



The INSIDER

An Independent Newspaper
For Wynmoor Residents

VOL. 4 NO. 7

JULY 2020

By Insider Staff

VOTE-BY-MAIL BALLOTS ARRIVING SOON

★ ★ ★ CANDIDATE GUIDE ★ ★ ★

You should receive your vote-by-mail ballot in the mail by July 16, 2020.

The following are some of the election races you will see on your vote-by-mail ballot.

STATE ATTORNEY

Josh Rydell

After 40 years of serving as State Attorney of Broward County, Michael Satz is now retiring. There are 8 qualified primary Democratic candidates seeking this office. The only candidate who is from Coconut Creek and has served as Mayor, Vice Mayor and Commissioner of Coconut Creek is Josh Rydell. According to Jackie Railey, President of Wynmoor, "during Mr. Rydell's time as an elected official, he has been very responsive to the needs of Wynmoor." Also, according to our County Commissioner Mark Bogen "while serving as an elected official, Josh worked with me on all of the issues important to Wynmoor."

SHERIFF

While there are 6 qualified Democratic candidates and 5 qualified Republican candidates running in their respective primaries. Both Sheriff Tony and former Sheriff Scott Israel have visited Wynmoor several times during the past two years. Both candidates have articulated their strengths and what they bring to the office. Unfortunately, instead of focusing on issues that pertain to seniors or law enforcement, media reports have focused on allegations of the personal lives of the candidates.

PUBLIC DEFENDER

Tom Lynch (Former Judge)

There are 3 primary Democratic Candidates running for Public Defender. Former Broward County Judge, Tom Lynch, is seeking to be elected as the Public Defender. Tom Lynch served as a judge in Broward County for 32 years and was the former Public Defender Chief Assistant prior to serving on the bench.

STATE SENATE

Tina Polsky

During the past 4 years, Kevin Rader has served as our State Senator. However, Sen. Rader is not seeking re-election. There are two qualified candidates who are seeking to serve as our State Senator: They are Tina Polsky and Irv Schlosberg. Currently, Tina Polsky is a State Representative, Attorney and someone who has specialized on elder care issues. Tina is also proud to be the founder of the Mitzvah Lunch Club. According to State Senator Kevin Rader "Tina has spent her career helping seniors both in the legislature and as an attorney." Irv Schlosberg is also seeking this office. Mr. Schlosberg has served as a State Representative in Palm Beach County and ran unsuccessfully twice for State Senate.

STATE REPRESENTATIVE

Christine Hunschofsky

Seeking this open seat are 2 qualified candidates: Christine Hunschofsky, who is the Mayor of Parkland and Saima Farooqui. Mayor Hunschofsky oversaw one of the worst mass school shootings that killed 17 people at Marjorie Stoneman Douglas High School. Her opponent, Saima Farooqui, has run for State Representative against Kristin Jacobs and lost.

CLERK OF COURT

Paul Backman (Former Judge)

There are 3 qualified candidates running for this position. Judge Paul Backman has served as a County and Circuit Court Judge for 34 years. Now he is seeking to be Clerk of Court of Broward County. If elected, he would be the first former Judge to ever serve as the Broward Clerk of Court.

PROPERTY APPRAISER

Marty Kiar

Marty Kiar who has served as our Property Appraiser will continue to serve in his position. No individual filed to run against Mr. Kiar. We would like to note that Mr. Kiar has visited Wynmoor many times educating our residents on the various ways to save money on property taxes. There are many discounts offered to Broward residents that can be applied for.

SUPERVISOR OF ELECTIONS

Mitch Ceasar

As you may remember, the Governor removed Brenda Snipes as the Supervisor of Elections. There are 6 qualified candidates running for this position in the Democratic primary and 2 qualified candidates running in the Republican primary. On the Democratic side, Mitch Ceasar was the chairman of the Broward County Democratic Party for many years and visited Wynmoor many times throughout the years. After leaving that post he has focused on his law practice. We are not aware of the backgrounds of any of the other candidates.

JUDGES

County Court Judge Group 22: [Casey Mills](#)
County Court Judge Group 27: [Phoebee Francois](#)
County Court Judge Group 31: [Natasha DePrimo](#)

SCHOOL BOARD

District 3 – [Sarah Leonardi](#)
District 9 – [Debra Hixon](#)

Your **Vote** is Your **Voice**

Please note: Many of the candidates that were not mentioned above may be qualified and have the appropriate credentials to hold the office they are seeking. Research your candidate choice before casting your vote!



If you have not received your vote-by-mail ballot by July 16th, call Supervisor of Elections at 954-357-7055 or 954-357-7050, the main number.



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

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

INSIDE

Safety Solutions	Page 8	Clubs.....	Page 37
Pen to Paper.....	Page 11	Golf Tips.....	Page 44
Inspiration Station.....	Page 19	Sheriff	Page 45
A Visit To The Museum	Page 25	Camera Club	Page 46
Dear Dr. Joy.....	Page 26	Other Side of Couch.....	Page 47
Vote By Mail	Page 26	History Corner	Page 48
Property Appraiser	Page 31	Martin Zevin, PA.....	Page 49
Puzzles & Games.....	Page 32	Puzzles & Games Ans.....	Page 50
Financial Focus	Page 34	Classifieds.....	Page 50

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

By Leading Back Pain Expert, Todd James



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 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.

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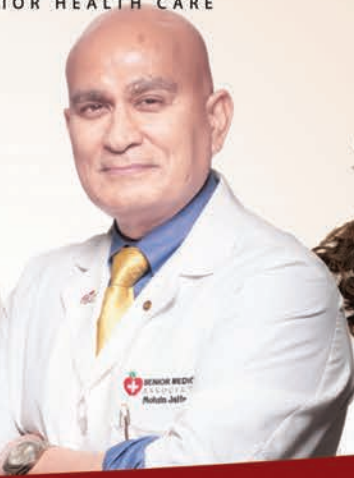
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Safety Solutions

By Scotty Leamon

Public Safety Information Officer, Coconut Creek Police Department

CCPD Special Needs Database Offers Help In Cases Of Loved Ones With Memory Challenges Who Might Wander



The Coconut Creek Police Department is offering a new tool for seniors who are living with a loved one facing memory challenges and might occasionally get lost or wander. The Coconut Creek Police Department's new Special Needs Database is a completely optional, totally free way to give officers the tools they need in advance in order to find your loved one if they leave your residence unannounced, or go on an errand and then have difficulty remembering how to get back home.

The database allows those registering a loved one to upload a picture of that loved one, as well as a thorough physical description, including height, weight, and hair color. It also allows the person registering to enter information on the loved one's vehicle, such as the make, model, and tag number. In the event that a loved one gets lost, all of these details take time to gather, meaning those are valuable minutes that officers may not have the information they need to find the individual that is missing. Sometimes finding a current picture of the lost husband or wife takes a little while. When time is of the essence, having all that information already available in a database is a huge advantage for officers.

The information will only be shared with members of the Coconut Creek Police Department and dispatchers with the Broward County Sheriff's Office, which currently handles emergency communications for the City of Coconut

Creek. It will not be available to any outside entities. The information in the database would also help significantly shorten the amount of time it takes for an officer to put the missing senior's vehicle information out on a Silver Alert. The State of Florida's Department of Transportation allows Silver Alert information to be put on electronic billboards which are stationed throughout the state's major highway and interstate system, allowing drivers to potentially spot the missing senior if he or she was mobile in a vehicle.

The database is also very unique in that it allows those registering a loved one to put in special essential information, such as how the husband or wife likes to communicate, words that might calm them down, places officers might want to look in case they are wandering. It also allows specific medical conditions to be entered, which might help officers understand the missing individual's needs.

The Special Needs Database Registration page can be reached from the Coconut Creek Police Department's website, which is www.coconutcreek.net/pd/police. The exact email address to the registration page is: www3.coconutcreek.net/police/special_needs/.

We understand that not everyone may be computer savvy, or even have a computer for that matter, so if any assistance is needed in registering someone for the database, don't hesitate to email me at sleamon@coconutcreek.net, or give me a call at 954-480-7196. I would be happy to help with registration over the phone or meet at the police department where we can fill out the registration information, using appropriate social distancing of course. We are very excited about the database and we really feel like it can help alleviate some of the worry that comes with being the caregiver of a loved one who may be facing memory challenges and might occasionally get lost or like to wander.

If your walls could talk, they'd thank you.



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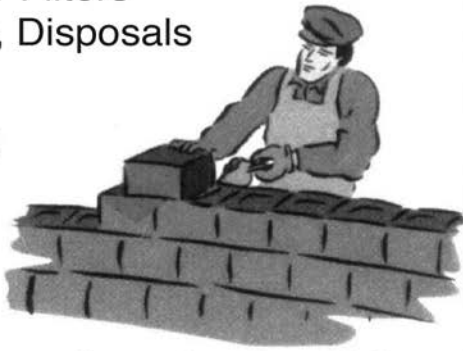
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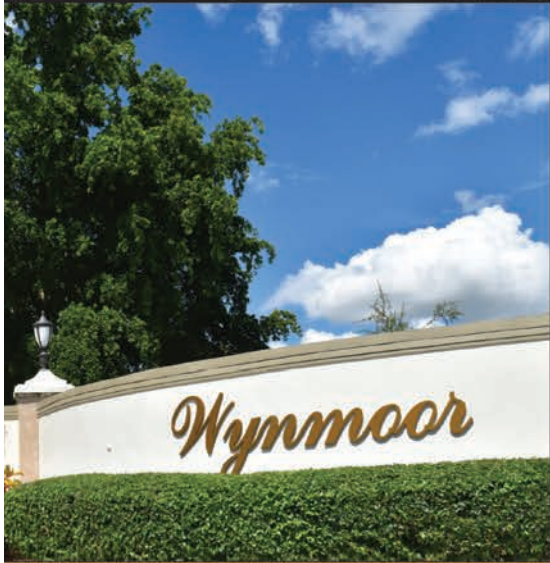


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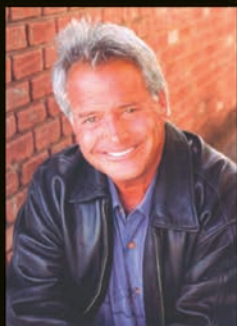
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Deal With The Heart Not The Mind

By Lil Miller

When the eyes show sparks of fire and ice! Take an arrow from your basket of love that's in your heart and shoot back a spark of love. The results are amazing! An awe of wonder and shock beholds the scene! A miracle God can feel and see His love is deep and real!

What we feel is meant to be, because you see we have found the magic key called love. A basket of love stored in the heart used only for occasions such as these! Do you have a basket stored in your heart of arrows of love to be used in dire emergency?

There is much fear and anger in the world today.

