

Florida statutes prohibit anyone from being with the voter when he/ she casts their vote unless the elector has previously requested assistance (such as when registering to vote).

If you have not previously requested assistance, you must complete an affidavit before anyone can accompany you into the voting booth.

If you do not bring with you a person to provide assistance, two election workers of different political affiliations will accompany you to the voting booth.

Additionally, electronic voting (audio and/or touchscreen) is available for voters with disabilities.

a signature, you will be asked to provide an additional identification with your signature.

Approved forms of picture/ signature identification:

• Florida driver's license

• Florida identification card issued by the Department of Highway Safety and Motor Vehicles

- United States passport
- Debit or credit card
- Military identification
- Student identification

Retirement center identification
Neighborhood association
identification

• Public assistance identification

• Veteran health identification card issued by the United States Department of Veterans Affairs

• A license to carry a concealed weapon or firearm issued pursuant to s. 790.06

• Employee identification card issued by any branch, department, agency, or entity of the Federal Government, the state, a county, or a municipality You should not be turned away from the polls because you do not bring identification. If you do not have the proper identification, you will be allowed to vote a provisional ballot.

Absentee Ballot

Vote-by-Mail refers to voting a ballot you receive through the mail or picked up by a voter who is unable or unwilling to go to the polls to vote on Election Day. You do not have to be absent from the county or have an excuse to vote-by-mail in any election.

To request a vote-by-mail ballot, you can fill out the online application on your **county Supervisors of Elections' website.** You can also request a ballot in writing through the Supervisor of Elections, in person at the Supervisor of Elections or by telephone to the Supervisor of Elections.

All requests for a vote-by-mail ballot must be made no later than 5pm on the 10th day before an election. You can still pick up a voteby-mail ballot from the Supervisor of Elections up until, or including Election Day.

Vote-by-mail ballots must be received by the Supervisor of Elections no later than 7pm on Election Day in order to be counted. It's important to follow all instructions on a vote-by mail ballot to make sure it is counted. You can correct a missing or mismatched signature on your vote-by-mail ballot.

I.D. Requirements

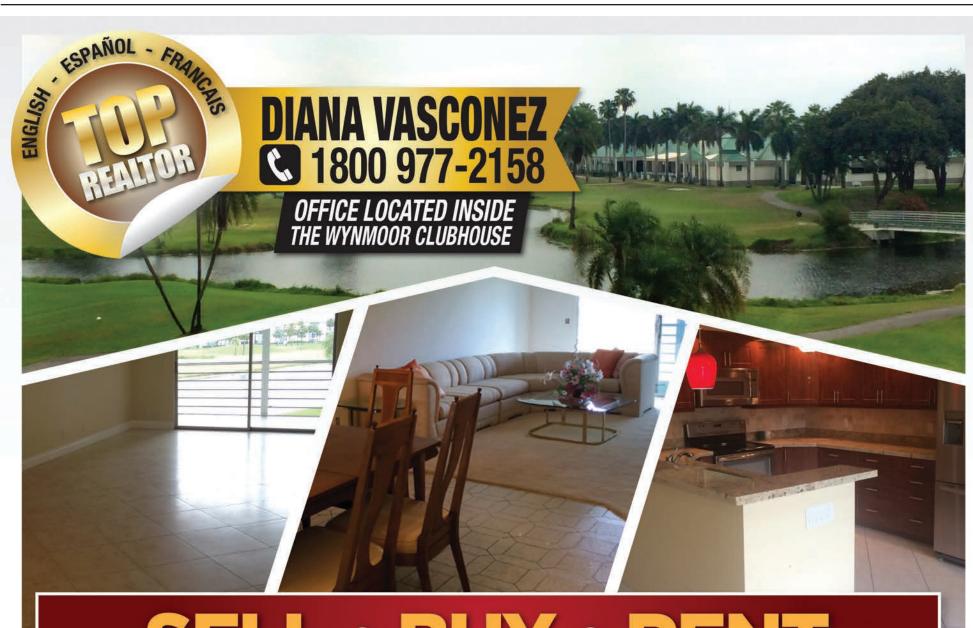
State law requires all persons appearing to vote in person to provide both a photo identification and signature identification. If the photo identification does not contain



By now, you should have received your vote-by-mail ballot. If you have not, call the Supervisor of Elections at 954-357-7055 or 954-357-7050, the main number.



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4301 MARTINIQUE (CORNER-LAKE VIEW)	\$ 199,900	
1605 ABACO (UPDATED -BIG IRIS MODEL)	\$ 184,900	
2201 LUCAYA (REMODELED)	\$ 179,500	
2403 ANTIGUA	\$ 138,000	
2503 ANTIGUA (REMODELED)	\$ 174,900	
3204 PORTOFINO (PANORAMIC VIEW -REMODELED)	\$ 199,900	
2402 ANTIGUA (REMODELED)	\$ 164,900	
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2502 ANTIGUA (REMODELED)	\$ 165,900	
2001 VICTORIA (DEMODELED)	¢ 10 4 000	

	2901 VICTORIA (REMODELED)	\$ 164,900
	3101 PORTOFINO (REMODELED-LAKE VIEW)	\$ 174,900
R	2504 ANTIGUA (CORNER)	\$ 139,000
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	1212 BAHAMA (1/1)	\$ 64,000
	3502 BIMINI	\$ 159,000
	2803 VICTORIA	\$ 105,000
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1705 Andros • Iris Floor Plan, Penthouse, Water View	\$135,000
3502 Bimini • Remodeled to the Hilt! Luxury Floor Plan	\$295,000
2006 Granada • Remodeled, Lake/Fountain View - Won't Last!	\$164,900
CORNER APARTMENT - WASHER/DRYER	
3502 Bimini • Corner 1800sf Under Air, Enclosed Patio, Golf/Water Views	\$184,000
CORNER APARTMENT	
2404 Antigua • Remodeled, Second Floor	\$149,400
1805 Eleurthera • Remodeled Penthouse	\$197,000
3004 Portofino • Remodeled, Golf Course Views, Shower in Master	\$220,000
2902 Victoria • Furnished, Encl. Patio, Golf/Water View	\$140,000
2 BEDROOMS / 2 BATHROOMS	
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3004 Portofino • Golf View, Endclosed Patio, Golf Cart Included	\$114,999
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3205 Portofino • Magnificent Panoramic Water Views	\$130,000
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4302 Martinique • New Vinyl Flooring Throughout	\$77,777
2904 Victoria • Ground Floor, Updated, New Electrical Panel,	\$94,500
New Appliances, All Tile, Lake View	-
1 BEDROOM / 1 BATHROOM	
4801 Martinique • Panoramic Water/Golf View, Unfurnished	\$77,777
	<i>•••••••••••••••••••••••••••••••••••••</i>
<u>SEASONAL RENTAL - 4 MONTH MINIMUM</u>	
1702 Andros • Top Floor, Remodeled Iris Floor Plan, W/D, Pool View	\$3,000/mo.
2901 Victoria • Remodeled, Includes WiFi, Electric	\$2,800/mo.
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2102 Lucava • Unfurnished. Pool View. To Your Advantage It's NOT FOR SALE	\$1.400/mo.

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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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At the time this paper went to press, it was unclear which events were being cancelled.

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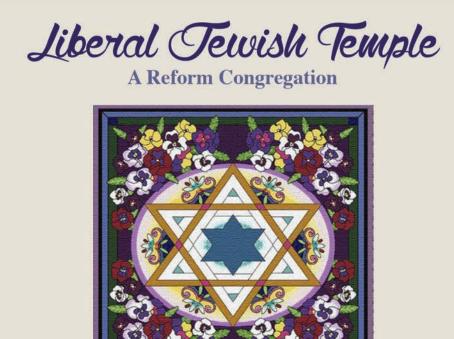


A Word From Mark Bogen TOP 10 THINGS TO AVOID TOUCHING!

While it is still very important to wash your hands throughout the day, I suggest the use of

PAPER TOWELS, NAPKINS OR TISSUES WHEN TOUCHING THE FOLLOWING:

- 1. Door handles
- 2. Credit card machines
- 3. Elevator buttons
- 4. Chairs that have handles
- 5. Grocery carts
- 6. Restaurant tables wipe before using
- 7. Gas pumps
- 8. When asked to provide zip code on gas pump
- 9. Stair hand rails
- 10. When a waitress gives you a pen to sign hold it with tissue







We welcome you to join us for Virtual Shabbat Services Friday Evenings - 7:00 PM

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Do's and Don'ts - For Next Generations By Mobolaji Adedoyin

I was educated in New York City and I struggled and made a living there until I retired in January 2017. Everyone knows, it is impossible for schools and colleges to teach students everything they need to survive in this world after graduation. Many parents learn the hard way - by "trial and error," which could be financially costly and stressful.

Based on forty-four years of experiences in New York City, I developed a few "Do's and Don'ts" for grandchildren and great-grandchildren. I am sure many them are already familiar with some of the items on my list.

1. Investment Performance - Check performance of your 401k, Mutual Funds, Investment Management Accounts etc., at least annually. a) Re-allocate or rebalance your investments at least every 12 months - Best in January after Mutual Funds posted Capital Gains - usually between October and December. b) If you do not know how to rebalance your investments/ portfolio, get help from someone who knows. I am sure you work hard for your money so seek help to invest properly.

2. Credit Reports - Obtain and review your credit reports from three Credit Reporting Agencies at least once a year. By law, you are entitled to a "free" copy of your credit reports annually. I usually request my reports around my birthday every year. Major Credit Agencies are TransUnion, Experian and Equifax.

3. Online Banking - Keep an eye on your account balances. Review your account at least once a week to make sure your balance is accurate. Banks make mistakes sometimes.

4. Credit Card - Review your credit card statement monthly. If online, review twice a month.

5. **Insurance Premiums -** Never be late in paying insurance premiums.

a) Automotive Insurance, b) Real Estate Insurance, c) Health Insurance, d) Life Insurance. We are all at the mercy of Insurance Companies. They share information on us and no matter which one we use; they have information on us - you cannot lie to them.

6. Term Life Insurance - Obtain a "Term Life Insurance" latest by age 45 - just in case - leave some money for your loved ones - wife, child, parents etc. It is less expensive at that age - the older you get the more expensive it becomes.

7. Savings, Savings, Savings - No matter how small your salary - make sure you save something weekly or monthly - even as little as \$15. Save for a "rainy day" - funds may "come in handy" to secure a lawyer if you are in trouble or if trouble finds you.

8. "Pyramid Schemes" - Do not participate in pyramid schemes. Only people that start them get rich. Examples: a) Holiday Magic - sold men's cologne, b) Savings Schemes - one of the oldest schemes - you contribute but will never pick up "big pot", c) Energy Companies – supply electricity to residences and businesses, d) Amway Company - sold household products, cosmetics, vitamins etc. Those companies require you to make presentations and recruit other people to join. Your making money is dependent on other people's commitment to make money - in other words, your destiny is in the hands of other people.

9. Vacation - As soon as you can afford it, visit a new city, state or country at least once a year – that will help you maintain your sanity, enjoy life and educate yourself and your family.

10. Secrets - Don't tell anyone your secret, unless you are about to die. Once you tell someone you no longer have a secret. Friends and family members could disappoint you anytime.

Continued on page 11

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Dear Residents,

Thank you Wynmoor residents for emerging stronger than ever. We eagerly await control of this virus and the reopening of our facilities. We anticipate a strong season ahead with sales from the Northeast. If you are thinking of selling, the time is close. We are very pleased to announce that the home prices in Wynmoor have remained optimistically consistent.

Most Sincerely, Bonnie



History will remember when the world stopped And the flights stayed on the ground. And the cars parked in the street. And the trains didn't run.

History will remember when the schools are closed And the children stayed indoors And the medical staff walked towards the fire And they didn't run.

History will remember when the people sang On their balconies, in isolation But so very much together In courage and song.

History will remember when the people fought For their old and their weak Protected the vulnerable By doing nothing at all.

History will remember when the virus left And the houses opened And the people came out And hugged and kissed And started again

Kinder than before.

