



# The INSIDER

An Independent Newspaper  
*For Wynmoor Residents*

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AUGUST 2021

## An ageing industry: Do people still read newspapers and magazines?

Over the course of the past decade, the mass media industry has ushered into a new era of technology. As technological advancement is quickly progressing, increasing amounts of people now have easy access to the digital world. Media outlets across the world have quickly made a shift, diving into the world of digital media in order for their company to survive and stay relevant.

Every major magazine and newspaper company from the New York Times, The Star to Vogue and Sin Chew Daily now have their own websites to post their articles to. When the articles are posted online, they can easily be shared virtually through other social platforms like Facebook, WhatsApp, Twitter etc.

Without a doubt, the demands for physical media outlets like magazines and newspapers have drastically declined. Nevertheless, they are still a reliant news source for a large number of the population.

Do people still read newspapers and magazines?

Despite of the fact that they are not as popular as they used to be, the

answer is still yes, people who read from a physical medium still exist in the world. There are a handful of comprehensible reasons why these, some may say, outdated forms of media are still popular today.

Here are 5 main reasons why people still read newspapers and magazines:

### **Portability**

For people who enjoy reading as a leisure activity, having a physical portable copy of something is quite desirable. Just like a book, people could take newspapers and magazines wherever they go and read at their own pace. Many people enjoy the idea of carrying around something to read, there are also lots of people who store magazines in their cars or work desks.

### **Disliking Digital Screens**

People living in today's society are obligated to spend hours and hours a day in front of a computer screen or with their face planted on their phones all the time. It is almost a slight getaway relief from technology when a person reads from magazines or newspapers.

Besides that, there is also a psychological factor that your eyes

may get damaged if you spend too much time in front of a screen, that is why some people will opt to read newspaper and magazines over online articles.

### **Age Factor**

Studies have shown that people who are over the age of 55 are the targeted demographic of newspaper companies. A lot of senior citizens find it rather difficult to adapt to modern digital media. For many of them, newspapers are the only reliable news source because they are sceptical about digital media. Besides that, older people have also developed an unescapable habit over decades of reading newspapers, it'll be unnatural for them to make that sudden change.

### **Information Reliability**

Many people believe that published newspapers and magazine articles have more credibility and reliability behind them compared to online articles. In recent years, there have been many unreliable news sources and 'fake news' circulating digital news outlets. We no longer know how accurate online information is, even credible and well-established

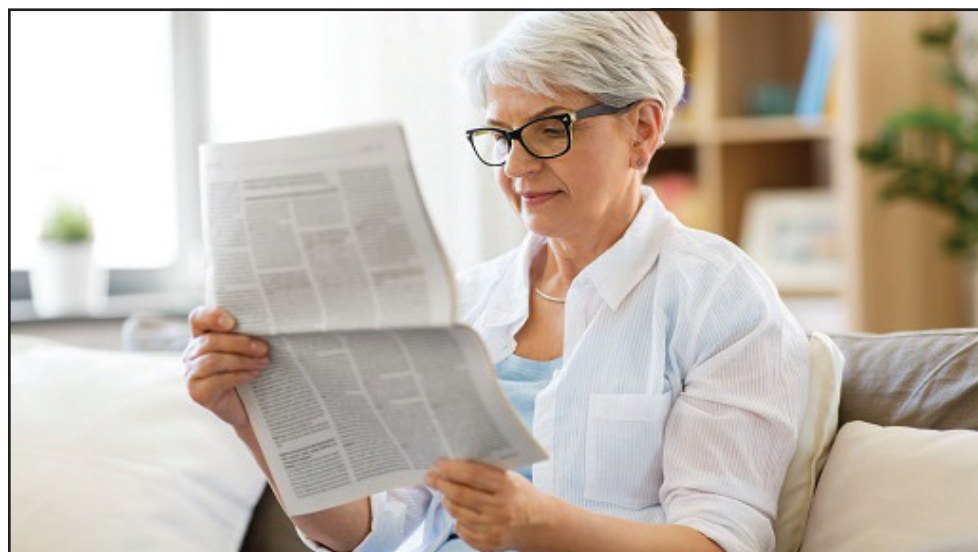
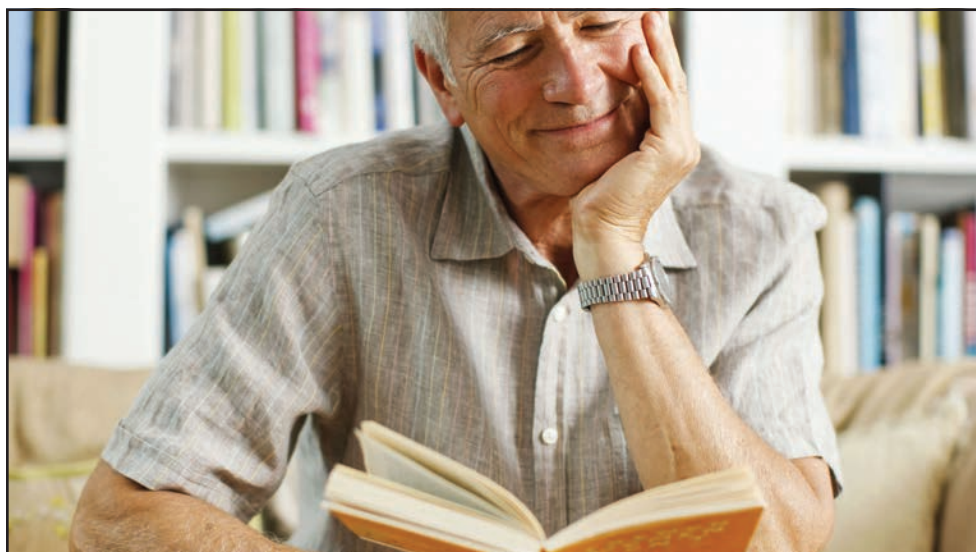
news outlets have lost their credibility due to some inaccurate and biased articles. That makes many consumers want to circle back to newspapers because it has a long history of trustable journalism.

### **Local Papers**

A lot of areas have their own established news outlets that reports local news of the area. Many colleges or high schools also have their own school papers to report their daily occurrences. People are subscribed to their local newspapers to be aware of the latest news within their community. The newspapers may be giving out free coupons, advertising a local event that is happening or maybe a new restaurant that is opening up. With their local news being displayed on the paper, people would likely want to get their hands on a copy.

Newspapers and magazines have long been a part of journalism history, they are the pillars that build the modern mass media industry into the empire that it is today. Although it has declined throughout the past couple of years, I believe that newspapers and magazines will continue to live on throughout the foreseeable future.

*Printed Newspapers Trigger Multiple Senses: Many people seek time away from touching their mobile phones, computer keyboards, and TV remote controls. It's nice to get the feel of a printed newspaper or magazine, with glossy pages, the smell of the ink, and the sounds of the pages flipping, which have been simulated online in digital flip books, by popular demand. It's easier to see a printed page in bright sunlight, instead of the glare or reflection on a screen.*



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Coral Springs, FL 33067  
[floridanewsbulletin@gmail.com](mailto:floridanewsbulletin@gmail.com)  
[www.insidernewsbulletin.com](http://www.insidernewsbulletin.com)

**EDITOR-IN-CHIEF**  
*Linda Kryshka*

**ASSISTANT EDITOR**  
*Rose Webster*

**GRAPHIC DESIGN**  
*Copy Design Group*  
[wynmoorads@aol.com](mailto:wynmoorads@aol.com)

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## MESSAGE *from the* **PRESIDENT** JACKIE RAILEY

I must admit I enthusiastically responded to the invitation to write this message, and I hate to start it off with less than encouraging news. It is however, necessary to state that despite ongoing pleas to get vaccinated, too many of us have not reacted in a positive manner and have yet to be vaccinated. And so now we are beginning to see the negative effects with COVID numbers rising at an alarming rate. It appears the scientific community were accurate in their prediction that the latest COVID variant is extremely contagious producing critical illness and almost exclusively among the unvaccinated population.

If you are not protected from the grave perils of this illness, I cannot stress the importance of getting your vaccination just as soon as possible. This simple act will not only protect you, but will greatly contribute to protecting your loved ones, those around you and even the general population. We all need to do our part to stop the spread of this deadly virus.

In the interim and as of now Wynmoor is continuing its "reopening" path. I'm confident that the long-awaited opening of Café on the Green has arrived and is open for your dining pleasure. The return of our on-premises eatery promises to be a welcoming retreat for residents to sit down, relax, enjoy friendly service, a home cooked meal and a beautiful view! I know John and I will be frequent patrons and I hope to see you there!

The Main Pool Complex and the Fitness Center are open and welcome you back! All Card Rooms have resumed open play – enjoy your games. **NO RESERVATIONS NEEDED!**

We are excited to announce the return of our ever-popular Bingo! The games resumed as of Thursday, July 22nd in the Grand Ballroom and will continue every second Thursday until sometime in the Fall.

Until further notice, all Council activities and amenities are limited to Wynmoor residents only.

We will be sure to keep you informed as we add to our list of returning events and activities and are hopeful, we are able to reinstate a full schedule in the near future.

In response to recent incidents, it became clear there was a need to increase security at our entry gates. Pursuant to a brief investigation it was concluded that the installation of 'speed bumps' strategically placed just beyond the entry gate(s) would effectively prevent vehicles from tailgating as well as deter from speeding into the community.

As we move into the month of August, we're nearing the height of Hurricane Season. As we've seen in recent years, the tropics are coming alive earlier in the season and are continuing to remain active as late as November. We just can't know for certain when we may find ourselves in the path of a major storm. It has never been more important to be "Hurricane Ready." Preparation is key – if by chance you haven't done so - don't delay any longer! Check your emergency list now to be certain you have all necessary supplies ready and available – just in case!

Wishing you all good days and good times ahead. Stay safe, stay healthy and remember to be kind to others.

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# A Small Art Museum That Gives Me So Much Happiness

By Barry Isaac

On a late May Cincinnati day, I returned to the cozy Taft Art Museum near the banks of the majestic Ohio River. I appreciated the Taft Art Museum's fine collection of Dutch Paintings from the 17th and 19th Centuries. From the 17th Century, I saw fine Dutch Master Portraits by Rembrandt, Frans Hals, and Govaert Flinck. I saw fine Dutch Master Genre Paintings by Gerard Terborch, Pieter de Hooch, Adrien Ostade, and Jan Steen. I was enamored with Dutch Master Landscape Paintings by Meindert Hobbema, Aert Van Der Neer, and Jacob Van Ruisdael. I also saw a stellar stillife by Balthazar Van Der Ast, "Stillife With Tilted Basket."

As for the Taft's collection of 19th Century Dutch Paintings, I saw delightful paintings primarily from the Hague School. The Hague School was greatly influenced by the French Barbizon School. 19th Century Dutch favorites included; Jan Van Weissenbruch's "Grey Day," Josef Israels' "Sewing



School Katiwijck," and Anton Mauve's "Sheep Grazing," among others.

The Taft Art Museum has a fine collection of French Romantic and Realist Paintings from the early and middle 19th Century including paintings by Constant Troyon, Jean Millet, Camille Corot, Charles Daubigny, Jules Dupre, and Narcise Diaz De La Pena, among others.