I love you all, Lil Miller

How To Get Banks To Heed Us

By Lawrence E. Correia

In the summer of 1988, I went to a local bank in San Antonio, Texas to make out four checks to pay bills and over the next two weeks withdrew three additional amounts of cash from my account to meet other family needs. At the end of the month I received my monthly bank statement which listed several additional charges to my account. The next day I went to the bank to inquire if there was some error made to my account and if they were accurate and what were these additional charges based on.

I explained that my account was being billed for four of my seven financial transactions during the month and could you please explain why this is happening. The young bank teller said, "the bank allows free access to one's account for the first three withdrawals, but every withdrawal afterward is charged three dollars each. The bank requires this fee to cover the cost of

these additional services." I asked, "You mean to tell me that I have to pay a fee to withdraw NOT THE BANK'S MONEY but my own money from my account." She replied, "Yes sir that is the bank's policy."

Needless to say, I was livid but had the common sense to keep my anger and frustration under control because in Texas anyone who caused a commotion in a bank would be escorted by security to the exit. So, I very quietly left the bank, without making a fuss, but decided to plan my next step in putting an end to this corporate highway robbery.

I believed that a four-pronged strategy would be the method for achieving my goals.

1st – Carefully choose the day and time for the plan to work.

2nd – Make sure your proposal meets banking guidelines and not delivered in a confrontational manner.

3rd – Try to gain support from other bank patrons.

4th – Be willing to compromise if, the bankers are willing to accommodate your needs.

With this plan in mind, I started by picking Friday for the day and 9:45 a.m. for the time, to implement my course of action. The reason I picked Friday was because I knew the Mondays and Fridays are the busiest days of the week in banking and banks usually open their doors at 9:00 a.m. At 9:45 a.m. the second part of the plan was put into action as I entered a line and waited for my turn with the bank teller. Once again, I asked the teller about the charges to my account and she stated that it was bank policy to cover operating costs for recording a withdrawal. I verbally calculated that four withdrawals a month at three dollars a withdrawal was \$12 and, in a year, it added up to \$144 for the privilege of withdrawing not the banks money, but my own money. Somehow that didn't seem right to me.

I then asked the teller, "What is the cost of a safety deposit box for a year?"

Continued on page 17

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Temple Beth Orr Announces Their New Pulpit Leader *Rabbi Laura Rappaport*



Temple Beth Orr in Coral Springs is thrilled to announce that Rabbi Laura Rappaport will be the new Rabbi leading their congregation beginning July 1st. Rabbi Rappaport's first service at Temple Beth Orr will be held via zoom on Friday, July 3, 2020.

Michael Koss, President of Temple Beth Orr said that Rabbi Rappaport has been described as "very caring, welcoming, and gets involved with each member of the congregation. She brings exciting new ideas and creative insight into the exploration of our Jewish journey." Congregants from her former Temple say, "She is very

easy to talk to, and she has a great ability to connect with people of all ages" and "she makes Torah relatable, and she makes Judaism relevant to her audience."

Rabbi Rappaport served as the Associate Rabbi and Educator at Temple B'nai Shalom in Fairfax Virginia, where she shared her passion for Jewish growth, learning and values. She has a background as a Pulpit Rabbi, a Director of Congregational Learning, a Board-Certified Hospital Chaplain, a Director of Non-Profits, an Adjunct College Faculty Member, an Educator for all ages in many settings, and the mother of two.

Rabbi Rappaport grew up in rural Northwest New Jersey and received her B.A. in Psychology from the University of Pennsylvania. She received her M.A.H.L. and Rabbinic Ordination from Hebrew Union College-Jewish Institute of Religion (Jerusalem and Cincinnati campuses). She has also completed Masters' level courses in Bioethics from Rush University and University of Washington and Doctoral level courses in Jewish Studies from Spertus College in Chicago.

Rabbi Rappaport is immensely proud of her two daughters, Tanya and Rosa. Tanya is a Registered Dietician, working for a non-profit in Seattle that advocates for a socially equitable and ecologically-sound food system. Rosa is an Environmental Resource Engineer, currently living in Tel Aviv. Rabbi Rappaport enjoys running/working out, indie/alternative music, listening to The Moth and This American Life, hiking, occasionally playing the hammered dulcimer, and discovering cultural/educational/artistic experiences that seem cool, quirky and interesting.

Temple Beth Orr is a multi-generational and multi-ethnic community, made up of singles, couples, interfaith, gay and lesbian families. It is located at 2151 Riverside Drive, Coral Springs, FL 33071 (southwest corner of Riverside Dr. & Royal Palm Blvd.) For more information: E-mail: office@templebethorr.org; web site: www.templebethorr.org. Telephone: 954-753-3232 x201.

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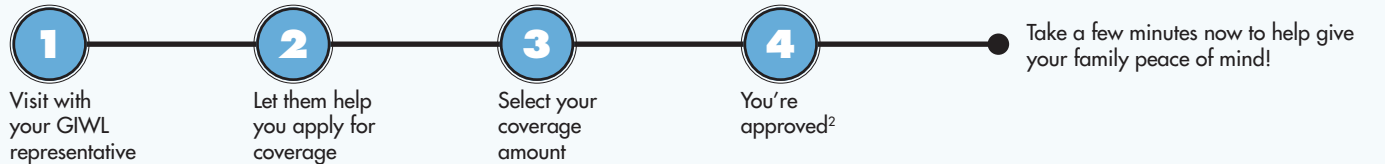
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70	\$98.18	\$74.52	\$146.27	\$110.78	\$215.24	\$163.60	\$268.55	\$204.00
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pen to paper

Pen to Paper continued from page 11

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She replied, "the cost was \$25." My next question was how many times a day, a week, or a month am I allowed to enter a safety deposit box without being financially charged. "You would never be charged to use a safety deposit box, you could use it as often as you like," she replied. I instantly replied, "Wow, I can save myself \$119 a year by putting the money in a safety deposit box, what a winning solution to my problem."

The teller replied, "Mr. Correia if you do that your account will not earn any interest." In response I stated, "Any interest my account makes would only put me into a higher tax bracket and that would not be worth the effort. My account now holds slightly more than \$36,000 and I would like to withdraw \$35,000 to place in a safety deposit box." The teller excused herself so she could speak to the bank manager about withdrawing such a large sum of money.

While the teller went to speak to the bank manager, I turned around to speak to those who were standing behind me to emphasize what a wise idea I was about to undertake, and it could be in their best interests to consider the same. (This was part three of my overall strategy.) The plan was working as other customers began vocally discussing the idea. I then turned around looking at the teller speaking to the manager.

I could see the teller explain what I wanted to do, but the manager raised his hand to silence her as he listened to the conversations going on with the people in my line. He looked seriously at me and deduced that though I may have instigated the commotion I was not actively participating in. He believed that it would be in his best interest to have a quiet conversation with me on the side, in order to salvage the dilemma. The teller returned to me and asked if I would meet the manager in his office for a quiet discussion of the problem, which was most agreeable to me.

The bank manager quietly and calmly asked me what my concerns were. I stated in a logical and financial listing of my concerns and asked if there is

a way to rectify them. He listened carefully and stated that he wasn't happy with this executive decision and would try to see if it could be reversed. The manager also added that he couldn't change the charges made the previous month but would see to it that there would be no more charges from now on to my account withdrawals. In response I stated that there was no longer any need to withdraw my funds from my account. I asked with his acceptance to address those in line that the problem was being looked into by the manager for our benefit.

It seems to me to be a shame that those who make decisions at the top rarely take the time to check with those at the bottom whether or not those policies will work. I banked with this particular organization for an additional 11 years, and true to this manager's promise I was never again plagued with a withdrawal fee. In this particular instance it was a win win for both sides.

Farmer That Loved Women

By Mobolaji Adedoyin

His name was Ife, which means love in Yoruba, one of three major languages in Nigeria. But, when you ask for his name, he usually replied and said: "My name is "Ife Nla," which means "big love."

Ife was from three generations farming family. His paternal grandfather was a reputable farmer and Ife grew up on a farm just like his father. As the farming town grew in population and demand for fruits and produce increased, the family farm grew bigger and bigger. The family expanded by acquiring lands that surrounded their farm.

Like most children, Ife started school at the age of six. He completed primary school a year sooner than his peer because he skipped a grade based on his intellect. Ife had tutoring after school on every subject because his

Continued on page 21

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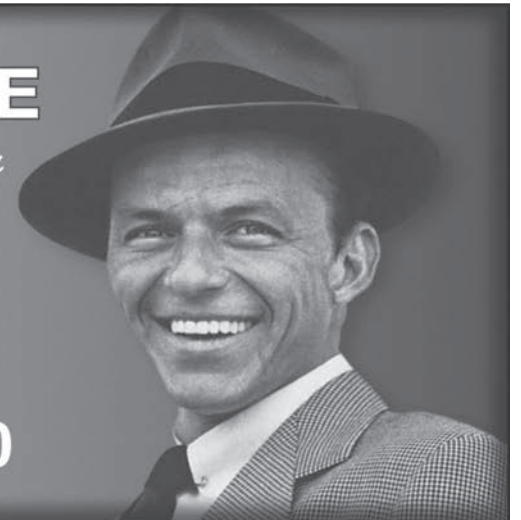
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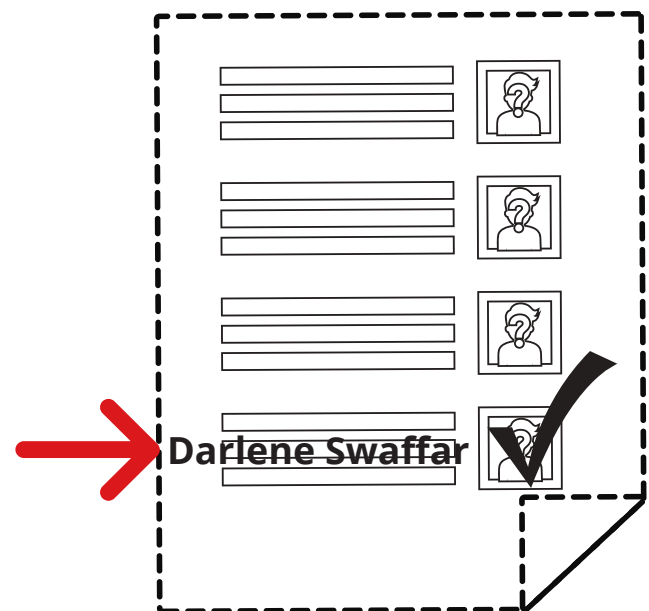
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INSPIRATION STATION

By Diana Stone, M.A., Wellness Consultant and Inspirational Writer and Speaker

Breathe! Stay In The Moment! Enjoy!