8

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August Showcase.

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3102 PORTOFINO B-22 Bed/2 Ba. Fabulous remodeled, Golf views, impact windows, W/D\$ 189,000
2803 VICTORIA C-4
2402 ANTIGUA F-3
3405 BIMINI K-4Gorgeous, remodeled, impact windows, W/DBONUS \$2500\$ 224,900
2301 LUCAYA E-4
2903 VICTORIA O-4Wonderful golf and lake view, huge corner, updated\$ 158,500
4401 MARTINIQUE E-12 Bed/2 Ba. Porcelain tile floors, Lovely water views\$ 99,900
3302 ARUBA E-3
1604 ABACO B-22 Bed/2 Ba. Juniper floor plan, overlooking pool, washer and dryer inside the unit
2301 LUCAYA D-2



By Scotty Leamon **Public Safety Information Officer, Coconut Creek Police Department** Awareness Key To Safe Driving In Construction Zones



You have probably noticed a lot of road work around town recently, particularly on Lyons Road. You can expect that road construction to continue for the rest of the summer and into the fall, particularly along the Lyons Road corridor, but also on Copans Road and Sample Road.

The key to safe driving through construction zones is awareness. Studies show seasoned drivers are often less prone to distractions that younger motorists, but as we age, it

takes us more time to react. Plus, the temptation to look at your cell phone or take your eyes off the road to change the station on your radio is always there, so we must eliminate distractions. Construction projects often use orange barrels and other barriers to take away the shoulder, which is what a lot of drivers use to "leave themselves an out" if they get into trouble. What I mean by that is that the shoulder is something you can use if you have to avoid some fender-bender crashes by using it to slow down or avoid trouble. Since the shoulder may not be available due to construction, situational awareness is all the more important.

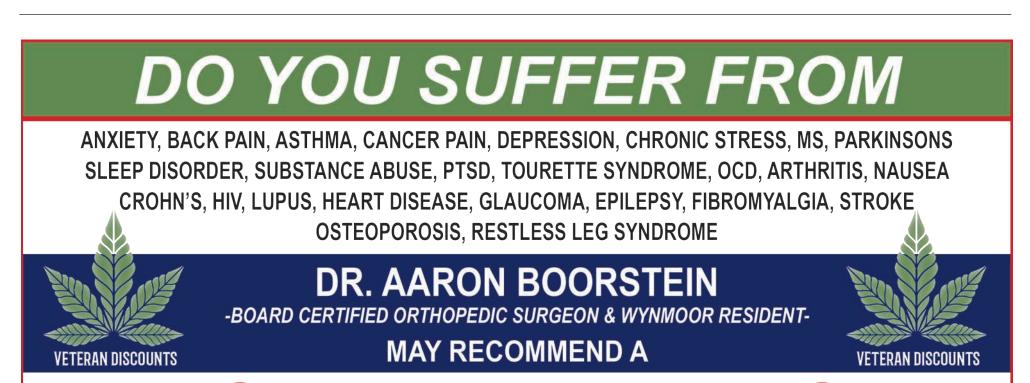
The road construction crews strive to do as much work as they can overnight so as to avoid the heavy congestion of the day. While traffic is not what it used to be before the pandemic, it has picked back over the past two months as more people have headed back to work. When you do hit that road construction, remember that you are in a work zone so the speed limit will be reduced. Watch for potential challenges, wear your seatbelt, and slow down, all of which will help you avoid crashes in a work zone or anywhere on the road for that matter.

Scam Updates:

There were no real new scams of note over the past month in Wynmoor. Tax season ended a couple of weeks ago (remember that it was extended through July 15th this year due to the pandemic) so it would not at all surprise me if we do see an uptick in tax scams over the next few weeks. You might get a phone call from someone claiming to be an IRS agent, or a Social Security Administration representative, trying to convince you that you did not pay your taxes. These fraudsters then tell you that you have committed a crime so there are federal agents on the way to your home to arrest you unless you pay up now! Remember that this is a scam. The IRS has always had enough rough publicity as it is, so why would they want to treat people this way?

Other potential tax scams could involve phony refund checks where the bad guys call you and claim they have an easy way to get your refund check early, as long as you send them some money first of course. This type of scam could also cycle back around if Congress decides to pass any type of second round of a stimulus checks as well.

I am always here for you if you have any questions involving potential scams, traffic concerns, or whatever else may be on your mind involving the police department so feel free to email me at sleamon@coconutcreek.net or call me at 954-480-7196.





AUGUST 2020



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EREV YOM KIPPUR	Sun.,	Sept. 27th
YOM KIPPUR	Mon.,	Sept. 28th
YISKOR	Mon.,	Sept. 28th

For details or information including time, price and how to access the services provided, call Iris Arlan, President 954-532-5268 or 908-403-8761

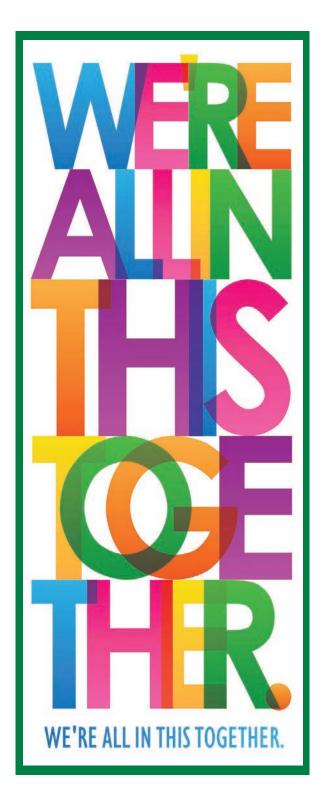
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gen to pape

Pen to Paper continued from page 7

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11. Getting Advice - Get advice on anything from someone you are sure knows the subject.

12. Personal Information - Protect your personal information, even from relatives (e.g. social security number, account number, passwords, or statements of accounts).

13. Food - Eat well, exercise regularly and practice preventive healthcare: a) Do Medical Check-up annually; b) Clean your teeth every six months.

14. Smoking - Do not start or stop if you already started. Reach out and get help to quit. Second-hand smoking is just as bad as smoking - do not expose your loved ones.

15. Excessive Drinking of Liquor or Beer is not good - Will negatively affect your relationships, sex life, career and health. Many people paid a high price for DUI.

16. Drugs - Excessive use of prescribed or illegal drugs is not good - will negatively affect your relationships, sex life, career and health.

17. Having a pet (dog, cat, lizard, leopard etc.) - a) Make sure you and your spouse know each other's allergies and both want a pet, b) It does not make sense to have a pet your children, spouse, girlfriend or boyfriend are allergic to, unless you are trying to kill them slowly, c) Understand and discuss sacrifices involved in having a pet - some people say a pet could be worse than having a child - it is easier to get a babysitter than a pet-sitter.

18. Moving Violations - Avoid tickets for moving violations as much as possible: a) Always estimate more time for travel, so you don't have to rush to an appointment and run through red traffic light; b) Anticipate "go slow" due to heavy traffic; c) Bad weather could slow you down; d) Moving Violations will increase your auto insurance premium sooner or later.

19. Parking Violation - Avoid as much as possible: a) Read parking signs very well; b) Find a parking lot/garage - Pay \$12 - \$16 instead of \$75 for Parking Ticket or \$350 if your car is towed.

20. Ticket for Car Seat Belt or Use of Cell Phone while driving -Avoid those tickets. Seat belts are for your safety and use of cell phone while driving could expose you to an accident - you could kill someone or be killed.

21. **Religion -** Religion is a personal thing. Do not get involved with or criticize other religion. Any religion is as good as another - most citizens of the world are good people. The problem in the world are 1-2% religious extremists that make any religion look bad.

22. Traveling Overseas - Find out as much as possible about any country you plan to visit: a) Collect information from Travel Agent, Internet and U.S. Embassy in that country; b) Check the U.S State Department's website for opinion/writeup on any country - some countries are too dangerous to visit - if you go there you are on your own; c) You need a VISA to visit few countries - e.g. Brazil, Nigeria, China etc.; d) Inform the U.S. Embassy in that country that you are in town - provide duration of your visit; e) U.S. citizens cannot visit few countries because we do not have diplomatic or good relationships with certain countries (e.g. Iran, Syria, North Korea, etc.).

23. Court TV Programs - Try to watch any of those when you can you can learn about different laws and avoid mistakes or violation of laws, that could cost you money and unnecessary aggravation. All participants are real people - those are not Reality Shows - Judges decisions are final: a) Judge Judy - CBS; b) Hot Bench - CBS; c) Judge Mathis - EW; c) Judge Jerry - EW; d) Divorce Court - Fox.

24. Having Kids - Do not have too many kids, unless you are wealthy or inherited lots of money. I usually advised my nephews and nieces to leave kids they dreamt about having in heaven with God, until they are ready for kids financially, mentally and psychologically.

25. Marriage - Marriage is a beautiful union between two people. You Continued on page 12

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just have to find that special person. You are not going to find a perfect person because you are not perfect yourself. If you find someone that has 80% of the qualities you are looking for, you are very lucky. Stay with that person and try to work out or compromise on remaining 20%. However, before you choose that person, there are certain habits you should not settle for because you will fight an uphill battle trying to change that person or stop a very serious bad habit that could result in many unhappy years for both of you. Stay away from the following: a) Drug addict or drug user that may become an addict; b) Recovering Alcoholic or an Alcoholic; c) Gambler or Recovering Gambler; d) Someone that lacks financial discipline - Such person will always avoid talking about money, budget, or savings; e) A man that does not love his mother - does not say anything positive about his mother (if alive) and would not talk about her; f) A woman that does not love her father - had no good memory about him (if alive) and would not talk about him.

I wish everyone good luck and happiness. ****

> Taking Life For Granted **By Lil Miller**

How quickly life can turn stress and strife in a blink of an eye. The bright day turns to darkest of thoughts of how did this happen overnight dining and dancing is now out of sight. Get away from me is the talk of the day as a silent enemy takes over the joy of living in one swift wipe! No warning - but stay inside. An ancient voice of long ago says (known as the boogie man) when I was a child! How real this saying is today – being a senior today – how fast we become a child of yesterday a virus you say? How decent, we have meds for that! "Germ warfare" is a better guess. When this germ reaches around the world no one yet has the answer. Be still and know who I am! Attention one and all! Time to unite and beat this beast from hell. United we win, divided we fall. May our love together beat the odds.

* * * * *

Strength, Courage, and Hope **By Lil Miller**

Be still and listen to the almighty voice. Silence, I found, was a perfect gift. I thought I could never find it. No music. No action. Just silence. As I gazed on the shining lake outside my patio window, there were egrets, ducks, and even a pelican or two. Birds were flying overhead all in a world of simple truth and peace.

I saw a small egret hopping on one leg, the other leg broken and growing horizontal to his body, noting that he kept busy, searching for food and chirping with his brothers, who had two legs. He was holding his own as he was swinging side to side on his one leg! I smiled envisioning the scene, to remind me of how simple life could be that we try and keep up with the strong as was shown by the example set before us.

Take the hand that was offered and try. Put pride aside and walk as if you truly belong. I can, I will. When the heart and the mind go together, everything will come out fine. Continued on page 17

Your Articles of Interest Are Always Welcome!

Email your articles to Wynmoorads@aol.com in a word document or put them into the INSIDER box as you have done in the past! Articles should be typed upper and lower case, or clearly written. Articles must have author and contact information.



Freedom From Bladder Problems

Hi!!! My name is Evette Weiss, I use to wake up 2 or 3 times a night to go to the bathroom. After treatments from Dr. Herman, I now sleep 7 or 8 hours per night without waking up to go to the bathroom. I had been leaking urine when I laughed, coughed or sneezed, but I no longer suffer from this problem. My goal is to help other men and women who may suffer from this embarrassing situation.

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The Flight Of Pigeons By Lawrence E. Correia

It seems that whenever people think of pigeons, they see them as beggars on the streets or in parks seeking handouts from generous souls. Never are they seen as birds of prey hunting for food or gathering food in the wild. We tend to see them as filthy, trashy creatures constantly pooping on buildings, people, sidewalks and the like and simply making a mess, the real scum of the feathered species.