I was also very impressed with its 15th Century French Renaissance Period Enamel Paintings featuring fine works by Leonard Limousin, Pierre Courteys, Pierre Reymond, and Couly Nouailler. Other favorites of mine were Francisco Goya's "Queen Maria Louisa of Spain," Richard Bonington's "View Near Mantes," James McNeil Whistler's "At The Piano," Joseph Mallord William Turner's "Rape of Europa," Frank Duvenek's "Cobbler's Apprentice," and Spanish Impressionist Painter, Joaquin Sorrolla's "William Howard Taft."

The Taft Art Museum that day was open from 11:00 a.m. to 4:00 p.m. That was barely enough to see all of its special works of Art. Indeed, the Taft Art Museum is a less discovered treasure.

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# Birthday Wishes to...

## *Marla Stanley and Stephanie Davis*

Wynmoorites getting back to normal at the Cove and celebrating the birthdays of Marla Stanley and Stephanie Davis



L to R: Ira, Marla, Stephanie, Loretta, Linda, Iris, Jane, Jann, and Lynn

# What's Happening

## Team Night Tennis (TNT)

By Jo Ann Perreault

Night Tennis has returned after being closed down in April 2020 due to the pandemic. We resumed play in the beginning of April and are glad to be back on the courts at night. We welcome all tennis players to join us for a fun evening. The format is round robin and we collect a dollar on Monday and Tuesday nights and do not collect on Thursday night. The contribution means we always play with new balls. The Night Tennis program has been run by Jo Ann Perreault and Dennis Levans since 2006. We warm up at 6:20 p.m. and start play at 6:30 p.m. Monday, Tuesday and Thursday evenings. If you are a tennis player we hope you will come down to the courts at night and give our program a try. We have a regular group of avid players but are always ready to make new friends. We look forward to seeing you under the lights.

## Wynmoor Community Council

Good morning everyone,

For the safety of our residents, individuals walking The Circle should refrain from walking in the golf cart/bicycle lane and should utilize the sidewalk only. Wynmoor Security will be issuing citations to those individuals walking in the golf cart/bicycle lane.

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# pen to paper

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## Growing Old

By Lil Miller

Growing old with aches and pains of long ago. It's not so bad when you think of how you got there! A world of wisdom and knowledge of long ago, makes it all able to bare. Brought tears, sadness and joy. A marriage now in heaven, a marriage of what would have been 76 years, 56 of those years my hubby and I enjoyed! After Pearl Harbor was bombed, "1945" as the bomb was dropped on Japan. It was a time of sadness, poverty, sacrifices and love. To hold this land, we all love against aggressors of waring worlds "Japan and Germany." High schoolers and college joined long, long lines to serve. I have been there, and I am a survivor. Our aches and pains of today are just an afterglow. To all those who remember when, we have earned the right to grow. Growing old my body is screaming in pain. Hey, 94 years isn't so old! I love our country, don't you? Smile!

## A Tree Was Killed Today!

By Donna Zweben

A full, mature, 40+ year old tree was taken down today on the south side of our building. It was a beautiful, full, mature tree, with branches that shaded the south side of the building – providing wonderful shade in the hot summer months.

It was also home to birds, squirrels, and two red-headed woodpeckers.

This loss of a wonderful shade tree will create hotter temperatures in the south facing apartments. And, of course, higher AC bills! The Wynmoor Tree Department should be responsible for paying the higher electric bills!

God created this earth, all animals and human beings. What God created should not be destroyed indiscriminately!

## My Hometown

### Elmira, New York, July the 4th

By Lil Miller

The time was every year to look forward to parades of the birth of our country. We would pack a lunch to take with us and sit on the downtown curbs, in some chairs, as the most beautiful parade came down the street. Girl scouts, Boy scouts, Army and Navy bands. The bands played such beautiful music. This kept the heart and feet in rhythm with the loud praise of the 4th of July. A national holiday was created on this day to celebrate our freedom. The high school bands enhanced this feeling, proving to us that freedom can be celebrated through music. Towards the end of the parade was the Salvation Army, marching to the beat of that music, in their red, white and blue uniforms and bonnets. To end the parade, came the firetrucks and motorcycle police, showing us "The Great American Way." This musical celebration ended with "The Star Spangled Banner" bringing everyone to their feet to honor this day. A celebration to stay in our hearts and memories forever.

I always knock on the fridge door before opening it, just in case there's a salad dressing.  
My wife gave me an ultimatum: Her or my addiction to sweets. The decision was a piece of cake.  
If prisoners could take their own mugshots... they'd be called cellfies.



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# Dear Dr. Joy...

By Joy Berke Sanchez, PhD

Some people might find it odd that I'm going to be writing about change to a group of seniors. I so often hear people saying that they are too old to change whether it is behavior, habits, feelings or points of view. You may be surprised to hear that on my first day as a

psychology undergraduate student, in my first course, Psych 101, the Professor asked us to raise our hands if we had plans to become therapists. About 1/3 of the class raised their hands. He then asked us to write down what we believed would be the most difficult part of this career we were headed for. We all wrote our answers and he asked us to read them out loud. When we had completed that task, he told us we were all wrong and that we would one day find out that the hardest thing we would be doing was attempting to separate the client from the problem. How right he was. At first, we all thought he was joking with us. After all this, was the reason the clients were coming, wasn't it? Maybe yes, maybe no, but it was often excruciatingly difficult. Admitting the need for change was the easy part. Implementing that or any other change was another story altogether. These people did not have 50, 60, 70 or more years to become set in their ways. Mostly they were people between 25 and 45. So what is the issue with change and why do so many people find it a nearly impossible task?

It appears that our basic identity and outlook sets itself concretely at a very young age. We decide early on what we can or cannot do; what our basic abilities and talents are. We see ourselves as athletic or intellectual or funny or good at math or writing or music or performing or anything else...and we do this early on. Then we follow that path, even if at some point, we realize we don't like it or prefer something entirely different. We also decide how happy we are or how successful or how worthy or deserving or lucky and we then go about fulfilling that image as well. We usually succeed to the degree we see ourselves. These scripts are not fully conscious but they are not unconscious either. We then program our lives to carry out our plans.

So, when clients would come to therapy, there was often a push/pull going on in them. At a conscious level, they knew they wanted more out of their

lives than they were getting but they didn't fully realize that they were actually living according to a default plan. Their identities were tied up with these ideas that they held and the longer they held them, the more they believed and followed them. Separating them from these concepts, no matter how much they wanted to live and feel differently, was extremely difficult. They didn't seem to know who they would become and how they would navigate life as this new person.

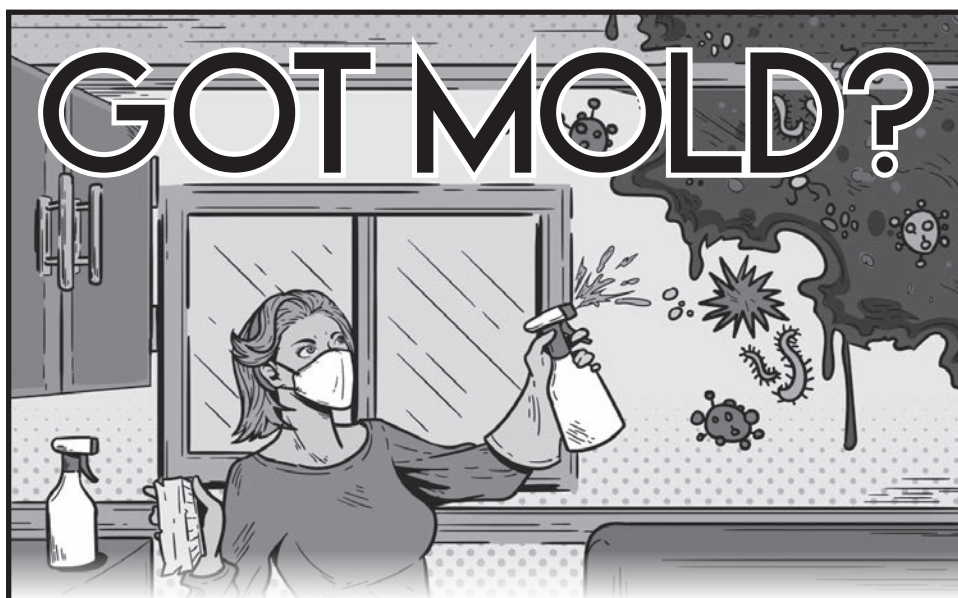
So, without going into my methods for working with these individuals, these couples, these families, I would just like to ask my readers if any of this applies to you? Regardless of your chronological age or your thinking, that change takes a lot of time. Is there any change you would like to make in yourself or your life?

Is there something new you would like to try or is there another way you would like to present yourself to the world? Are there ideas that you realize you still hold that are not serving you but you don't know how to replace or rethink them or even where to start? What I've noticed by living in three different senior communities, is that there are differing ways that people retire. Some people decide to jump in and do all those things that they didn't have time to do when they are younger and working. Others do the same things but don't get paid for it anymore. They just take whatever expertise they had and use it in various ways in retirement. And some people just sit down. Perhaps you want to change what you are doing. What would that mean to you?

Why not write down your fantasy changes. Let your mind wander and see what comes up for you. It may be a small thing or something you think is way beyond you. Even if you don't implement any of them, it would be a great mind-expanding exercise. Note if there are any fears or trepidation in the mix and what they might be. Do this for fun. Don't even tell anyone if you don't feel comfortable. This is just for you. Play with it. I think I'll do it with you as well. Go for it....

This is a repeat article, taken with permission from my archives during my absence.

If you have a specific topic you would like to hear about, I would love to hear from you. My email is JoyB212@aol.com



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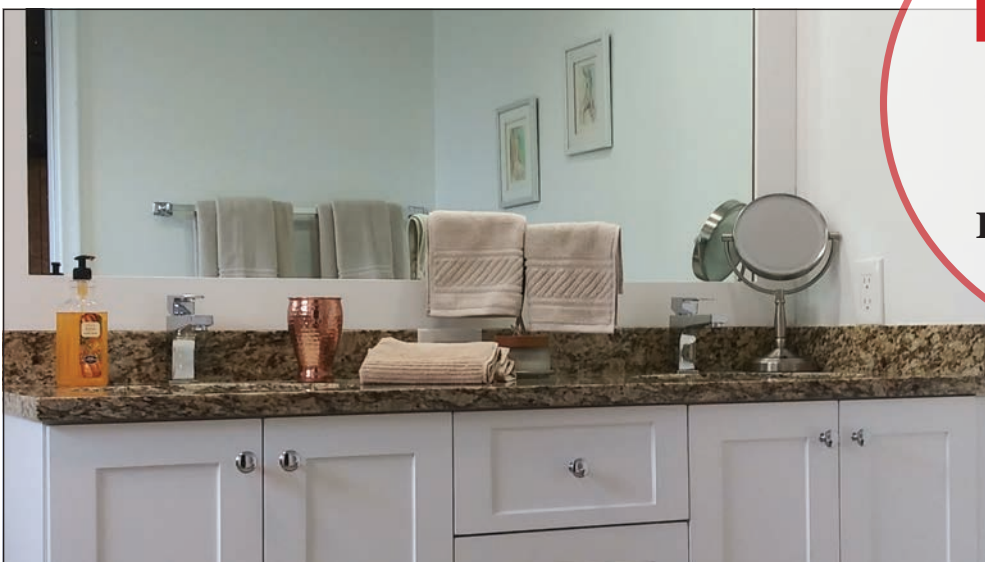


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ROSH HASHANA	Tues.	Sept.	7	10:00	AM
KOL NIDRE	Wed.	Sept.	15	7:30	PM
YOM KIPPUR	Thurs.	Sept.	16	10:00	AM
AFTERNOON YISKOR	Thurs.	Sept.	16	4:00	PM

# Home For The Holidays And Beyond

By Lee Temares

If you are Jewish, and so inclined, you may be checking the calendar to see when Rosh Hashanah and Yom Kippur are coming. Surprise! Rosh Hashanah begins the evening of Labor Day, September 6th. But don't worry, we, at the Liberal Jewish Temple, have everything planned.