Dear Reader,

Whew! Who knew our former lives would become history in that we would never return to the basic ways of living we once took for granted? Such as gathering in large crowds and shopping without a mask and not being afraid of a stranger's cough or sneeze? It seems we've become so paranoid about one another when what we need most right now is more love, more compassion, more patience! I miss sharing smiles with strangers (maybe they are smiling but I only see their eyes!). I miss helping people with their groceries or being helped with mine (people are reluctant to touch anyone else's things these days!). I want to wear a shirt that says, "I'm healthy, go ahead and let me help you!"

However, I also understand FEAR as we had a health scare (non-Covid 19) in our own family this month. There is nothing like a health crisis to bring our full attention to the problem at hand! Everything else drops out of our consciousness and we are quickly reminded that "Health is our greatest wealth" as Emerson once wrote. Our youngest daughter developed a choking sensation that periodically flared up without any warning and it absolutely, understandably terrified her and us! She would gasp for air and the look of panic on her face told us she was truly struggling to take a breath! We had to see her pediatrician who insisted, even though her lungs sounded clear, that we get a chest x-ray to rule out any bronchial infections. Her x-ray came back clear but the problem persisted so more doctors, more specialists, more concern. For anyone who has had to see a doctor or two these past few months, you know what an ordeal it is! Even getting to speak to someone is challenging as the new recorded protocols are so long and somewhat ironic because they say if you are sick, you should not come in but usually you only reach out to a doctor when you are sick or at least trying to confirm you are alright! One of the protocols that I also understand but had to ask for an exception on, is the rule to only bring one parent. My husband is extremely chivalrous and he takes pride in driving us to our doctor appointments and it

was especially wonderful to have a second pair of ears hearing everything. I was reminded of the importance of asking for what you really want as most of the offices were able to accommodate us both coming with our daughter.

Fortunately, it turns out our daughter is going to be just fine (she was accidentally swallowing down her windpipe!) but the experience reinforced my preference for prevention and being present and aware of how our bodies are responding to our habits. She was rushing and only needs to slow down and be conscious of her breathing. This entire quarantine situation has highlighted how much more enjoyable any situation is with abundant health, independence and resources. I am completely devoted to my families' health. We have re-committed to eating clean, with daily exercise, ample sleep and hours of daytime AWAY FROM ALL SCREENS! Funny how even with less to do, we had fallen into the habit of multi-tasking – eating while watching TV, folding laundry while talking to a loved one on the phone.

It is important to honor the sacred in even the small rituals of our daily lives. We do this by giving each task our full presence. Allow time for calm, uninterrupted eating. Enjoy your food and your loved ones! Allow time for calm clean up. Enjoy the warm soapy water cascading over your hands. Allow time for an evening stroll. Enjoy nature and the sky's changing hues. Allow time to really talk to your loved ones with your full presence even if it is on the phone. I hear more, feel more and experience more connection to my loved ones when I am fully surrendering to their stories rather than trying to multitask while listening to them.

We never truly know how long we have on planet Earth. Allow time to savor the little things and enjoy it all! May you stay well and peaceful. Your radiance and calm will help sooth the world!

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

The Wynmoor Racquet Center is open for Pickleball and Tennis play. As part of the Phase I plan, the courts are open seven days a week from 8:00 a.m. to noon. The following is a list of guidelines for each sport.

PICKLEBALL: A maximum of 26 players at any given time.

- Singles play only. (only two players per court).
- Play open to Wynmoor residents only.
- No guests. (IDs will be checked).

TENNIS: A maximum of 20 players at any given time (2 per court).

- Singles play only.
- Play open to Wynmoor residents only.
- No Guests (IDs will be checked).

ADDITIONALLY: Masks are required to be worn to and from the courts. • Residents should adhere to social distancing guidelines while waiting to play. • Do not use each other's equipment. • Drinking fountains temporarily unavailable. Players should bring their own water to keep hydrated. • Players should bring hand sanitizer for your own protection. • Failure to comply with the above-mentioned guidelines will result in the closing of the facility.



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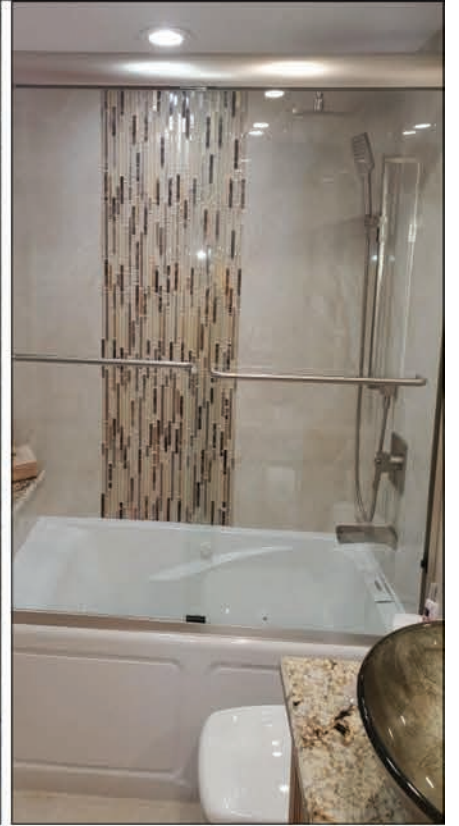
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Pen to Paper continued from page 17

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parents, especially his grandfather, wanted him to be one of the best students in his class and school. His family financial sacrifice paid off because Ife was an "A" student from first to eleventh grade.

His parents decided he should attend the only high school in their hometown. They also wanted him to live on campus at the school - he did not object. He told his friends he was happy his parents wanted him to stay close to home. He was afraid they would send him away because they always told him to grow up. He admitted to his friends that he was a bit sloppy at home: always reluctant to properly iron his clothes, wash his underwear or sweep the front yard of his family home.

His parents were very pleased with his performance in school, but they wanted him to be more disciplined and handier in doing other things at home. They knew part of the regiment on campus at the Boarding School was cutting grass at least once a week. If he violated any rule and regulation, he could be cutting grass two or three times a week as punishment. In addition, on campus, all students ran two miles every morning before breakfast.

With excellent academic performance in primary school, he was admitted to high school five miles from his family home and six miles to his family's farm. He completed five years in high school without major discipline or suspension. He was more disciplined than his parents expected - was punished and had to cut grass twice in a week only once. He also went through High School with "A" average grades in all subjects. Ife took subjects such as Chemistry, Physics, Biology, Calculus, Mathematics, and Geometry, that most students avoided.

Dating in high school was without much excitement or drama. He casually dated a few girls during his second and third year. He was very proud of his family farm - he always took girls there on dates.

Ife became a different person after high school. He became a "lady's man"

and seemed to be going crazy with a lot of women. It was as if he was born again - he became a playboy. He loved to date different women and was very upfront about it. He did not deceive them - those that went out with him knew his wayward ways. As you would expect, he did not get his way with some women: those that wanted commitment, or men that did not sleep around.

A couple of ladies Ife dated revealed secrets about him - they claimed he would have sex in a shed on his family's farm. He could afford hotel if he didn't want to go to his family house.

On one occasion, during "boys talk," he confessed to two friends that most of the women were surprised with his strange behavior. One of his ladies stopped seeing him after he took her to the farm twice.

After High School, Ife told his parents he needed a year off to find himself: he planned to go to college later. There were many questions whether he could accomplish his goal. Could he snap out of his obsession for sex? Which college would he attend - the one fifty, or three hundred miles from home? Would he consider travelling overseas to attend college?

Ten months after High School Ife received a note from beautiful and intelligent daughter of a prominent attorney in the next town. Her name was Ola, which means wealth in Yoruba language. She had done her homework and knew a lot about Ife: how he approached women he dated; usually gave them gifts before first sexual encounter; invited them to see his family farm on first or second date.

Ola wrote, "Dear Ife, I want to meet you and marry you one day. You have to go abroad to study with me. After we graduate, we will return home and build our house on a farm." Ife took Ola's offer and since both families could afford it, they both prepared and left for the United States of America to further their education.

Continued on page 22

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Going to the Doctor During the Pandemic

By Marjory D. Lyons

Do you know how it is when you have something that you know you need to do, but you put it off? That's me about going to the doctor. I suppose it springs from the days when I was a child and we had to count every penny and Mother only took us to Dr. McCrea when it was necessary like to treat chicken pox or measles. Cure a cold with bed rest, a cut knee with iodine and a band aid.

Fast forward to today. We are in the midst of the corona virus. I am staying at home, as are most of us. Then this week, I awoke with a swollen eyelid, pink and puffy, hurting a bit but not obscuring my vision too much. This thing was so little, I really did not think it was worth worrying about. And the itching started in midmorning. It was Thursday, before Memorial Day weekend. I would put it off a while longer until after lunch to call my doctor, an ophthalmologist.

I am disciplined about wearing my mask outside, the few times I do go outside and my plastic gloves. I do this even when my son takes me to the pharmacy drive-in or bank. It is not safe to go out. I was worried about what to do. I didn't want to risk going to the doctor's office.

But I need that eye! So, I called Dr. E. and described the little swollen eyelid to the receptionist. "I would like to speak to the doctor and ask him to prescribe an ointment," I said.

"The doctor will have to see you to prescribe medication. Shall I make an appointment for you?" I had to say Yes. The first available would be on Tuesday at 9:00 a.m. but I knew my son couldn't take me that day. I would have to drive myself. I rarely drove much anymore these days even before the virus.

Now I was really worried about the visit. I would wear my mask and gloves. But what about the medical staff? And the waiting room was always crowded. Wasn't that dangerous? And I always had to wait at least fifty minutes. Wouldn't that increase the risk of getting the virus? I fought off my growing tension.

On Tuesday, I left the condo in plenty of time. And I pulled out of the parking lot carefully, gently urging the car along. I had not driven in eight weeks. I followed a familiar route and pulled into the Imperial Point Hospital entrance. Wearing gloves made it harder to steer. I found a nice wide spot and parked.

I opened the outside door wearing my gloves and mask. I entered the elevator, thankfully empty. Now on the fourth floor, I tried to stay calm. I didn't know what I would encounter in the waiting room.

I gave my name and ID cards to the receptionist in the waiting room. She confirmed the appointment and then pressed a thermometer against my forehead. Next she gave me a paper indicating I needed to answer the questions. The form was on a half-sheet of paper, which seemed to me that it had been recently drawn up. It was not a routine medical form. I took this as a positive sign, an accommodation to the new circumstances and an attempt to control the spread of the virus.

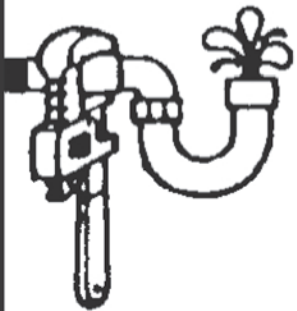
The first question was: Have you been out of this country in the past 90 days?" I checked No.

The second question: Have you been in contact with anyone who has the virus?" I checked No.

Third question: Do you have any symptoms of the virus?" I checked No and signed and took a seat.