It is no wonder that we look to the American Eagle as our country's symbol and see the beauty and majesty of the hawk and falcon as birds to be admired. Even Ben Franklin felt that the American Tom Turkey should be our country's symbol for all the gastronomical benefits it provides. Yet nowhere will you see people honoring the lowly pigeon.

Being a historian, I decided to do a little research about our feathered friend the pigeon. It seems that in October 1917, an American Battalion from New York city was assigned to seize a position held by the Germans. The plan of this operation was that this battalion would be its center flanked by another American unit on the left and a French unit on the right. As the battle took place both the left and right arms of the assault were driven back by the Germans. Little did the allied headquarters realize that the New York Battalion had reached their assigned goal. They believed that the unit had either been captured or destroyed because the Germans had reoccupied the territory behind the unit thus surrounding them and cutting off all electronic communications with headquarters.

Because of this lack of communication by phone, allied headquarters ordered the shelling of the German area not realizing the American battalion was in that location, because they thought that the American unit was lost. This Lost Battalion realizing they were being shelled by

their own artillery tried to send messages to headquarters of their dilemma but to no avail. The German commander sent a message to the battalion commander to surrender in order to prevent further bloodshed. In response the American commander said, "If you want this piece of land so badly you'll have to come and take it because we've spent too much blood to get it to give it away free." As a last resort they sent every pigeon they had to inform headquarters of their situation. The Germans seeing the pigeons realized that they were being sent to stop the bombardment and immediately started to shoot every pigeon in sight. Through a hail of rifle and machine gun fire the pigeons were brought down with the exception of one wounded bird that made it to headquarters to end the bombardment and the saving of the battalion. For its courage, this lowly pigeon was awarded a citation for gallantry and is the only bird in the history of this country to be so honored in the national war museum in Washington D.C.

As I began the research of these birds, it occurred to me that we humans like the lowly pigeons are in many cases a flock of refuse and garbage seeking a new world of freedom and opportunity. We may be the offspring of these flocks, but we have our own tale to tell. It seems that a lowly dirt farmer from Tennessee, Sgt. Alvin York, became the most decorated American hero in WWI, while a 17 year teenager from Texas became the most decorated hero of WWII, Lt. Audie Murphy. There are many such heroes both living and dead who are the descendants of the flocks of humans who immigrate to this land. I would venture to say that here in Wynmoor, there are many who have willingly given their time and blood in the service of this nation.

Unlike some of our leaders who consider immigrants and their offspring as human trash, I am proud to be a descendant of a flock of humans, like the lowly pigeons, able to serve our nation.



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By Joy Berke Sanchez, PhD

By the time this article comes out I've been basically home for four and a half months. It's been quite an experience and it doesn't look like it will be over any time soon. So how can we make this more bearable? I know it's not an easy time for anyone. Between the virus surge and the happenings in our cities and the

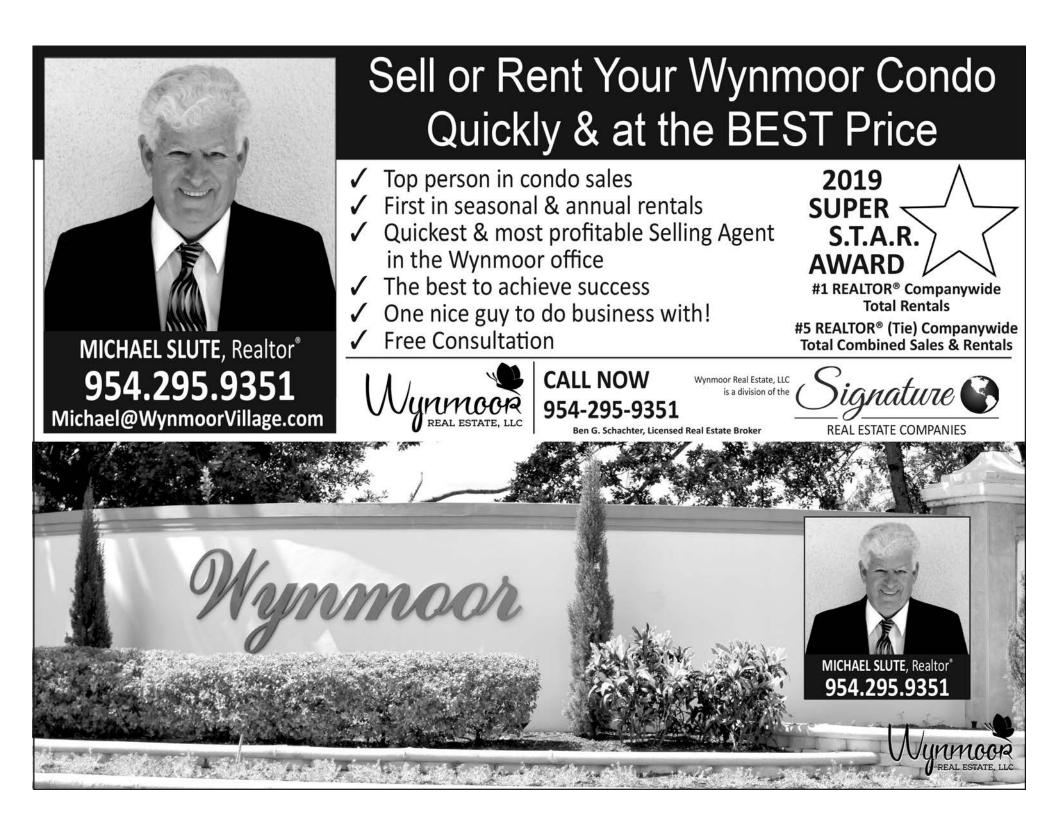
state of the economy and race relations and of course the political arena, it's a wonder we are not feeling more depressed and despairing than many of us are. What will it take for us to turn these feelings around when it's a formidable task to avoid thinking about what is happening to our country and its citizens?

I don't want to sound like a Pollyanna but we do have so much to be grateful for. We live in a community that is doing its best to protect us and just looking at the beauty around us lifts the spirit. Most of us don't have to scrounge for a living since our social security checks and in some cases, pension checks, are so far still coming. We don't have children living with us and don't have to be directly concerned with school openings. We are attached to the internet where we have a whole world to tap into and there are very interesting tv shows we can watch. For me, I can download almost any book I want and spend my time escaping into a good story. But from what I read and hear on Facebook many of us have forgotten how lucky we are. Happiness is an inside job and we have to work so much harder at it these days. Try an appreciation list. It really helps to write down all those things that we are grateful for and remind ourselves of them as often as possible. Find some funny old sit-coms to watch on tv and enjoy laughing. Uplifting music is a wonderful way to lift our spirits. For some it's classical. For me it's doo wop. I find it hard to be depressed when listening to The Cleftones and if I get up and move around to the music it's even better. Try doing some crafts. You can get the supplies online. My daughter and granddaughter are both making some fantastic pieces and even selling them online. I haven't been painting my very abstract pictures lately because I like doing it on the terrace and it's been too hot so I'm looking for some other things to do instead. Jigsaw puzzles are good and very meditative. We can forget for a while everything we are dealing with and lose ourselves in our projects.

Maybe all these things are just band-aids but it's a lot better than sitting and watching the news or venting our anger on Facebook. Hate to sound judgmental but watching the news and reading the posts are certainly wonderful ways of becoming depressed.

And the most important thing that helps me is to remember that I create my own happiness and mood. What I tell myself and talk about really makes a difference in how I feel. What we focus on is primary. Let's focus positively. Some things we can change immediately and some things take time but changing our orientation from negative to positive just takes determination and desire. Try it and see what happens.

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WYNMOOR Golf and Tips By Kevin Battersby, PGA

Walk, Ride, Or Push Your Cart?



I've always wondered what the benefits are for your health playing golf. Walking while carrying your bag - According to the Director of the Center for Health and Sport Science, walking with your bag burns between 1,400 and 2,000 calories on an estimated 4 mile walk.

Walking while pushing your cart - According to the same source this activity burns almost as many calories as carrying your bag, just a few less.

Walking with a caddie - Estimated to burn at least 900 calories and up to 1,200.

Riding in a cart - This activity can burn up to 800 calories.

The elevation of the tees plays an important role in burning these calories. In addition, these figures are on courses longer than Wynmoor and you must adjust for a nine-hole round too!

My suggestion when things normalize here in Florida, and you can ride two persons to a cart is to walk a few of the par three holes for extra benefit.

Looking forward to those days again! Kevin Battersby-PGA

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Traffic Violations

The speed limit on Wynmoor Circle is **25mph.** The speed limit in the villages is **15mph.** There is absolutely NO PASSING on Wynmoor Circle and all STOP SIGNS MUST BE observed by residents and guests. All residents and guests are required to abide by Wynmoor Rules and Regulations.



Be a good Neighbor. Look out for each other!







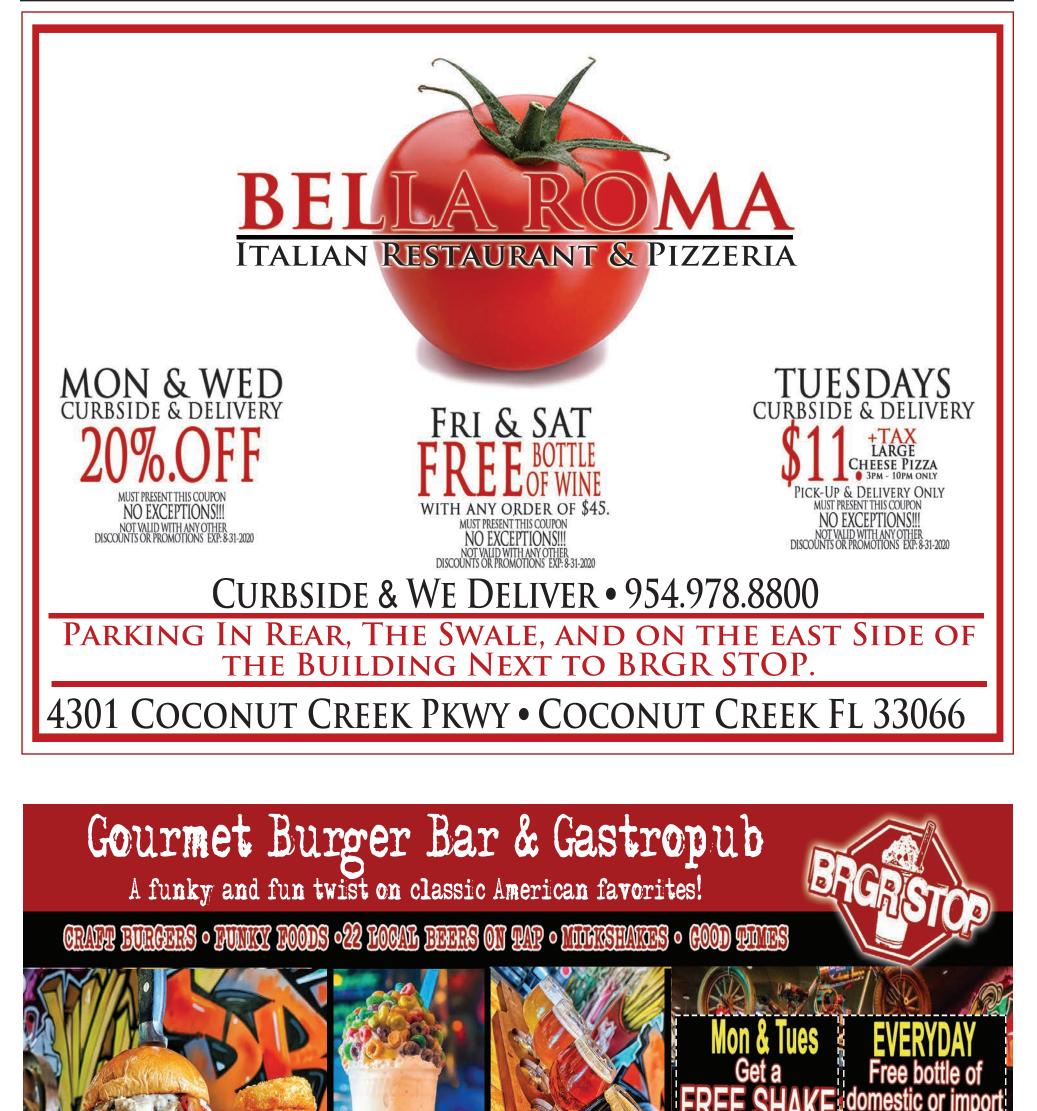
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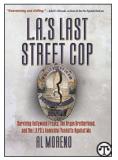
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Packed with unforgettable scenes of both beauty and despair, it culminates in his vocal stand against corruption within the LAPD and the political retribution that ensued—a dirty internal investigation that unleashed the murderous vendetta of a violent ex-con from the Aryan Brotherhood. A vivid, true life tale of service, survival and sacrifice.