We will be having in person, Covid safe, Services. Proof of vaccination must be shown, books will be sanitized, disposable microphone covers on hand, hand sanitizers at the front door, attendance limited, etc. We welcome you and your friends. Membership is not required, but certainly encouraged.

For those of you not familiar with us, we are the Reform Temple with a heart, located right outside the main gate of Wynmoor on Coconut Creek Parkway. Our Services are conducted in English, with some prayers in Hebrew, which is translated and transliterated. Everyone can follow the Service, from those fluent in Hebrew to people with no Hebrew knowledge.

High Holiday tickets are \$100 for members (membership is \$100 per person) and \$125 for non-members. Membership and tickets are available to everyone who wishes to be affiliated with us. More information is available by calling our President, Iris Arlan, at 954-532-5268. You may also contact our Membership VP, Cheryl Stein, at [cherylstein@bellsouth.net](mailto:cherylstein@bellsouth.net). You can get our weekly e-mail updates by sending an email to [legalsong@aol.com](mailto:legalsong@aol.com) with "Newsletter" in the subject line.

L'Shana Tova - Happy New Year.

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## We are pleased to announce...

the re-opening of the Temple for  
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We are limiting our service to 50 people.

All services will follow CDC Guidelines.

To reserve your place for the service,  
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or Lee Temares, VP of Rituals: 954-968-4236

We look forward to sharing this time  
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# Safety Solutions

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

## Data Tracking Can Help Officers Bust The Bad Guys



The days of officers driving around in their assigned zones with no real direction on how to “patrol” those neighborhoods are long gone. The Coconut Creek Police Department has been using data to guide officers on when and where to be so they can patrol smarter in order to either prevent crime or catch the bad guys in the act. The official name for it is “data-driven policing.” It’s where police departments really study the

numbers and hone in on any patterns in order to try and predict where and when the bad guys might strike next.

Vehicle burglaries are a prime example of how data-driven policing can help reduce crime rates. After studying the past three months of vehicle burglary cases, officers now know the most likely method of entry, the neighborhoods where this particular crime is happening the most, and the best time and day of the week to be on the lookout for vehicle thieves.

Unfortunately, folks are still not learning to lock their cars. Of the nearly 60 theft from vehicle cases we investigated over the past three months, 74-percent of them were left unlocked; that’s almost three out of every four cases. Of the neighborhoods where the most vehicle burglaries happened, Wynmoor Village was not one of them. Popular neighborhoods that vehicle burglars targeted ranged from the Winston Park area in the central part of the city to neighborhoods in

the southern portion bordering the Florida Turnpike and Margate.

Our statistics showed that vehicle burglars were most likely to strike on Wednesday mornings at 2:00 a.m. Vehicle burglars also pick way more targets during the nighttime hours since it is dark. There were far fewer residential vehicle burglaries reported between the hours of 10:00 a.m. and 8:00 p.m.

This knowledge helps officers know when and where they need to be in order to impact some of this crime. If a crime doesn’t happen, it’s really impossible to tell why the thief did not strike. Did he see the officer in the area during the peak day of the week and at the peak time? Or did the bad guys simply take the night off to watch basketball? We don’t know. But what you can see from studying the data is the increase or decrease in reported crimes.

When it comes to residential vehicle burglaries, we are seeing a substantial reduction so far this year compared to last year. By the end of June in 2020, we had investigated 96 theft from vehicle cases. By the end of June this year, that number was down to 57. The reduction is attributable not only to the hard work of our officers but also to you. It goes to show that more and more of you are locking up your cars before you go to bed at night and removing any valuables from plain view.

It’s also important to remember to lock it up when you are out at your favorite Coconut Creek eatery or at the grocery store. Our commercial theft from vehicles cases have ticked up slightly so far this year, meaning more of these cases are being reported from parking lots at businesses.

The bottom line is that you help us tremendously by locking your car doors at night. It’s a good habit that we encourage you to make a routine, whether you’re at home or out on the town.

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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.

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3. How much for costs and attorney’s fees?
4. Referrals to doctors.
5. Review of your car insurance.



Martin Zevin

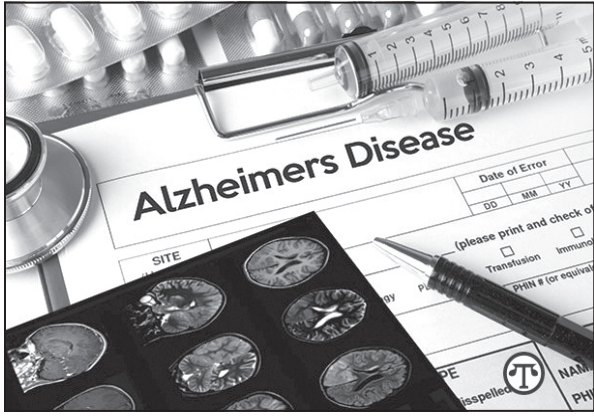
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## Medical Breakthroughs

# NervGen Pharma: A “Blockbuster Drug” in the Making?



(NAPSI)—More than 6 million people in the US live with Alzheimer’s, and that number continues to increase each year. In 2021, Alzheimer’s and other dementias will cost the nation \$355 billion. The Alzheimer’s Association predicts those costs will rise to \$1.1 trillion by 2050.

A Canadian-headquartered biotech start-up, NervGen Pharma Corp. (TSX.V: NGEN) (OTCQX: NGENF) has just entered into a research agreement to study its NVG-291 drug in Alzheimer’s disease models in animals as it prepares for its Phase 1b clinical trial in Alzheimer’s patients slated to start in 2022.

This development comes on the heels of pharmaceutical heavyweight Biogen being granted FDA approval to commercialize aducanumab - a drug that removes amyloid-beta plaques from the brain as a means of slowing the onset of Alzheimer’s disease in patients. This approval is in spite of the fact that aducanumab’s effectiveness has been questioned by many Alzheimer’s experts.

The sceptics include Dr. George Perry, the editor-in-chief of the Journal of Alzheimer’s Disease, the University Chair in Neurobiology at the University of Texas, San Antonio and one of the most published and cited researchers in the Alzheimer’s field.

He believes that NervGen’s potential for NVG-291 is a far more “exciting” and potentially effective treatment for Alzheimer’s than Biogen’s controversial new drug. “NervGen’s drug candidate leverages a unique and powerful multimodal mechanism of action that has been shown in preclinical studies to increase both autophagy and plasticity while also reducing microglia inflammatory expression, representing an exciting new approach to treating Alzheimer’s,” says Dr. Perry.

It has the potential to be one of the most disruptive pharmaceutical drug therapies of the modern era, especially for treating Alzheimer’s disease. And that gives it considerable “blockbuster drug” potential—a tantalizing

opportunity that is only now just becoming apparent.

This is due to the fact that NVG- 291 is designed to heal nerve damage by unleashing the body’s natural ability to repair itself. Besides treating Alzheimer’s disease, this new therapy has also shown considerable promise in preclinical studies in the treatment of multiple sclerosis and spinal cord injury.

According to Paul Brennan, NervGen’s CEO, “NVG-291 has the potential to redefine how nervous system damage is treated across multiple indications, whether caused by trauma or chronic disease. This is an important first step to bringing this therapy to patients, and we look forward to completing our ongoing Phase 1 study and moving quickly to treating Alzheimer’s patients.”

### A Breakthrough Therapy: How NVG-291 Works

Any time there is damage to the nervous system - whether via trauma such as spinal cord injury or traumatic brain injury, or a neurodegenerative disease such as Alzheimer’s, MS or ALS - scar tissue is formed. The body releases chemicals called CSPGs (chondroitin sulfate proteoglycans) within the scar in order to reduce the damage.

They are initially helpful and play a protective role, but there is also a down-side to these CSPGs as over time they actually go from helping to obstructing the body’s ability to repair itself.

NervGen’s drug, NVG-291, releases this molecular inhibition, resulting in the initiation of multiple repair mechanisms including neuron regeneration, increased plasticity and “remyelination” —the process of replacing myelin, the tissue that often surrounds and protects neurons and which is often damaged as a result of diseases such as MS.

As a revolutionary treatment for Alzheimer’s disease alone, NVG-291, has the potential to make NervGen a future star of the biotech sector. For instance, consider that Wall Street analysts are now estimating peak annual sales for Biogen’s new drug will range from \$10 billion to \$50 billion.

It is well worth reiterating that no drugs have been approved anywhere in the world for nerve regeneration and remyelination, as well as improved plasticity in damaged nerves. Existing treatments for these diseases are often targeting the symptoms, not the underlying disease progression itself. NervGen is addressing a significant unmet medical need for the treatment of nervous system damage due to trauma and diseases.

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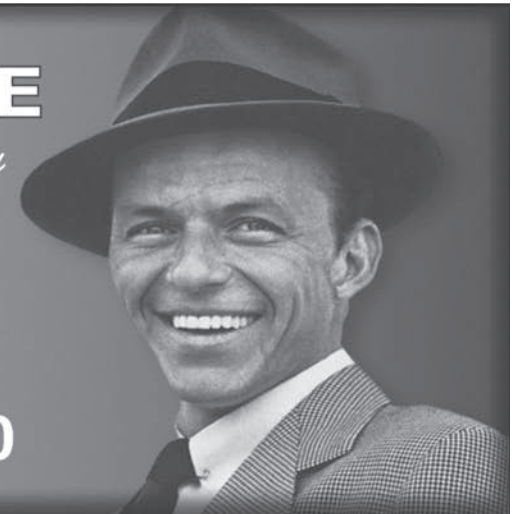


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# Are You Living With, Or Worried About Someone Suffering With Chronic Back Pain?

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](http://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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## BROWARD COUNTY PROPERTY APPRAISER

### 2021 TRIM Notices

The Broward County Property Appraiser’s Office mails the TRIM (proposed tax) Notices in August of each year. This is NOT a tax bill but a notice showing your 2021 just value, exemptions and proposed taxes as set by the various taxing authorities. The TRIM Notice is your opportunity to review your property’s 2021 just value and ensure you are receiving all the tax-saving exemptions you are entitled to.