I was impressed with the precautions taken; the office wasn't crowded. The appointments were apparently staggered. There were only three women

Continued on page 24



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counting me. One sat in the corner wearing mask and gloves. My anxiety abated as the second, wearing mask and gloves, took a seat on the other side of the room. The chairs were set up in blocks of twos, not in a big row, keeping us apart.

There were no magazines around to distract me, no TV blaring. The office was quiet, somewhat peaceful. My agitation subdued. I settled in thinking I would have to wait the usual fifty minutes. I pulled out my phone. The nurse, wearing her mask, came out and called me. I almost leapt out of my chair I was so glad to keep moving.

Now we went into the darkened examining room. As I looked around for an alcohol wipe, the nurse asked, "What are you looking for?"

"I want to wipe the chair off."

"Oh, Miss Lyons, I just did that before you came in." I told her about the swollen pink eye lid. She asked me to read the chart and I read two lines. She continued: "The doctor will be in in a minute."

And he was. Smiling, he asked, "How have you been?" I have been his patient for over twenty years. "Excellent, and you?" He nodded pleasantly while rolling his chair over to me.

I described my eyelid and gave my concerns. We both knew that I have a condition called a wrinkled retina and I also have a history of cancer that showed up in other parts of my body.

He asked me to move up to the big machine, put my chin in the cup. "The nurse has just sanitized the machine, Marjory."

He peered into the right eye with the white blasting light. Of course, his face was close to mine, but we were both wearing masks, his tucked tightly against his face and chin, and mine, too. He examined the left eye. He rolled back to his side of the room.

"Well, it looks like it is nothing to worry about. It is a simple sty."

"Oh, only a sty?" I asked, relieved.

"Yes. I will call in your prescription to your pharmacy. Use this ointment for ten days. It will take a good while to get rid of it."

The only slip up in the whole process was that I paid the co-pay with a new ten-dollar bill. In receiving the change in cash, which no doubt carried germs, I wrapped the bills in a plastic sandwich bag, to clean later, tucked it into a section of my purse. Then I marched out the door and into the Florida sunshine to my car. It seemed to me that it was much easier driving back home.

Marjory D. Lyons, PhD, is owner of a company, Telling Your Story, which writes books of memoirs and business histories. She conducts regular writing classes in Pompano Beach, now being held online. Marjory also writes and produces programs for churches, libraries, and community centers. She is a member of the Wynmoor Workshop and Building Director of 1901 Bermuda. marjorydlyons@gmail.com

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A SOURCE OF DELECTATION AND ENRICHMENT

By Barry Isaac



The Ringling Art Museum in Sarasota is now open, especially the galleries that house Old Master European Paintings. It was closed for over two months because of the severity of the Corona Virus. I spent 2 quality days at the Ringling Art Museum at the end of May, 2020. I concentrated on their fine collection of Old Master European Paintings from the 16th, 17th, and 18th Centuries. Italian painters with fine paintings included; Giovanni Dei Biondo, 15th Century Italian Trecento Painter of Florence, *Madonna and Child With 4 Angels and Saints Peter, Paul, John the Baptist, and James Major*, Michaelangelo di Pietro Membrini, *Assumption of the Virgin*, 16th Century Renaissance Painting with a fine landscape, Bernardino Luini, *Madonna of the Butterfly*, religious painting with symbolism relating to the 16th Century Bubonic Plague Pandemic in Italy, Piero di Cosimo, *Building Of A Palace*, Italian Renaissance Painting with fine lines and secular subject matter, Jacopo Dei Sellaio, *Penitent Saint Jerome*, 16th Century Renaissance Painting, Bernardino Campi, *Holy Family With Saint Lucy*, fine 17th Century Tenebrist Painting, Fede Galizia, *Judith With Head of Holofernes*, 17th Century With Judaic Subject Matter, Francesco Cairo, *Judith With Head of Holofernes*, 17th Century Tenebrist Painting, Giovanni Guercino, *Annunciation*, quality 17th Century Caravaggio Style Painting, Bernardo Strozzi, *Act of Mercy, Giving Water to the Thirsty*, 17th Century Painting by former monk, Antonio Palma, *Esther and Ahasuerus*, Judaic theme, Onario Marinari, *Mater Dolorosa*, 17th Century Painting, Mattia Preti, *Herodias and Salome With Head of John the Baptist*, 17th Century, Tenebrist Painting, and Giovanni Granieri, *Drawing of Lottery in Plaza Erbe, Turin*, fine 18th Century Painting with an abundance of detail, among others. The Ringling Art Museum's collection of Italian Baroque and Tenebrist-style Paintings is the forte of this

art museum. Most of their Italian and Tenebrist-style Paintings have devotional themes.

Northern European favorites, during my last visit were Franconian Master from Nuremburg's *Miracle of Saint Vitus*, German Renaissance Painting, Adriaen Ysenbrant's *Descent From Cross*, Netherlandish Renaissance Painting, Joseph Stella's *King Candaeles Showing Gyges His Wife*, French Baroque Painting in Tenebrist-style with humorous sexual undertones, Nicolas Tournier, *Tobias Taking Leave of Parents*, French Tenebrist Painting of 17th Century, Hendrick C. Van Vliet, *Church Interior, Leiden*, Dutch Master, Peter Paul Rubens and Studio, *4 Evangelists*, one of 7 paintings by Rubens and associates in this art museum, Gerard Terborch, *Family of Stone Grinder*, Dutch Master, Juriaen Andriessen, *Arcadian Landscape, Altar*, 18th Century by Danish Painter living in Italy, Joseph Wright of Derby, *Italian Landscape With Moon*, English 18th Century Painting, and Rosa Bonheur, *Family of Deer*, 19th Century French Naturalist Painting, among others. Another specialty of the Ringling is its fine collection of paintings by Flemish Master, Peter Paul Rubens.

At the Ringling Art Museum, parking is free and plentiful. All the rooms in its Old Picture Galleries were open. The Ringling Museum Complex is aesthetically appealing. The delightful Circus Museum is included in the admission price.



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Dear Dr. Joy...

By Joy Berke Sanchez, PhD

About 10 years ago I wrote a book about narcissistic personality disorder (NPD) and interest in this subject waxes and wanes usually because of some current situation where it comes once again into the public eye. Lately I have been asked to explain what this condition is and what it looks like so here it is.

There are basically two types of narcissists and they can be individualized or there can be overlap. Not each one has the behaviors/attitudes/presumptions, etc. to the same degree. Some may be more extensive (sociopath) and others have narcissistic traits and tendencies but not full-blown NPD. These are known as the Somatic type and the Cerebral or Intellectual type. The titles are basically self-explanatory.

To understand this condition fully, I would have to reprint my entire book here so I'm going to look at the possible roads to onset in this article. This is the question that consistently comes up after the one on changing them which is impossible.

How and when it begins is not fully understood and there are many theories. The last one I'll mention seems to be the one looked upon most favorably at this time. The first one is biological and has to do with oxytocin. Oxytocin is often referred to as the 'bonding hormone.' Women have it in much higher supply than do men which may be why a lot of research says that only 25% of all narcissists are women. Not sure I believe this personally. Oxytocin is produced in great quantity during childbirth and lactation. It is produced during sexual relations especially during orgasm. It is even produced in women when they are just interacting with their friends. It is a hormone that leads to connections between humans. It allows one person to feel emotionally close to another. Although it is not a gene, it has often been referred to as 'the compassion gene.' Narcissists are in short supply of this hormone.

The second theory is a glitch in the maturation process. This one says that since all children are naturally narcissistic some never develop past that point. If a child normally begins to develop compassion or the ability to see things from the perspective of another and respect those differences, at about age 8, then the narcissist is self-referentially fixed at age 8 or earlier. He will continue to see his needs as the center of the universe and see those around him merely as suppliers of those needs.

Theory three is a learned or adaptive response. The belief is that the child was consistently and constantly idolized and adored. That he was told he was wonderful, the best looking, the smartest, the most capable, etc. Others believe he was shamed, traumatized and told he was worthless and insignificant, and the narcissism became a defense against seeing himself in this fashion. In this way he had no choice but to develop a false self both to himself and others. When the major players in his life stopped giving him his narcissistic supply rather than looking inward to see his responsibility and role, he just finds another person to step into the void. Should he take that look he will most likely find unwanted feelings and opinions about himself, so he just doesn't ever go there. I think it is more likely than not that somatic narcissism is a result of negativity toward the self rather than truly believing he is wonderful and deserves to be the focus of attention

and to receive love from whomever he chooses.

The opinions and feelings of those in the child's life towards him are not necessarily accurately read by the child. They are the interpretations made by the child outside of conscious awareness. Since young children are always at the center of their universe if there was a family situation where perhaps the child was ignored or neglected, he could have internalized this to mean he was worthless, unimportant and insignificant. He could then be spending the rest of his life trying to undo those feelings without ever bringing them into awareness and evaluating them from a more mature perspective.

For the cerebral narcissist, it may begin with those around him like family members and teachers, telling him of his intellectual superiority without giving notice to his feelings or needs. It is possible that he over-identified with his mind and never developed any other component of his personality or character. He then needed more and more appreciation of his intellectual abilities. Since no one saw the other facets of himself he paid little attention to them as well and found them of no particular value. A total person never developed, and he became unable to relate at anything other than an intellectual and cold manner. He doesn't develop a false self as does the somatic type. Personality and intimate relating are not important to him. They want everyone to feel inferior and insignificant compared to their greatness. They do not attempt to seduce you with a false self and have often been referred to as having no personality.

The somatic, in contrast is all about a false self and has developed a very effective seductive act. After years of being inauthentic he will believe the false self is real and never wants that idea to be challenged. He therefore dares not open the door to authenticity even a crack to himself and others.

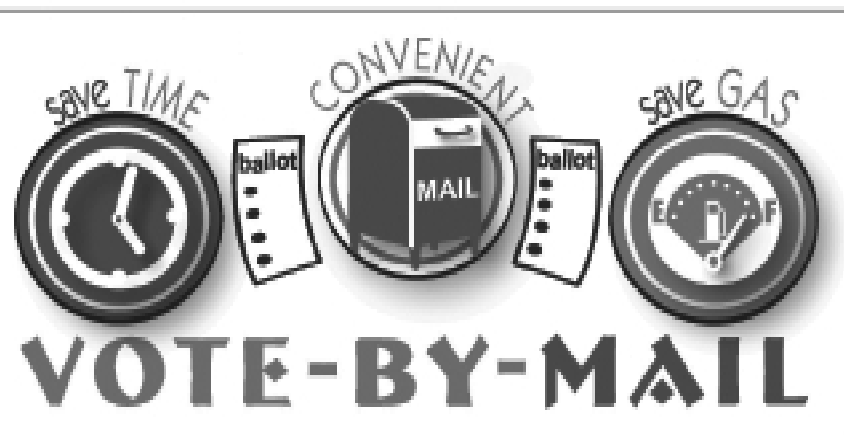
The last theory I'll write about here is relatively new and is about neural pathways in the brain. This isn't even covered in my book. With new technology neuroscientists are able to follow the neural pathways in a brain as the person is presented with pictures, films, images, etc. Certain areas light up and each area has been mapped to mean something. If a compassionate, caring person is shown certain images areas in their brain will light up showing the effect of the images. In the brains of sociopaths, narcissists and the like, very different areas are lit up or nothing at all. Sometimes there is excitement and sometimes no reaction, but it is not like the results from a 'loving' person. Now the questions remain of how this happened, and can it be changed? There has been work done with magnetic resonance techniques that give hope that these neural pathways can be changed. I am a proponent of these pathways but as always, I see things from a vibrational "thoughts are things" perspective. Not only do I believe our thoughts create and can recreate our neurology as well as even our DNA (see Dr. Bruce Lipton's work on this) I believe this is actually what happens to us every day. The problem is that we rethink and therefore recreate the same things over and over and if we want to change the only true method is to rethink and rebelieve. But I've gone off on a tangent.