From Highpoint Lit, purchase at http://www.laststreetcop.com.

MEGAN WALKER

Lakeshire Park

by Megan Walker

Brighton, England, 1820. Amelia Moore wants only to secure the future happiness of her younger sister, Clara. With their stepfather's looming death, the two sisters will soon be on their own. An invitation arrives to join a house party at Lakeshire Park. If she can encourage a match between Clara and their host, Sir Ronald, then her sister will be taken care of.

But another guest, the arrogant Peter Wood, is after the same goal for his sister. Amelia and Peter begin a rivalry but competing against Peter makes Amelia vulnerable to losing the only thing she has left to claim: her heart.

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Photo sent in By Karen Beckman





A Sweet And Savory Side

(NAPS)—Here's a delicious twist on an old favorite: creamy, cheesy, scalloped sweet potatoes, an easy-to-make casserole that will wow everyone at the table. High in fiber and loaded with vitamins and minerals, California sweet potatoes add just a hint of sweetness to this rich and savory dish. Serve it next to your Easter ham, your Thanksgiving turkey or with a store-bought roasted chicken on a regular old Wednesday night. Deliciously indulgent, it'll be your new favorite side dish.

Creamy, Cheesy, Scalloped Sweet Potatoes Serves 8 to 10

- 1-1/2 pounds each orange-fleshed and yellow/white-fleshed sweet potatoes, peeled and cut into 1/4-inch-thick slices, divided
- 2 cups shredded Gruyère cheese, divided
- 2-1/2 cups heavy cream
- 2 tablespoons chopped fresh thyme

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1-1/2 teaspoons each salt and pepper1 teaspoon dry mustard1/2 teaspoon ground nutmeg1/4 teaspoon each garlic and onion powder



Preheat oven to 400° F. Oil 9-by-13-inch baking pan or 21/2- to 3-quart casserole dish. Layer half of sweet potatoes in dish, mixing colors. Sprinkle with half of cheese. Add remaining sweet potatoes and set aside. In small saucepan over medium-high heat, combine cream with herbs and spices. Cook until bubbles appear at edges of saucepan. Pour cream mixture over sweet potatoes. Sprinkle with remaining cheese, cover loosely and bake until almost tender, about 45 minutes. Uncover and continue baking until tender, about 15 minutes.

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Bloom Where You Are Planted

Dear Reader,

Hello there! How are you doing? Are you thriving or just surviving? The truth is, even during these unprecedented times, there are people, perhaps you are one of them, who are truly finding ways to make each day productive, meaningful and beautiful.

Some people are even crediting this pandemic for liberating them in ways they never even imagined! By being forced out of auto-pilot mode, many people are really looking at their lives and examining what aspects are truly in alignment with their best intentions and deepest desires. I have observed people starting on-line businesses and others making changes in their primary relationships and still others discovering new hobbies that delight them! It takes courage and dedication to create new careers, relationships and creative outlets. As most of us have slowed down from the usual busy pace of working outside of our homes, running countless errands and participating in social circles, our attention has been able to shift to our inner world – our feelings, our wants, our fears, our longings. As the weeks have turned to months of slower paced living, we are granted the opportunity to gauge if our outer world is truly a reflection of our inner visions. I invite you to take the INNER SELF challenge and allow your inner voice to speak loud enough to be heard. *Is your life in alignment with your highest vision?*

Give yourself a few moments to answer some questions. Are you overall satisfied with your life? Are you able to be productive each day? Is there deep meaning in your life and in your relationships? Are you creating and enjoying beauty each day?

Some people may argue that this is not the time to really make any major changes but the truth is that NOW is THE ONLY TIME WE HAVE to do anything! We are not guaranteed we will have another year, another decade or more. We have NOW and as Eckhart Tolle has taught us, the power is always in the present moment. So, allow yourself to step back from the world view (your source of news of what is occurring outside of you) and delve deep into your own inner view of you and how you fit into the outer world. By focusing on yourself and strengthening your own resolve to add to the productivity, beauty and meaning of first your own life, you will automatically be raising the vibrations of those around you!

With the spread of Covid-19 still a risk, we are highly encouraged to STAY PUT (meaning not to travel now) and not to gather in crowds so it is the ideal time to BLOOM WHERE YOU ARE PLANTED. You need not wait for conditions outside of your control to shift for you to take charge of your own dominion! You can immediately take better control of your life through

three easy steps!

1. Practice self-care! Make it a priority to get enough sleep, eat well and exercise every day! Your body is your vessel for all of your life's expressions! It's vital that you take supreme care of your instrument of expression!

2. Create meaning in your life by scattering love and kindness to everyone you can. We are all interconnected and when we consciously reach out from a heart space of genuine love and appreciation, we literally are raising the vibrations of those we are focused upon. You have the power to make someone's day magnificent by your sheer appreciation of them!

3. Notice beauty! Nature creates so much for us to be in awe of! Just look around you at the lush greenery and the beautiful clouds and know you too are part of this tapestry of glory!

Law of attraction states that what we focus upon grows. So, I lovingly encourage you to take stock of all that is going right in your world and BLOOM WHERE YOU ARE PLANTED! Now is the time not to merely survive, but to THRIVE! As always, I am here, cheering you on! With love, Diana

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



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Kevin Rader

State Senator, District 29

Dear Friends,

I hope that you are continuing to prepare for Hurricane Season and taking the proper safety precautions regarding COVID-19. As it is a new virus, information has been rapidly changing, except that health experts are in agreeance that the best way to protect ourselves is by wearing a mask, social distancing, and having good hand hygiene.

At the end of June, Governor Ron DeSantis signed the state budget for the fiscal year 2020-2021. The budget totaled \$92.2 billion and was subject to more than \$1 billion in vetoed spending. These vetoes are the result of the international pandemic we are currently experiencing. Many of the projects that were cut from the budget would have assisted local communities and counties. However, several projects that I sponsored were not vetoed and made it into the final budget. These included projects to assist foster families, adults and children with developmental disabilities, water projects for the Glades region, holocaust awareness, and child abuse prevention.

Not only can Governor DeSantis veto items in the budget that was passed by the legislature during this year's Legislative Session, but he can do the same with legislation. I passed several bills this session, but there are two that I believe the community will be interested in hearing about: SB 302/HB 89 Adoption Records and SB 1628/HB 1213 Holocaust Education. SB 302/HB 89 Adoption Records, effective July 1, 2020, ensures that any adult adoptee is no longer required to attain their adoptive parent's signature to request their birth records, but instead, only required to obtain their birth parent's signature. This statute was significantly needed to help remove barriers for adults that seek to have their original birth certificate. Representative Polsky and I filed a Holocaust Education in Public Schools bill, but, as is the norm in Tallahassee, we combined efforts with Representative Fine and Senator Book on SB 1628/HB 1213 Holocaust Education. Together, we were able to pass a holocaust education bill, which ensures that children receive a factual education on the Holocaust. The Department of Education will prepare standards and a curriculum so that all schools in Florida have the tools to teach this portion of history properly. These two pieces of legislation were signed by the Governor, making them law.

My office is here to help, so please contact us with any issues or concerns. EMAIL: Rader.Kevin.Web@FLSenate.gov or call: 561-443-8170.



Let's Keep Our Creek Family Safe and Healthy

In Broward County, if residents think they have been exposed to COVID-19 through travel or close contact with someone who has, please call 954-412-7300 BEFORE going to healthcare provider for treatment.

People may be able to share the virus before showing symptoms. As a community, let's protect our senior and vulnerable populations. Consider self-isolation. Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.



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Everyone should be following standard recommendations to prevent infection spread including:

• Wash your hands regularly with soap and water for at least 20 seconds; use hand sanitizers at home and in the workplace

• If you are sick, stay home, and follow the advice of your health care provider

• Cough and sneeze into your elbow, not your hands or into a tissue which should immediately be discarded; avoid touching your eyes, nose and mouth

• Avoid close contact with anyone showing respiratory symptoms (breathing difficulties, cough, runny nose)

• Over-the-counter masks are generally not an effective deterrent and are not recommended for the public at this time

• Evaluate your travel plans as conditions warrant; you should rethink traveling to areas that are already under a travel advisory or areas that are experiencing an outbreak of Coronavirus

Just like the flu, certain groups may be at higher risk, including the elderly. Individuals who believe they are experiencing any of the symptoms should contact their health care professional and follow their advice.





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Property Appraiser's Update

This year is unprecedented for our community as we continue to manage the COVD-19 crisis. Florida law requires our office to value property based on the status of the real estate market on January 1, 2020. Any impact to real estate market conditions caused by the crisis will be reflected in the 2021 assessments. **2020 TRIM Notices**

The Broward County Property Appraiser's Office mails the TRIM (proposed tax) Notices in mid-August each year. The proposed property tax notice will show your 2020 property assessment, exemptions and the proposed taxes along with dates and times for the various taxing authorities' public budget hearings. The TRIM Notice is your opportunity to review your property assessment and ensure you are receiving all the tax-saving exemptions you are entitled to. Our office's contact information will be listed on the newsletter enclosed with the TRIM Notice giving you the opportunity to contact us directly should you have any questions. **The absolute deadline to apply for any 2020 exemption or to appeal your property assessment is September 18, 2020.**

The Property Appraiser determines the market value and assessed/Save Our Homes value of your property. Your tax rates and non-ad valorem fees are set by the various taxing authorities (school board, county commission, city commission, hospital district board, water management district, and so on) listed on your TRIM Notice. If you want to question your proposed tax rates, non-ad valorem fees, special assessments or services, you should contact the elected officials who serve on these taxing authorities and attend the public hearings in September 2020.

Important: The Property Appraiser does not set your tax rates or collect your taxes. Your tax rates are set by the city & county commissions, school board, and other taxing authorities. Additionally, any PACE (Property Assessed Clean Energy) assessments are not included on the TRIM Notice but will appear on the November tax bill sent by the Broward County Tax Collector.

Why Are My Property Taxes Higher than the Prior Owner's Last Year?

Florida law requires property be reassessed at market value as of January 1st the year following a change in ownership and/or the year the property receives/loses the Homestead Exemption. After this reset in value occurs, the property will be protected by an assessment cap starting the following year. For Homesteaded property, the Assessed/Save Our Homes (SOH) Value can increase by no more than 3% above last year's Assessed/SOH Value (or the consumer price index, whichever is less), regardless of the increase in just value. For tax year 2020, the assessment increase is capped at 2.3% for all Homesteaded properties. For non-Homesteaded property, the assessed value can increase by no more than 10% above last year's assessed value. The 10% cap does not apply to the school board taxes.

If my office can ever be of assistance to you, please do not hesitate to contact me directly at 954.357.6904 or by email at martykiar@bcpa.net.

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Martin Zevin, head of the firm, has been practicing in the areas of Personal Injury, Wills, Trusts & Estates in Broward & Palm Beach Counties since 1973.

During this current time of social distancing, I have been consulting with clients via phone, e-mail and regular mail. In the past, my free initial consultation would normally be a personal meeting.

We offer free consultations for all personal injury cases, including car accidents, slip and fall, pedestrians, bicyclists, etc.