Our office does not set or collect property taxes. If you have questions about the proposed tax rates, the contact information and public hearing dates for the individual taxing authorities are listed to the right of each agency name on this notice.

**I Recently Applied for Homestead Exemption – Why Is It Not Showing on my TRIM?**

Florida Statutes require our office use January 1st as the date of assessment and to determine exemption eligibility each year. If you purchased your home after January 1, 2021, you are eligible for 2022 Homestead Exemption. The 2022 exemptions will show online in December and be included for the 2022 tax year.

**I Had Homestead Exemption Last Year - Where Did My Exemptions Go This Year?**

If you purchased your home in 2020, you may have “inherited” the

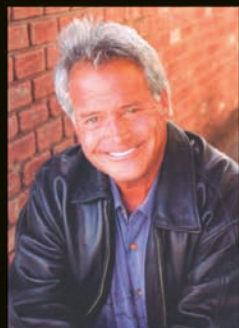
previous owner’s exemptions last year. These 2020 exemptions would have been removed at the end of last year, so they are no longer showing on your TRIM Notice for tax year 2021. Fortunately, you can still late file for 2021 Homestead and any other exemptions you may qualify for until September 20, 2021. To apply online, please visit our website at <https://web.bcpa.net/>

**I Am a Senior Citizen – Why Isn’t the Senior Exemption Showing?**

The Senior Exemption is both an age and income-based exemption that is not automatically applied to a property because of the income requirement. To be eligible for this exemption, an applicant must be age 65 or older as of January 1, 2021 and have an adjusted household gross income for 2020 not exceeding \$31,100. If you believe you qualify for this additional exemption, you can still late file until September 20, 2021. To review the exemption requirements and to apply for this exemption, please go to our website at <https://web.bcpa.net/bcpaclient/#/SeniorExemption>

The health and well-being of our community continues to be of great importance. If you would like to schedule a virtual conference, our Mobile Exemption and Information Team will gladly assist you. To schedule an appointment, please call 954-357-5579 or visit our website at <https://web.bcpa.net/ExemptionsExpress/calendar>

If my office can ever be of assistance to you, please do not hesitate to contact me directly at [martykiar@bcpa.net](mailto:martykiar@bcpa.net).



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# Recipe ROUNDUP



## Grandma's Homemade Potato Soup

### Ingredients

- 2 pounds of russet potatoes, peeled and cut into large chunks (about 1-1/2 inch)
- 1/2 cup of chopped sweet onion
- 1/2 cup chopped celery
- 3 tablespoons all-purpose flour
- Kosher salt and cracked black pepper, to taste
- 1/4 to 1/2 cup (1/2 to 1 stick) salted butter
- Water to cover
- 1 (12 ounce) can evaporated milk
- Shredded cheese, for garnish, optional



### Instructions

Toss the potatoes with the onion, celery, flour and salt and pepper; set aside for about 10 minutes.

Meanwhile melt the butter in a Dutch oven or soup pot. Add the potato mixture to the pot; stir to coat. Add enough water to cover the potatoes and bring to a boil; stir in the milk, reduce to a simmer, and cook, uncovered, stirring occasionally about 25 to 30 minutes, or until potatoes are tender. Taste, adjust salt and pepper, and continue cooking on simmer, uncovered, until the soup reach desired consistency and thickness. Garnish each serving with shredded cheese if you like and serve immediately.

**Cook's Notes:** May also substitute green onion. Use an immersion blender or potato masher to puree the potatoes, if a less chunky texture is desired.

**Variation:** Brown several slices of bacon, set aside and crumble. Add the potato mixture and proceed with the recipe. Garnish with crumbled bacon.

**Potato Soup with Cajun Sausage:** Slice one pound of andouille sausage into 1-inch slices and brown in oil; remove and set aside. Add butter to pot and continue with recipe.

**Cheesy Ham and Potato Soup:** Add in 2 cups of smoked ham, cubed with the potatoes. Just before serving, stir in 1-1/2 cups of shredded cheddar cheese, just until melted.

**Instant Pot/Electronic Pressure Cooker:** Prep potatoes as above and let rest. Use sauté function to melt butter, add potato mixture, toss to coat and top with water (or chicken broth) to cover, plus an inch. Stir in half of the milk. Seal and cook on high for 10 minutes. Let pressure release naturally. Open and mash some of the potatoes, if desired.

Stir in remaining milk and any additional chicken broth or water as needed to bring to desired consistency. Add cheese if using and garnish as desired.



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# Service Equals Reward

By Sheriff Gregory Tony

## Bullying Awareness

Students will soon be back in school learning face to face, which may bring apprehension, excitement or a combination of both. I never take education lightly, and I am grateful that, despite the struggles I have faced to get to where I am today, education kept me on that road to success. Education shapes children's lives, which is why it is vital to continue to ensure our children **are safe** and **feel safe** in their learning environment. Here are some essential safety tips to keep in mind as your children head back to in-person learning.

Bullying is an issue that needs to be addressed. According to the National Bullying Prevention Center, one out of every five students reports being bullied. Your children have or will come in contact with bullying, either by experiencing it or witnessing it. Before it happens, it is important to advise your children neither to ignore it nor encourage it. Whether or not your child is a victim or a witness, they must understand the importance of reporting it.

In the age of technology, cyberbullying is a new way to bully someone. Fifteen percent of students were bullied online or through text message. It is essential to remind your children to think before they post, comment or share. Advise them never to share inappropriate photos, videos or messages about themselves or other people. Keep your children safe by advising them to keep their accounts private and never give out personal information. Always keep close tabs on what your children are doing on



their electronic devices and accounts.

An unsafe environment in or out of school can affect an individual in many ways. Be aware of warning signs:

- a downward shift in grades
- difficulty sleeping
- self-destructive behavior
- a change in eating habits
- low self-esteem
- unexplainable injuries

These could be signs that someone is being bullied. If you notice any changes, it is crucial to step in and help. Report every incident of bullying or suspicious behavior.

Ensure your children are aware of these resources and

feel safe talking to you or a teacher:

- The SAFERWATCH app allows individuals to report suspicious activity and/or threats.
- Call the crisis hotline for teens at 211 or 954-567-TEEN (8336) to report an incident.
- In emergency situations, do not hesitate to call 911.

The safety of your children, both physical and mental, is paramount to their future success. Make communicating with your children a priority. Create a safe place at home to talk to them about bullying either at school or online.

## Your Articles of Interest Are Always Welcome!

Email articles to Wynmoorads@aol.com in a word document, or mail them to FLORIDA NEWS BUREAU, PO Box 670876, Coral Springs, FL 33067. Articles should be typed upper and lower case, or clearly written. Articles must have an author and contact information (not published, unless noted in the article. Deadline for articles is the 10th of the month preceding an issue.)



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# From The Other Side Of The Couch

By Merri Goldberg, LCSW-C, BCD, FASGPP

## AUGUST

August is a very special month for psychotherapists. What most people don't know is that in the larger cities,

when I was in practice, most of the therapists took the month of August for a vacation and their practices were closed. A standing joke was "don't need to talk to someone in August." An interesting book called "August" was written. So, this month I will borrow from that tradition and take a month off from more serious or introspective columns. I will do what I have done before and briefly interview one of our neighbors. I know it will be fun. This neighbor has the distinction of being over one hundred years of age.

Roslyn Hoffman was born in New York in 1917. She is 103 years old and described by so many of the people who know her here in Wynmoor as amazing. That is without them knowing some of the things I too found amazing about her background. In New York Ros was a songwriter. When I asked who she worked with, she asked me if I had ever heard of Tommy Dorsey and Dina Shore. Her modesty was exceptional. She worked extensively with both Tommy Dorsey and Dina Shore and I'm sure has some great stories.

In 1942 Ros was sent to Berlin with the army ground forces. Although sent in the capacity of publicist, she soon became leader of a band of 28 enlisted men and received the rank of captain which was a special honor for a woman and aided in the recognition of the capabilities of women. Dwight Eisenhower came to the base each month and Ros was invited to dinner with him each month. She was also invited, with him, to dinner with heads of state. She laughs about teaching Eisenhower to play Chop Sticks on the piano and modestly described him as a fatherly figure. More Fascinating stories.

After the war Ros lived in Massachusetts, married, and did volunteer work

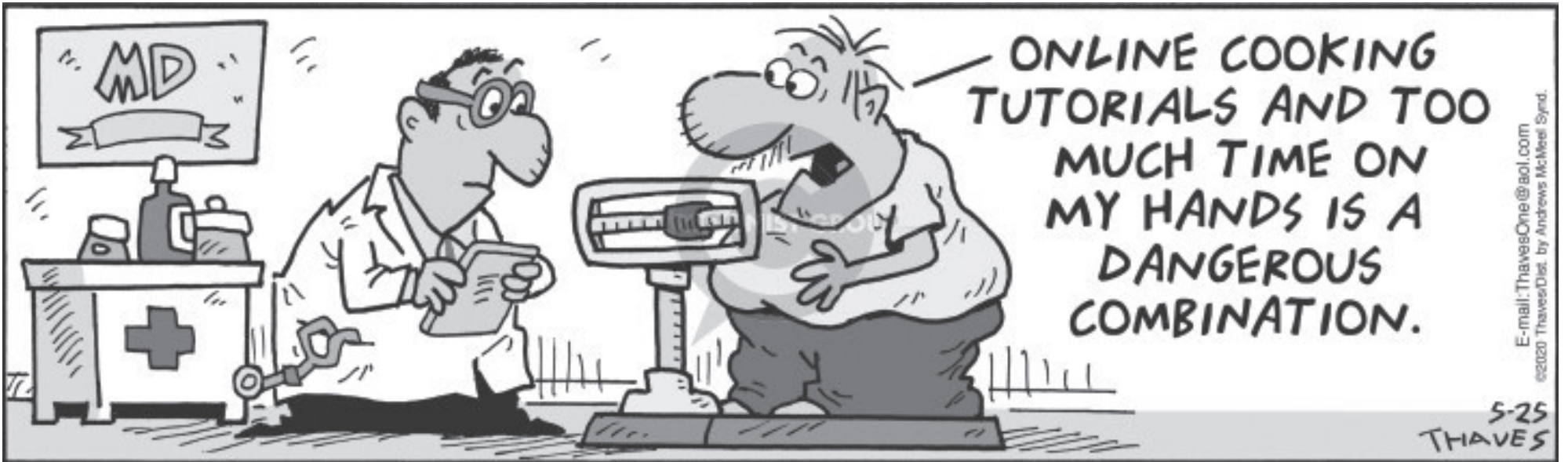
for her temple, the Boy Scouts, and other organizations. In Wynmoor she was known as an excellent golfer and has won trophies. She played Canasta, joined a synagogue, and enjoyed many other Wynmoor activities. She was modest about her adventures and achievements unless directly asked. They were amazing. Ros is the reason I often urge you to go out and meet your neighbors. You will find many wonderful surprises.



