



The INSIDER

An Independent Newspaper

For Wynmoor Residents

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3004 Portofino • Golf View, Enclosed Patio, GOLF CART INCLUDED	\$114,999
3004 Portofino • Furnished, Glass Enclosed Patio	\$135,000
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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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Before going out to a class, club or planned event, CALL FIRST!

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

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Highlight Of My Day

By Adrienne Mintz

Recently my husband and I were enjoying our breakfast on the patio overlooking the pond and fountain from our third-floor windows. Outside our condo we have a tree that shields us from our neighbors. Although it is not ideal to have such a tree impeding our view, there is one slight benefit... my husband and I can run around butt naked and no one can see us! But then, at 75 and 80 who would want us to see us naked??? Back to my story.

Suddenly we noticed something moving in the tree and were surprised to see one of Wynmoor's Landscape architects in a cherry picker surveying the tree. He was moving in all directions and scanning which dead fauna to eliminate for the health of the tree. We watched in awe as he approached each limb as if he was an artist etching his canvas. As he cut and pruned each leaf he would move away, take a good look, reevaluate and move on to another area of concern.

My husband and I were fascinated and truly enjoyed the pride and joy he was taking in his mission. We even admired his collection of tools, chain saw, hand saw, pruning shears, clippers all of varied length so he could reach the inside depth and higher outside limbs that needed his attention. It was truly fascinating to watch this artist at work taking pride in every cut and admiring the results of his skill and creativity. As the leaves, branches and limbs toppled to the ground, his "road crew" would drive in a golf cart and quietly collect all the debris and take it away only to return again for their next load. They, too, appeared dedicated to their profession.

In true Wynmoor fashion they all were following safety guidelines with a protective mask, headphones, gloves and goggles. We did try to get his attention to point out specific limbs that would improve our view, but he could not be bribed. Although in the end there was a vast improvement and we were quite pleased.

I laughed as I felt I was watching a beautifully choreographed ballet (without tutus) where the hero and his band of followers were saving and protecting the mighty Nature Queen! OK, give me a break here, maybe that is a bit over the top, but having been quarantined for over 3 months this was truly our only entertainment not related to Netflix, Prime Video, receiving packages from Amazon, or grocery shopping!

In the end we realized we had had a front row seat to an amazing production, the tickets were free, the view was exceptional, the ending was happy, and we spent three wonderful hours totally forgetting about Covid19, hurricanes, what to make for dinner tonight, when is my next doctor appointment, and the impending political election.

So I want to thank Wynmoor for continuing with their ongoing beautification programs and their talented landscaping staff.

Love Created Mankind

By Lil Miller

Thank you for my magnificent life. Mankind struggles with the word of love even today. I know I have been there! Growing up as a child of the depression years and 93 now – through God's grace have a mind of long ago. The body, well, I don't know. It's seen its day and must rest with the aches and pains, but the active brain is still racing to go!

What is this plague racing around the world, masks are worn, hands are washed, stand away from me, as fear erases mankind! Two people meet with fear so deep, in need of love created by man, help me as tears run free for the love of God I can't see why I can't give a hug to mend a broken heart but only God knows why. "G.ood" "O.rderly" "D.irection" made mankind!

Be kind and friendly to all at this time. Only our creator can show you why!
I love you, Lil

Continued on page 8



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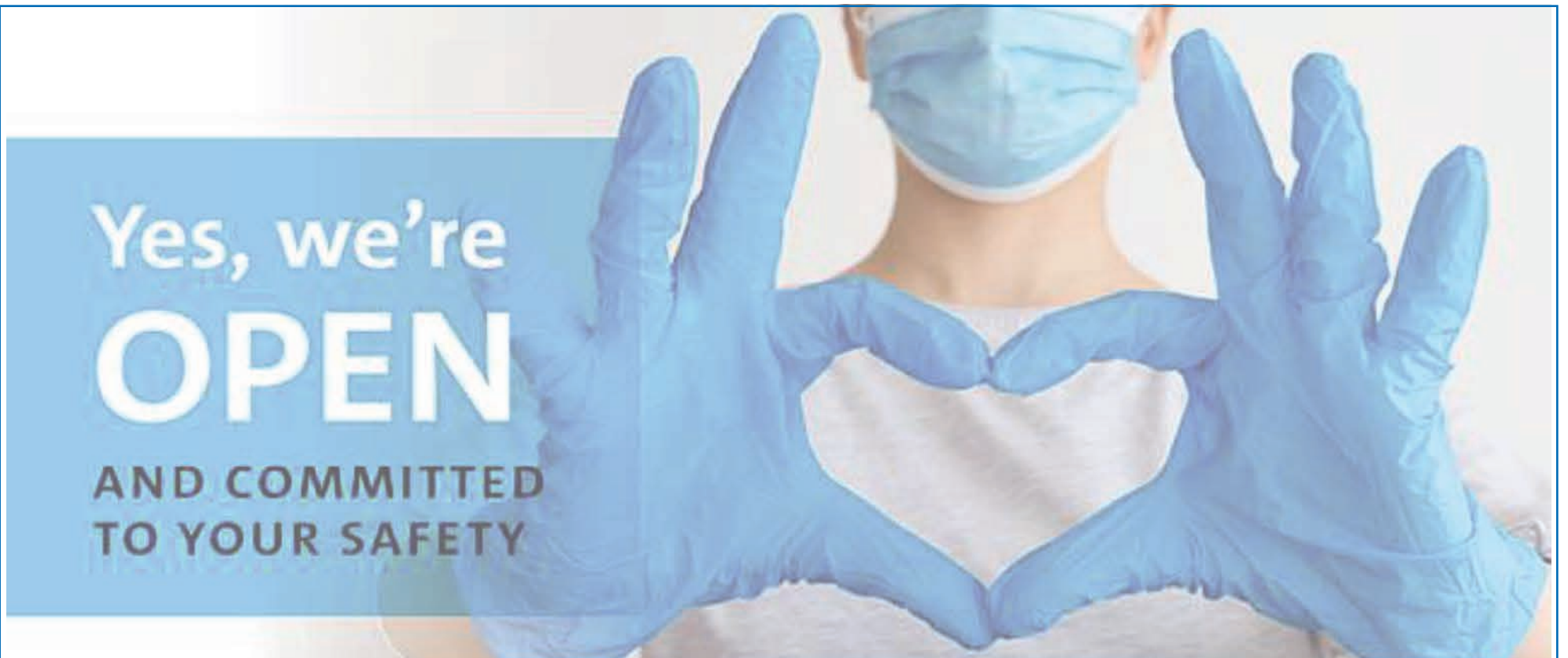
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pen to paper

Pen to Paper continued from page 6

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Filling an Empty Day

By Irv Kaplan

Another Friday; we are back up north and searching for something to do. The day is beautiful, and we want to be outside. I had an idea. Let's go visit our families --- not the ones we always see -- the ones in nearby cemeteries.

Rosehill Cemetery was first because it was nearest -- about 20 minutes away from Bev's condo. We go there at least once annually to visit her husband's grave on his birthday and this time will also visit his family and Bev's parents. We saw them all, said brief prayers, and reminisced.

My parents are in Westlawn, about six miles away. We took the slow route, made even slower by a detour. When we got there, I thought I knew my way around because we have more than one gravesite: not only my parents but my uncles and aunts and their families. My sister is in the same cemetery but in another area.

We found the first group, but after much walking and hunting, did not find my sister. Next time I will go to the office and get a map. I was very impressed that the gravestones were all clean, and the cemetery looked well cared for.

We were exhausted from the hunt and it was time for a break -- and also lunch time. We needed to find a restaurant with outside seating. I remembered that before the next cemetery -- Shalom Memorial, where Bobbie is buried -- there was a nice pizza place with a patio. Would it still be there?

It was. Even nicer, the owners recognized me as I had been a customer for over 50 years, and Bobbie and I had even attended a family wedding. I had last seen them about three years earlier.

We finished our pizza, I distributed some Mandelbread, and we headed out for cemetery number three with a brief stop at my condo to get my mail.

I thought I knew where Bobbie was buried. I was wrong and could not find this grave, either. Bev says there is nothing sadder than seeing a tired old man fruitlessly search among the stones. I was far too exhausted to visit

the cemetery office. When I told my son, Billie, he said next time he would go with me.

Staggering by this time, we took another break by stopping to visit Bev's daughter and 4-year-old great granddaughter before heading home to lay down our weary heads. It was a long and somewhat satisfying day.

How Much Should We Leave Behind?

By Mobolaji Adedoyin

After retirement and as baby boomers, like me, get older we sometimes think about death and our children, grandchildren and even great-grandchildren we will leave behind. Questions such as: What kind of world they will live in? How they will survive and have a decent life? Our thinking is more complicated if we have assets (real estate, a business, cash, brokerage accounts, etc.) we can leave behind that will give them a "head start." A challenge for many parents and grandparents is how much should we leave our loved ones. I like to discuss two schools of thought. One school of thought argues we should enjoy ourselves to the fullest and spend most of our money before we die - buy very expensive cars, big houses we cannot afford and borrow against and spend equity in those houses. That school of thought believes our money is ours and ours only - we made it the old fashion way, we earned it. They recommend the following: buy expensive cars, such as Tesla or Jaguar, instead of Honda or Toyota; buy half a million dollars condo or home instead of a two hundred thousand dollars condo that is adequate; and go on expensive cruises and vacations, etc.

The second school of thought argues we should continue to live moderately and comfortably, without wasteful spending, so we can leave our children and grandchildren more assets (houses, condos, cash, stocks etc.) to help them financially in this corrupted world. I agree with the second school of thought. Remember, all our children were in heaven (if there is anything like

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pen to paper

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that) with God, Allah or Jehovah, before we decided to bring them into this difficult world. Some of us did not really think it through or fully understood the implications of bringing a child into this world. We thought since our parents and grandparents did the same it was the right thing. I believe we should take care of our children as long as we live and also leave them as much as possible because, economically, the odds are stacked up against them in this world. I know it was not easy for us - we worked very hard for what we have today. However, our children and grandchildren will continue to find it more difficult than us in years to come - they need all the help we can offer them after we depart to rest.

Here are few challenges for our children and grandchildren:

- Salaries are low and not enough to buy much - many will continue to live from paycheck to paycheck;
- Prices of condos and houses have been inflated over the past twenty years - I don't foresee positive change in the future;
- There are many distractions that can take money from them - Cable TV, Cell Phone, iPod etc. - we did not have those distractions;
- Many companies now offer 401k/403b Retirement Plans instead of Guaranteed Pension Benefits, which is more secured income when they get old and retire;
- Investment options and choices are more complicated and not easy to understand;
- Banks are paying minimal interest rate on Savings and Certificate of Deposits;

If we are able to leave assets for our children and grandchildren, we should educate them on how to manage or seek help to manage those assets - may be hire a professional. I know a sad story about a young man who inherited a house from his mother. He did not know he had to continue to pay premium for insurance on the house. Unfortunately, the house caught fire and burned down and he lost the house. I wish everyone the best.

Casper The Friendly Ghost

By Lil Miller

Casper was a friendly ghost was back in WWII days. At least it was in my days. It's been a long time. But what else could bring such odd happenings? A curtain and rod fell from the window, broken in half! No one was there. A week later an alarm went off chiming throughout the house! Climbed out of bed to check every room! Took some time to find a small alarm clock high on the shelf running finally down at 10 minutes to 2:00 a.m. Again, a weird thing to happen. I lived alone! A few days later went to check the door to be sure it was locked, saw a red light blinking on the stove "cleaning oven." I don't even cook! What the heck! It's my age someone said! One would think I am a practical joker. The following night, most of my shoe rack fell to the floor! Wouldn't it be great to say I am dreaming! But doggone I wasn't - oh hum - tomorrow night I'll be sleeping in a chair. Happy Halloween, Lil

Thank You Suburban Legend

By Kenneth Newman

During my younger days when I went to school if I was having a bad day, I just had to plow through it. There simply was no time-out room. However, today is a new day and even though we are facing this pandemic we do 4 things every other Monday:

- 1) We go outside to the front of 2803 Victoria
- 2) We put on our masks and social distance
- 3) We do take an hour of time out from any thoughts of the pandemic
- 4) Last but not least we enjoy the beautiful music of Linda and Joel Fishman

If you like good music, feel free to join us during the month of October. There is no admission fee. The dates and times of these concerts are:

Monday, October 5th at 7:00 p.m. and Monday, October 19th at 7:00 p.m.