We also offer free consultation for Wills, Living Trusts & Probate

Included in free consultation for Wills, Trusts and Estates:

- 1. What are the differences between a Will and a Revocable Living Trust?
- 2. What is Probate, how long does it take and what are the costs and attorney's fees?
- 3. Why is it important for every adult to have a Durable Power of Attorney, Designation of Health Care Surrogate and Living Will?
- 4. Review of your current legal documents.

Included in free consultation for personal injury:

- 1. How much is your case worth?
- 2. How long will it take to settle or go to court?
- 3. How much for costs and attorney's fees?
- 4. Referrals to doctors.
- 5. Review of your car insurance.

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Sheriff Gregory Tony

Listening, Evolving, Changing

This year, our nation – our world – has been faced with unprecedented challenges. From a global health crisis to civil unrest and the reminder of inequalities for people of color, our strength, our faith and our wills have all been tested. As we enter the eighth month of 2020, I gain strength from the opportunities before us. The opportunity to listen. To grow. To mend. And to change.

In the last 18 months, I have made significant changes that focus on building stronger community relationships and restoring trust by bringing accountability and transparency to the Broward Sheriff's Office. I have revised policy to establish a Use of Force Review Board, appointed new members to the

Professional Standards Committee, established progressive training protocols and improved recruitment practices to ensure we are hiring the most qualified applicants. Despite these advancements, we must do more.

Recently, I've had several opportunities to sit down with community leaders and advocates for change to listen to their concerns and discuss areas of strength and opportunities for growth. Our dialogues were progressive, and the BSO command staff and I welcomed their input.

The focus of our discussions was on policing practices. Today, law enforcement remains the only branch of government that is required to respond to every situation where there is an immediate need or threat. Often, these



needs are met by people in crisis, who are hurting, who have been wronged, are suffering or have been defrauded. Our deputies are trained in conflict resolution and de-escalation; the majority (soon to be all) are trained in crisis intervention. Yet, as a profession, our policing approaches must continue to evolve.

Since becoming sheriff, I have made a commitment to investing resources in areas where they are needed most. Aside from the aforementioned changes, I have restructured the Law Enforcement Trust Fund process to ensure it is more fair and equitable to serve nonprofit organizations that focus on issues vital to our community. We have established the

BSO Legacy Program offering scholarships and internships to minority individuals interested in a career in public safety. We have established a Youth Mentorship Program focused on mentoring youth and developing them into strong, responsible civically engaged adults.

Change will not come overnight. However, these changes are just the beginning of establishing systemic solutions toward a more unified Broward. I will continue to make progressive changes for the benefit of this community. At BSO, we are listening. We are evolving. We are prioritizing the needs of the people we serve. And we are committed to working together with you to maintain trust and strengthen our community.

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When Facing Illness, Take Control of Finances

In light of the coronavirus pandemic, virtually all of us have considered health-related issues. But for people facing a serious, chronic illness, such as Parkinson's disease, Multiple Sclerosis, Diabetes or Cancer, health concerns are an everyday matter. If you're fortunate, you may never be afflicted with such maladies, but the future is unpredictable. Of course, going through these health challenges bring physical and emotional concerns - but also financial ones. How can you prepare for them?

Essentially, you'll need to consider four key areas: investments, insurance, legal arrangements and taxes. Let's take a quick look at each of them:

Investments – You'll likely need to draw on your investments for at least some of the expenses associated with your illness. So, within your portfolio, you may want to establish a special fund devoted entirely to these costs, whether they be health care, modifications to your home, transportation and so on. A financial professional can help you choose investments for this fund, as well as make recommendations for your overall investment strategy, including techniques for boosting your income, such as adding investments that can provide an income stream that kicks in when you think your costs will rise.

Insurance – Depending on your health status, you may be able to collect Medicare earlier than the traditional starting point at age 65. Even so, you'll likely need to supplement it with additional coverage. But you may also want to look beyond health insurance. For example, you might be able to purchase a "chronic illness rider" that allows you to tap into life insurance benefits while you're still alive. Or you might consider adding a "long-term care rider" to a life insurance policy; this rider offers financial benefits if you ever require daily care that you can't provide for yourself. And some foundations, states and drug companies offer programs that can help pay for some costs that your insurance won't cover.

Legal arrangements – If you haven't already done so, you may want to establish the legal documents most appropriate for your situation, such as a durable power of attorney for finances, which gives someone the authority to manage your financial affairs if you become temporarily incapacitated, possibly due to flare-ups of your chronic disease. Once you've recovered, you regain control of your financial decisions. You might also want to consider a health care proxy, which appoints an individual to make medical decisions for you if you can't. In creating or revising these documents, you'll need to consult with your legal professional.

Taxes – You might qualify for Social Security disability payments, which, like other Social Security benefits, are taxable, so you'll need to be aware of what you might owe. But you might also be eligible for some tax breaks related to your condition. If you still itemize tax deductions, you may be able to deduct some medical expenses, as well as certain home improvements, such as wheelchair ramps, bathtub grab bars, motorized stairlifts and so on. Your tax advisor may have suggestions appropriate for your situation.

Dealing with a chronic illness is never easy. But by considering how your illness will affect all aspects of your life, getting the help you need, and taking the right steps, you may be able to reduce the financial stress on you and your loved ones.

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





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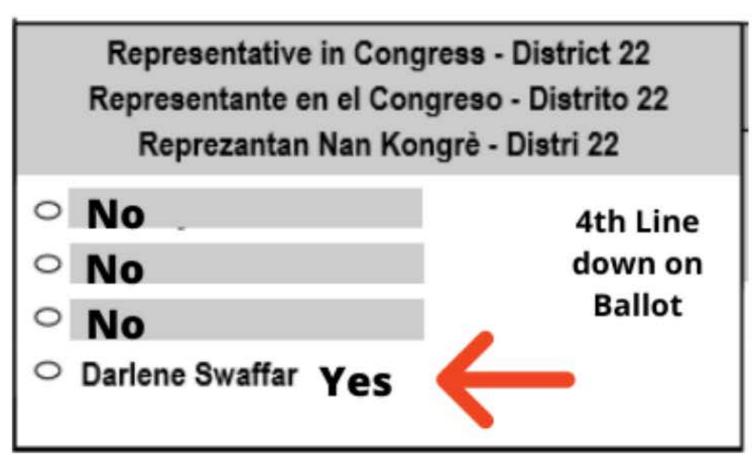
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From The Other Side Of The Couch

By Merri Goldberg

The Story of You

As the pandemic continues to rise and fall, it becomes increasingly clear the end may not be soon in sight. As we continue cleaning closets, sorting

papers, making phone calls, and catching up on reading and sometimes endless TV, we may continue to look for new, creative or meaningful ways to use our time. And so, for me, the search for a new format, different from the past articles, had begun. I thought of a joint creative project between me the writer and you the reader. Something upbeat and fun (and meaningful.) Something you may have considered before but just never did. You will become the writer.

When I was back east last summer, an artist friend about my age, asked me to help edit a book she was writing and illustrating about herself and her family history. She was acutely aware that so many of the older generation were already gone and that she was getting older. She had thought about a way to facilitate her children and grandchildren gaining some new and different insights and a greater appreciation of these family members and perhaps equally important, of herself.

Where to begin? In my over 40 years as a therapist I was often asked the question "what do you look for when a patient enters the room for the first time?" Surprisingly the answer was not the clinical diagnosis. I often wanted to know "what brought them here at this point in time." That may be an optional beginning for your story - a brief overview of this point in time in your life. I then want to understand as fully and completely as possible "who is that person sitting across from me." You may then want to go back in time in your story. How much does your family, children and grandchildren, really know about your childhood and how it shaped who you are. You can keep it simple for instance FACTS: "I was born on an army base during the war. As a toddler my father in uniform was the bravest, most handsome man alive."

And briefly how that affected me. Encourage story readers to ask questions. FAMILY MYTHS (heard over and over). On Merle Ann's (that's me) first day of kindergarten the class went out to recess. An hour after they returned to the room the teacher realized Merle Ann was missing. When the teacher went out to the schoolyard to look, she saw her sitting by the fence. When asked why she didn't come back in the line with the other kids she said "it was so boring in the classroom. Here I can look out at the beautiful flowers and people on the other side of the fence." That was me from an early age. This is just a start. What were your family myths? The things people said over and over about you. You may find yourself laughing and having fun while you write. In looking back there are so many wonderful memories that you might want to keep alive. Maybe go back to your grandparents and their early life in the United States or coming over from another country. Remember you are creative and imaginative. You are the storyteller of your own story - the writer.

Now get out a computer or paper and pencil to begin the story of you - a story no one else can tell as well. If you want to, get out old pictures, (you may want to write about what some of those pictures meant to you) colored paper or pencils, and any small items you want to include. You may be surprised at how much what you produce will be appreciated and valued whether it is a few pages or a more complicated book like my friend is putting together. Keep the focus upbeat as your present memories, stories or family myths about you and your family that your kids and certainly your grandchildren may not know. You can also leave a few pages blank so that younger family members can put in comments or the budding artist grandchild can draw something.

Now - Get to work. You are looking at a meaningful, upbeat and touching adventure. Hey, who knows - if things continue as they are you might have created a truly meaningful Chanukah, Christmas, or Kwanza gift for your family.

Chuckles...



Have you thought about continuing your clubs virtually? This could be the answer you are looking for! There are many ways to accomplish this with programs on the computer. Talk about it! Make it happen! Compassionate Certified Caregiver looking for fulltime - part-time position

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- Assist with Bathing

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Solutions on page 54

Puzzles and Games

Crossword Puzzle

4	2	3	4		5	6	7	8	9		10	11	12	13
14		\square			15						16			
17		\square	\top	18							19			
20	\square			21						22				
23			24					25	26					
			27				28						29	30
31	32	33				34						35		
38	\square	\square			37						38			\vdash
39				40						41				
42	\vdash		43						44					
		45	+	\vdash				48				47	48	49
50	51		+	\vdash		52	53					54		
55			+		56						57			
58					59						60			
61	+	+	+		62						63			

ACROSS

- 1. The thin fibrous bark
- 5. Impale
- 10. Hourly pay
- 14. By mouth
- 15. 1000 kilograms
- 16. Remote
- 17. Multiplicative inverse
- 19. Decant
- 20. Perform
- 21. Summary
- 22. Jays and owls, for example
- 23. Hemp plant resin
- 25. Fry briefly
- 27. S
- 28. Vestry
- 31. Double-reed instruments
- 34. Fidgety
- 35. Genus of macaws
- 36. Hard work
- 37. Serpentine
- 38. Casket 39. Hotel

- 46. Asserted 50. Go on a buying spree
- 52. Annoys
- 54. French for "Friend"
- 55. Diminish
- 56. Drugs
- 58. Not the sciences
- 59. Metal bar
- 60. Initial wager 61. Annoyance
- 62. Considers
- 63. Previously owned
- DOWN
- 1. Synagogue scroll 2. Betel palm 3. Treaties Former boxing 4. champ 5. Pressure 6. Doggy Ancient Peruvian 7. 8.
- Backpacks Snake-like fish 9.
- 10. Large North

- 18. One who is
 - excessively
 - proper
- 22. Entomb
- 24. Part of a foot 26. Sore
- 28. Step
- 29. Tall woody plant
- 30. 36 inches
- 31. Ear-related
- 32. fide
- 33. Balms
- 34. Interpose
- 37. Bristle
- 38. Chomp
- 40. Blend
- 41. Chip dip 43. Truthful
- 44. Chooses by
- voting
- 46. Adage
- 47. Advances
- 48. Overact
- 49. Ate 50. Exchange

			Su	do	KU			
							6	
						7		
		9			7	1		
	4							8
		6	8					
1		3		4		6		
						8		5
3			1		2 5		4	
	7				5			2

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.