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## OPEN HOUSE WEEKEND - August 13-15, 2021

**Friday, August 13th**, a nosh will be served prior to the Shabbat service from 6:00-6:30 p.m. Services are at 6:30 p.m., and there will be an Oneg following the service where the clergy and temple congregants will be available to meet with prospective members.

**Saturday, August 14th**, adults of all ages can join us for an evening of "Dancing Through the Decades" at 7:30 p.m. Enjoy interactive MC/DJ, cocktails, and desserts for only \$18 per person. Please contact the Temple Beth Orr main office at 954-753-3232 x201 to make a reservation.

**Sunday, August 15th** from 11:00 a.m.-2:00 p.m. will be an Open House where we welcome everyone to meet our Temple Beth Orr clergy, numerous committee members, temple staff and lay leaders. There will be food, fun and activities for all ages.

## HIGH HOLIDAY TICKETS ARE ON SALE NOW

Join us for High Holiday services. Individual tickets are \$180 per person. Please contact the Temple Beth Orr main office at 954-753-3232 x201 to purchase your ticket. Erev Rosh Hashanah service will be held on Monday, Sept. 6th at 8:00 p.m., and Rosh Hashanah morning services will be held on Tuesday, Sept. 7th & 8th at 10:00 a.m. Kol Nidre service will be held on Wednesday, Sept. 15th at 8:00 p.m., and Yom Kippur morning service will start at 10:00 a.m. with services running throughout the day. Closing N'ilah service will be held at 5:30 p.m.

## COMMUNITY FOOD CLOSET

Our Community Food Closet is now open! Our Rabbi Mark Gross' Food Closet serves approximately 100 needy families each month. **Would you like to volunteer?** One morning a week, we pack bags for distribution. Have a half hour to spare? We would love to have you come and help us. **If you need**

**some help and food** during hard times, we provide food to members of the community on the 2nd and 4th Tuesday between 10:00 a.m. and 12:00 p.m. A valid form of Florida Identification is required to receive a distribution.

**Find out what Temple Beth Orr has to offer and how you can be a part of it! For more information about Temple Beth Orr, please contact the main office at 954-753-3232 x201.**

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



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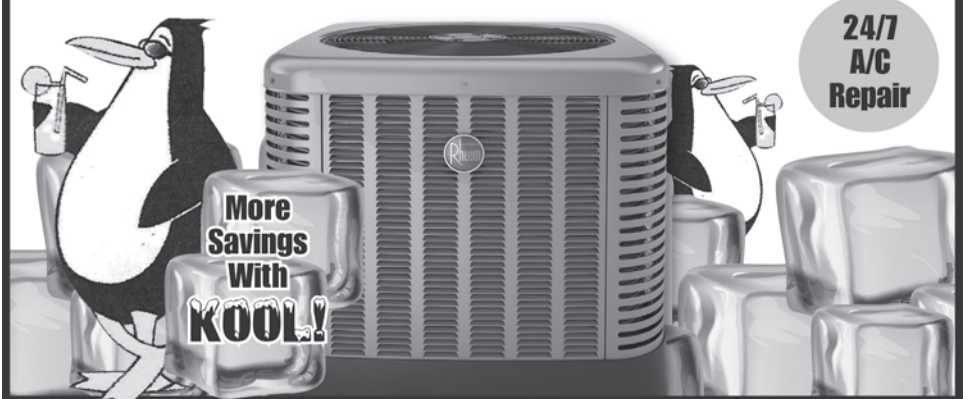
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-----------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------



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# POETS *and* POETRY

## *Our Peaceful Place Where We Live*

*By Mary Ann Rosa*

*Every evening my friend and I find  
A beautiful place where we clear our mind  
For my friend and I, we have this tree  
Which we sit under, just her and me*

*Spending our quiet time there  
It is our time share alone  
Our thoughts and our laughter  
While ignoring our phone*

*We embrace all the beauty  
The birds in the sky  
The fish as they splash  
When ducks swim quickly by*

*We watch the lizards  
As they climb up the trees  
Or swim across the lake  
As they just let us be*

*We find so much peace  
In the stories we share  
With advice or suggestions  
And showing we care*

*People wave "hi"  
As they cross over the lake  
And dogs run to us quickly  
For a pat and a shake*

*As we watch the sun in its beautiful set  
We pack up to leave without a fret*

*Until the day of tomorrow arrives  
We will return home and to our lives  
So we pack up our chairs to begin to leave  
As we look forward to another evening under our tree*

# Condolences

**What we have once  
enjoyed we can never  
lose; all that we deeply  
love becomes a part of us.**

Helen Keller

## **In Memory of Ernest "Bill" Corey**

Wynmoor's former Treasurer, Ernest "Bill" Corey recently passed away. Bill was a true gentleman in every sense of the word. No matter the demands of his position or the stress of the day, Bill always wore a smile. He was thoughtful and considerate of those around him, and his kind nature and warm personality were on a level rarely found in today's world. If you had the pleasure of knowing Bill, you know that it is hard to express his true character in words. Bill will be greatly missed by his Wynmoor family and his contribution to this community will not be forgotten.

## **In Memory of Kenneth Newman**

**By Rose Ortiz**

Kenny,

As a long time resident of Wynmoor, you were known for your kindness, friendship and as a wonderful neighbor. Your dedication and commitment to our building and as a board member will always be appreciated and remembered. You recognized the difficulties in an Association and often took the time to encourage and support me. What a great and wonderful friend. We will all miss you.

Rose and all your friends at Victoria K

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# 2-1-1<sup>★</sup>

## Senior Touchline

### What is Senior Touchline?

Senior Touchline is a free service that offers a daily telephone call for people over 60 years of age who live alone. The purpose of the program is to ensure that older adults can maintain their sense of well-being while remaining in their homes.

Touchline calls also provide social and emotional support. The 2-1-1 counselor establishes a relationship with the senior and provides them with a sense of security and safety. One simple phone call can help give a client peace of mind knowing that a volunteer will be checking in with them at the same time each day.

### How Does Touchline Work?

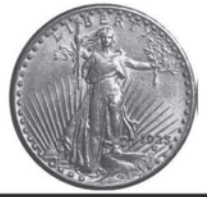
Each day, withing a pre-determined period, a 2-1-1 counselor calls registered seniors to make sure they are safe and well. If the 2-1-1 counselor is unsuccessful in reaching the senior after one hour of repeated attempts, the designated emergency contacts will be called and asked to check on the senior's well-being. If we cannot reach anyone, we contact the local police department to perform a senior wellness check to confirm their safety.

To sign up for this service call 954-390-0485 or 2-1-1 or go online to [www.211-broward.org](http://www.211-broward.org)

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# HURRICANE PREPARATION

## Hurricane Watches vs. Warnings

A HURRICANE WATCH issued for your part of the coast indicates the possibility that you could experience hurricane conditions within 36 hours. This watch should trigger your family's disaster plan, and protective measures should be initiated, especially those actions that require extra time such as securing a boat, leaving a barrier island, etc.

A HURRICANE WARNING issued for your part of the coast indicates that sustained winds of at least 74 mph are expected within 24 hours or less. Once this warning has been issued, your family should be in the process of completing protective actions and deciding the safest location to be during the storm.

**Tropical Storm Watches and Warnings:** Takes these alerts seriously. Although Tropical Storms have lower wind speeds than Hurricanes, they often bring life-threatening flooding and dangerous winds. Take precautions!

## Other Tips For Seniors

- Stock up on food and water supplies before or early in the Hurricane Season.
- Have at least a one-week supply of your medications (two-week supply is better).
- Stay aware of weather conditions.
- Make all plans in advance.
- If you need to evacuate, team up with a partner, neighbor or relative and plan together.
- Have an easy-to-carry storage container filled with basic necessities available, so in the event of an evacuation, you can grab the container and leave quickly.
- Select a room for your hurricane shelter. Make sure it has no windows, is near the center of your home and has no outside walls.
- If you need to evacuate, listen to the radio for locations of emergency shelters (610 AM, 850 AM, 97.3 FM or 100.7 FM), use travel routes specified by local officials.
- Have a list of emergency phone numbers near your phone. Also, choose one out-of-state friend or relative to contact who will let others know you are safe.
- Make sure to keep your important documents in a waterproof container.
- Turn off all switches in your fuse box but leave air-conditioning on!

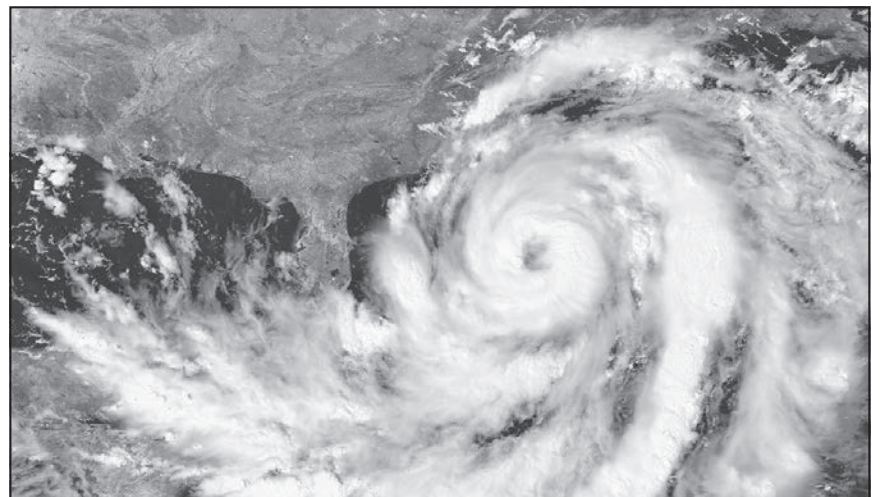
**Remember: The Security Emergency Number is 954-978-2663 Should Be The First Number Called For NON-911 Emergencies. For Life-Threatening Emergencies, Always Dial 911 First. (Note: Emergency Vehicles May Not Respond Until The Storm Has Passed)**

As with every hurricane season regardless of forecast, knowing the essentials of how to prepare could truly be a life saver. Below is a list of items needed for this season. The season officially starts on June 1st and ends on November 30th.

## Planning For Emergencies

Emergency kits are important when you no longer have access to electricity, clean water supply, or are required to evacuate:

- Supply of bottled water (at least a gallon/day, per person)
- Ready to eat nonperishable foods
- Telephone NOT requiring electricity
- Disposable plates/cups/utensils
- Flashlight with extra batteries
- Portable radio with extra batteries
- Extra set of car keys
- Credit cards/cash
- First aid kit
- Garbage bags
- Manual can opener
- Change of clothing/shoes per person
- Extra glasses/contacts
- Whistle to attract attention
- Survival blanket per person
- Special medicines/items for all persons
- Entertainment items (non-electrical, like books, puzzles, etc.)



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- 2201 Lucaya: 2/2, Furnished, Pool View..... \$1300/mo.