Continued on page 10

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Continued from page 9

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Since the October 19th concert is the last one before Halloween, costumes will be welcome but not mandatory.

Time Hangs Heavily

By Beverly Friend

Two jackets that had been lying across my bed for several days were beginning to annoy me. Each night, I vowed, “Tomorrow, I will hang them up.” Each day, I procrastinated. Finally, I determined to forge ahead, picked up the jackets, walked to the closet, and carefully placed the first one on a hanger where it nestled among other tightly packed, seldom-worn garments.

I dropped the second one.

Looking down at it sprawled on the floor, I thought, “Well, that’s my task for tomorrow.”

Jackets are not the only things likely to end up on the closet floor. I have been wondering what is in the large box on a top shelf and suspected it might contain some long-lost kitchen supplies. I am searching for muffin tins because of a sudden inexplicable urge for cornbread (which I had never before made). Finally, I took my cane and poked at the box until it came tumbling down, crashing at my feet to reveal an electric frying pan. I wish I could say “alakazam” and make it fly back up on the shelf or -- even better yet-- entirely disappear.

That was a few days ago. It was still on the floor this morning. I cannot reach to return it to the shelf and Irv would face the same challenge. I could kick it under the short rack of blouses, but that spot is already filled with shoes I no longer wear and other daunting clutter. Actually, as I did not have the plug, I threw it out. Of course, the next day I found the plug. Sigh... I apologize to Good Will.

The more time I have, the less I actually do. I am starting and not finishing books. In fact, I have started four: one on my kindle, another on my cell phone, the third on my computer and a fourth on an iPad. I keep adding samples of books I might like to read to my digital library and ignore them all.

I sign up for Zoom webinars and forget to go. I haven’t painted in ages.

All I seem to do is dawdle on this computer and attempt 300 piece jigsaw puzzles on my kitchen table to complete while half listening to such TV bromides as Personal Injury Court or Paternity Court (which is even better because you only need to hear the first and last five minutes) – both welcome distractions from the daily news.

Oh, it’s not that there are no possibly worthy tasks. I could clean my house (LOL), especially as it has not had a professional cleaning in months.

I could attempt to learn something new – a foreign language, a musical instrument. The thought of such effort sends me scurrying back to bed. Anything practical sends me under the covers.

Recently, I received an invitation to a virtual academic conference to be held in Turkey in January. Just what I really need to do is research for an academic paper for a session that few will hear or read, and no one will remember – really fiddling while Rome burns. Intellectual exercises have always been more appealing than physical ones – obviously the more esoteric the better. I might not get around to writing the paper but did sign up to attend the (free) Zoom conference (if I don’t forget).

How I filled time this week:

1. I baked! When Irv arrived with muffin tins, I rejected his and bought nonstick ones from Amazon. The resulting corn bread muffins were tasty, but still stuck to the pan.

2. I joined a virtual New Horizons Band from the music school of South Carolina University. It only fills an hour and fifteen minutes on Monday nights, but maybe I will be inspired to practice.

3. I joined an outdoor exercise class for two 45-minute sessions per week. Irv joined me for the second session but no bets as to whether he will ever attend again.

Time can be filled by deciding on groceries, ordering them, waiting for delivery, and then cleaning and putting everything away, stuffing the freezer and the cabinets until they can barely close. Or I can (and do) just leave non-perishables on the counters.

What a waste of time it all is. What keeps me going is preparing for and attending Wynmoor’s wonderful Saturday morning writers zoom workshops. Eleven to 14 of us meet, and the weekly sessions go by in the blink of an eye, far too soon.

Guess, I will go to my closet now and see if I ever did hang up that second jacket.



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Amendments on November's Ballot for Property Owners

If approved by Florida voters, Amendment 5 would extend the time frame for property owners to use any portability they may have from two tax years to three tax years. Portability is the difference between a property's just value and the assessed/Save Our Homes (SOH) value. This portability amount may be transferred when a property owner moves from their homesteaded property and established a new Homestead on another property. Portability allows the owner to transfer or "port" the homestead assessment difference to the new home anywhere in Florida. This portability amount lowers the assessed/SOH value on the new home and helps lower the subsequent property taxes. Currently, the law requires a homeowner to use this homestead benefit within two tax years which is not always a full two calendar years. Our office must look at the status of the property on January 1 of each year meaning a property owner may not have a full two calendar years to use this important savings. If approved, this amendment would extend the time you may use portability to three tax years. For more information about portability, please visit our website at <https://web.bcpa.net/bcpaclient/#/PortabilityExemption>

Another amendment on this November's ballot is Amendment 6. This amendment would provide a homestead tax discount for the surviving

spouse of a deceased veteran who had permanent, combat-related disabilities. There are several exemptions for Florida veterans and all of them transfer to the surviving spouses upon the veteran's death except this one exemption. Amendment 6 would allow the surviving spouse to continue receiving the veteran's exemption.

Broward County Tax Collector's Office to Mail Tax Bills in November

The Property Appraiser's Office does not set or collect property taxes. We simply assess property and grant exemptions to qualified individuals. The Broward County Tax Collector's Office will mail the 2020 property tax bills by November 1, 2020 along with payment information. If your escrow company requests your tax bill, the Tax Collector will send you a courtesy copy of the bill in mid-November. All property tax bills are posted to their website at <https://broward.county-taxes.com/public> on November 1. Should you have any questions about the payment of taxes, please contact them at 954-831-4000.

If my office can ever be of assistance to you with exemption or answer any questions you may have, please do not hesitate to contact me directly at 954-357-6904 or by email at martykiar@bcpa.net.

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From The Other Side Of The Couch

By Merri Goldberg



Ordinary People

What, you might ask, is a mensch?

If you had grown up in a family with a grandmother like mine you would never have to ask because the word was so important and something we all certainly wanted to be when you grew up. One of my favorite sources, google, defines mensch as a person of integrity and honor. I would add that it is a person who genuinely thinks of and gives to others without expectation or thought of anything in return. Someone who is truly kind - a good soul. A person who makes you feel good just being around them.

In this time of Covid, we are flooded with the negative, and just feeling good may be harder than usual. What to do? A quick answer for me was a Wynmoor mensch search. To stay more in contact with my friends who were already mensches and to beat the bushes in Wynmoor to find more. The task was far quicker than expected. In no time at all, I found myself at breakfast with a small group of very diverse people at the bistro. They meet weekly for breakfast and to my amazement, all would have neatly fit my grandmothers idea of a true mensch. Usually my interviews have been of well-known people in the community but this is different. These are ordinary people-your neighbors. Or are they ordinary. Let's meet some of them.

I met Koral briefly at one of the group's breakfasts. At the time I was having "ZOOM" troubles and asked Koral for help in accessing Zoom on my computer. Without hesitation he said sure. A short time before we were to meet I received a call from a doctor saying a cancellation had come up and could I come in. I had expected Koral to be annoyed at the last minute change of plans but instead heard "Do you need a ride?" What kindness. I felt good and wondered whether I had already found mensch 1.

Koral Ceren was born in Ankara Turkey. He was part of a very large three generational Turkish family. The family spent a lot of time together during Koral's childhood. The family members are described as great, great cooks sharing meals together. They loved classical music and were a musical family in which everyone played an instrument. Koral's mother played six instruments. Koral's sister began classical music lessons at age 4 and Koral began lessons at age 5 becoming an excellent violinist. At age 20 Coral saw a James Kaan movie "Red Line 7000" and his dreams of coming to America began. His dreams were realized when he won a prestigious violin competition and a full scholarship to come to America to study. His love of America was realized and he has remained in America. Koral is good on the computer and likes computer games. He is also good working with his hands and working on home and car repairs (loves his 2003 car). Classical music remains an important part of his life.

Koral was married for 42 years and lost his wife in 2014. He says that he enjoys doing for others and is often seen doing just that. Patricia, the next to be interviewed, describes Koral as intelligent, smart, and very observant.

He has a great, easy laugh and has a gift of making people feel right at home.

Patricia Botero, the second mensch and also a member of the breakfast group, was born in Bogota Columbia. Education was highly valued in her family and her father went to college in New York. Patricia says that her early life had a decidedly American flavor and when the family came to the States on vacation she felt like she belonged here. Her senior year of college was at Columbia in New York. During that time she met her husband and they have three daughters who she proudly describes as beautiful and successful often in unusual vocations for women. Seeing their pictures and hearing their stories validates this.

Patricia has always loved to travel. She began traveling at a young age and traveled extensively during her marriage. She listed the extensive places she has visited and she has seen most of the world. She is currently employed full time as an interior designer and describes the job as helping make people's dreams become a reality. In her spare time she likes to read and likes spiritual books. When asked what is unique about her she said "her love for people" and that is quickly apparent in being with her. There is also a subdued elegance about her that is delightful.

Karen Konsa is from Edison N.J. and describes herself as an adventurous and imaginative child who liked to go on rides and see fun things. When she was young an aunt took her into the garment district of New York where she bought fabric to make clothes for her Barbie doll. This may have been the start of her interest in fabric and crafts and in adulthood she designed pocketbooks, scarves and other items (which became popular) with antique lace and fabric to be sold at craft shows as a second job. Karen always wanted to own her own business. She met her husband three years out of high school and together they owned a Service Master business with four franchises specializing in fire and water disaster work. She often worked 12 hour days and on the weekends craft fairs were relaxing.

Her business endeavors were successful but that is not what stood out most for me with Karen. At the meal she was animated and lively. She was wearing beautiful, colorful, fun and very unique jewelry which to my surprise she had made herself. Karen loved the style and differentness of the pieces and said she always liked to march to the beat of a different drummer. Then came the most startling news. Karen was legally blind. Sitting across from her I had no idea. Fifteen years ago when she became blind she learned to recognize people by their voices. She attends the Lighthouse (for the blind) of Broward County which she says touched her so much and gave her courage. She said "G-d teaches you to compensate for the senses you have lost." And "Never say never." Which is the philosophy she follows. She has enormous gratitude for the teachers from all over the world at lighthouse and in particular Joel, the baker who has been not only an excellent baker with a following, but also an inspiration for Karen. Karen has been an inspiration for me.

Continued on page 18

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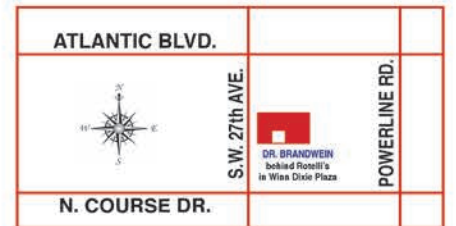
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By Scotty Leamon, Public Safety Information Officer, Coconut Creek Police Department

Upcoming Events Offer Opportunities to Shred Papers, Get Rid of Unwanted Medications



There are a couple of opportunities in October to get rid of some unwanted items that might be taking up space in your closet or medicine cabinet:

Saturday, October 3, 2020, Document Shred Event. 9:00 a.m. to 1:00 p.m. at City Hall (4800 West Copans Road).

This is our "make-up" date for our prior shred event in August. During that one, folks brought us so many papers that we filled the shred truck,

causing us to close the event 90 minutes early. There were still quite a few people in line at that point, some of them from Wynmoor. We are very sorry about that and want to make it up to you by having this event. It will be for Coconut Creek residents only and we will have a three-box limit so that we hopefully won't fill the truck up again. These shred events are important because it helps keep your personal information away from any identity thieves who may be looking to steal from you. This event is designed to be contactless, in that if you leave the papers to be shredded in your trunk or bed of your truck, there will be no need to get out of your vehicle. If you miss this event or want to get rid of your papers earlier, most UPS Stores here in Broward County offer shredding services. The UPS Store at Coral Creek Shops [the shopping center at the corner of State Road 7 and Johnson Road] has a container you can put your papers in to be shredded. The cost is

\$1 per pound. The Office Depot also offers in-store shredding services at a similar price point.

Saturday, October 24, 2020, Prescription Drug Take Back Event, 10:00 a.m. to 2:00 p.m. at the Community Center (1100 Lyons Road).