Summer

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

Ρ	۷	G	۷	Т	G	С	S	G	Ν	I	Н	S	Т	F	S	Α
С	S	S	G	0	Ν	Ν	Ρ	R	Ν	Н	0	Т	0	R	В	۷
I	Α	Ε	W	С	T	G	S	Ν	U	I	S	Ν	Е	Α	D	S
С	Ν	0	0	Т	Ρ	В	G	Е	Y	G	Ν	W	S	Т	W	U
Ε	D	Т	Ζ	Ν	Μ	Μ	W	Κ	T	D	0	Е	т	Т	S	Ν
С	Α	Т	G	С	Α	Μ	S	Н	R	L	В	Υ	D	Ρ	Q	Т
R	L	U	R	Т	С	Е	Т	Α	F	Α	F	J	R	R	Ν	Α
Ε	S	Q	Κ	Ρ	U	В	0	Ν	L	I	Н	Т	U	Q	A	Ν
A	G	S	0	L	I	В	Q	L	G	L	Ν	Т	Ν	Ν	G	G
М	V	0	В	С	Е	С	U	R	Т	Κ	S	S	Χ	Т	Ρ	S
R	Т	Μ	Y	Т	Α	D	Е	F	L	0	G	Е	Е	Y	Q	Ρ
۷	Α	С	A	Т	T	0	Ν	Е	Ζ	D	D	S	Е	С	Y	Y
W	L	Κ	۷	С	В	A	R	В	Е	С	U	Е	Ν	В	Т	0
Ε	S	Α	D	С	Q	S	۷	Ε	Ν	Ι	Н	S	Ν	U	S	S
BARBECUE						FL	JOM	/ER	S			SA	ND	ALS	5	
BASEBALL						_	ARE		INC	j		SKATEBOARD				
BEES						-	OLF SPRINKLERS									
BICYCLE						HOT					SUNSHINE					
BLUE SKY						ICE CREAM					SUNTAN					
						-	-									
C	BLU CAM FISH	IPIN	G			IN	E C (SE(OS(CTS		C.		SW	/IM	MIN TIO		

40. Anagram of "Smite" 41. Aligned 42. Thin flexible tube 44. "Dig in!" 45. Back tooth

American deer 51. Trim 11. Previously mentioned 53. Border 12. Cheap showy jewelry 56. Central (archaic) 13. Makes a mistake

57. Letter after sigma

a WORD or Two

Word: onus

Definition: burden

Example: Management has made it clear that the *onus* is on employees to ask for further training if they don't understand the new procedures.

Word: hoary

Definition: gray or white with or as if with age **Example:** The <u>lichen</u> gives the rocks a *hoary* appearance.





Are You Living With, Or Worried About Someone Suffering With Chronic Back Pain?

Do you, or someone you love, suffer with back pain? Does the pain get worse when you stand or walk? Do you experience pain, numbness or tingling into your butt or down your leg? Do you have pain when you sit for long periods or drive? Are you afraid your pain will get worse if you don't do anything about it? Has the pain gotten so bad, that you avoid many activities that you used to enjoy?

If you are 55+ and answered YES to any of these questions, then please read on because I have some special information about relief of your back pain.

It's a shame so many people think their options for dealing with back pain are rest, pain killers, or maybe worse, injections or even surgery. Often these solutions are only temporary, because they don't address the true cause of your back pain, but just mask the symptoms. Others believe there is nothing that can be done, and they will just have to suffer through the pain.

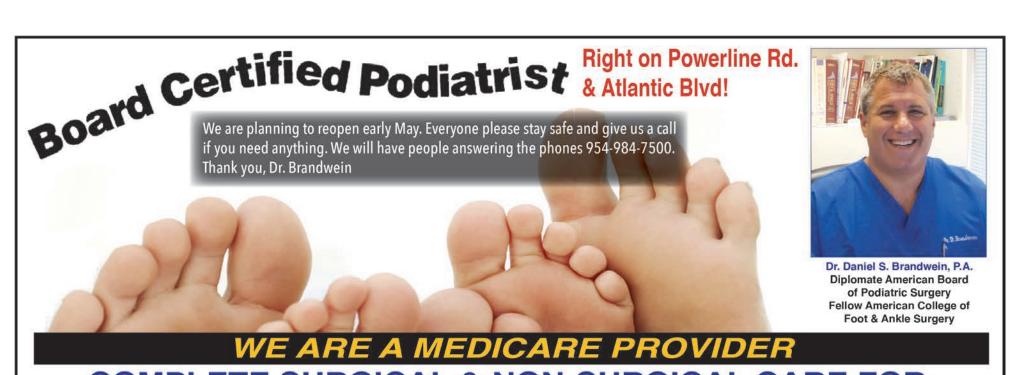
If you or someone you love is experiencing back pain and are wondering if you are doing the right things for your back, I would like to offer a free guide I have created to answer those questions. In this guide, **Erasing Back Pain:** How to Avoid the 9 Most Painful Mistakes and What You Should Be Doing Instead, you will find information about what will not help ease your back pain and how to make the right choices to get you out of back pain and on the road to enjoying an active, healthy lifestyle again.

I'm Todd James, Physical Therapist and I have been helping 1000s of people 55+ over the last 2 By Leading Back Pain Expert, Todd James

decades find quick, natural, long lasting relief from back pain. I've put together this guide because in easing your back pain it's not just about doing the right things, but also about avoiding the wrong things. When you choose the right path, your recovery from back pain will be much more effective.

If you are currently held back from getting a good night's sleep, being able to walk with friends, getting out on the golf course, or playing with the grand-kids, I invite you to visit **www.coconutcreektherapy.com/ backpain** to claim your free guide. If you prefer, give us a call at **954-972-1200** and we'll be happy to assist you.

Don't let back pain take the joy out of your life. Get started on your path to a pain free active life!



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Florida Trust Very Useful For Out Of State Property

By Martin Zevin, Attorney

Many of my snowbird clients own a home in Florida and another state. Some of them have their homestead in Florida; others declare their legal residence in another state.

In either case, a Florida Revocable Living Trust is very useful to avoid probate in both states. If you are a Florida resident, you can own your homestead property via a Revocable Living Trust without losing your homestead exemption. In addition, you are eliminating the need for probate when you pass away. You can also transfer real estate owned in any other state to your Florida Trust. Generally, a Florida lawyer will prepare the Revocable Living Trust and Quit Claim Deed to transfer the Florida property into the Trust. If you are a

Florida resident, the lawyer will also prepare a new Florida Last Will and Testament called a Pourover Will. This provides for the transfer to your Trust upon your death of any other assets not in the Trust or which do not have beneficiaries already designated. It is a security blanket to cover any assets payable to your Estate. For example, if you were to be killed in a car accident due to the negligence of another driver, your Personal Representative would be able to settle your Estate's claim and "pourover" the proceeds into your Trust.

If you are not a Florida resident, you can still create a Florida Revocable Living Trust and execute a Quit Claim Deed to put your Florida property into the Trust. Your Last Will and Testament will be done by a lawyer in the state in which you have your legal residence. In addition, that lawyer can prepare a Deed to transfer the out of state property into the Florida Trust.

For Canadian citizens, there are possible tax aspects to be considered before you create a Florida Trust. These should be discussed with your Canadian accountant or tax attorney. In general, you will have to weigh



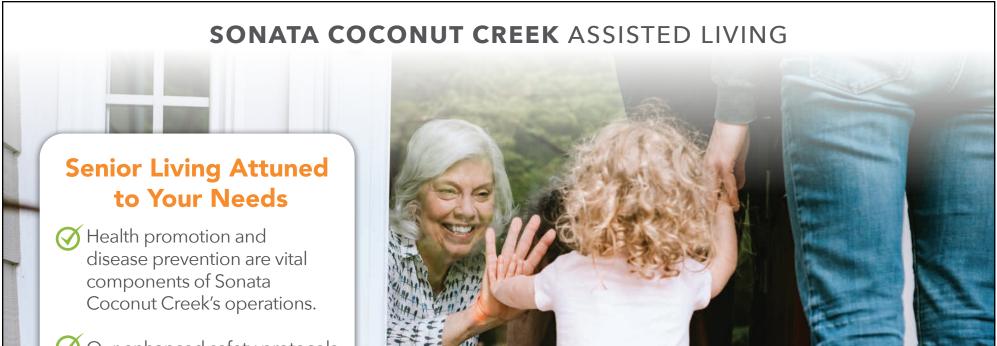
the tax consequences versus the money and time that your heirs would save by avoiding probate in Florida.

Another favorable factor in creating a Revocable Living Trust is that you can always amend the Trust without having to change the Deed. In addition, once you create the Trust, you can always buy new properties in any state in the name of the Trust.

The Revocable Living Trust is recommended by most lawyers over a Deed which includes names of other persons, either as joint tenants, tenants in common or a Life Estate Deed. Once another person's name is on a Deed, there are potential risks to you and your property. These include the possibility that the other person may undergo a divorce, bankruptcy, have a judgment

against that person, or die before you or with you in a common accident. It may also affect your homestead exemption. All of these risks should be discussed with your attorney before deciding to put someone else's name on your Deed. By contrast, the Revocable Living Trust eliminates those risks, since no other name is on the Deed. You simply transfer it from yourself to yourself as Trustee of your Trust.

This article covers only some basics regarding Revocable Living Trusts and Deeds. For further information, please feel free to contact me. During this time of "social distancing," I have been consulting with clients via phone, e-mail and regular mail. In the past, my free initial consultation would normally be a personal meeting. In addition to Wills, Trusts and Estates, I also provide free consultations regarding any issue pertaining to personal injury claims and car insurance coverage. Call me at 954-569-4878. My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida 33442. My web site is www.martinzevinpa.com. My e-mail address is martinzevin@netzero.com. See our ad on page 31.



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For further information, please contact Gerry Stoloff, WA3HDI at 954-973-4899.

American Legion Post #170

Please contact Milt Brent, Adjutant, at 516-606-2388 if you're interested or need information about our Post and its activities.

Billiard & Pool Club By Bob Horowitz

Wynmoor Pool and Billiard Club activities are open only to Club members

and their guests*. Any resident can join for \$5 per year.

For more information about the Pool & Billiard Club, to join our e-mail list, or to sign up for an event or meeting; email WynmoorPoolClub@gmail. com. You can also join our Facebook page "Wynmoor Poolclub"

To join the club; come to a meeting or put your information, and dues, in an envelope which you can place in the locked mailbox located in the Poolroom. Cost to join the club is \$5 per year.

Wednesday Night Pool Tournaments: Join us every Wednesday night at 6:00 p.m. This Tournament is handicapped for all skill levels. All Pool & Billiard Club members and their guests* are welcome! Enjoy AC comfort while having fun and meeting new friends!

Pool Lessons: put your information, name & phone number, in the locked mailbox located in the Poolroom or email us, at: Wynmoorpoolclub@gmail. com, to schedule lessons. Lessons are Free for Wynmoor Pool & Billiard Club Members only.

Wynmoor Pool & Billiard Room: All residents and their guests* are welcome to play at the Wynmoor Billiards & 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 is 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 a.m. to 12:00 Midnight.

Women's Pool Team: The MzCues. Explore a new activity, make new friends and have fun in our AC Poolroom. This is for beginners and advanced players. Join us Tuesday's from 3:00 - 5:00 p.m. All Pool & Billiard Club Members and their guests* are welcome!

* All Events are Free only for Wynmoor Pool & Billiard Club Members and their guests. Guests must register and pay a guest fee. Non-members can join at any event for \$5 per year. **See you again, once we open.**

Bridge

By Phillip Cummins

For help finding a partner for future games, contact Ruth Berry at 954-970-3456.

Camera Club

By Nancy Landman

Feeling isolated? The Camera Club of Wynmoor is looking into ways for us to remain connected without risk of illness. For the latest developments, watch this space! many pertinent articles, often based on recent presentations from this year, and learn many new things. You can reach our officers and, if you have any problems, you can contact Board Member Pat O'Brien at 2makeitwork@ gmail.com for advice. Hoping we will be able to resume normal lives and see you in November.

Chess Club

By Hillel Cohen

Did you play chess years ago? Do you play chess on a computer from time to time? Why not get back to the game with real, live, friendly players. For more information call Hillel Cohen at 917-548-5120.