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- 2405 Antigua: 2/2, Remodeled, Modern Open Concept ..... \$ 179,900
- 2505 Antigua: 2/2, Corner, Updated Unit, Turnkey ..... \$ 149,500
- 2404 Antigua: 2/2, Ground Floor Unit, Great Price ..... \$ 124,900
- 3306 Aruba: 2/2, Luxury Model, Completely Renovated, Washer & Dryer ..... \$ 299,900
- 3305 Aruba: 2/2, Luxury Corner Unit, Washer/Dryer, Pool View ..... \$ 195,000
- 1903 Bermuda: 2/2, Renovated, Panoramic Lake View..... \$ 124,900
- 1905 Bermuda: 2/2, Renovated, Open Kitchen, Lake View ..... \$ 125,000
- 1210 Bahama: 3/2, Corner Unit, Open Kitchen, Laminate Flooring ..... \$ 139,900
- 3401 Bimini: 2/2, Turn Key, Beautifully Renovated, Impact Windows, Golf View, Washer/Dryer.... \$ 189,900
- 1801 Eleuthera: 2/2, Corner Evergreen, Washer/Dryer, Remodeled, Lake View ..... \$ 269,900
- 2002 Granada: 2/2, Completely Renovated Unit, SS Appliances, Washer/Dryer ..... \$ 180,000
- 2302 Lucaya: 2/2, Corner Unit, Remodeled, Pool View ..... \$ 159,900
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Jordan T. Spohn, AAMS<sup>®</sup> Financial Advisor For EDWARD JONES (954) 973-0825

## Introducing Ilka Witt

I want to share some terrific news with you. Our office has been lucky enough to grow fast the last 7 years since I moved to Coconut Creek. Thanks to the Wynmoor communities continued trust in us to help reach their financial and investment goals, we have decided to welcome a new team member.

Lauren and I are very excited to welcome Ilka Witt to help bring you the service you expect from Edward Jones. Bringing on the right person was extremely important to me because you have not only entrusted your own personal goals with us, you have referred your friends, family members, and other loved ones to our office- which is the biggest compliment I could receive as your financial advisor.

I asked Ilka to share a little bit about herself below. Thank you to the entire Wynmoor Community for being so great to our Coconut Creek office.

I was born and raised in the beautiful Eastern European country, Bulgaria. In 2007 I moved to Vail, Colorado where I met my husband, Ryan. We lived there for 7 years. After we had our daughter, Sofia, we decided to move closer to Ryan's family in Michigan.

I joined Edward Jones in 2016, while living in Michigan, and I immediately fell in love with the company and my job. I felt so welcomed by my colleagues and clients.

In 2018, my husband accepted a position as a General Manager of a hotel in Boca Raton and we relocated to South Florida. Fortunately, I was able to transfer to a local office in Plantation.

Today, I am very excited to partner with Jordan and Lauren to serve our clients in Coconut Creek and around the country. Before coming to the firm, I worked in the hotel industry. Customer service and satisfaction is my main priority.



My favorite part of my career is getting to know our clients and establishing personal relationships. I want to know what's important to them. I want to hear about their vacations, grandkids, pets; see pictures from their weddings and receive their Holiday cards. I want them to feel like they are part of our family and we are part of theirs.

In my spare time, I like to do DIY home décor, read, and paint. A fun fact about me is that I have a cat named Peppa and I was raised in a family of an air force jet-fighter pilot and a rock climber.

I look forward to meeting and serving each and every one of you.



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# New Durable Power Of Attorney Is Important To Protect You

By Martin Zevin, Attorney

A Durable Power of Attorney is an extremely important document that every adult in Florida should have. You appoint one or more Agents to act on your behalf for virtually all legal and financial matters. The Durable Power of Attorney is most often utilized if you become incapacitated; however, I have many clients who choose to allow someone trustworthy to act on their behalf just to make life less complicated. The Durable Power of Attorney can be used for such diverse jobs as paying bills, signing contracts, buying and selling real estate, making investments, collecting monies owed and most other matters of a legal or financial nature. It does not cover any medical decisions, for which Florida Law requires a Designation of Health Care Surrogate. It also does not cover "pulling the plug," for which a Written Declaration, otherwise known as a Living Will, is required.



of powers in order for your Agent to be able to perform that duty. The banks, brokers, life insurance companies and other institutions are much more comfortable with this detailed Durable Power of Attorney, since it is clear what you want your Agent to do.

Under the new law, you can choose to name two people to act as Co-Agents. You then designate whether you allow them to act independently (only one signature necessary) or require that they act together (two signatures necessary). Your designated Agents will also need to sign an acceptance agreeing to act.

The new format of the Durable Power of Attorney is much more extensive and complicated (ours is 26 pages); therefore, if you did a Power of Attorney years ago, expect to pay more for the new one.

If you have never done a Durable Power of Attorney, it is extremely important to contact a lawyer to prepare the document as soon as possible. However, if you have a Durable Power of Attorney and it was done before October 1, 2011, it is strongly advisable to prepare a new one. You may also have a document done after October 1, 2011 but in the old format. This may also need to be redone.

The Durable Power of Attorney remains valid until you die. It is against the law for your Agent to use it (to withdraw funds, sell real estate, etc.) after your death. At that point, your Will or Revocable Living Trust will take effect.

A comprehensive law regarding the Durable Power of Attorney became effective on October 1, 2011. The law does provide that any Durable Power of Attorney executed under Florida Law before October 1, 2011 will remain valid. However, in the last few years, many financial institutions are refusing to honor old Durable Power of Attorneys, particularly more than ten years old. There can also be substantial delays involved if your Agent attempts to use an old Durable Power of Attorney, since they are being reviewed by the legal departments of the institutions prior to being allowed. The older your Durable Power of Attorney is, the more likely it will undergo scrutiny and may be rejected.

It is also very important to have an updated Living Will and Designation of Health Care Surrogate which includes HIPAA compliant language.

This article summarizes a few of the basic aspects of the Durable Power of Attorney. It is recommended that you contact an attorney for review of any documents that you currently have.

I offer a free consultation for all matters regarding Durable Power of Attorney, Designation of Health Care Surrogate, Living Will, Wills, Trusts, Probate and Estates. I also offer free consultations regarding any issues pertaining to personal injury claims or car insurance coverage. Please feel free to contact me at 954-569-4878. My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida 33442.

My website is: [www.martinzevinpa.com](http://www.martinzevinpa.com) and my e-mail address is: [martinzevin@netzero.com](mailto:martinzevin@netzero.com)

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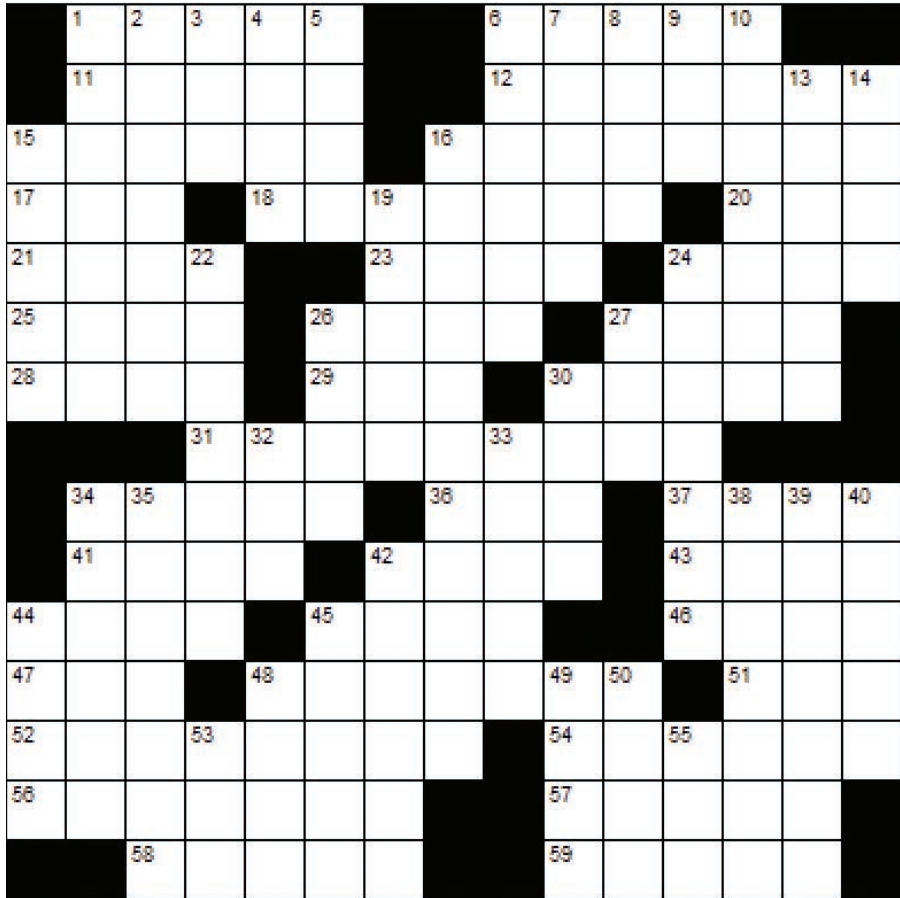