The Drug Enforcement Administration [DEA] heads up this event. They usually organize two per year, one in the spring and one in the fall, but the event for this past April was canceled due to the pandemic. We understand that you might have a lot of medications in need of disposal so this will be a good event if you fall into that category. It's designed so that you never have to get out of your vehicle. Just pull up at the Community Center and hand everything you want to be disposed of to one of our volunteers. All medications are safely, and environmentally friendly, destroyed off-site by the DEA. Sharps, or needles, are not accepted at this event. There is a good possibility that the line could get long, just like the Shred Event in August. If that happens, please be patient with us as we will do the best that we can do to keep the line moving. If you want to drop-off your unwanted medications before this date, or if you get there and the line is way too long, you can put them in a dropbox at one of several CVS Pharmacy locations. The CVS stores at 4550 Lyons Road in Coconut Creek, 255 State Road 7 South in Margate, and 7150 West Atlantic Boulevard in Margate, all have drop boxes. There is no fee to use them. The drop boxes are usually stationed at or near the pharmacy.

Hopefully, these two upcoming events, or the alternatives that I laid out for you, will help you get rid of any old papers or unwanted medications, thereby keeping them out of the wrong hands. Please let me know if you have any questions. I can be reached via email at sleamon@coconutcreek.net or phone at 954-480-7196.

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Ordinary People

Continued from page 12

These are the people that sat about six feet apart from me and I began to get to know that day. There are others in the group but I am running out of space. There is no leader in the group and no one dominates. Everyone talks. All are really caring of the others and when one member is ill or has a need I have, to my repeated amazement, seen everyone try to help. The group is diverse and interesting, and the differences seem to bring them even closer.

Is it possible that at one breakfast I had found some new mensches. Despite the negatives in so many places going on I felt really good and not at all guilty for not remaining in front of the TV to watch the news. My readers: I can't urge you enough to leave the TV and go on a mensch search. Anticipate nothing and be surprised and delighted by what you find. If you find a mensch that you feel should be written about let me know. I am writing about some new mensches I have recently found but I know so many others that have been a part of my life here in Wynmoor and for that I am grateful. Meanwhile, readers take care.

Richard and Cherie were not part of the breakfast group that day but are members and in addition in my view "absolute mensches."

Richard Horn was born in Philadelphia at the end of WWII. His father was in the service and like many of us Richard stayed with his grandparents. It was from them and his mother that he learned the attributes of kindness which are still a large part of who he is today. What is very different is that before his wife died they stayed mostly together. After her death Richard became more outgoing. He dated a lot and began to appreciate that everyone had a story and events in their lives that changed them. He was also fascinated by the differences he saw in people. He began to enjoy being in groups and often formed them. He loved getting people together and making them feel comfortable and is very good at it. This is the Richard we at Wynmoor know. Richard glows with people. When asked what was special about him he stated "I am very lucky. Some people never find love. I found it twice."

Charlotte Gilroy was born in New York and as a child describes herself as adventurous and active. She climbed trees, ran in the woods, rode bikes and roller skated. She liked to explore new things, was curious, and tried to figure out what she saw. She would reclaim old objects that she found and use them as she wondered about their history. She states that she liked things

as well as people because each thing had its story. She feels that each person also has their own story and that is what brings out the beauty in them. She later joined the historical society and went on historical weekends, even making her own costumes and learning more and more. Charlotte loves travel, garage sales and being free in actions and thoughts.

In terms of her criteria for "menschhood" she feels that she got her qualities of giving from her grandfather who was very giving and understanding and lived his faith, the Irish Church. Charlotte's grandmother felt anything could be solved with a cup of tea. Charlotte is an amazing giver and I have never heard her ask or expect anything in return.



From left: Mindy Feinstein, Koral Ceren, Patricia Botero, Eva Koepsell



From left: Richard Horn, Sherry Gilroy, Karen Komsa, Socorro Bregman, Patricia Botero, Rosalinde Langer



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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.

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

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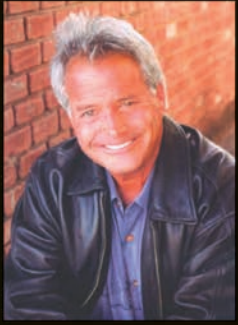
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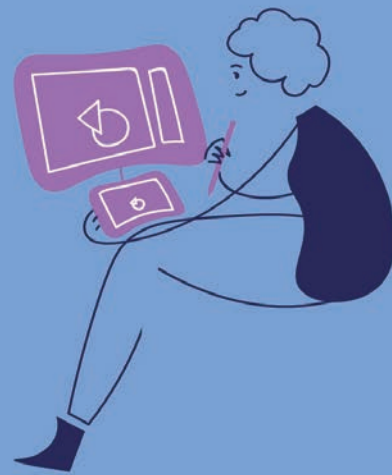
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1108 Bahama:	1/1, Annual Rental	\$1095/mo.
3402 Bimini:	2/2, Huge Apartment, Furnished With Washer & Dryer	\$1450/mo.
2002 Granada:	2/2, Seasonal Rental Upgraded Unit, With Washer & Dryer	\$2500/mo.
2103 Lucaya:	1/1.5, Annual Furnished Rental	\$1100/mo.
2103 Lucaya:	1/1.5, Furnished, Very Clean, Laminate Flooring	\$1100/mo.
2201 Lucaya:	2/2, Lovely Furnished Condo, Walk Out To Pool	\$1300/mo.
2305 Lucaya:	2/2, Furnished Nicely, Water View	\$1300/mo.
2101 Lucaya:	2/2, Unfurnished, Pool View	\$1300/mo.
4701 Martinique:	1/1.5, Remodeled, Golf View	\$1300/mo.
4501 Martinique:	2/2, Seasonal, Updated Corner Unit, Water View	\$2600/mo.
2704 Nassau:	2/2, Second Floor Furnished Fully Tiled Annual \$1350 or Seasonal	\$2300/mo.
2601 Nassau:	2/2, Nice Annual Rental, Furnished Corner, First Floor Unit	\$1400/mo.
2709 Nassau:	2/2, Seasonal Rental	\$1800/mo.
3203 Portofino:	2/2, Great View, Elegant Furniture, Ready To Move In	\$1500/mo.
2802 Victoria:	2/2, Great View, Furnished or Unfurnished	\$1400/mo.
2801 Victoria:	2/2, Beautifully Renovated	\$1450/mo.

SALES

2502 Antigua:	2/2, Completely Remodeled, Lakeview	\$ 165,900
2402 Antigua:	2/2, Turnkey Unit, Pool View	\$ 133,000
3302 Aruba:	2/2, Gorgeous Lake and Golf View, Beautifully Renovated	\$ 189,000
1606 Abaco:	2/2, Evergreen Corner, Remodeled	\$ 220,000
1103 Bahama:	2/2, Lovely Updated Unit	\$ 113,000
1101 Bahama:	2/2, Fully Tiled, Lake and Fountain View	\$ 115,000
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3405 Bimini:	2/2, Gorgeous Remodeled Unit, Impact Windows, W/D	\$ 224,900
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2201 Lucaya:	2/2, Completely Remodeled, Pool View	\$ 174,900
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4502 Martinique:	2/2, Newer Kitchen Appliances, Golf and Lake Views	\$ 105,000
4401 Martinique:	2/2, Desirable Corner Unit In Magnificent Shape, Must See	\$ 145,000
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3204 Portofino:	2/2, Panoramic View, Completely Remodeled, Gorgeous	\$ 195,000
3204 Portofino:	2/2, Corner, Panoramic View, Golf/Lake View, Updated	\$ 196,500
3004 Portofino:	2/2, Completely Remodeled, Panoramic Golf/Lake Views	\$ 195,000
2804 Victoria:	2/2, Beautiful Updated Corner Unit	\$ 179,000
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POETRY

What Is A Grandson?

By Lil Miller

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

Celebrating Me

By Adrienne Mintz

I am 75 today
I just let my hair turn grey
I don't care what I weigh
Cause I'm 75 today!

Made great friends along the way
Lots of games I like to play
Doing artwork everyday
Cause I'm 75 today!

I am happy, people say
Smiling and laughing all the way
Caring less what others say
Cause I'm 75 today!

Enough with the "Oy Vay"
Just live life from day to day
Everything will be O.K.
Cause I'm 75 today!

Kicked some ass along the way
Have been known to curse and say
Things that may not have been okay
Cause I'm 75 today!

On occasion the mind does sway
Forgetting thoughts of yesterday
Yet I did it my own way
Cause I'm 75 today!

Have 3 kids along the way
7 grandkids are here to stay
My husband is still with me today
Cause I'm 75 today!

So on this special day
I wish me **HAPPY BIRTHDAY**
I'm so grateful I can say
That I'm 75 today!



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By Nancy Landman



Norman Cohen - Caribbean Lady



Jennifer James - Goats on a Table



Nancy Landman - Where Am Eye?

Explore Hadassah's Children At-Risk Youth Villages Virtual Tour & Emergency Campaign

Thursday, October 15, 2020 at 11:00 a.m. (ET) join us for *The Sunshine of Their Smile* – a virtual tour of Hadassah Youth Aliyah Villages in Israel. Just as Hadassah Founder – Henrietta Szold did for the refugee children of the Holocaust, Hadassah continues to serve at-risk Sabras (native-born Israelis) and young immigrants who are dealing with abuse, neglect and extreme poverty, putting them on the path to success.

Listen to the students' stories as they tell about their personal journeys. Hear from our featured Speakers: Carol Goodman Kaufman – Youth Aliyah National Co-Chair, Marcie Natan – Youth Aliyah National Co-Chair, Past National President and Linda S. Goldstein – Event Chair, National Youth Aliyah Villages.

Be an Explorer – help support these at-risk young people – participate in the virtual tour and emergency campaign – purchase a virtual admission ticket at \$18 per person. To take the tour of Hadassah's Youth Villages – please visit: <http://www.hadassah.org/events/youthvillages>. Upon registration, you will receive an emailed confirmation with the link to the virtual tour. You can Sponsor a child's emergency clothing needs by accessing the same link. Hadassah members have the added benefit of contributing towards their chapters fundraising goal.

Experience how at Hadassah's Youth Aliyah Villages - shelter, food, counseling, an educational framework, athletics, language classes, exposure to

culture and much more, has since 1934, given 300,000 young people a better chance for a good life.

Hadassah Florida serves the entire state – Miami-Dade, Broward, FL Atlantic (Palm Beach, Martin & St. Lucie Counties) and Central (from the east to the west coast of Florida). Hadassah Florida is part of Hadassah, The Women's Zionist Organization of America, Inc. (HWZOA). HWZOA is a leader in medical research and development evolving out of its hospitals in Israel that is shared with the world and is a strong proponent of domestic advocacy initiatives. To learn more about Hadassah, visit our website: www.hadassah.org or call 877-949-1818.



Carol Goodman Kaufman



Entry Sign to Meir Shfeya Youth Village



Marcie Natan



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THE CUMMER ART MUSEUM, A LESS DISCOVERED FLORIDA GEM

By Barry Isaac

On a hot Tuesday in August, I was fortunate enough to spend a delightful day at Jacksonville's Cummer Art Museum. It is located in the lively Five Points District of Jacksonville, Florida. The Cummer Art Museum has a fine sample of paintings and Art from the different periods in the history of European Civilization. Some of my favorites that were done by European Painters included Agnolo Gaddi's "Madonna of Humility With Angels," a quintessential Italian Trecento painting employing tempera and gold leaf on wood panel, Lucas Cranach the Elder's "Saint Christopher and Christ," a fine example of German Renaissance Painting, Girolamo Giovenone's "Christ Among Doctors," a quality example of Italian Mannerism, Pieter Aertsen's "Parable of Marriage Feast," a plethora of details, Theodore



Rombouts' "Concert," Flemish Mannerism ala Caravaggio, Jan Steen's "Contenance of Scipio." Dutch Master work, Frans Snyders' "Stillife With Fruit and Flowers," Claude Lorrain's "Minerva Visiting Muses On Mount Parnassus," quality work by the father of European Landscape Painting," Charles Natoire's "Awakening of Venus," fine French Baroque Painting, Paul Guigou's "Mouth of Lourmarin River," a paragon of Pre-Impressionism, Henri Harpignies, French Impressionist work by Pre-Impressionist, and Andre L'Hote's "Cubistic Nude." I also appreciated fine sculptural works from the Renaissance and Baroque Periods by Nicklaus Weckmann, "Madonna and Child," Peter Breuer, "Pieta," and Phillip Jacob Straub, "Saint Longinus."