So hopefully this will answer some of your questions about narcissism. If you have any more feel free to ask them. Once again you can email me at JoyB212@aol.com. One last thing; as I explained in my book, I use the pronoun 'he' regarding narcissists because it is difficult writing he/she all the time and also because it is statistically correct.



NOTICES

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Property Appraiser's Update

BCPA Goes Virtual

Business models around the world have adapted to providing services during these changing times. Our office continues to evolve to ensure we meet the needs of the residents of Broward County and provide the same level of customer service you have grown to expect. Property owners can still easily apply for Homestead Exemption online at www.bcpa.net, as well as, access information about all the tax-saving exemptions available for qualified individuals. Please contact csemgmt@bcpa.net or call 954-357-6830 with any exemption questions you may have if you cannot find the answers you are looking for on our website.

Understandably, many residents have concerns about sharing personal information online or over the phone. To help ease these concerns, our Mobile Exemption & Information Team (MEIT) is now able to meet with residents virtually and answer any questions or help with exemption filing. While we do not know when our office will be able to safely resume in-person meetings, this new platform allows face-to-face virtual conversations between property owners and our staff. To schedule an appointment for a virtual meeting, please email us at ExemptionsExpress@bcpa.net or call us at 954-357-5579.

Quarterly Tax Payment Installment Plan

While the Property Appraiser's Office does not set or collect taxes, our office receives many calls from residents inquiring about installment tax bills and their recent exemptions. Broward County's Records, Taxes & Treasury Division is responsible for the billing and collecting of property taxes.

For property owners on their quarterly installment plan, the first two installment payments (June and September) are based on the previous (2019) tax year. This means residents who have been approved for 2020 Homestead Exemption or other exemptions will not see these showing on either the June or September installment bills. The final two installment bills will be based on the current tax year. The December and March installment bill amounts will be adjusted to include any 2020 exemptions or changes to the property's taxable value. The deadline for Broward County's Installment Payment Plan was May 1, 2020. Should you have any questions regarding the payment of property taxes, their office can be reached at 954.831.4000 or by email to revenue@broward.org.

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.



Martin Zevin

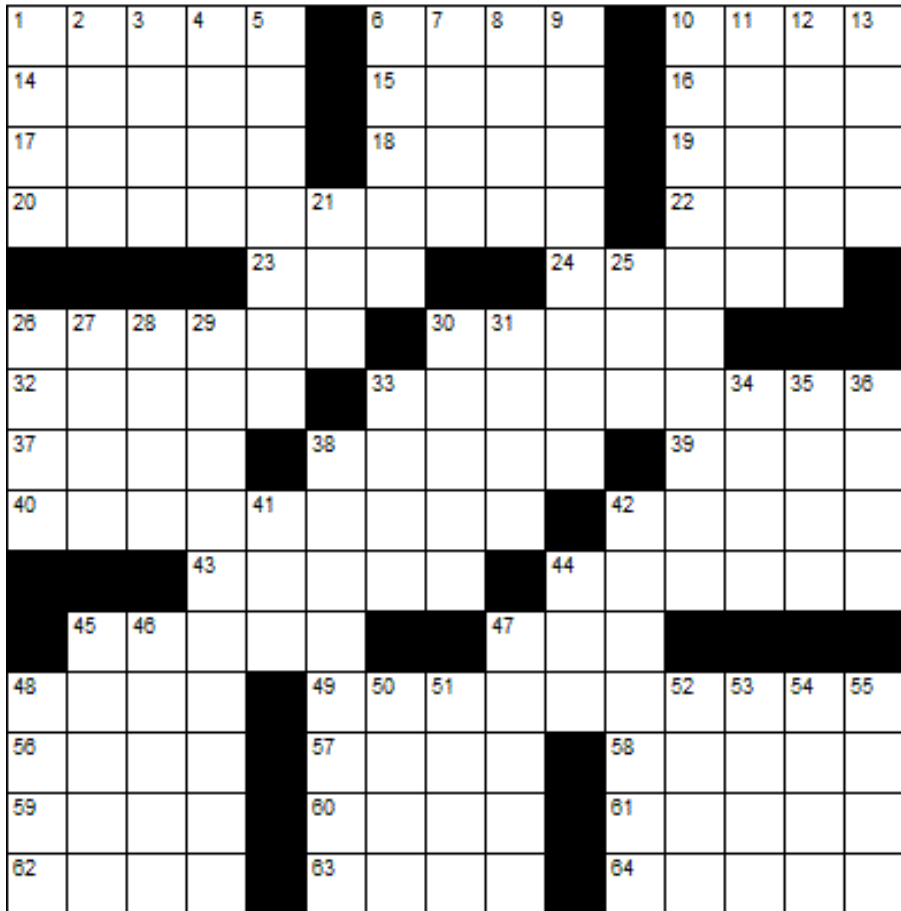
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website: <http://www.MartinZevinPA.com>

Puzzles and Games

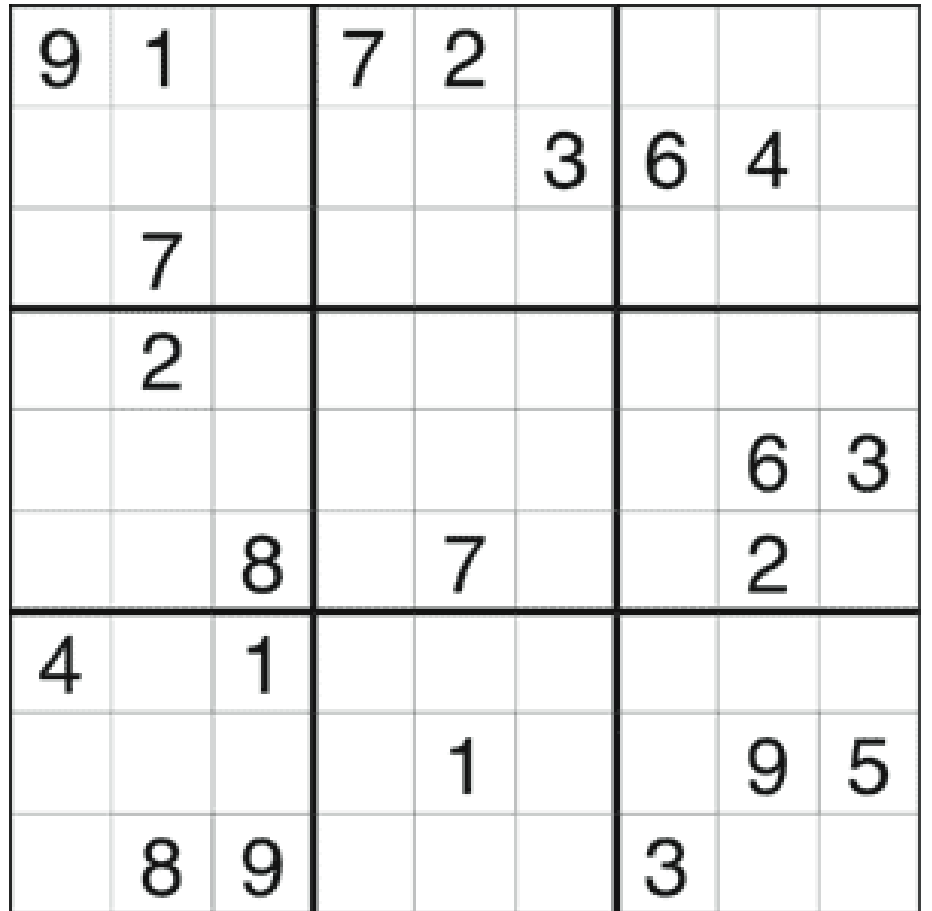
Solutions on page 50

Crossword Puzzle



- ACROSS**
- 1. Procrastinate
 - 6. Ballet attire
 - 10. Aquatic plant
 - 14. Infantile paralysis
 - 15. At the peak of
 - 16. Darling
 - 17. Smell
 - 18. Anagram of "Crab"
 - 19. Podium
 - 20. Mother's new mate
 - 22. Doing nothing
 - 23. Ensign (abbrev.)
 - 24. Jittery
 - 26. Besmirches
 - 30. Eighteen in Roman numerals
 - 32. Prevaricators
 - 33. Impasses
 - 37. Against
 - 38. Ancient English chiefs
 - 39. Half-moon tide
 - 40. Christmas kissing plant
 - 42. French for "Room"
 - 43. Coney
 - 44. Phoned
 - 45. Anaglyph
 - 47. Make lace
 - 48. Docile
 - 49. Densely textured woolen fabric
 - 56. Death notice
 - 57. Pig sound
 - 58. Nymph
 - 59. Wise men
 - 60. Away from the wind
 - 61. Heron
 - 62. Coalition
 - 63. Untidyness
 - 64. Fails to win
- DOWN**
- 1. Resorts
 - 2. Legal wrong
 - 3. ___ vera
 - 4. Not stiff
 - 5. Low leather step-in shoes
 - 6. Sensitivities
 - 7. Salt Lake state
 - 8. Ripped
 - 9. Express criticism
 - 10. Extra
 - 11. Conducts
 - 12. In a gay manner
 - 13. Backside
 - 21. Autonomic nervous system
 - 25. Zero
 - 26. Shut
 - 27. Short skirt
 - 28. Dines
 - 29. Mathematics
 - 30. Photocopy company
 - 31. Sheltered spot
 - 33. Facts
 - 34. Mobile phone
 - 35. Cabbagelike vegetable
 - 36. Hurried
 - 38. Double-magnum
 - 41. Alkaline liquid
 - 42. Small bag
 - 44. Knave
 - 45. A clique
 - 46. Buddy
 - 47. Seizes
 - 48. Grave
 - 50. Anger
 - 51. 1 1 1 1
 - 52. Corporate image
 - 53. Not yours
 - 54. Tall woody plant
 - 55. Strikes

Sudoku



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.