Conservative Club By Jack Mendelson

Our programs are interesting, many times presenting diverse views and stimulating good questions.

All are welcome to our meetings. Questions are encouraged. Refreshments are served, and we always have a 50/50 raffle.

We meet in ballroom A (Clubhouse) at 7:30 p.m. the third Tuesday of the month once meetings begin again.

Current Events

By Susan Myers

Please join us weekly as we discuss current topics that are important to all of our members and friends. Topics include politics, events within the Wynmoor Community and around the world. For any questions please contact Susan Myers 954-933-7743.

•••••

Democratic Club

By Stan Grossman

The Democratic Club of Wynmoor meets on the first Tuesday of the month in the Clubhouse Ballroom at 2:00 p.m. We have very interesting speakers, discussions and sometimes, debates.

Documentary and Discussion Club

For more information please contact Betsy Kalau at 954-701-0231.

Fun With Friends

By Lou Kravitz

Hope everyone is healthy and staying safe. Since we have all this time at home, I hope everyone is practicing his/her dance steps. We all should work on our slow moves, like to Johnny Mathis, if you remember him. Wynmoor has no idea when we can start up again. The second I know, you will know. Until then, enjoy the summer as best you can.

Health & Wellness Club By Hope Myers

The Wynmoor club that's dedicated to providing you with essential information about healthy aging regrets that we had to discontinue our meetings. We hope that we will be able to resume in October. The scheduled

Membership is open to all Wynmoor residents with an interest in photography, regardless of their skill level or type of camera. The club offers instructional programming, entertaining multi-media presentations, informal critiques, field trips, and small group mentoring. There is also a club member's newsletter, "**The Focus**," that displays club member's photos, club activities, and informative articles.

We encourage people with *beginner* through *advanced* skills to enjoy the benefits of a photography club and to gain experience and knowledge to help each other grow in order to achieve and promote photography's excellence and fun.

Yearly membership is \$10 per person, \$15 for married couples. For more information call Nancy Landman at 954-979-9894.

Computer Club By Beverly Friend

As with any summer, the Computer Club has ceased operation and will resume in the Fall. However, this summer there is a big difference. As we all hunker down in our lovely Wynmoor condos, you may miss what the club offers. Actually, we are always as near as your computer.

At our website --www.wyncomputerclub.com-- you can visit or revisit

meeting time for the Health & Wellness Club is the third Tuesday of the month at 2:30 p.m. in the West Wing 2. The speakers that were scheduled for March and April will talk in the fall. If you are interested in learning information that can impact your health, you will want to attend our meetings. We look forward to seeing all our existing members and gaining many new ones as word about what our club has to offer circulates within the Wynmoor community. Stay well all of you. For more info contact Hope Myers, President 954-971-9538.

Karaoke & Entertainment Night By Robin Thompson

Robin & Bob hope you are all staying safe and we look forward to seeing you all back soon! We would like to thank Wynmoor for all they are doing and have done to try to keep us safe.

While we are taking a break, you can get ready for the next karaoke night by searching the songs available in the catalog that is online. You can either search karaoke catalog, and it will be the first item that comes up and says online karaoke with 29,000 songs or go to the website https://www.karafun. com/karaoke-song-list.html. As always, remember, please select only songs that are under 4 minutes.

Please refer to channel 98 for an actual date when we can return. See you soon! *Continued on page 46*

Clubs and Activities

Ladies Circle Club of Wynmoor

By Harriet Lopez

We are just "Ladies-in-Waiting" until we are released from this tedium. Mayhap when the Autumn of the year returns, we will once again join into a rich variety of activities and events to pique the interest of the most discerning amongst us.

Enquiries may be directed to Harriet Lopez, 954-960-5411.

Latin Women's Club

By Minerva Nazario

For more information about the club please contact Ms. Minerva Nazario at 954-532-3156.

Monday Night Dance & Social Club By Tamara Tresniowski

I hope this finds you all healthy. We are all missing the dance and socialization. Hopefully by October we will be able to be back at the Ballroom Dancing. Dancing will be from 7:00 - 9:30 p.m. We will keep you posted each month until then... Stay healthy, practice your dancing... Learn some new dances you can teach (youtube.com has great line dances). Can't wait until we can all be back together again.

Nature and Arts Club By Elinor Weinstein

In a blink of an eye, our first membership meeting in October will be here. The Nature and Arts Club Board along with Nancy Moskowitz, our President, have already begun scheduling meetings and trips for the 2020-2021 season. We will notify everyone when we finalize our upcoming events.

Nancy compiled a list of several museums in our area that you can visit online. Please remember to call museums of interest as many of them have started to open on a limited basis!

Just a few...

Museum of Science and Discovery: YouTube.com/discoveryandscience Stranahan House and Museum: Facebook.com/stranahanhouse Guy Harvey Foundation: guyharvey.com/Dr.guyharvey/videos Wonderful documentary service... check out Curiosity Streams Nature and Arts Club: Breakfast Meetings

• Exciting Monthly Programs • Interesting Trips

I look forward to hearing from you. Nancy Moskowitz, President laughlady55@aol.com or 954-973-2181

Needlework Click By Barbara Bilello

If you are new to Wynmoor and want to make new friends come and check us out. We are a friendly group of ladies always looking to make new friends. You don't have to know how to knit or crochet.

If you have yarn that you know longer need, we will gladly pick it up. Call Barbara 754-222-6375. Hope to see you all there!

••••••

Pennsylvania Club By Marilynn Stoloff

For more information call Gloria Gottlieb at 954-956-9701.

show had to be canceled because of the Coronavirus. However, we have high hopes for next year and are looking forward to a season with both a musical and a drama. The musical will be Nunsense, a fantastic, hilarious Broadway hit. The drama, at the moment, is scheduled to be The Graduate. You all remember Dustin Hoffman in the lead role in the movie. As soon as we have more details about the dates, prices, menu, etc. we will get the information to you. In the meantime, read the INSIDER to be kept up to date. Those of you who have submitted your email addresses, watch for further news in September. In the meantime, stay healthy.

SWORDS

By Merri and Angela

Thinking of you. Hope to see you soon. Bring Friends!

Writer's Workshop

By Nancy Heller Moskowitz

We're zooming each week to keep our pens and minds active. Think of the following R's as you consider our group: We write, revise, reconsider, reflect, reveal, and feel rewards. Contact Nancy Heller Moskowitz at laughlady55@ aol.com if this tickles your "writing bone." Saturdays at 10:00 a.m. - Noon on our computers until we can resume our in-person meetings. Stay safe, strong, well, and sane!

Wynmoor Golf Association By Rich D'Alessandris

Hello everyone! Hopefully you all are healthy and well. The WGA wants to thank all those who have obeyed the mandated stay at home restrictions and are helping stop this virus from spreading. With that being said, the golf course has reopened, and the ground crew has been working continuously to keep the course in great shape. We thank them for their effort.

As a continuing precaution, there will be no league play, men or women, till further notice. When that restriction is reversed, signs will be put up in the Pro Shop. Until then book tee-times using our Chelsea app.

We want to thank everyone involved in the effort to social distance, wearing masks in designated areas and following posted rules for play. It's for the safety of everyone that we try to protect each other.

In closing, things will get better and we can return to the normalcy that we enjoy throughout Wynmoor, but let's heed the advice of the health care experts and create an environment that benefits all.

Wynmoor Hurricane Emergency Net By Gerry Stoloff

The purpose of this group is to provide emergency communications to Security, Police or Fire Rescue after a hurricane comes through and power is out for an extended period. Consider this: After 24 hours without A/C power, all your phones (Comcast, AT&T Fiber Optic, or cellphone) will have run out of power. If your elevator is kaput and you can't call anyone, WHEN volunteers are your last point of emergency contact! You don't need prior experience: Wynmoor loans you a CB radio and antenna for your car, and we'll teach you proper communications practices & net discipline. Last year, over 20 people joined for the first time, so you'll be in good company.

Pickleball Club By Mayda Coombs

The Pickleball Courts are open from 8:00 a.m. - 12:00 p.m. for single play only. Wynmoor requires all Pickleball participants to follow the new guidelines, to include wearing a mask to and from the courts and social distancing while waiting to play. Please remember to bring a valid Wynmoor I.D. as you will have to show the security guard and sign in. We are all anxiously waiting to play doubles but until then playing singles can still be a lot of fun. It is also the perfect time to sharpen your pickleball skills. As soon as allowed, we will resume The Newbie Class on Sunday mornings. Information will be posted on the bulletin boards at the Racquet Center when instructional gatherings are permitted.

Supper Club By Lynne List

Do you want MONEY?? The Supper Club is giving it away. If you haven't gotten your refund for the Supper Club's Dinner Theater Show call Lynne at 954-973-1223. She will arrange for you to get your refund. There are a number of you who have not yet claimed your money. As you know, the

Wynmoor Ladies Golf Association By Karen Beckman

Our continued observance of Covid's necessary safety guidelines has allowed our Lady golfers to enjoy our sport in spite of the incredibly hot weather! With no confirmed date to resume our Tuesday tournament schedule, we are so grateful to still be able to participate in one of our favorite activities. Tee times are available by calling the Golf Clubhouse, 954-978-2677, so come join the fun. Wear your mask, wash your hands, follow all the protocols and escape for a brief time to the beautiful outdoors.

Wynmoor Short Film Festival By Enid Wolf-Schein

Like every other club, our Short Film Festival is still on hold, but we will present it! It features ten films made by local filmmakers followed by fun receptions. We hope to show it this fall. As soon as we know, we will have flyers in the Library and on the bulletin board at the Country Club, as well as announcements on Channel 98 and in the Wynmoor publications.

If you purchased tickets for our cancelled March 27th and April 5th, 2020 Festival shows, your tickets will be honored. If you cannot make it on the new dates, we will provide refunds on request or exchange your tickets for

Clubs and Activities

the upcoming 2021 Festival.

In the last publication, we noted some special people who have helped put the Festival together. This time we add Kim Lykins, who has been involved with documentary filmmaking for many years and has served as our overall consultant and expert in many ways. Rene Monblatt, who has assisted in every manner and is mostly responsible for the organization and catering of our planned receptions.

One of our films, made right here in Wynmoor, is called "Senior Moments." You are going to laugh out loud at Wynmoor actors Judy Bobker, Joy Sanchez, Kim Lykins, Patrick O'Brien, Urban Ullman, and Rene Monblatt. Marcus Wolf helped out with filming and editing, Bill Brunie was a Boom Operator and Janet Brunie worked security during outdoor filming. More acknowledgement in coming months.



Roald Dahl

"Somewhere inside of all of us is the power to change the world."

Nanette L. Avery

"Talk is cheap, voting is free; take it to the polls."

Jose Marti

"The first duty of a man is to think for himself."

Monica Crowley

"Voting is as much an emotional act as it is an intellectual one."

Jenna Bush

"We can all agree on the importance of voting."

Barack Obama

"There's no such thing as a vote that doesn't matter."

Thomas Jefferson

"We do not have government by the majority. We have government by the majority who participate."

George Jean Nathan

"Bad officials are elected by good citizens who don't vote."

Plato

"One of the penalties for refusing to participate in politics is that you end up being governed by your inferiors."

.

George Carlin

"If you don't vote, you lose the right to complain."

Lyndon B. Johnson

"A man without a vote is a man without protection."

Susan B. Anthony "Someone struggled for your right to vote. Use it."

Loung Ung

"Voting is not only our right—it is our power."

John F. Kennedy "The ignorance of one voter in a democracy impairs the security of all."

_____ Abraham Lincoln "Elections belong to the people."

Dwight D. Eisenhower "The future of this republic is in the hands of the American voter."