The Cummer Art Museum has a nice sample of American Art and Paintings from the 19th and 20th Centuries. Paintings that especially fascinated me were Martin J.Heade's "Saint John's River," Jonas Lie's "View of Seine," fine Impressionism, Willard Metcalf's "Ponte Alba Badia, Florence,"



fine American Impressionism, Childe Hassam's "Afternoon in Pont-Aven, Brittany," American Impressionism, Henry Ossawa Tanner's "Midday, Tangiers," quality Orientalist work, Thomas Hart Benton's "June Morning," quality American Regionalism, and Charmion Von Wiegand's "Night Environment, Manhattan," a fine juxtaposition of colors and shapes done in the 20th Century.

I also liked the temporary exhibit of Egyptian artifacts from the Brooklyn Museum which depicted busts, statues, and stelas which were partially damaged by foes of the different Egyptian Rulers. I saw fascinating Egyptian Stelas and Statues as early as the 5th Dynasty, Old Kingdam 2500-2350 BCE. Of course, the Brooklyn Museum's collection of Egyptian Art is more comprehensive.

The curatorial work at the Cummer Art Museum is excellent. The staff's enthusiasm for their work added to the charm of returning to the Cummer Art Museum after eighteen years. Parking at the Cummer is free and plentiful. Jacksonville city buses go right to this less discovered Florida gem.



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NEWS AROUND TOWN...

Come Home To Your New Spiritual Home Temple Beth Am

By Linda Storfer

During the past several months most of us have been secluded and socially isolated. We have not seen our children, grandchildren and other relatives and friends. It has been a difficult time for many and one that has been totally unprecedented. Never in our lifetime have we experienced this kind of daily living and what has now become the "new normal." I try to think of some of the positives and good things that we have. The words that keep coming to my mind all the time are "stay connected."

We are fortunate to live in Wynmoor where we reside in dwellings that are comfortably air conditioned and we enjoy beautiful grounds that the management sees to it that they are well maintained. We have access to the internet, telephone, television and many of us utilize zooming, streaming, Facebook and Facetime to stay connected. Not everyone is connected and is experiencing extreme social isolation because they don't leave their apartments not even to go grocery shopping. In these unusual times why not be a good neighbor and call your neighbor every few days to check in and see how he/she is doing. Ask if they have received all of their medications and if can you assist with their grocery shopping when you go out and do your own. Volunteer at a local synagogue or church and help pack or deliver food packages to those who are unable to get out and drive themselves. When you volunteer and perform deeds of kindness it not only makes the recipient feel good and shows that someone else cares it makes you feel good too.

Even though our physical facility at Temple Beth Am is closed, it hasn't stopped our active group of volunteers from planning stimulating events for everyone to virtually enjoy through zooming or streaming online. We offer weekly Sabbath services every Friday evening at 6:10 p.m. and Saturday morning services at 9:30 a.m. There are two daily minyanim in the morning at 7:20 a.m. and in the evening at 6:00 p.m. if anyone is in need of a minyan to say kaddish. As we are now in the middle of the fall holiday season there will be a special Sukkot Zoom Extravaganza on Tuesday, October 6th at 7:00 p.m. On Wednesday, October 7th our Senior Rabbi, Rabbi Samuel Kieffer will present "Biblical Humor" in honor of Simchat Torah at 7:00 p.m. via zoom. The ever-popular Congressman Ted Deutch who sits on the Committee on Anti-Semitism in Washington DC will present an update on Sunday, October 18th at 2:00 p.m. A full complement of classes and lectures given by Rabbi Kieffer, Cantor Sharon Steinberg and Rabbi Debra Eisenmann will be offered in the coming months. Be sure to check our website at www.beth-am.org if you are interested in signing up for any of our exciting evening Adult Education classes. A special new LUNCH and LEARN series will have its kickoff event on November 1st at 12:30 p.m. Stay tuned for further details.

Temple Beth Am is a Conservative Egalitarian Synagogue located in Margate and welcomes singles, families, empty nesters and retirees to attend its services and programs. For further information about the above programs and other upcoming events please contact our office at 954-968-4545.

Facial covers are no longer optional! Broward County Emergency Order 20.23, released amended facial covering requirements. Everyone is now required to wear facial coverings **AT ALL TIMES**, even while actively engaging in strenuous physical activity or exercise. That includes golf, tennis, pickleball, bike riding, jogging and walking.

Masks are not required while in the swimming pool, provided that social distancing of at least six feet between persons not of the same household is maintained.

Security has been given the authority to be aggressive in enforcing the guidelines and has the full support of the Coconut Creek Police Department. Those residents not adhering to any of the above-mentioned guidelines will be issued a \$25 citation.

Residents are also reminded that guests are not permitted to use any of the common elements, per county emergency orders, including Bistro 19.

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

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:

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2. What is Probate, how long does it take and what are the costs and attorney's fees?
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Service Equals Reward

By Sheriff Gregory Tony

Building a Stronger Broward Through the Social Justice Task Force

It is with great excitement that I announce the launch of the Broward Sheriff's Office Social Justice Task Force (SJTF), a civilian and law enforcement collaboration that will help our Broward communities achieve greater justice and equity.

Comprised of a diverse group of BSO personnel, community activists, religious leaders and members of various community organizations, the task force seeks to improve relationships, gain trust and bridge the gap with the communities we serve. The SJTF will assist BSO's efforts to make a meaningful difference and address concerns in a timely manner — benefitting our agency and Broward's communities.

This task force is part of BSO's ongoing commitment to accountability and transparency. The civil unrest of recent years has exposed a deep disconnect and distrust between residents and law enforcement that oftentimes leads to dire and preventable consequences. By building community trust, we can prevent isolated incidents from spiraling downhill.

But, to accomplish this, we must work together. The goal of the SJTF is to allow for education and open dialogue with the community as we work toward making a difference and building trust. SJTF members are activists who are engaged in their community and are invested in making a difference. These leaders want to help, and we are putting them to work in their



communities. "We're not just listening to concerns but doing something about them," said Captain Renee Peterson, who is spearheading the SJTF. "It's one thing to get out there with protesters and let them know we support them. But we need to have real dialogue that actually moves the dial."

The SJTF will meet every other month. Participants will also have the opportunity to get a backstage look at what we actually do. They'll do ride-alongs with our deputies, and every meeting will have an educational component, including topics such as de-escalation, to share and bring back to their community. Most importantly, we will learn about concerns and develop effective ways to address them together.

So far, the task force has been met with overwhelming support, and we are already at capacity. However, if you would like more information about joining in the future, or to be placed on the waiting list, please call 954-321-4412 or 954-321-4410 or visit www.sheriff.org/TaskForce.

At BSO, we are always striving to be the most transparent and accountable agency in the country — and the Social Justice Task Force is a giant step toward making that a reality. I believe when we come together, we can accomplish greater things. I am excited for the positive change we will be making together.

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In These Challenging Times, Legal Documents Are More Important Than Ever

By Martin Zevin, Attorney

Safety and health are foremost in our minds these days. What happens if you or someone you love needs to be hospitalized? And what if you or someone you love dies? Now is the time to be prepared. Having the right legal documents for Florida is crucial.

If you need to be hospitalized, it is imperative that you have a current Designation of Health Care Surrogate and Living Will. Your Surrogate will be able to make medical decisions for you if you are unable to communicate. Even if the hospital does not allow any visitors due to the pandemic, your Surrogate will be able to talk to the doctors and make decisions on the phone or e-mail. All your Surrogate needs to do is e-mail or fax a copy of your document to the hospital. If there is no hope to save you, that Surrogate would be authorized to "pull the plug" based on the Living Will.

If you should die, your Will or Revocable Living Trust will determine who inherits your assets. The Trust is important to consider if you own your home or other real estate, because it avoids Probate. Probate can tie up your property for many months and prevent your heirs from selling without a Court Order. They would have to continue to pay taxes, maintenance, mortgage, utilities etc. in addition to thousands of dollars in attorney fees and court costs. A Life Estate Deed is another option to consider avoiding probate. Your attorney can discuss the different options and the benefits of each one.

During this time of social distancing, I am providing free telephone conversations to discuss Estate Planning and protecting yourself if you are incapacitated. The Durable Power of Attorney is also important to allow someone to take over your legal and financial affairs.



If you decide to hire me, we are providing extremely safe signing procedures. You, my assistant and two witnesses will all be wearing masks and social distancing in our large conference room. The entire office will be thoroughly sprayed with Lysol before your arrival and after you leave. In order to minimize your stay, you will leave immediately after signing your documents. My assistant will be notarizing your signature and supervising the signing. The next day, you will be able to pick up executed originals and full copies. If you prefer, everything can be mailed to you.

If you have older Florida documents, it is important to speak with an Estate Planning attorney to be sure they are still valid. Florida law has changed regarding

requirements for the Health Care Surrogate, Living Will and Durable Power of Attorney. If you have out of state documents, it is imperative that you do new Florida ones to conform to state law.

In these unsettling times, putting your house in order can provide peace of mind. Once you have valid and current documents, hopefully you won't need them. Yogi Berra used to say: "That's the insurance when you don't have it, that's when you need it."

Stay well. Please feel free to call me for a free phone consultation regarding any issues pertaining to Wills, Trusts, Deeds, Probate, Power of Attorney or Health Care Surrogate. I am also available for free consultation regarding personal injury claims or car insurance coverage. Call me at 954-569-4878. My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida 33442. My website is www.martinzevinpa.com and my e-mail address is martinzevin@netzero.com. See our ad on page 25.

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WYNMOOR Golf and Tips

By Kevin Battersby, PGA

Chip, Pitch, or Putt?

I'm often asked the difference between chipping and pitching.

Chipping is characterized by a shot that has a minimum of air time and a maximum of roll on your shot. Chipping is also similar to putting in that there is virtually no wrist hinging. Wynmoor has many long greens from front to back and also up hill. On these particular greens you may need a 7 or 8 iron to run to the back of the green, therefore, utilize your 7, 8, 9, pw, or sand wedge depending on the pin position.

Pitching is characterized by a shot that flies in the air more than it rolls. This swing is more similar to your full swing in that you will need your wrists to hinge to provide a higher lofted shot. You may select one of your wedges i.e. sand wedge, pitching wedge, gap or attack wedge and pitching wedge.

Finally, the "Texas Wedge" is a term to describe putting from the fringe of the green. Many PGA pros have stated "your worst putt is better than your best chip."

Tuning up your short game takes some practice but can lower your scores.

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Mailbag



In the Mailbag

To the Great Staff at the Insider News,
I was a Roving Reporter long ago, when this paper was named the "VOICE." I love this paper – it does so much for our Village.

Thank you for publishing,

Lil Miller and others

Wynmoor Short Film Festival

By Enid Wolf-Schein

Still no word on when indoor activities will begin again in Wynmoor. We are prepared to put on our 2020 Film Festival as soon as the word comes. Our plan is to show the same 10 film line-up as we were going to last March and April. They are some really fun and interesting films. We are already planning for 2021! There has been so much interest we already have four films proposed for another Festival and we had not even requested entries yet! The future looks good. Like the rest of the world we are hoping things get better soon.