Famous Artists

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



- BASQUIAT
- GAUGUIN
- MICHELANGELO
- RENOIR
- BOTTICELLI
- GOYA
- MONET
- RIVERA
- CARAVAGGIO
- HOPPER
- MUNCH
- RUBENS
- CASSATT
- KAHLO
- O'KEEFFE
- SEURAT
- CEZANNE
- KANDINSKY
- PICASSO
- TOULOUSE LAUTREC
- CHAGALL
- KLEE
- PISSARRO
- TURNER
- DALI
- KLIMT
- POLLOCK
- VAN GOGH
- DAVINCI
- MANET
- RAPHAEL
- VERMEER
- DEGAS
- MATISSE
- REMBRANDT
- WARHOL
- DELACROIX

a WORD or Two

Word: eolian
Definition: borne, deposited, produced, or eroded by the wind
Example: The park is known for its *eolian* caves—chambers formed in sandstone cliffs by powerful winds.

Word: palmy
Definition: marked by prosperity : flourishing
Example: "In Beaufort Road was a house, occupied in its *palmy* days, by Mr. Shorthouse, a manufacturer of acids...."
 — J.R.R. Tolkien, letter, July 1964

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Protect Yourself Against Financial Scammers

It's unfortunate, but true: During this period of economic uncertainty, one of the busiest "industries" has been financial scamming. But it goes on even during normal times, too, so you'll want to know what to look for, and how to defend yourself.

For starters, just how widespread is financial fraud? Consider this: In 2019, more than 3.2 million fraud cases were reported to the Federal Trade Commission, with identity theft being the most common type of fraud, accounting for about one-fifth of the overall cases. And fraudulent new accounts (mortgages, student loans, car loans and credit cards) amounted to about \$3.4 billion in 2018, according to a study by Javelin Strategy & Research.

To help yourself from being victimized, consider the following suggestions. They are certainly not an exhaustive list, but they should prove useful.

- **Watch out for unsecure websites.** Make sure a website is secure before entering any payment or personal information. Look for sites that start with HTTPS, rather than those with just HTTP, which are not secure and can be hacked. But even a site with HTTPS can still be used by scammers, so, if you don't recognize the name of the company or group that's requesting your information, do some research to make sure it's legitimate.

- **Review your credit reports.** As mentioned above, the fraudulent opening of new accounts is a big source of financial scams. To be sure nobody has opened new accounts under your name, try to review your credit reports at least once a year. You can get them for free at AnnualCreditReport.com.

- **Follow up on fraud.** If you've already been victimized by having new accounts opened in your name, contact one of the three major credit reporting

agencies (Experian, Equifax or TransUnion) and place a 90-day fraud alert on your credit file. You might also want to file a complaint with the Federal Trade Commission, print it out and file it with your local law enforcement agency. And it's also a good idea to contact the fraud department of the financial companies where the thief has opened a fraudulent account in your name.

- **Be alert for suspicious links.** "Phishers" have gotten quite good at sending out messages that look like they're from reputable businesses. But if you examine these messages carefully, you can usually determine if there's something off about them. For example, no legitimate business will tell you, via this type of message, that you have to "correct your account" by providing additional information. And if you do hit the link provided, and it takes you to a third-party site, you can be pretty sure it's bogus.

- **Resist "act now" offers.** If you get an offer, via phone or online, urging you to "act immediately" on an investment opportunity, discontinue the communication. No reputable financial advisor will ever try to force you to take such swift action, and if an investment is legitimate, it will be available tomorrow, next week and next year.

- **Use your shredder.** You probably have the option to "go paperless" with all your banks and financial services providers, but, if you still do receive paper documents, be sure to shred them when they're no longer needed.

You save and invest for years to help achieve your long-term goals. Don't let any of your efforts be undone by financial fraudsters.

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



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RENTALS

1602 Abaco:.....	2/2, Nicely Furnished, Pool & Garden View, Light & Bright, Close to Theater	\$1400/mo.
2103 Lucaya:.....	1/1, Annual Furnished Rental	\$1100/mo.
4401 Martinique:	2/2, Nicely Furnished Annual Rental	\$1400/mo.
3203 Portofino:	2/2, Great View, Elegant Furniture, Ready To Move In.....	\$1500/mo.
3102 Portofino:	2/2, Annual Rental, Fantastic Gold View	\$1400/mo.
2904 Victoria:	2/2, Annual Rental, Updated Kitchen, Furnished or Unfurnished	\$1695/mo.

SALES

2402 Antigua:	2/2, Turnkey Unit, Pool View	\$ 139,000
2504 Antigua:	2/2, Desirable Corner Unit, Ground Floor Unit, Walk To Pool	\$ 139,000
1201 Bahama:	3/2, Unique Corner With Two Full Bathrooms	\$ 104,999
1103 Bahama:	1/1, Lovely Updated Unit.....	\$ 113,000
1902 Bermuda:.....	1/1, Water View, Nicely Kept, Being Offered Furnished	\$ 74,000
1902 Bermuda:.....	2/2, Beautiful Water View, Fully Tiled, Newer A/C, Furniture Negotiable.....	\$ 122,500
3402 Bimini:	1/1, Needs Some TLC, New Carpet, Just Painted.....	\$ 85,000
3405 Bimini:	2/2, Gorgeous Remodeled Unit, Impact Windows, W/D	\$ 224,900
3401 Bimini:	1/1.5, Beautifully Furnished Condo, Washer and Dryer	\$ 109,000
1501 Cayman:.....	2/2, Washer/Dryer, Magnificent Remodeled Unit, One Of A Kind	\$ 199,000
1502 Cayman:	2/2, Evergreen Corner, Lake and Fountain Views	\$ 159,000
1501 Cayman:.....	2/2, Magnificent One Of A Kind, Washer & Dryer	\$ 199,000
2003 Granada:.....	2/2, Unique Private Office On Patio, Washer & Dryer, Hurricane Windows	\$ 159,999
1103 Granada:.....	2/2, Beautifully Updated, Partially Furnished	\$ 113,000
2003 Granada:.....	2/2, Corner, W&D, Completely Remodeled, Gorgeous	\$ 214,900
2201 Lucaya:.....	2/2, Beautifully Remodeled, Pool View	\$ 179,500
2301 Lucaya:.....	1/1.5, Beautiful Pool View	\$ 65,000
4401 Martinique:	2/2, Desirable Corner Unit In Magnificent Shape, Must See	\$ 154,500
2704 Nassau:.....	2/2, Completely Updated Unit, Move In Ready	\$ 149,999
3202 Portofino:	2/2, Fantastic View, New Appliances, New Floors In LR	\$ 137,700
3102 Portofino:	2/2, Fabulous Remodel, Golf Views, Impact Windows.....	\$ 198,000
3003 Portofino:	2/2, Upgraded Kitchen & Bathrooms, Tile, Golf & Water View	\$ 169,000
3204 Portofino:	2/2, Panoramic View, Completely Remodeled, Gorgeous.....	\$ 199,900
3204 Portofino:	2/2, Corner, Panoramic View, Golf/Lake View, Updated.....	\$ 215,000
3101 Portofino:	2/2, Completely Remodeled, Beautiful Fountain View	\$ 174,900
2905 Victoria:	2/2, Great View, Ground Floor, Park In Front Of Your Door	\$ 123,000
2803 Victoria:	2/2, Gorgeous Totally Remodeled Unit, Quiet Garden View	\$ 179,000
2903 Victoria:	2/2, Wonderful Golf and Lake View, Huge Corner Unit, Updated	\$ 163,900



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Dear Residents,

Thank you, Wynmoor, for continuing to stay closely in touch with the community in order to protect residents and keep them safe. The virus has impacted all of our lives in so many ways; however, this is ONLY temporary. Soon our life will return to normal, enjoying Wynmoor lifestyle and emerging stronger than ever. Please read and enjoy the passage.

Be Kind, Be Thoughtful,
Be Safe and Be Well.

**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.

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July Showcase



2305 LUCAYA E-4	2 Bed/2 Ba. Move-in ready, gorgeous, lake view	SOLD	\$ 118,000
1501 CAYMAN B-3	2 Bed/2 Ba. W/D, Magnificent remodeled, one-of-a-kind beauty	\$5000. BONUS	\$ 199,000
1802 ELEUTHERA J1	2 Bed/2 Ba. Remodeled, lake and fountain view	SOLD	\$ 169,000
3102 PORTOFINO B-2	2 Bed/2 Ba. Fabulous remodeled, Golf views, impact windows, W/D		\$ 199,000
3401 BIMINI B-2	Lovely 2 Bed/2 Ba. Overlooking golf course, W/D, enclosed terrace for more space	SOLD	\$ 110,000
2803 VICTORIA C-4	2 Bed/2 Ba. Gorgeous, totally remodeled, quiet garden view	\$5000. BONUS	\$ 179,000
2102 LUCAYA A-3	Huge 2 Bed/2 Ba. Corner, Lots of windows for more light, garden view	SOLD	\$ 110,000
2402 ANTIGUA F-3	2 Bed/2 Ba. Turn-key, pool view, remodeled porcelain tile	\$2500. BONUS	\$ 139,000
3405 BIMINI K-4	Gorgeous, remodeled, impact windows, W/D	\$2500. BONUS	\$ 224,900
2301 LUCAYA E-4	1 Bed/1-1/2 Ba. Pool view		\$ 65,000
2903 VICTORIA O-4	Wonderful golf and lake view, huge corner, updated	\$2500. BONUS	\$ 163,900
4401 MARTINIQUE E-1	2 Bed/2 Ba. Sparkling lake views, open kitchen with newer cabinets, porcelain tile thru-out		\$ 110,000
3302 ARUBA E-3	Magnificent 2 Bed/2 Ba. Beautifully renovated, lake & golf course view, W/D		\$ 189,000

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Clubs and Activities

Amateur Radio Club

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 residents can join the Wynmoor Billiards & Pool Club to participate in additional fun events. Past events included; Karaoke night, comedy club night, group BBQ & Dance, Club Pool & Billiard tournaments, and other social events.

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, or come into the room and look for event sign-up sheets. 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 has been called the best Pool, Billiard, and Snooker venue, public or private, in all South Florida. Players of all skill levels are welcome. The room is open 7 days a week from 8:00 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!

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 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.

.....

JOIN A CLUB - STAY CONNECTED

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 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

This is how there came to be a Conservative Club in Wynmoor.

Many years ago, at a Wynmoor Council meeting, Gert Weinberg (a democrat) said to Sid Feldman and Jack Mendelson that there are no Republicans in Wynmoor. We decided to prove her wrong and organized The Wynmoor Republican Club. The club, under Sid, our first president, grew to several hundred members. We had great success helping Al Lamberti, a Republican, carry Wynmoor in the Broward County Sheriffs Election. The club helped Republican candidates for all offices get more votes from Wynmoor residents.