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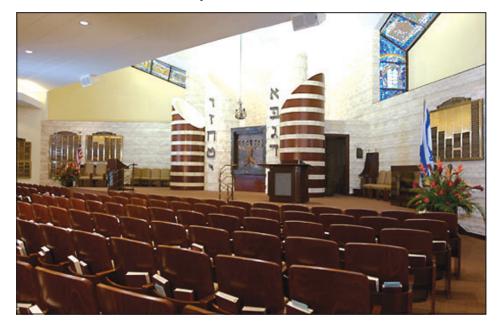
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Let Temple Beth Am Become Your New Spiritual Home

By Linda Storfer



The summer of 2020 is unlike any other that you remember in your entire lifetime. Many of our favorite restaurants, bars, beaches and other indoor and outdoor public facilities are currently closed due to the COVID-19 pandemic throughout the country and we have seen record numbers of the virus reported since July 1st. Not being able to see our children, grandchildren and other loved ones is extremely distressing and upsetting to most of us. The numbers once again soared since the July 4th holiday weekend due to the many holiday celebrations that were held. People flocked to the public beaches without wearing masks and did not practice social distancing. What is also of particular concern to many of us is the fact that many of the newer cases are people who are our children's and grandchildren's ages. Particularly amongst the young there is too much complacency and not strict enough adherence to what the medical experts are telling us. Another fear factor here in Florida is that the National Republican Committee decided to hold its convention later this month in Jacksonville which will bring thousands of people here from outside the state.

Although Temple Beth Am in Margate has been physically closed since mid-March it has not ceased its myriad of activities. Now is the time, more than ever, when we can't all be together physically to be together spiritually. The synagogue is holding daily morning and evening services as well as beautiful Friday night Sabbath services led by one of our very own Wynmoor members, Ken. The sense of spirituality, camaraderie and unity is greater than ever.

Our Program Committee has been very busy planning some dynamic educational and cultural lectures and events all of which will take place online so you can enjoy them in the comfort of your own home. Please be sure to mark your calendars for the following events; Two lectures and demonstrations with Barbara Wasser, cookbook author and lecturer on Sunday, August 2nd at 4:00 p.m. *What is Jewish Cuisine?* and Sunday, August 9th at 4:00 p.m. *Let's Make Babka*. Our Senior Rabbi, Rabbi Samuel Kieffer will be teaching and available to both members and non-members online. In addition to these programs our Program Committee has been busy planning a diverse array of lectures, concerts and other cultural events. For further details on any of the above please contact the TBA Synagogue office any morning at 954-968-4545 or look at our website: www.beth-am.org



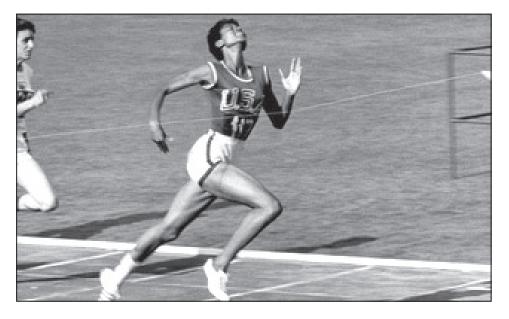




Some folks are born behind the eight ball. Wilma Rudolph entered this world as a premature baby weighing four-and-a-half pounds. From day one, she struggled to survive. In her early childhood years, Wilma contracted pneumonia, scarlet fever, infantile paralysis, and polio. The infantile paralysis weakened her legs, which required her to wear a leg brace until she was twelve. Her family rose to the occasion and administered massage therapy four times a day for twelve years.

Watching her older sister play basketball, sparked a desire and hope to be active and play sports. As her legs got better, she began playing basketball in junior high school. Wilma worked hard to became a top-notch player in high school. Her work ethic and talent paid off when she scored 803 points in her sophomore year setting a state women's record. During one of her games, the track coach at Tennessee State University saw her play and invited her to train at the university. At fourteen, with the permission of her parents, Wilma began to train with the college students at Tennessee State University.

At sixteen, Wilma qualified for the summer 1956 Olympics and won a



bronze medal in Australia. She was off and running and never lost a race in high school. Wilma entered Tennessee State in 1957, and things looked great until she got sick and could not compete for a year. Returning to track in 1959, she pulled a muscle that sidelined her for several months. Having faced adversity from day one, she recovered and worked her way back to competitive shape for the 1960 Summer Olympics in Rome.

Wilma competed in three events; the 100 and 200-meter sprints and the $4 \ge 100$ -meter relay. She won gold in all three events and became the first American woman to win three gold medals at one Olympic game.

She retired from amateur sports before the 1964 Olympic games. Wilma graduated from Tennessee State University with a degree in Education, taught classes, coached track, and traveled the world to represent the United States. In 1994, as a single mom with four children, Wilma died at the age of fifty-four from brain and throat cancer. Wilma Rudolph was a fighter all her life. The **Gold Medal** goes to... her mother and family. They stood by her and nursed her to health during her early years. Comments can be made at chooserightly.com under Article of the Month.



RESIDENTS We no longer have permanent guest lists. Be sure to update and submit your Emergency Contacts (limit 3)

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Boca Raton Art Museum Is Open Again!

By Barry Isaac

The Boca Raton Art Museum is open again, after being closed for several months due to Covid 19. The temporary exhibit, "Self-Portraits from the Smithsonian Art Museum in Washington, D.C" was impressive. I liked the following Self-Portraits very much; Thomas Hart Benton's "Self-Portait With Rita," Roger Shinomura's "Roger Shinomura Crossing The Deleware" with Japanese Samurai Warriors rowing the ship, Alice Neel's "Self Portrait," elderly woman in the nude, Fritz Scholder's "Self-Portrait With Cat," and Deborah Kass' "Blue Deb," subtle implications of her Lesbianism. All of the painters in this exhibit did their Self Portraits in the 20th Century and most of the artists were American. This exhibit ends on September 20, 2020.

I also appreciated some delightful panel paintings by Edward Steichen that are temporarily on display Edward Steichen, famous for his photographic works was also an accomplished painter. These panel paintings depicted the Meyers Family, Isadora Duncan, and an abundance of flowers. I especially liked "Coleus Florence Meyer Poppy."

As usual, I enjoyed the following paintings by these 20th Century Painters; Jacques Martin-Ferrieres "Gondolas," Raoul Dufy, Theresa Bernstein, and Ernest Lawson, "Tropical Mosses" from their permanent collection, as well as Tony Rosenthal's "Cube" and Charles McGill's "Golf Bags."

I saw some fine examples of quality Glass Art by Robert Palusky, Vivian Wong, "Padded Jacket," and William Morris, "Antelope" from their permanent collection, as well as fine examples of African Art with Ceremonial Themes by craftsmen from Nigeria and the Ivory Coast. Currently, the Boca Raton Art museum is free of charge until September 20, 2020 and there is plenty of free parking close to this art museum which emphasizes 20th Century Art.



Roger Shinomura's "Roger Shinomura Crossing The Deleware With Japanese Samurai Warriors"



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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.

At A Moment In Time

By Linda R. Teicher At a moment in time My life changed Totally, shockingly Rearranged

Your life as well Changed, rearranged People unengaged

Do you know The vibration Of planet earth Has slowed somewhat

Since social distancing Insists we stay away Stuck at home

So alone with Nowhere to go We stay far away Serene and slow

People passing on No one can define What will happen To our "moment in time"

Will it pass by Will we ever Be the same Frolic in the rain

Close as close can be Never worrying Six feet or three

No, clearly no Never the same What a horrible shame

To The Warriors of Our Mighty Land

By Lil Miller New month means new beginning New mind means sights of new focus and new intentions. You know who you are! By giving your heart and soul to *Others in this time and crisis – shadowing* our "Beautiful Land" If I wasn't handicapped I would Join you in all you are doing for mankind! All I can do is say I love you, we will get thru! We can't join hands in this horrible time – but we can Join hearts and say thank you With the love of our creator guiding us through I dedicate this to my two aides who bring comfort And warmth to my home each day With a helping hand of food and love to chase sad news *Away – teachers, all businesses open brave* to the many Doctors, nurses, hospitals, police and *fireman – all those Reaching out to you – in our perilous* journey "He" loves you and so do I. A smile and thank you Will make your day.

A Miracle Of Science By Lil Miller

A thunderstorm of lightning – hit the sky Knocking out the electric and darkening the sky!

Sheets of rain hit the windowpane

As the sun on the lake turned to a golden glow!

A picture of science as the sky turned to midnight black.

It was a beautiful sight of feeling a power greater than self!

An unknown power as our creator!

What Is A Grandson? By Lil Miller

One who calls on a lonely day -Hi Grandma- How's your day? Knowing the virus stress is running All over the place and far away I went fishing today and caught A shark! The sound of his voice in this time And day – made everything Disappear for another day! Appreciate this gift God hears your heart!



Donald Buikus





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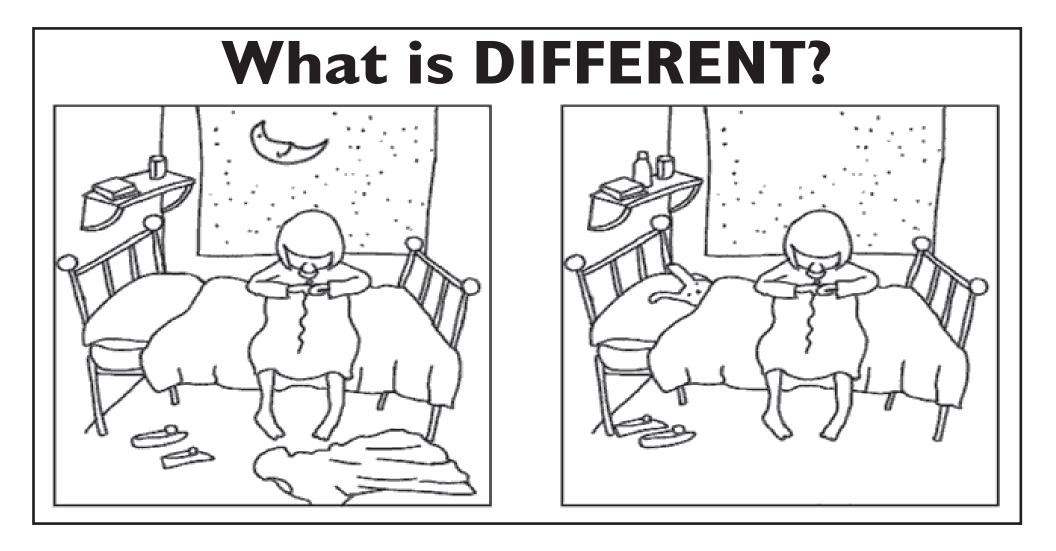




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Puzzles and Games Solutions from page 40										
Crossword Puzzle Summer Sudoku										
T A P A S P I K E W A G E O R A L T O N N E A F A R	P V G V T G C S G N I H S I F S A C S S G O N N P R N H O T O R B V	4	1	7	3	2	8	5	6	9
R E C I P R O C A L P O U R	C S S G O N N P R N H O T O R B V Î A E W C I G S N U I S N E A D S	5	6	2	4	9	1	7	8	3
A C T R E C A P B I R D S H A S H I S H S A U T E	CNOOIPBGEYGNWSTWU EDTZNMMWKXDOEXTTSN	8	3	9	5	6	7	1	2	4
E S S A C R I S T Y O B O E S I T C H Y A R A		9	4	5	7	1	6	2	3	8
TOILSNAKYBIER	R L U R I C EXIXA E AXE J R R N A E S Q K P U B ONL I H I U Q A N	7	2	6	8	5	3	4	9	1
I N N M E T I S S I D E D C A T H E T E R E A T	AGSOLIBACIÓ LINT N N GG	1	8	3	2	4	9	6	5	7
M O L A R A L L E G E D S P E N D V E X E S A M I	W V O B C E C U R T K S S X I P S R T W Y T A D E F L O G E E Y Q P	2	9	1	6	3	4	8	7	5
WANEMEDICATION	VACATIONEZDDSECYY	3	5	8	1	7	2	9	4	6
A R T S I N G O T A N T E P E S T D E E M S U S E D	W/L/K/V C <u>B A/R/B E C U E</u> N B/T O E/S/A D C Q S/V E N I H S N U S/S	6	7	4	9	8	5	3	1	2







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