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

SWORDS

By Merri and Angela

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

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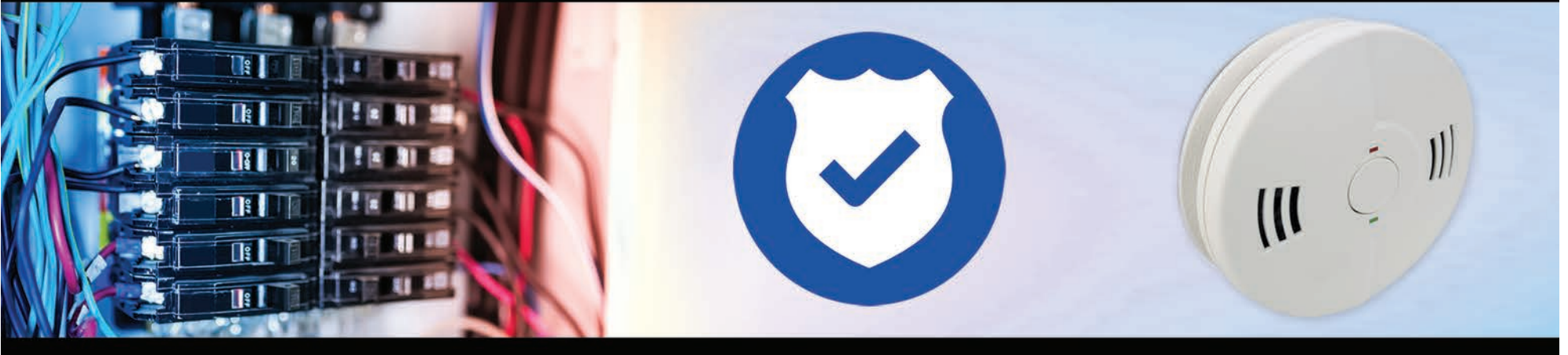
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DON'T FEAR THE 'BEAR'

The investment world is full of colorful terms, but perhaps none is better known than “bull” or “bear.” As an investor, you’re typically rooting for the bull market, when prices are rising. But you also want to protect yourself for periods when prices are falling. Now that we’ve entered a bear market – typically defined as a market in which stock prices have fallen 20 percent or more from their recent highs – how concerned should you be?

First, consider where we’ve just been. For 11 years, from 2009 to early 2020, stock prices kept rising, with some interruptions, resulting in one of the longest bull markets on record. During this time, stock prices rose around 400 percent – which means we entered bear territory from an extremely high point. This doesn’t mean the recent losses are insignificant, but market pullbacks present more of a pothole, rather than a complete detour, on the road to your financial goals. If you’ve been investing over time – at least a decade – you still have likely made significant progress toward your goals.

Here’s another point to keep in mind: Bear markets are a normal occurrence in the stock market. There have been eight previous bear markets since 1945, not including the current one, which have lasted an average of less than one year. The good news is bull markets have, on average, lasted five times longer. Of course, as you’ve no doubt heard, the past performance of the markets can’t guarantee how they will perform in the future.

While we can’t predict how long this bear market will last, given the ongoing uncertainty of the coronavirus health crisis, it’s highly likely a rebound will eventually emerge, as has happened before.

So, given all this, how should you respond to what’s happening? When market volatility rises and the value of your investments declines, you might feel tempted to abandon your long-term strategy in favor of one you perceive to be lower-risk. But instead, ask yourself some questions:

- **“Have my long-term financial goals changed?”** You’ve probably had your long-term goals for quite some time. For example, perhaps you’ve always wanted to retire at a certain age and spend part of the year in a different location. Do you still have this goal today, despite all that’s happened in the markets? The answer is likely yes. If that’s the case, you probably don’t want to abandon the investment strategy you’ve been following, especially given the unique nature of the current market volatility.

- **“Am I comfortable with my risk tolerance?”** Some investors know that markets will go through occasional shocks, and can live with this knowledge, but others worry to the point that it negatively affects their quality of life. If you are in this second group, you may need to re-evaluate your risk tolerance and, at some point, adjust your portfolio accordingly.

These are challenging times for all of us, as we think about the health of our loved ones and our ability to achieve our financial goals. But it’s important to have confidence that the current health crisis will eventually pass, and that normalcy will return. And as an investor, remind yourself that investing for the long term requires patience and discipline.

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



Are you invested properly? Get a second opinion.



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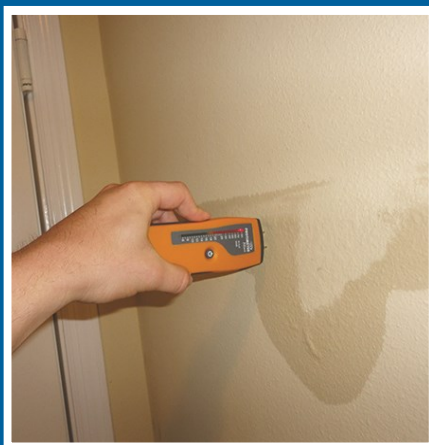
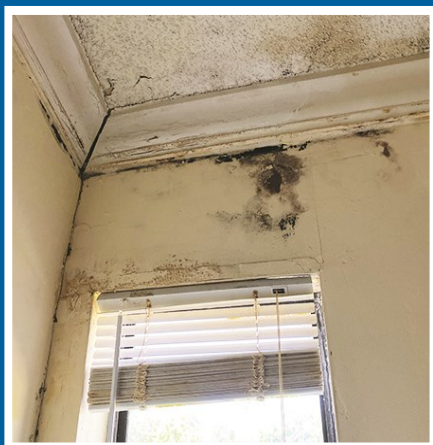


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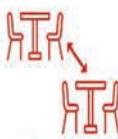
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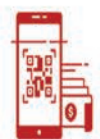
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Clubs and Activities

All club activities held in the clubhouse have been postponed until further notice.

Please contact the Club President for more information.

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

For information about the Pool and Billiard Club, or to join our e-mail list, email WynmoorPoolClub@gmail.com. You can also join our Facebook page "Wynmoor Poolclub."

Bridge

By Phillip Cummins

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

Camera Club

By Nancy Landman

The Camera Club of Wynmoor is gearing up for the 2020-2021 Season! We welcome current members back and invite all Wynmoor residents (wherever you may reside at this moment!) regardless of your skill level or type of camera, to join. We will be meeting using Zoom, which allows participation in real-time for all club members.

*October 27th - We will conduct a Zoom practice session to acquaint you with the workings of this program. Detailed information on the Zoom meeting will be sent via email, so if we don't have your contact info, send it to ccwynmoor@gmail.com and we will enroll you on our email list.

*November 10th - The 1st club meeting of the new season. We will hear the plans for this season's Camera Club. We will have introductions and if you like show one or two of your favorite photos. For more information call Nancy Landman at 954-979-9894.

Chess Club

By Hillel Cohen

Did you play chess years ago? Do you play chess on a computer from time to time? For more information call Hillel Cohen at 917-548-5120.

Computer Club

By Beverly Friend

For more information on the club, please contact Jerry Murphy at 917-859-4561.

Conservative Club

By Perri B. Cohen

Conservative Club Members,
Now that the Florida Primary elections are over, we can all look forward to the National Elections and the reelection of President Trump. Yep! 4 more years!

Unfortunately, these next few months are going to be riddled with hate, anger, hostility and falsehoods.

This campaign will probably go down in the history books as the most underhanded, vile run for office this wonderful country has ever seen.

The new buzz words are "racist, homophobic, rhetoric and anti!" "Anti" being anything the press and the media disagrees with are labeled. What a shame for ourselves, our children, grandchildren and for those of us who are lucky enough to have great grandchildren.

You can get a rise out of anyone using any of these words, just try it! You'll see! Now add the fact the media cannot write an article without their own subliminal thoughts being interjected.

When was the last time you read the paper and just got a straight story, without the sly, snide comments of the writer? The verbs and adverbs interjected where a weak point needed a boost. I understand the first amendment rights, and respect them...but how about our reader's rights

being respected too? I for one recently canceled my subscription to 2 local newspapers and limit my time watching the news!

In my younger days I was a staunch Democrat, yep, I marched on Washington, burned my bra, attended rallies and did all the crazy things I thought were right. But 27 years ago, on a Wednesday night in February at 7:16 I had an epiphany, I realized this was not the party to be following... They were not, in my opinion moving in a direction that would safe guard America and its future. Oh! The epiphany? My first grandchild was born!!!

And so, all these years later... And 9 more grandchildren, I have never doubted my choice. It was right then and is right now.

We don't want a Socialist country!

We don't want socialized medicine...higher taxes...

It's time for term limits for all these career Politicians. As President Trump says it's time to drain the swamp, and that's exactly what he is doing... draining the swamp.

President Trump surely didn't need the money from this job, as a matter of a fact, he is losing money and not taking a salary. He can't be bought and calls it as he sees it.

We all must unite behind Trump, the Republican Party and vote RED this election.

Current Events

By Susan Myers

The Current Events Club which usually meets each Tuesday from 11:00 a.m. until 12:00 noon, is hoping to resume its schedule sometime this Fall, based on the availability of space within the Wynmoor community. We will notify past and current members through information in the Insider and other publications available to Wynmoor residents.

Because of the Covid-19 restrictions related to meetings held inside our buildings on grounds, we will try to inform all of you about any options that are available to us. The November election has prompted many questions from our members and often they wish to meet in a variety of outdoor spaces, but we are limited to only a few areas.

We believe that we have the wisdom to find our way, and the strength to carry on. Please watch out for more information about our next meeting. Stay healthy and use the guidelines we have provided. Susan Myers 954-933-7743.

Democratic Club

By Stan Grossman

For the immediate future, the Democratic Club of Wynmoor will be communicating with its members via Zoom meetings and emails. For more information on the club, please call Ronny Sydney at 954-973-7522.

Documentary and Discussion Club

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

Fun With Friends

By Lou Kravitz

For more information please call Lou Kravitz 646-864-7568.

Hadassah

Please support Hadassah by purchasing certificates for any occasion from Bernice Riback at 954-984-1703. Trees for any occasion may be purchased through Beverly Alexander at 954-969-1701 or beautiful cards for all occasions may be obtained through Lenae Herman at 954-657-8579. Your support is always greatly appreciated.

Health & Wellness Club

By Hope Myers

For more information call Hope Myers at 954-971-9538.

Karaoke & Entertainment Night

By Robin Thompson

For more information please contact Robin at 954-994-4476.

Ladies Circle Club of Wynmoor

By Harriet Lopez

If you would like to know more about Ladies Circle, please contact our President, Harriet Lopez at 954-960- 9411.

Clubs and Activities

Continued from page 39

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

We are all missing the dance and socialization. Hopefully, we will soon be able to be back at the Ballroom dancing. We will keep you posted... 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

We are slowly approaching the Winter months in our beautiful Wynmoor Community. Looking around us we can enjoy the lush environment including all of the unique wildlife. What a delight to see the wild birds, iguanas, geese, swans, Egret, Gekkos, Egyptian geese and so much more.

The Nature and Arts Club is considering virtual meetings for the initial part of the season of 2020 and as hopefully the pandemic recedes from our life, we will bring back our regular meetings in the Ballroom in 2021.

We so appreciate how much our membership has grown. Thank you all for making the Nature and Arts Club the success that it has been and will continue to be.

Nature and Arts Club...look forward to having you join us! I look forward to hearing from you...Nancy Moskowitz, President - laughlady55@aol.com or 954-973-2181.

Needlework Click

By Barbara Bilello

We are a friendly group of ladies always looking to make new friends. You don't have to know how to knit or crochet. Our ladies love to chat and everyone is welcome. If you have yarn that you know longer need, we will gladly pick it up. Call Barbara for more information at 754-222-6375.

Pennsylvania Club

By Marilyn Stolloff

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

Pickleball Club

By Mayda Coombs

Come on down to the Pickleball Courts and have some fun. The courts are open from 8:00 a.m. - 12:00 p.m. daily. Players must wear a mask to and from the courts and when waiting to play if you can't social distance. We are all looking forward to the time when things get back to normal but until then you can still have fun playing and socializing safely. Please be safe, wash your hands and wear your masks. Looking forward to seeing everyone out on the courts.

Supper Club

By Lynne List

There is good news and bad news this month. The good news is that, finally, every ticket holder for the Supper Club's Dinner Theater has received a refund. Unfortunately, it took a while, and a bit of digging, to find everyone. The bad news is that now no plans can be made for a show this coming year. The Curtain Call Playhouse is not planning any productions. The Supper Club has been offering Broadway shows in a dinner theater setting for ten years. Those of you who have attended have enjoyed the entertainment and the Club has truly enjoyed bringing Broadway to Wynmoor. Thank you for your support all these years. Stay well and stay safe.