When Jack was President, the club changed its name to the Conservative Club of Wynmoor, because being affiliated with a political party limited our right to have speakers other than Republicans. It is helpful to hear both sides of issues.

The club continues on with Perri Cohen as our President. 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 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.

See you again, once meetings begin.

.....

Documentary and Discussion Club

For more information please contact Betsy Kalau at 954-701-0231. The Matinee Encore for our very successful 2nd Annual Wynmoor Short Film has been postponed.

.....

Fun With Friends

By Lou Kravitz

At the end of 2011, six people got together and thought Wynmoor could use a dance club. I was one of those people, although I was not a social dancer. The club got up and running in 2012 and there was real excitement around Fun With Friends. We had between 125 and 185 people come once a month to dance to a live band, or just listen to the music. We wanted live bands, not DJ's. At the start of 2014 the President of our club retired, and even though I was in the Army, I volunteered to become President. That is right, the non-dancer was becoming a social dancer. You can become one

Continued on page 38

Clubs and Activities

Continued from page 37

too, because we give free dance lessons before every dance. On November 29th we hope to have our first Dance of the new season. We would love to see new people join and bring their friends. It is \$10 to join and \$10 a dance. The earlier you get your money in, the better chance you have to sit with your friends. Roni Senzon, a new Board Member, will collect the money. Obviously not now but come November...

Follow the rules, stay healthy, have a great summer. Looking forward to seeing you November 29th.

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 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 in June/July for an actual date when we can return. See you soon!

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 summer we will be able to be back at the Ballroom Dancing. June through September will be free dancing for members and \$1 for guests. 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.

Just a few...

Museum of Science and Discovery: [YouTube.com/discoveryandscience](https://www.youtube.com/discoveryandscience)
Stranahan House and Museum: [Facebook.com/stranahanhouse](https://www.facebook.com/stranahanhouse)
Guy Harvey Foundation: [guyharvey.com/Dr.guyharvey/videos](https://www.guyharvey.com/Dr.guyharvey/videos)
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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 Marilyn Stolloff

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

Pickleball Club

By Mayda Coombs

To the delight of the Pickleball Club members and Wynmoor residents, the courts were opened for play in June. It is a great sight, seeing people playing on our courts again. There are new guidelines to follow so we can play, like social distancing while waiting. This is a trying time for all of us and adapting to change can be hard, but we are all doing what we can to stay safe and healthy while still being able to play. When everything gets back to our normal club activities, the Newbie Classes will resume on Sunday mornings. Please check out the bulletin boards at the Racquet Center for more information. If you are interested in joining the Pickleball Club, our dues are \$10 per person for the year.

Supper Club

By Lynne List

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 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 News and News and Views 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

Continued on page 43

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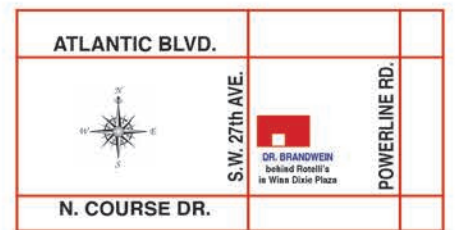
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Clubs and Activities

Continued from page 38

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.

Wynmoor Ladies Golf Association

By Karen Beckman

Summertime golf is hot and unpredictable weather-wise, but the WLGA members continue to enjoy our well maintained and beautiful course. As the world struggles to safely emerge from our global crouch, we are grateful that we can continue respecting the required physical distancing and still enjoy a feeling of being socially connected. Sunshine, fresh air, flora and fauna, all in abundance for our Wynmoor golfers. Mindful of our good fortune, we keep top of mind the need to be kind, be courteous, be responsible and protect our community and each other.



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 the upcoming 2021 Festival.

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.

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WYNMOOR Golf and Tips

By Kevin Battersby, PGA

Getting The Right Grip!

Last month's article focused on the left-hand grip. This month will focus on your right-hand grip for right-handed golfers. Most instruction on the right hand will recommend the V formed by your forefinger and thumb point at your right shoulder.

In these illustrations, Bob Toski, PGA, shows three different right-hand positions. The tee placed in his hand may give you an idea of the strength of your own grip.

The least recommended is the tee pointing to the left of the shaft.

Bob Toski shows his grip with the tee pointing straight down the shaft. Take note, he could fade the ball and draw the ball from this position.

The most favorable position of the tee for senior golfers wanting to hit a right to left shot or draw, would position the tee to the right of the shaft with the V running up the right shoulder.

Lastly, the pressure on your right hand or trail hand will be lighter than the pressure in your left or lead side hand.

Kevin Battersby PGA
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Bob Toski grip. Tee points right down the shaft!



Grip is not recommended unless playing a fade or slice. Tee is pointing left of shaft. Considered a weak grip!



Toski showing a stronger grip with tee pointing a bit right of shaft.

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By Sheriff Gregory Tony

A Commitment To Accountability

The appalling murder of George Floyd reopened deep and painful wounds in our country. For too long, many people of color have suffered through a separate and unequal system of justice and have been unjust victims of police brutality.

Incidents like this cut particularly deep with me. Before I was Broward's first black sheriff, I was a black kid from the inner city thrown to the ground by a police officer with a knee pinned to the back of my neck. I understand the distrust some black and brown Americans feel toward law enforcement. We've let them down for far too long and have done too little to root out systemic racism from our ranks.



ties and women, and are providing them with the appropriate training. We are reintegrating a comprehensive Early Warning System to detect potential behaviors that may cause harm to the public. In addition, every deputy in our department continues to be trained in de-escalation techniques along with safe arrest methods. I am also allocating approximately \$1 million to implement racial equity and implicit bias training programs. All Department of Law Enforcement deputies have body worn cameras and are required to activate them prior to any interaction with civilians.

I also know one negative incident can erode years of trust. At BSO, community policing is not merely a buzzword. We are working side by side with our communities, listening to your concerns and identifying problems and solutions for BSO involvement in the neighborhoods we serve. This is why our deputies now get out of their patrol cars and walk the neighborhoods they protect, interacting with residents, as part of our Park, Walk and Talk program.

BUT I SAY THIS TO YOU: ENOUGH IS ENOUGH

I know we must work hard to rebuild trust with our communities, but changes are being made. Since I became sheriff, I have worked to build public trust by bringing accountability and transparency to this agency and to this community.

Our deputies are held accountable for their actions. On four different occasions, I've terminated deputies for use of excessive force. I've appointed new members to the Professional Standards Committee, which includes minority members from the community, to review internal disciplinary matters. In addition, I am establishing a Use of Force Review Board, the first ever in BSO's history. Egregious use of force will not be tolerated under my leadership.

We continue to ensure we are hiring the right people, including more minori-

ties and women, and are providing them with the appropriate training. We are reintegrating a comprehensive Early Warning System to detect potential behaviors that may cause harm to the public. In addition, every deputy in our department continues to be trained in de-escalation techniques along with safe arrest methods. I am also allocating approximately \$1 million to implement racial equity and implicit bias training programs. All Department of Law Enforcement deputies have body worn cameras and are required to activate them prior to any interaction with civilians.

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By Nancy Landman



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From The Other Side Of The Couch

By Merri Goldberg, LCSW-C, BCD, FASGPP

The Search for Rays of Hope and Positive Impact for the Future

My last two columns focused on the difficulties we have all been facing during the last few months. George Floyd's death has added another complex and highly emotional layer to the mix. At times, so many of us have wondered "how can I make it through?" and most of us have had moments or hours or days when the intensity has felt overwhelming with no clear end in sight.

Perhaps, not surprising, talking about what you are experiencing helps. For instance, although the unemployment rate has skyrocketed with 33 million jobs at high risk of job loss, cut hours or cut pay, one of the fields that has been rapidly growing is the field of psychotherapy. When I call back east to talk with my colleagues who have not yet retired, they tell me their phones are ringing off the hook and they are working longer and longer hours. What are these professionals doing to help their clients better cope? Is there a way, as we move through the next few months, we can find positives and rays of hope for a brighter future in what they are talking about? From the other side of the couch I will share some of what I have found both in my own life and as I have questioned other friends and neighbors in our search for the positive impact.

Last month one of the things I talked about was that you were not alone in your feelings of depression, anxiety, anger or fear, and that these feelings were shared by millions of others. Looking back, I wonder if that was only somewhat useful. A month ago, there was an article on the front page of the Insider that I thought was right to the point. It said we are all in the same storm but are not in the same boat. Read the article if you can get it. One of the things a good psychotherapist will do is not give advice but instead find the uniqueness in each individual client. Not generalize but seek in their clients their own unique abilities to deal with trauma and incredibly difficult times and steer their own boat to a safe shore.

Perhaps the hardest thing is that we live in an action-oriented society. We are taught from the earliest age to be productive and not waste time. Move toward an end. Now there is a great deal of extra time, where we are not caught up in the busyness of Wynmoor's many events, and our own structures. Now there is little structure, certainty or schedules. Instead of being frightened or anxious about nothing to do, or the lack of structure, or being lazy or non-productive, consider meditating, or just going to a quiet place and thinking about the last few months or speaking for as long as you want to one good friend. Enjoy the peaceful time alone with no demands. Perhaps we can emerge from this time with a greater understanding of our own unique perceptions and strengths. Time to get to know ourselves better and time to deepen friendships. That is a great gift and a ray of hope in unpredictable times. Watch TV for hours, read into the night, spend hours on a new or old hobby without evaluating the results, sleep more or do nothing at all. Learn to relax or even be lazy. Your health will benefit. What a rare

gift of time and ray of hope that I hope will carry over.

Deepening or beginning new friendships was stressed by many people I talked to. Creative ideas emerged on how to adhere to safety rules and still get together. Using the phone was key sometimes talking for hours. In addition, for some, new internet skills opened their world with apps like Zoom admitting them to a new world of classes, lectures and meetings, even more important, with friends and family members across the country that they may not have regular contact with. Entering more fully in the world of internet will provide long term positive impact. Another creative idea was sitting six feet apart on the balconies of the condo floor and getting to know your neighbors. Or calling neighbors you don't know very well and say hi! During this time everyone feels lonely sometimes and a call to a neighbor helps. A strengthened community may be a result of this time.

Although some of the people I spoke to said they saw no positive at all and no rays of hope I would ask the reader to see if they can find any new positives. I talked to so many people that asked that their names not be mentioned that I will hold off all names for now but thanks so much for your ideas. Briefly one of the doctors in Wynmoor talked about people being more aware of hygiene and disease processes. He talked about {by necessity} learning to take more thorough care of themselves. He also felt that this pandemic might hopefully be the beginning of government and the medical industry working closer together. Other Wynmooreans talked about new products available with a focus on the health and hygiene fields. Purchasing by email or having purchases delivered was also a new plus for some who had never considered that.