# Puzzles and Games

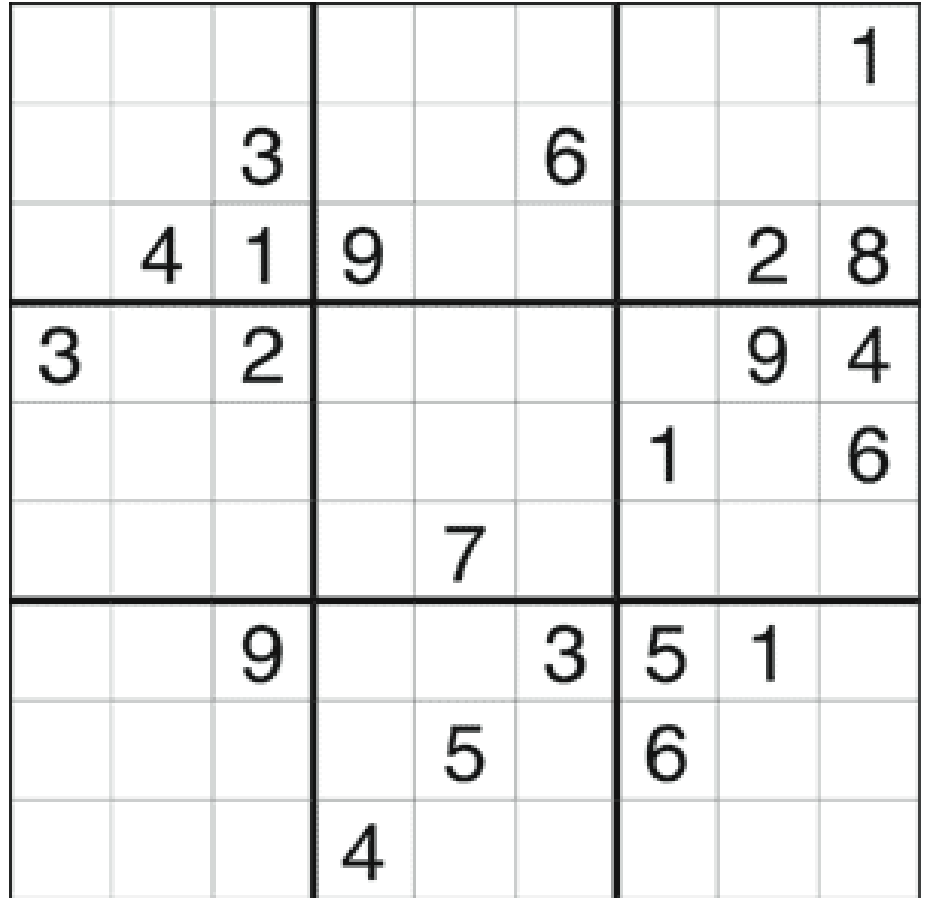
Solutions on page 54

## Crossword Puzzle



- ACROSS**
- 1. Nincompoops
  - 6. Lessen
  - 11. Bog hemp
  - 12. Sea cow
  - 15. Violet
  - 16. Obstinate
  - 17. Buffoon
  - 18. Make larger
  - 20. G
  - 21. Break
  - 23. Historical periods
  - 24. Cleave
  - 25. Beige
  - 26. Wicked
  - 27. Infamous Roman emperor
  - 28. One who colors cloth
  - 29. Record (abbrev.)
  - 30. Tendon
  - 31. A tropical American fruit
  - 34. Cursed
  - 36. Letter after sigma
  - 37. Nets
  - 41. Sage
  - 42. A reserve of money
  - 43. Affirm
  - 44. Small, medium or large
  - 45. Indian dress
  - 46. Former Italian
  - 47. “\_\_\_ Maria”
  - 48. A blue woolen bonnet
  - 51. To make a fool of (archaic)
  - 52. High ranking officers
  - 54. The Louvre, for example
  - 56. Chic
  - 57. Cake frosting
  - 58. Pooch
  - 59. Profoundness
- DOWN**
- 1. Failure to attend school
  - 2. Armed conflict
  - 3. Evil spirit
  - 4. Scrabble piece
  - 5. Observed
  - 6. Ethically indifferent
  - 7. Sudden loud noises
  - 8. Stake
  - 9. Black gunk
  - 10. Knickknack holder
  - 13. Heretofore
  - 14. Gave the once-over
  - 15. Modelled
  - 16. Impersonations
  - 19. Embankment
  - 22. Intent
  - 24. Restoration
  - 26. Sea eagle
  - 27. Zero
  - 30. Potato
  - 32. Fury
  - 33. Terror
  - 34. Turn on a pivot
  - 35. Shrunken
  - 38. Apparent
  - 39. City district
  - 40. Horde
  - 42. Defective
  - 44. Wise one
  - 45. Jargon
  - 48. Boast
  - 49. Among
  - 50. Brownish purple
  - 53. Conceit
  - 55. Take in slowly

## 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.

## Dance crazes

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



- BALLROOM
- BOLLYWOOD
- CALYPSO
- CHA CHA SLIDE
- CHARLESTON
- CHICKEN DANCE
- DA DIP
- DISCO
- ELECTRIC SLIDE
- FLAMENCO
- FOOTLOOSE
- FOXTROT
- GANGNAM STYLE
- HAND JIVE
- HIP HOP
- HOKEY POKEY
- JITTERBUG
- JUMP ON IT
- LIMBO
- LINDY HOP
- LINE
- MACARENA
- MAMBO
- MERENGUE
- MODERN
- MOONWALK
- QUICKSTEP
- RIVER
- ROBOT
- RUMBA
- SALSA
- SAMBA
- SHIMMY
- SINGLE LADIES
- SQUARE DANCE
- SUZIE Q
- SWING
- TANGO
- TAP
- TEXAS TWO-STEP
- THE BUNNY HOP
- THE HUSTLE
- THE JERK
- THE RUNNING MAN
- THE TWIST
- THRILLER
- VOGUE
- WALTZ
- WATUSI
- YMCA
- ZUMBA

## a WORD or Two

**Word:** aleatory

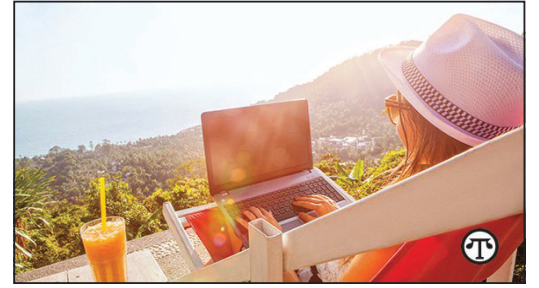
**Definition:** depending on an uncertain event or contingency as to both profit and loss

**Example:** “Steir paints using a carefully choreographed aleatory process ... informed by her interest in Zen meditation and Japanese and Chinese art-making traditions. Standing on a cherry picker to reach the top of her canvas... Steir pours, flings or swabs a line of paint, then patiently waits for it to trickle down in rivulets.”

— Julia Felsenthal, The New York Times, 21 July 2020



# Americans Ready To Vacation With A Vengeance To Make Up For Lost Time



(NAPSI)—One of the many long-lasting effects of the pandemic is a shift in the work-life balance. According to a survey by a world leader in travel deals, after a long year of sheltering at home, 92% of Americans plan to travel in 2021—and they don’t plan to hold back.

**Shoulda, Woulda, Coulda:  
Americans Reflect on Missed Experiences  
Americans traveled less in 2020, and they  
have been feeling the loss in more ways than one:**

- Seventy-one percent of Americans didn’t travel at all or traveled less in 2020 than in a typical year.
- Only 1 in 5 used all of their paid time off (PTO) in 2020, 19 percent because their company was too busy for them to be away and 29 percent because they wanted to save their time in case they or a loved one got sick.
- More than half regret not taking more time off in 2020. They feel they “wasted” their newfound flexibility and regret not working from different places.

“We’ve all felt the very real burnout that happens when we don’t take the time to recharge and that’s exactly why travel is so important.” “Traveling is invigorating—it offers a respite from the daily grind, allowing us to disconnect and look at things with fresh eyes.”

**A Lesson Learned: The Power of PTO**

Many Americans have a renewed appreciation for how beneficial PTO can be. “Taking time off is important for both employees and companies. Employees who use their PTO are happier, healthier, and more productive,” adds Dente.

- Most associate positive feelings with taking time off from work, saying it makes them feel relaxed, happy, and excited.

- Most people, especially parents, say their mental health (78% of parents, 53% of non-parents) and physical health (73% of parents, 48% of non-parents) would have benefited from taking a break.
- Two-thirds of those with a fixed number of PTO days plan on using more vacation and personal days in 2021 than in any other year—ever.
- Meanwhile, an overwhelming majority (82%) say they’re likely to use their remaining 2021 vacation days before the end of the year, and one in six (16%) plan to use all their days off for one vacation.

**So how are Americans traveling and where are they going?**

- Sixty-two percent of those with limited PTO will be vacationing in a place they’ve never been before.
- Sixty-one percent of those with limited PTO will take a trip based on a personal passion.
- One in three will embark on a road trip.
- Thirty-two percent plan to visit family or friends because the pandemic made them realize how important those moments are.
- More than half plan to tackle destinations on their bucket lists.

**Money Still Matters**

As they plan these trips, however, saving money is more important than ever, with 74% agreeing that travel deals are important.

For many, Priceline is the best way for travelers to book the trip they want at prices they can afford. Offering up to 60% off hotel stays as well as incredible deals on flights and car rentals, the company saves consumers over a billion dollars a year, so they never have to miss the moments that matter. To help Americans recharge and take advantage of their PTO, Priceline offers exclusive coupons and big deals on hotels, car rentals, and flights for 2021.



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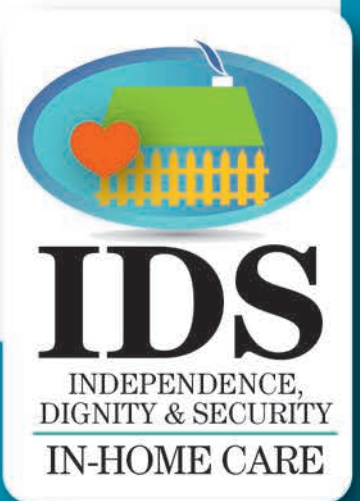
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# Clubs and Activities

Activities held in the Clubhouse have been opening slowly, but safely until further notice. Please contact the Club President for updated 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

The Wynmoor Bridge Club, like many community clubs, has finally been able to have face-to-face events. There are currently two ACBL sanctioned bridge games every week. One is on Tuesday, the other on Friday, both at 12:30 p.m. in the East Wing. The Tuesday game is a 0-1000 ACBL masterpoint game, based on the average per player for two players. The Friday game has no such restriction. Anyone seeking a partner may contact Gerri Silverman at 954-0978-2457.

.....

## Camera Club

By Nancy Landman

We have had an amazing 2020-2021 season! There was a wonderful response to our online Zoom meetings. We've had interesting and informative presentations throughout the season. Most exciting has been the wide variety of photos submitted by the membership and the obvious improvement over time in the quality of the work. You can view samples of our members' photographs in both News and Views and The Insider.

We are taking a hiatus until the beginning of our next season in November. As usual, our meetings will take place on the 2nd and 4th Tuesdays of the month.

The Camera Club of Wynmoor welcomes all Wynmoor residents to join regardless of your skill level or type of camera. Photography is unique in that if you have a camera (smartphones work!) and a computer, no additional equipment is necessary. Our world is our workspace.

If you'd like to register as a member and receive info and updates, send an email to CCWynmoor@gmail.com.

For further information call Nancy Landman 954-496-1965.

.....

## 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, contact Patrick O'Brien at 2makeitwork@gmail.com

.....

## Conservative Club

By Miriam Mendelson

The next meeting of the Conservative Club will be on October 19th at 7:00 p.m. in Ballroom A & B.

The speaker will be Laurie Cardoza-Moore. Laurie is Founder and President of Proclaiming Justice to The Nations (PJTN), which is a globally respected "go to" voice on the frontline in the battle for the ideological, social, moral and civic mind of America's next generation of leadership. In 2021, she continues to lead PJTN's growing army of "PJTN Watchmen" in the staging of the organization's "Taking Back America's Children" campaign, a growing national movement to educate, motivate, and activate Americans on the dire need for a return to conservative values and educational reform during these challenging times. Her efforts to expose anti-American, anti-Semitic, anti-Judeo-Christian propaganda in current textbooks and "wake

up" America to the dangers they present, come at a time when the failure of our nation's schools is increasingly tragic. The future leadership of our nation begins with the quality of education being presented in our nations classrooms. We cannot afford to lose. You won't want to miss this speaker. Dues (\$10/person) will be collected at the door. We will have a 50/50 raffle. Looking forward to seeing you.

.....

## Current Events

By Susan Myers

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

.....

## Democratic Club

By Stan Grossman

The Democratic Club "in-person" membership meeting will be held on Tuesday, September 14th in the Main Ballroom. Doors open at 1:30 p.m. and the meeting will start promptly at 2:00 p.m.! (If it turns out that the Ballroom will not be open for meetings, we will notify the membership of an alternate venue.)

Nikki Fried, the Democratic candidate for Governor of Florida, will be our guest speaker and will arrive promptly at 2:00 p.m. Ms. Fried has served, since 2018, as our Commissioner of Agriculture and Consumer Services. For more detailed information about Nikki Fried, please go to her website at nikkifried.com. We need to show our strength in supporting her! This will be an important and informative meeting.