Woodshop

By Ernie Fleury

The Woodshop may be closed temporarily, but members manage to keep in touch through Zoom meetings and phone. Harvey Pressment, Jack the Ripper Holtzman, Domenic Granato and Ennio Ruggi contact me by e-mail from their home state or from Canada (efleurycocrfl@comcast.net).

Wilbur Wright unfortunately has given up his membership due to a prolonged illness. Wilbur is one of the shops few long-time active members. Wilbur served many years as shop foreman, president, vice president, treasurer and longtime member of the Woodshop Executive Committee. One

of Wilbur's proudest achievements is having spent four years of his young life serving his country honorably in the U.S. Marine Corp, USMC. Keep in touch Wilbur and Beverly.

Karl Georgi has inspected all the machinery and will continue to until the shop reopens. Likely, time sensitive items such as glue bottles, CA glue, sealers and finishes will have to be replaced. The shop salable wood supply has almost every popular and most exotic species that is available, and if not in stock, will be available next day.

The November News & Views and Insider will showcase some of the most unique items produced at the Woodshop this past year with an update on what's happening at the shop and with its members.

Some Woodshop members possess knowledge of woodcraft that goes beyond transforming a piece of wood into an identifiable work of art.. Some of this aesthetic knowledge may prove to be educational, entertaining, some factual and historical. Most of the following information has been spread around the shop like sawdust at one time or another. Here goes, a splintered history of wood!

Tortula is yeast derived from the processing of wood pulp. It is an additive in baby food, imitation liquid smoke flavor and imitation bacon. Ginseng is extracted from small Spinoza trees. Taxol is extracted from the bark of yew and birch trees. It has proven successful in the treatment of some forms of cancer, but the amount of bark needed for the process makes it almost prohibitive. WOOD MAGAZINE printed an article titled "Wood You Believe" identifying some of the least obvious uses for wood such as ping-pong balls, rayon made from wood-based cellulose and pine rosin to produce linoleum.

Some shop members say they can identify most wood species by the aroma of the wood being cut; White oak, vanilla, teak, raisins, black walnut, chocolate and pine and most (conifers) softwoods, wintergreen. It is said that American Mahogany and black cherry dust can cause giddiness and Cocobolo and other exotic species can attack the respiratory system.

Lumber from the North American deciduous (hardwood) Sassafras tree produces some highly featured items similar to maple in color, with a subtle black swirl. There is a 9" bowl and a candy dish in the display case to the right of the Woodshop as examples. The early 1900 A&W Root beer was made from the bark of the sassafras tree. It was soon discovered that the bark contained safrole, a harmful toxin. The process still exists on a limited basis but the toxin must be removed.

Sarsaparilla is a climbing tropical vine related to the lily family. The root produces a vanilla, licorice, wintergreen wafer all rolled into one. This aromatic can be found in root and herbal teas. Sarsaparilla extract is non-toxic. Most of us can remember sarsaparilla soda from our childhood days.

Oak has been called "the wood that framed civilization." Throughout history white oak has been preferred over other hardwoods for its watertight ability. Oak is still used today to produce casks, barrels, and in shipbuilding. The fibers and vessels of the white oak contain tylose which causes the circular vessels to swell and bulge when wet which creates the watertight ability. Our Wynmoor landscape has plenty of live oak trees dispersed throughout its landscape. The grove of live oaks facing west in my village have the familiar "Spanish moss" that is so familiar in the south hanging from trees. Moss is an epiphyte, (it grows on and uses trees for support not nutrients) which is why it likes mostly trees with horizontal rather than vertical branches, like cypress, cedar and oaks. Moss was once used to fill pillows and cushions, but today it only has ornamental landscape significance.

Hillerich & Bradsby, maker of the Louisville Slugger has about 70% of the pro bat market. H&B owns 8000 acres along the border between New York and Pennsylvania. They use the traditional northern white ash for their bats. A bat blank comes from a 60 year old tree and a completed 32 ounce bat starts with a 20-pound 40-inch long piece of green ash. Max Bats of Minnesota produce just a fraction of the amount that H&B produces, but they use hard maple. They claim maple is 5% denser with greater surface hardness. Barry Bonds says it gives the ball more pop off the bat. Max Bats owner swear that just as many bats get broken in the dugout by players as in the batter's box. Their slogan is "maple kicks ash."

In 1932 Arthur Koehler, chief wood technologist at Forest Product Laboratory (FPL), was asked by Colonel H. Norman Schwarzkopf, the head of the New Jersey State Police, and the father of Stormin' Norman, to conduct a thorough examination of the ladder used by the kidnapper of the Lindbergh baby. He determined the ladder was composed of pine, birch, and fir. A search of the suspects house found that slivers, saw plane and chisel marks and nail holes matched samples of wood found in the garage. All 19 pieces of the ladder were cut from 2 new boards with distinct milling markings, except one, Rail #16 with 4 rusty nail holes. A floor board in the attic was found to be originally part of the same board. The rail had 4 rusty nail holes that fit exactly into the floor board and the exact grain pattern. Bruno Hauptmann was literally a dead man. He was executed April 3, 1936.

Continued on page 45

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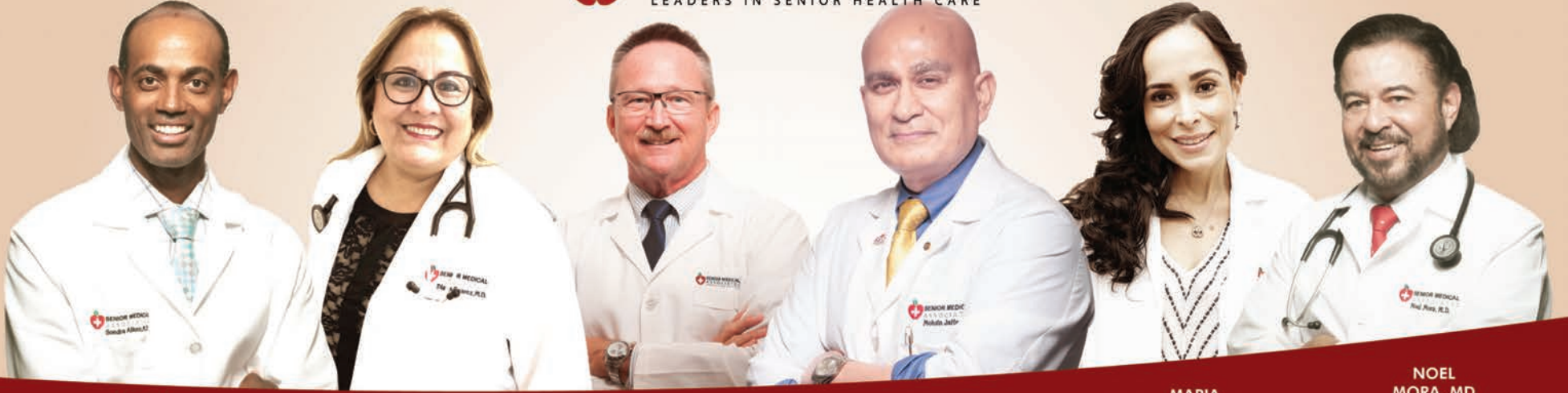
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While these steps may be small, Sonata Coconut Creek will continue to follow strict state and CDC safety protocols to prevent the spread of COVID-19 while we safely re-open.

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Dear Dr. Joy...

By Joy Berke Sanchez, PhD

I don't know if anyone noticed that I didn't have an article in last month's paper, but it wasn't that I didn't get around to writing, it was a feeling within me that it just wouldn't matter. However, a friend called this morning and suggested I write about depression because she said it's rampant lately. She is, of course,

correct. But I don't like writing about depression. I would prefer writing about happiness, appreciation and gratitude for starters. But I do have a few pages about depression in my 'happiness' book so I'll put some of it in here and then perhaps some more on positivity. I have no idea where this will go so please bear with me.

From chapter 8 of my book: The Depression Epidemic:

I hate putting a chapter on depression in the middle of a book about happiness but because it is so relevant I would be remiss in leaving it out. I was having coffee one morning with a group and the topic somehow got onto depression and anti-depression medication. It was interesting to me how many people admitted to both. When I was in private practice I expected depressed people to come to my office but I kept asking myself why there were so many people feeling that way. Depressed seemed to be almost standard in the way people described themselves. They all had different reasons on the surface but the underlying reasons seemed incredibly similar. For the most part they were all disconnected from their 'selves', others, and most importantly their sense of unity or spirituality. Most felt isolated whether in fact they actually were didn't matter and many felt angry. The angry ones were the most difficult to help because it took so long (if at all) for them to take any responsibility for being the cause of their own feelings. It wasn't until they stopped blaming (family, friends, politics, government, businesses, the media, money, inequality, etc.) that they could perhaps begin to work on feeling better.

Even those already medicated didn't seem any happier. They had very little enthusiasm for life and seemed not to have much pleasure on a daily basis. Almost as if they were just hanging out with life. I'm sure they could all give good 'reality' reasons for being unhappy but those reasons cannot and will not change by being more unhappy. Being unhappy never fixed anything. Actually focusing on being unhappy, depressed or angry serves to make it bigger and stronger as does focusing on anything.

I go on to talk about biochemical depression and medication but that's not

the gist of this article.

I don't often get into politics or world events but I'll give it a couple of words here because it seems to be part of the pervasive feelings lately. Yes, I guess the world isn't in great shape right now. Just reading the Wynmoor residents postings on Facebook is enough to make me shudder. But those postings seem like a microcosm of the world and the lack of compassion and love that is so prevalent. They certainly don't sound happy and grateful. So can we stop and take a deep breath and realize that we are all connected and even the candidates that we don't like are part of that unity? Having lived through many administrations and crises, I can honestly say that my life didn't change all that much through any of them. What was going on personally with me was way more important than who sat in the White House. Can we realize that we, as seniors, aren't going to be around forever and being angry and depressed may not be the way we want to spend the rest of our years. Just something to think about.

Actually, I admittedly admire the passion that many of our residents feel and write about whether I agree with their viewpoints and opinions or not. It means to me that the life force is still within you. That you still feel deeply and have convictions. But imagine doing it lovingly and kindly when others don't agree with you. The contrast is what gives rise to expansion. Can we listen without agreeing and making it personal? Without being fearful of someone else's opinion?

Choosing happiness, compassion and understanding will lead to a different type of life than anger and judgment will. Depression will disappear. Can you focus on what you appreciate in your life? When a sad or negative or angry thought pops up, acknowledge it, honor it, let it go and replace it with something that puts a smile on your face.

I hope you didn't find this preachy because it certainly wasn't my intent. In fact this column was originally supposed to be an advice column as it was for 10 years in New Jersey but when I moved to Wynmoor I never received any questions or topics to write about and had to dig into my own experience for ideas. With so many new residents lately maybe I'll start recycling articles. I'd really like to know if anyone reads these columns just to know if I should keep doing it or not. You can let the Insider know or email me at JoyB212@aol.com.

I didn't even mention the virus here because that's a whole different can of worms. Maybe another time.....But I can't resist asking if perhaps, the prevailing world feelings, fears, anger, depression, negativity and the like went out into the universe and created this monster. I'd love your views on this.

Continued from page 40

Clubs and Activities

Pencils were originally made from red cedar. Today the more abundant Incense cedar is used. Although it lacks the aroma and color of red cedar, the wood is dyed and "perfumed."

Diamond Match produces 114 billion matches a year and also produces 90% of all toothpicks sold in the US. They use white birch to make its toothpicks. It is white, leaves no after taste, and research indicates that birch wood can help block bacteria that lead to tooth decay. Where can you get 750 of anything today for 49 cents?

Howard Hughes's Spruce Goose or the HL-1 Hercules, was a lot of things, but it was not spruce. Only about 5% was spruce the other woods were poplar, maple, balsa and basswood.

Writer's Workshop

By Nancy Heller Moskowitz

Our meetings continue and we're having so much fun. Zoom get togethers make Saturday mornings the highlight of our week. The group continues to explore all forms of writing on a variety of topics. Here's to a safe, healthy, and joyful month.

Wynmoor Golf Association

By Rich D'Alessandris

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

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

We want to thank everyone involved in the effort to social distance, wearing masks in designated areas and following posted rules for play. It's for the

safety of everyone that we try to protect each other.