The effects on the environment were also cited. One condo owner said he walked out and the air felt cleaner. Another said he stood on the bridge and could see the fish in the cleaner water. Others commented on the bluer sky and brighter flowers. Reorganizing their internal environment was also key for many as closets, drawers and kitchens were reorganized and condos had thorough overhauls, cleanings and changes.

For me one of the biggest positive impacts came from the kindness of some of my friends and neighbors. I was ill during some of this time and the calls that friends were going to the store "what did I need" "what can I do" and "how are you" were overwhelming and very appreciated. In a previous column I wrote that kindness affects the giver and receiver. Kindness to others releases feel good hormones (Serocstonin) and altruism releases endorphins (Helpers high). In addition, in this difficult time helping others gets you out of yourself which we really need now. Perhaps the most important part of this article is the focus on kindness both to others and yourself. Although we don't know for sure when this will end along the way think of a neighbor or friend, perhaps someone living alone who can use a call or a "reach out" for help. Stop for a minute now and think of someone. It will mean so much and take so little time. Everyone can use an act of kindness. This is a ray of hope that hopefully will continue.

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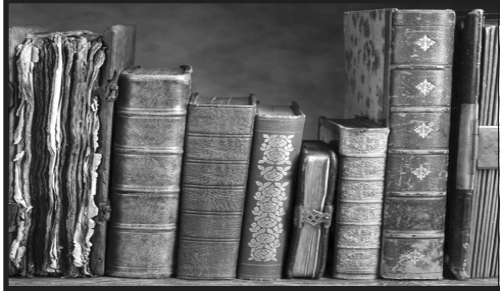
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HISTORY CORNER

By Philip Edwards

Memorial Day: My Struggle

Memorial Day is a time to remember military persons who died serving their country. This is a hard time for those of us who watched our comrades die in the field. Every Memorial Day, there is a tightly twisted knot in my stomach. Like other years, I told myself to take out my Vietnam scrapbook, look at those I served with, those who died, and remember them. This year, again, I could not do it. Instead, I chose to sit alone and think.

Returning from Vietnam, I began an undergraduate program in Middle Eastern Studies at Ohio State University. After researching the history of the United States' involvement in Vietnam, my sadness turned to an ardent anger.

In the 1600s, French Catholic priests began missionary and trade relations in South East Asia. By 1889, France gained control of what is now Vietnam, Cambodia, and Laos. This area was renamed French Indochina. When the Japanese invaded Vietnam in WWII, the French abandoned their colonies in Southeast Asia. The Americans fought side by side with the Vietnamese and finally drove out the Japanese. At the end of WWII, America refused requests from Vietnam to help rebuild their country. Instead, the USA was complicit in allowing the French to dominate the country again. Remember, this was immediately after fighting a war against Nazi invasion and conquest of other countries.

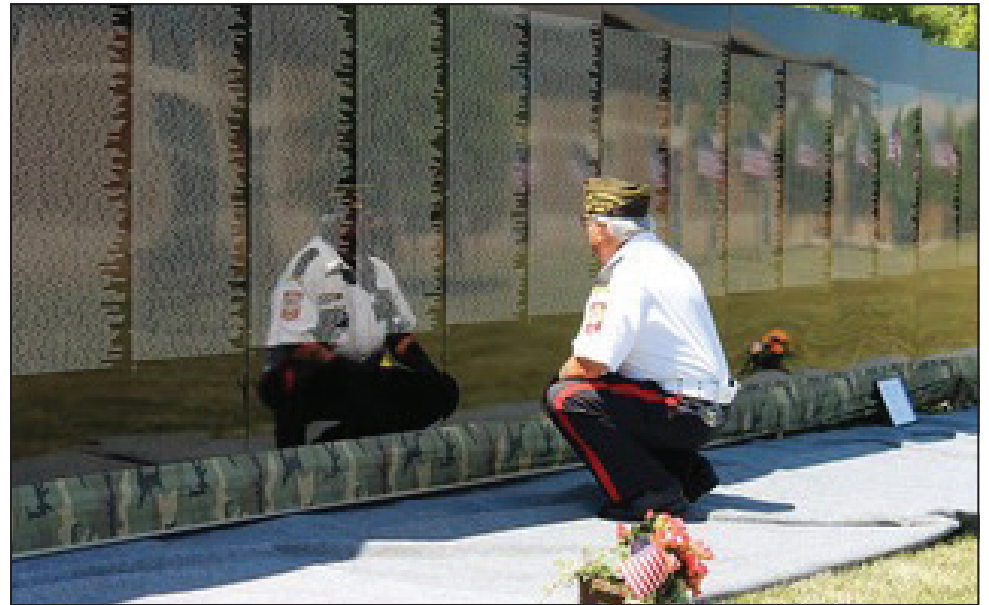
The Vietnamese rebelled, and war broke out between them and the French. America moved from complacency to supporting France by paying 80% of their Indochina war expenses. The Vietnamese turned to China and Russia for assistance. After two-hundred and fifty thousand Vietnamese and French died, the French left Vietnam only to be replaced by Americans. Twenty war years later, the last helicopter flew off the American embassy from Saigon in defeat. They left behind fifty-five thousand dead Americans, one million dead South Vietnamese, and two million dead North Vietnamese.

I was part of that effort and still feel responsible for the pain of those who died needlessly because of this war. America betrayed her call to democracy and freedom by supporting the French and warring against the Vietnamese. When someone says to me, "Thank you for your service," my mind usually

flashes back to a single night in Vietnam. Our company's mission was night ambush. On this night, we were delayed, and darkness set in. The lieutenant, two other squad leaders, and I were trying to organize the night's ambush before moving out. Someone came up to me and said, "Sergeant, here's a new guy who just got in today, and he is yours." I glanced up and saw a young, slender, white, eighteen-year-old standing before me. This was his second day in Vietnam. Not getting his name, I said, "Stay with him tonight, and you will be fine. I will talk with you in the morning." Two hours later that new trooper and two of my other men were dead.

"Thank you for your service." I have learned to smile and say, "Thank you." In my twisted gut, I say, "You have no idea what you are talking about. Three million dead souls, because my country betrayed her ally and sided with the invader."

Comments can be made at, chooserrightly.com, under Article of the Month.



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Can Legal Work Be Done Remotely?

By Martin Zevin, Attorney

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.

However, it is easy for me (or other lawyers) to get all required legal information without a personal meeting.

For example, regarding a consultation for Estate Planning, I am still able to get from the internet copies of recorded Deeds and property tax bills for a client’s home and any other real estate owned. This is something I do anyway prior to a personal consultation. During the phone appointment, I get information regarding other non-real estate assets, as well as heirs (spouse, children, grandchildren, siblings, friends, charities, etc.). I also obtain relevant information about potential Healthcare Surrogates and Agents for a Durable Power of Attorney to advise clients regarding these legal advanced care directives in the event of incapacity.

Once the initial free phone consultation is concluded, I summarize the conversation via e-mail and/or regular mail. The summary would include the fees for various services. If the client decides to hire me, a Retainer Agreement is included to sign and return with a fee deposit. Once the documents are completed, I forward to the client with instructions for signing and returning. This is a practice I have used many times in the past when a client is sick, incapacitated or otherwise unable to come to the office. It is now the way that I continue to meet the needs of both new and existing clients, at least until this public health issue has passed.

This remote practice is also effective for new and existing personal



injury cases. It can also be done for other types of legal practice, including real estate, business law, family law, etc. The only areas where it would not be effective would be where a personal Court appearance is required, since most Court Hearings, trials, etc. have been temporarily postponed.

My office remains open for phone calls and mail deliveries. Once I have been hired by a client, I also provide my personal cell phone number to more quickly answer questions and revise documents.

Naturally, once restrictions are lifted, I will resume personal meetings; however, for any client who would still feel uncomfortable, we can continue to do the work remotely.

With the current concerns about the health issues facing us, it is more important than ever to have in place the legal documents to protect you in the event you are incapacitated and to provide for a quick and probate free disposition of your property when you pass away.

My best wishes for your continued safety and health.

Please feel free to call me for a free personal or phone consultation regarding any issue pertaining to Wills, Trusts, Deeds, Probate, Power of Attorney or Health Care Surrogate. I am also available for a free consultation regarding any issue pertaining to personal injury claims or car insurance coverage. Call me at 954-569-4878. My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida 33442 (just East of Powerline Road). My web site is www.martinzevinpa.com and my e-mail address is martinzevin@netzero.com. See our ad on page 31.

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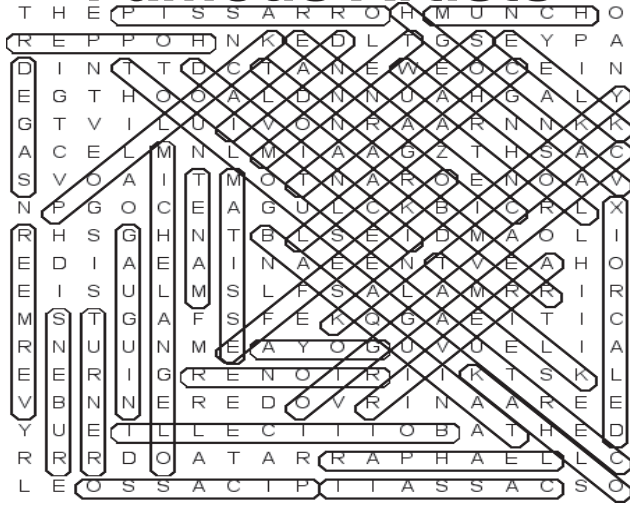
Puzzles and Games

Solutions from page 32

Crossword Puzzle

S	T	A	L	L	T	U	T	U	A	L	G	A		
P	O	L	I	O	A	T	O	P	D	E	A	R		
A	R	O	M	A	C	A	R	B	D	A	I	S		
S	T	E	P	F	A	T	H	E	R	I	D	L	E	
					E	N	S		A	N	T	S	Y	
S	M	E	A	R	S	X	V	I	I	I				
L	I	A	R	S	D	E	A	D	L	O	C	K	S	
A	N	T	I	J	A	R	L	S	N	E	A	P		
M	I	S	T	L	E	T	O	E	S	A	L	L	E	
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O	B	I	T	O	I	N	K	H	O	U	R	I		
M	A	G	I	A	L	E	E	E	G	R	E	T		
B	L	O	C	M	E	S	S	L	O	S	E	S		

Famous Artists



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Sudoku

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

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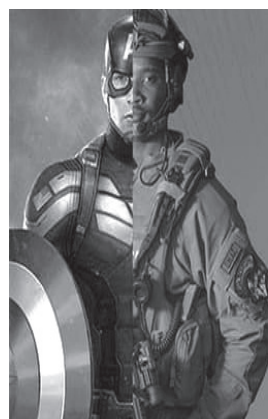
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