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

Wynmoor Hurricane Emergency Net

By Gerry Stoloff

The purpose of this group is to provide emergency communications to Security, Police or Fire Rescue after a hurricane comes through and power is out for an extended period. 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. For further information, please contact Gerry Stoloff, WA3HDI at 954-973-4899.

Wynmoor Ladies Golf Association

By Karen Beckman

Ben Crenshaw commenting on "Old" Tom Morris, the philosopher from St. Andrews: "Old Tom was wise, treated all men equally, and kept things very simple. It did not take much to make him happy. As long as he was around his many friends, and there was golf to be played and talked about, he was truly CONTENT." Stay safe fellow golfers and be content.

Wynmoor Video and Film Club

By Phil Guterman

If you have a video you captured on your iPad, cell phone or camcorder, we can help you edit it by adding music, narration, special effects, exposure correction and eliminating unwanted scenes by using our sophisticated Pinnacle 20 editing system on our computer. For more information contact Phil Guterman at 954-984-8871.



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Kevin Rader

State Senator, District 29

Dear Friends,

I am incredibly proud of our community and how we have come together to support each other during these trying times. We find ourselves simultaneously taking precautions regarding COVID-19 and Hurricane Season, concluding at the end of next month. The pandemic has affected us, both directly and indirectly, in various ways,

and I urge you to contact 2-1-1 should you find yourself in need of mental health assistance.

IMPORTANT DATES

The November Election is closely approaching, and I wanted to briefly remind you that it will take place on Tuesday, November 3, 2020. It is my understanding that the Supervisor of Elections has taken safety precautions to protect poll workers and voters. This being said, many still feel uncomfortable voting in person. It is vital for those individuals to create a voting plan, and below is some information that will prove useful while creating one.

EARLY VOTING

Oct 19, 2020-Nov 1, 2020, 7:00AM – 7:00PM

VOTE-BY-MAIL (VBM)

Last Day to Request VBM: Oct 24, 2020, Due: Nov 3, 2020, by 7:00PM

ELECTION DAY

Nov 3, 2020, 7:00AM-7:00PM

VOTE-BY-MAIL

Floridians have the option of requesting their vote-by-mail ballot in-person, online, by phone, or mail. Information such as one's name, address, date of birth, and signature (if the request is written) will be needed. The deadline to register for a mailed ballot is on *October 24, 2020*. For more information, contact the Supervisor of Elections office. Keep in mind that USPS suggests that voters mail back their ballots at least one week before Election Day, just in case there are any unforeseen delays (such as weather).

VOTING AT THE POLLS

Should you opt to partake in Early Voting, you can do so at any voting site. However, on election day, everyone must vote at the designated polling place listed on their voter information card. To check-in at the polls, all voters must bring a form of identification that includes a picture and signature. A Florida driver's license and U.S passports are most commonly used. If you should have any questions regarding your voting location or voter information, please contact your local Supervisor of Elections.

BROWARD COUNTY SUPERVISOR OF ELECTIONS

954-357-7050

DISTRICT:

5301 N. Federal Highway, Suite 135 Boca Raton, FL 33487

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TALLAHASSEE:

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ACCEPTED	Use of Walkers, Wheelchair
ACCEPTED	Any Age

NOT ACCEPTED	Currently <i>receiving</i> Home Care
NOT ACCEPTED	Planning on using Home Care benefits <i>immediately</i> when Contract is issued

BENEFITS

**First Day Coverage / NO Waiting Period
24 Hours a Day / 7 Days a Week / if needed
Receive Care Anywhere in the USA**

Also included **ONLY when receiving Home Care:
Transportation * Bathing * Housekeeping * Shopping * Dressing**

******* CONTRACT VALUE *******

300 Hours \$99/Mo.	400 Hours \$129/Mo.	500 Hours \$156/Mo.	700 Hours \$199/Mo.
------------------------------	-------------------------------	-------------------------------	-------------------------------

Longer Home Care Contract Plans also available:	1000 Hours	1300 Hours	1500 Hours
--	------------	------------	------------

BEWARE:

With this Contract you can:

- If you have a Home Care Plan you may not have enough per day benefits	- Add this Plan to Increase your Per/Day Coverage
- You may have a Waiting Period / or Elimination Period	- Use this Plan to Pay your Waiting Period Days

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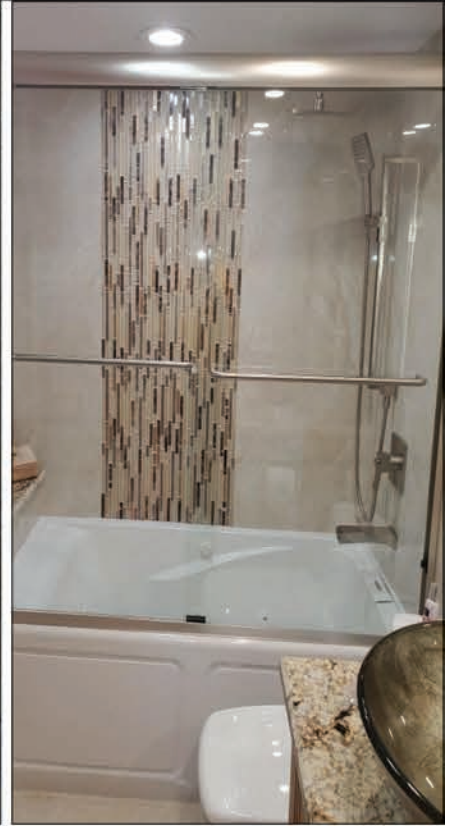
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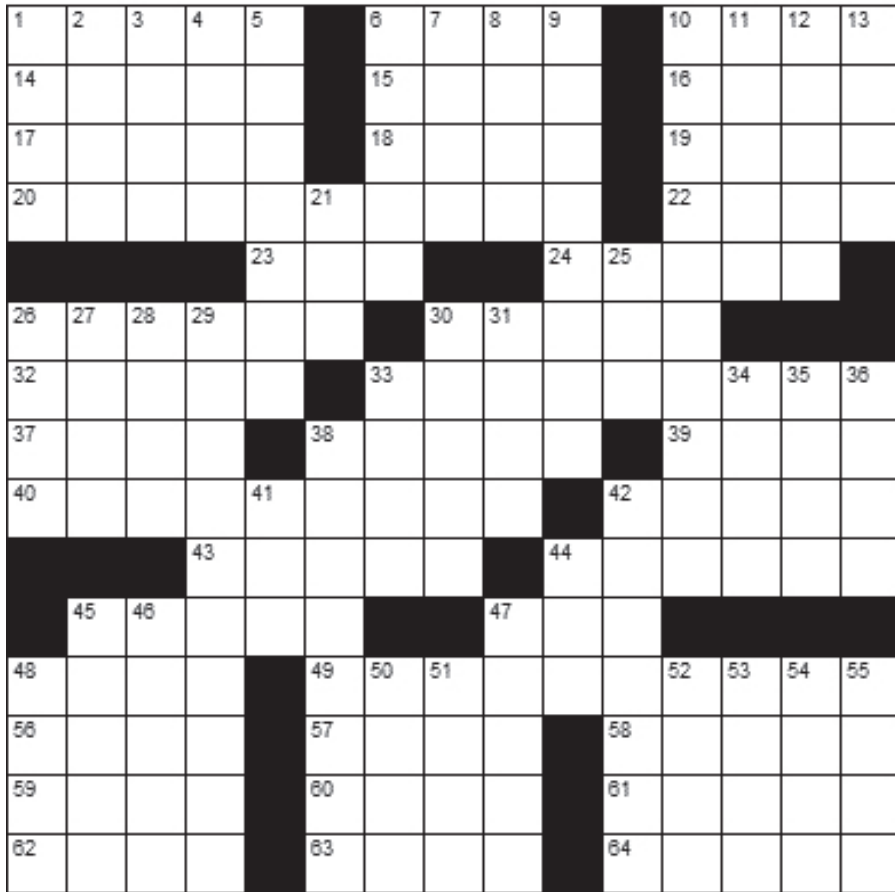
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Puzzles and Games

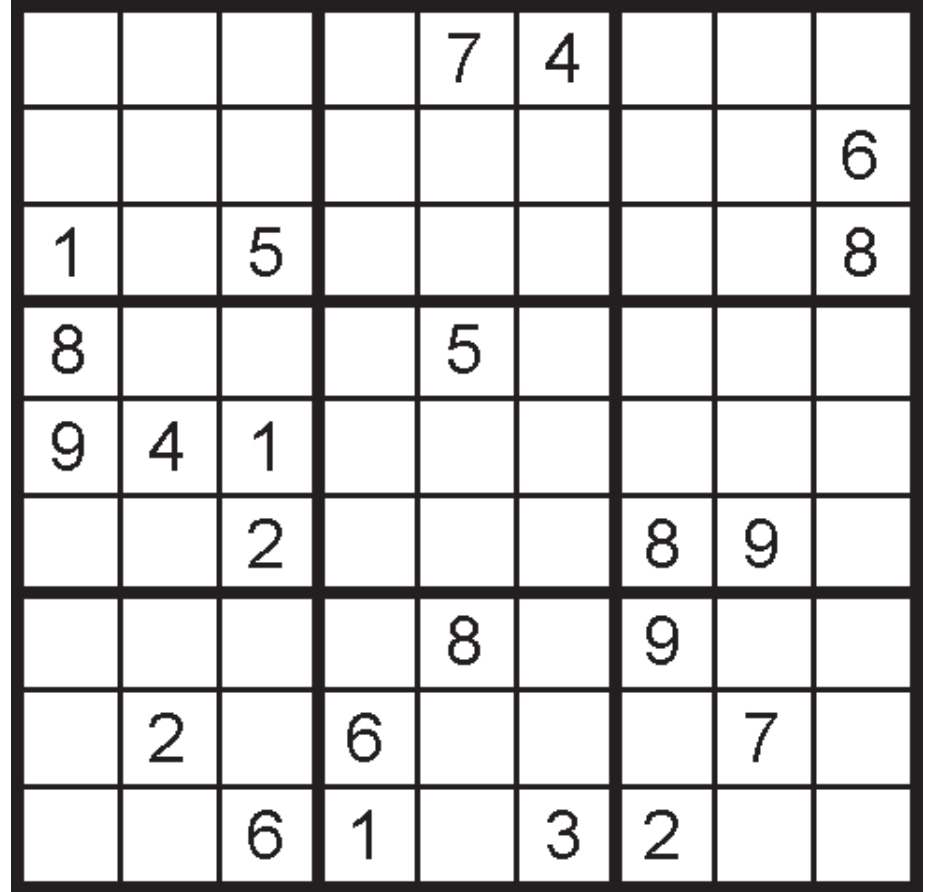
Solutions on page 54

Crossword Puzzle



- ACROSS**
- 1. Move stealthily
 - 6. Amazes
 - 10. Not genuine
 - 14. A red fluorescent dye
 - 15. Fabricated
 - 16. By mouth
 - 17. Avoid
 - 18. Bright thought
 - 19. Beams
 - 20. Sickening
 - 22. Scottish hillside
 - 23. Weep
 - 24. Inuit boat
 - 26. Stripe
 - 30. Registered
 - 32. Crunchy
 - 33. A variety of geometry
 - 37. Parental sister
 - 38. Performance scores
 - 39. Ancient Peruvian
 - 40. Boringly
 - 42. Deduce
 - 43. Milkshakes
 - 44. Fleet
 - 45. Skill
 - 47. Antlered animal
 - 48. Gossip
 - 49. Noteworthy
 - 56. 53 in Roman numerals
 - 57. Juicy gritty-textured fruit
 - 58. Not younger
 - 59. Likewise
 - 60. Mentally irregular (slang)
 - 61. Sheds
 - 62. Bearing
 - 63. Pitcher
 - 64. Excrete
 - 12. Canoe
 - 13. If not
 - 21. Biblical boat
 - 25. Japanese apricot
 - 26. Leave in a hurry
 - 27. Not false
 - 28. Peel
 - 29. Appraisal
 - 30. Rolls up
 - 31. Yucky
 - 33. Where the sun rises
 - 34. Data
 - 35. Air force heroes
 - 36. Not
 - 38. Manifold
 - 41. Buffoon
 - 42. Annoying
 - 44. Beer
 - 45. A pungent stew
 - 46. Lift
 - 47. Mistake
 - 48. Burrowing marine mollusk
 - 50. Cat sound
 - 51. Rate
 - 52. Plod along
 - 53. Doing nothing
 - 54. Ex-servicemen
 - 55. At one time (archaic)
- DOWN**
- 1. Observed
 - 2. Exploded star
 - 3. Brother of Jacob
 - 4. Rescues
 - 5. Patella
 - 6. Harmony
 - 7. Dry riverbed
 - 8. Biblical garden
 - 9. White aquatic birds
 - 10. Harshly uninviting
 - 11. Great black cockatoo

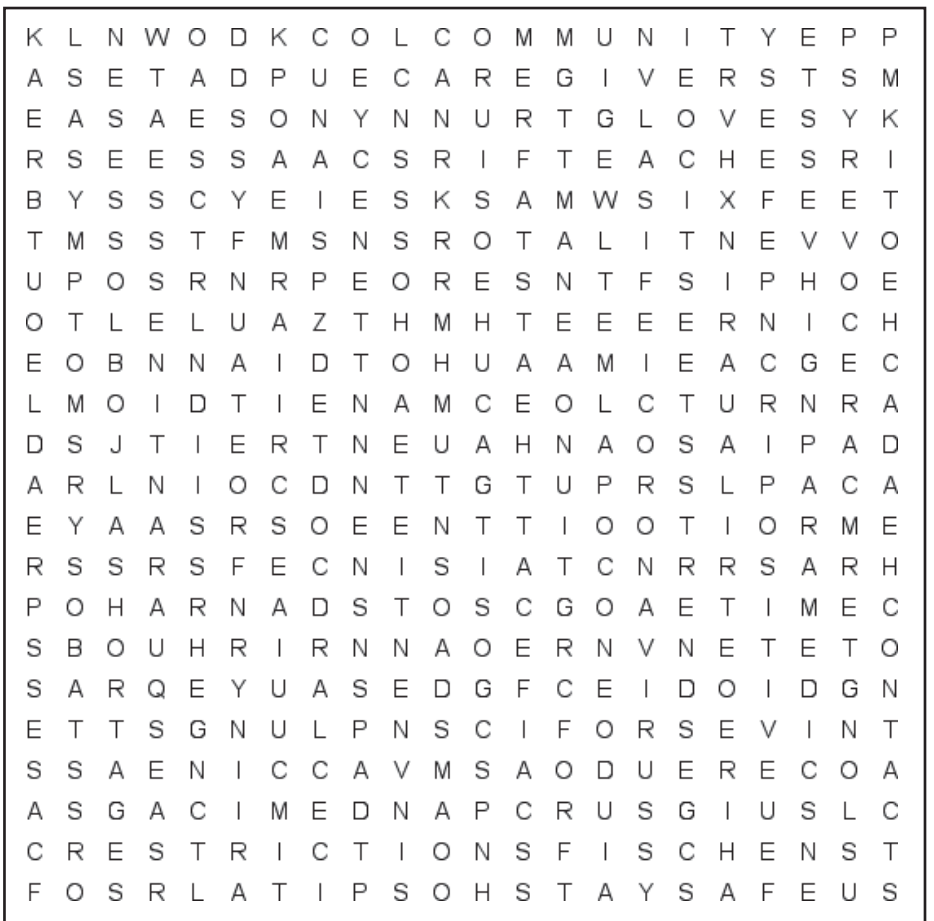
Sudoku



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.

COVID

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



a WORD or Two

Word: carceral
 Definition: of, relating to, or suggesting a jail or prison
 Example: "The door opened, whining, rattling and groaning in keeping with all the rules of *carceral* counterpoint." — Vladimir Nabokov, *Invitation to a Beheading*, 1959

Word: nexus
 Definition: connection, link; also : a causal link
 Example: The new art exhibition is devoted to those artists whose work first began to form a *nexus* between high art and popular culture.

- | | | | |
|--------------|--------------------|---------------|-------------|
| ACHES | FEVER | NURSING HOMES | SANITIZE |
| ACUTE CARE | FRONTLINE | OUTBREAK | SHORTAGES |
| ASYMPTOMATIC | GLOVES | PAINS | SIXF EET |
| BATS | HEADACHE | PANDEMIC | SORE THROAT |
| CAREGIVERS | HOSPITAL | PARAMEDICS | SPREAD |
| CASES | ICU | PATIENTS | STAY SAFE |
| COMMUNITY | ISOLATE | PNEUMONIA | SYMPTOMS |
| CONTACT | JOB LOSSES | POSITIVE | TESTING |
| CONTAGIOUS | LOCKDOWN | PPE | TIREDDNESS |
| CORONAVIRUS | LONG TERM CARE | PRECAUTIONS | TREND |
| COUGH | LUNGS | QUARANTINE | UPDATES |
| DOCTORS | MASKS | RECOVERY | VACCINE |
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Thank you Wynmoor residents for emerging stronger than ever. We eagerly await control of this virus and the reopening of our facilities. We anticipate a strong season ahead with clients from the Northeast. If you are thinking of selling, the time is close. We are very pleased to announce that the home prices in Wynmoor have remained optimistically consistent.

**Most Sincerely,
Bonnie**

**SALES ARE VERY STRONG.
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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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2402 ANTIGUA F-3.....	2 Bed/2 Ba. Turn-key, pool view, remodeled porcelain tile.....	SOLD	\$ 126,000
3405 BIMINI K-4.....	Gorgeous, remodeled, impact windows, W/D	\$50,000 JACKPOT LISTING	\$ 199,900
2301 LUCAYA E-4.....	1 Bed/1-1/2 Ba. Pool view	SOLD	\$ 65,000
2903 VICTORIA O-4.....	Wonderful golf and lake view, huge corner, updated.....	SOLD	\$ 158,500
4401 MARTINIQUE E-1.....	2 Bed/2 Ba. Porcelain tile floors, Lovely water views	SOLD	\$ 99,900
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3405 BIMINI N-1.....	2 Bed/2 Ba. Turnkey, Move in condition, Lovely Golf view	SOLD	\$ 135,000
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By Diana Stone, M.A., Wellness Consultant and Inspirational Writer and Speaker
Spread Your Love, Not Your Fear!

None of us, including me, ever do great things But we can all do small things, with great love, and together we can do something wonderful.
-MOTHER TERESA

Dearest Reader,
 First of all, allow me to offer the fullness of my presence to you. Allow me to sit here at my computer and just send you waves of love and encouragement. I know many of you are struggling. Whether it be in the category of health, finances or emotionally, this pandemic has affected everyone. I feel your pain and suffering. May it bring you some comfort to just know there is another human being who is a witness to your angst. Yet fear not. You are powerful beyond your imagination and you possess the greatest, timeless superpower EVER – and that is the capacity to LOVE! To give love, receive love and BE LOVE. But let’s step back for a moment...

Perhaps you’ve come to the same conclusion I have about this pandemic. It has forever changed our way of living. Even as we enter re-opening phases, even once the strictest of rules have been lifted, we now know something as invisible as a threatening virus can permanently affect nearly every aspect of how we live our lives. Many of us or those we know and love have lost businesses or worse, their health due to Covid-19 or the stressors that surround our current situation. The raging fires in California, Washington and Oregon are further amplifying our vulnerability to Mother Nature. As we watch the mainstream news, we can feel hopeless and overwhelmed by all that is occurring.

When we get scared, our bodies slip into the panic mode. The fight or flight mode takes over and our heart races and our anxiety intensifies. We may begin creating “worse case scenarios” in our heads. Have you ever done that? One common way we terrify ourselves is to use our search engines to look up any symptom we may be having from an itchy bite to stomach pain or a headache. It seems the search engines are designed to give shocking images and dreadful projections of nearly every symptom. And yet we know our bodies are marvelously and divinely designed. Our bodies work endlessly to heal and repair and restore us ALWAYS. But

they do require us to participate in our healings! HOW? By providing the proper conditions to heal – ample rest, quality nutrition and exercise (as possible) and daily doses of fresh air and nature.

To access our innate **SUPERPOWER OF LOVE** we want to first start with ourselves by honoring what our body needs to feel better. Just notice how much better you feel overall after something as simple as a good night’s rest or a refreshing nap! Our bodies serve as a channel for the divine to shine through. So allow me to gently guide you back to your best, most loving self because dear one, the world does not need a huge miracle. The world needs each of us to raise our own vibrations of love and as we each shine brightly and share our love and light, the miracle of love will transform the world one soul at time!

Take a few moments now to ask yourself how you can love yourself more? How can you honor yourself right now? Are you tired or hungry or thirsty? Meet those needs in you. Take a nap, have a snack, sip some water. Are you lonely? Call a friend! Are you overwhelmed? Ask for help! One little step at a time, honor what you need. And before long, you will notice your vitality return and when it does, reach out. Remember Mother Teresa taught us we need not do great things but small things with great love! So be open to how you can uplift, reassure and provide relief for those you care about. Write a note, call a friend, deliver a meal or flowers to someone who is struggling. There is tremendous power in these small gestures. They create a ripple effect in the Universe. As we love one another, that wave of love continues to travel through to everyone your loved one has contact with. We are all connected. We need not fear that we are spreading viruses to one another when we possess thee most powerful, contagious healing agent of all time.... LOVE! Spread LOVE!

May you all remain strong, safe and in the knowing that we are all eternal beams of light! Shine brightly dear ones! As always, I am cheering you on! Love, Diana

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

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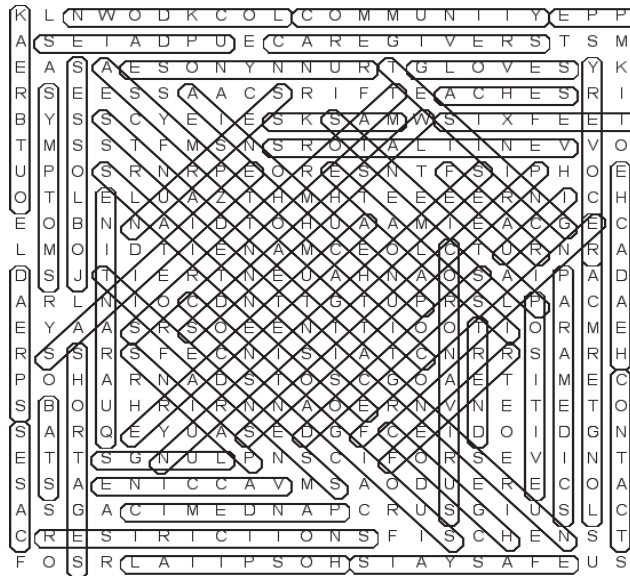
Puzzles and Games

Solutions from page 50

Crossword Puzzle



Covid



Hidden sentence: LET'S MAKE SACRIFICES FOR THE ELDERLY, FOR THEY ONCE MADE SACRIFICES FOR US.

Sudoku

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

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- Take off wood frame, replace door mirror
- Add 2" bevel 4 sides on each cabinet and 2" bevel 4 sides of existing vanity mirror
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- Replace tin shelves with glass (12)
- Free can of HI-SHEEN cleaner

ALSO: PAINTING AVAILABLE FOUR CABINETS INSIDE
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Bifold Door		
Bedroom - \$85.00 Hallway - \$75.00	Bathroom - \$75.00 Den - \$175.00	

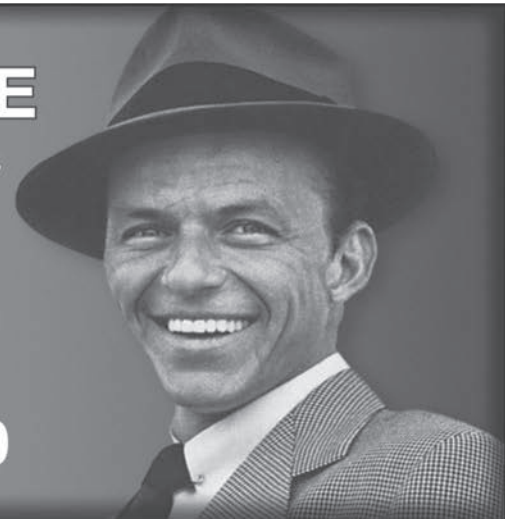
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