Club dues will be collected at this meeting. Please join us and bring a friend. For more information on the club, please call Vivian Jones at (954) 984-3672.

.....

## Fun With Friends

By Louis Kravitz

Good news - we have dates if Wynmoor opens. Mark them down. No dues till November 2022 for paid up members. The dates are as follows: November 21, 2021, December 19, 2021, January 23, 2022, February 20, 2022, March 20, 2022, April 24, 2022, and then we have summertime and will see everyone November 2022.

.....

## Hadassah

By Toby Gordon

Please support Wynmoor Hadassah by purchasing certificates or trees for any occasion from Bernice Riback. She can be contacted at 945-984-1703. Beautiful cards for all occasions may be obtained through Lenae Herman who can be contacted 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.

.....

## Latin Women's Club

By Minerva Nazario

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

.....

## Nature and Arts Club

By Elinor Weinstein

As nature brings us hot Summer weather, it must be August or September. It's time to slow our pace and enjoy our pools, beaches, and our air-conditioning.

In expectations of our lives settling down from the pandemic, our board is planning and looking forward to indoor meetings and fun trips. This is our greatest hope!



# Clubs and Activities

Continued from page 45

Please let us know if there are any museums or nature trips you would like to visit. Our great team is ready to call all places of interest. Be sure to let us know if we have your updated email address and phone numbers (landline and cell phone) and your birthday (not the year). We love to acknowledge your special day.

Thank you all again for zooming along with us this season. We value your membership and friendship and look forward to a wonderful Fall season.

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 Marilynn Stoloff

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

## Pickleball Club

By Mayda Coombs

Pickleball is going strong regardless of the heat. There are always people playing and having a great time. Come on down and check it out. The Newbie Lessons are being held on Saturdays from 9:00 - 10:30 a.m. If you are interested, please contact Barry Smith at, 2002granada@gmail.com to reserve your spot. You just need to wear sneakers, bring eye protection if you have it, and please bring something to drink to stay hydrated. We supply the paddles and balls.

The court hours are as follows: Sunday: 9:00 a.m. - 1:00 p.m. • Monday: Wednesday, Friday & Saturday: 8:30 a.m. - 6:00 p.m. • Tuesday: 9:00 a.m. - 4:00 p.m. • Thursday: 9:00 a.m. - 1:00 p.m. & 5:00 - 8:00 p.m. for residents only (no guests).

## 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

Major fairway reseeded has required some creative course adjustments, but some of our sturdy players brave the challenge and make it fun. We are all looking forward to enjoying the finished renovations and returning to normal play. As always, new members are very welcome. Call the Pro Shop for updated information.



Linda Lewis-Moors wisely dresses appropriately for course conditions!

## 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.

## Writer's Workshop

By Nancy Heller Moskowitz

Zoom, Zoom, Zoom is music to our ears for now. We'll let everyone know when we return to Cardroom 1 on Saturdays from 10:00 a.m. - Noon. In the meantime, keep writing and sharing your thoughts. Any questions, contact Nancy at 954- 973- 2181.

## SWORDS

By Merri and Angela

**Postscript:** After a long period of too much Covid formed isolation, things are beginning to open and old and new friendships revitalized. SWORDS for women (single, widowed or divorced) has been on hiatus. SWORDS is active, intelligent, interesting single women who gather for lunch about twice a month to talk, eat and meet new friends. For more information contact merrigoldberg@aol.com

# We Look Forward To Seeing You!

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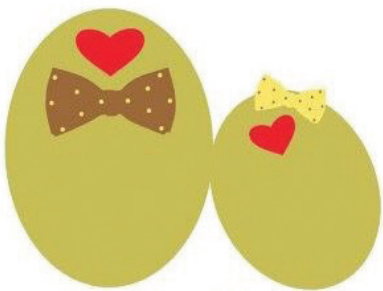
# For the PUN of it!

## Why English Is So Hard

We'll begin with a box, and the plural is boxes,  
 But the plural of ox becomes oxen, not oxes.  
 One fowl is a goose, but two are called geese,  
 Yet the plural of moose should never be meese.  
 You may find a lone mouse or a nest full of mice,  
 Yet the plural of house is houses, not hicc.

If the plural of man is always called men,  
 Why shouldn't the plural of pan be called pen?  
 If I speak of my foot and show you my feet,  
 And I give you a boot, would a pair be called beet?  
 If one is a tooth and a whole set are teeth,  
 Why shouldn't the plural of booth be called beeth?

Then one may be that, and three would be those,  
 Yet hat in the plural would never be hose,  
 And the plural of cat is cats, not cose.  
 We speak of a brother and also of brethren,  
 But though we say mother, we never say methren.  
 Then the masculine pronouns are he, his and him,  
 But imagine the feminine: she, shis and shim!



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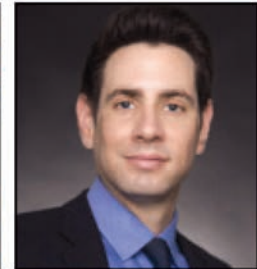
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Four Powerful Stories Of Love, Growth And The Soul

## Rachael's Return by Janet Rebhan

(NAPSI)—Caroline Martin has everything but the thing her soul craves most: a daughter. During a routine hysterectomy, she unwittingly aborts the little girl she's always longed for, leaving the unborn baby's soul in limbo. She shares a hospital room with a pregnant woman who's just been shot by her boyfriend. Her unborn child is barely hanging on—and the soul of Caroline's hovering baby cannot resist the urge to rebirth via this unclaimed fetus.

In the aftermath, two engaging heavenly guides struggle to find a way to help Caroline and her would-be daughter forge the link always meant to be between them—before the child's brutal father makes good on his vow to steal the girl and disappear with her.



## Big Wild Love by Jill Sherer Murray

Jill Sherer Murray lived in a dead-end relationship into her 40s before she finally let it go. She was like millions of women who struggle with whether to stay in a loveless marriage, a bad relationship, or give up on dating altogether, believing love isn't in the cards. You may even know someone struggling with a similar decision.



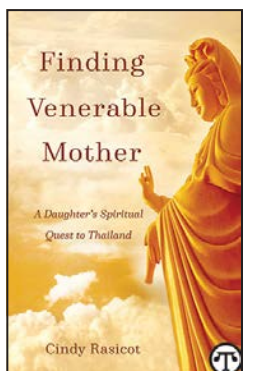
With warmth and honesty, Murray shows how letting go can free you from a life that isn't serving you.

She knows this is true, because she did it herself—and ultimately attracted the love and life she wanted. "Big Wild Love" shows how to find the way back to the self once thought lost.

## Finding Venerable Mother by Cindy Rasicot

When Cindy Rasicot moves to Thailand with her husband and teenage son, she finds herself strangely adrift in a foreign culture, unprepared for the challenges she encounters. On an impulse, she signs up for a conference where she unexpectedly meets a Thai Buddhist nun, Venerable Dhammananda Bhikkhuni, who leads her on a spiritual journey from which there is no turning back.

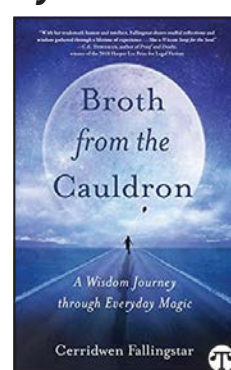
This soulful and engaging memoir is the story of one woman's journey of physical, emotional, and spiritual healing through her connection to a loving Buddhist teacher who fully accepts and nurtures her in a way her own mother never did.



## Broth From the Cauldron by Cerridwen Fallingstar

A collection of "teaching stories," this is a literary Wiccan soup for the soul. It is a distillation of the wisdom Cerridwen Fallingstar has gathered from her journey through life and from her 40 years as a Shamanic teacher and Wiccan Priestess.

At turns poignant and humorous, it chronicles her trajectory from a Republican Cold War upbringing to Pagan Priestess, offering a portrait of a culture growing from denial to awareness. Accessible to any audience interested in personal growth, "Broth from the Cauldron" is for everyone who's ever stood at the crossroads wishing a fairy godmother would come along and show the path



\*BookBites is a continuing series bringing readers information and ideas for their next read. For more reading ideas, visit BookTrib.com



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# Things to Remember Before an Acupuncture Appointment

By Marcus Smith, Licensed Acupuncture Physician



Each of us is different and not everyone responds to acupuncture in the same way or time frame. There are few hard and fast rules when it comes to preparing for an acupuncture treatment but there are some guidelines which tend to improve the treatment experience and outcome for most people. Here they are:

**Schedule Wisely**

Avoid scheduling acupuncture before or after something really strenuous. You don't need to be sedentary on either side of an appointment, but nor should you be going

nuts at the gym or suffering through an extremely stressful meeting. Also avoid sandwiching -- squeezing in acupuncture immediately between two other events -- as this has a tendency to make you either late for or stressed out during your treatment.

**Eat**

This is an important one, and it's something I get asked about a lot. Everyone metabolizes food at different rates, so adjust as you see fit, but a good guideline is to eat about two hours before an acupuncture appointment. You don't want to show up really full, or after having eaten something heavy, fried or spicy, but do not go for acupuncture on an empty stomach. It can leave you feeling lightheaded or physically depleted. If you're debating whether it's too close to your appointment to eat, eat. Better to be a little full than distracted by hunger during your appointment.

**Coffee Is Not Your Friend**

That is not to say that coffee is never your friend, but coffee is not your friend immediately before acupuncture. If you have a morning appointment and can't go without your morning cup, do what you have to do. But if you're going for acupuncture later in the day, avoid coffee for at least two hours before.

Coffee is a stimulant. It has been shown to increase sympathetic nerve activity, kicking your body into fight-or-flight mode. Acupuncture works to shift you away from that sympathetic (fight-or-flight) state and toward a parasympathetic (rest-and-digest) one, so coffee inhibits the process. It also makes it difficult for the acupuncturist to get accurate readings on your pulse and tongue, since coffee increases your heart rate and stains your tongue.

**Neither Is Alcohol**

One of acupuncture's greatest gifts is its ability to help us bring more awareness to how we feel. Impairing the senses with alcohol is not helpful.

**Wear Loose Clothing**

This is so the acupuncturist can easily access the points for stimulation. If possible, wear, or bring with you a pair of shorts and short-sleeved top to allow for easy access to arms and legs.

**Turn Off Your Cellphone**

Last but not least, please turn off your phone. Not on vibrate. Off. Do it before your appointment actually starts, to avoid forgetting and/or getting distracted by a call or message immediately before you're about to begin.

The very last thing you want is for your acupuncturist to be startled or distracted by your phone ringing in the middle of a treatment. This is your time and no one else's. Make it count.

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Different views of the plot for sale in the Garden of Solomon, 5-238

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- The representative will be able to customize your service to meet your needs, including adding HD (for an additional fee), desired TV channels beyond basic, internet at various speed levels, and phone service.
- Our agreement allows 4 TVs to connect to Comcast (2 big boxes and 2 small boxes).
- A fee for a service call will be waived when your services are not working. If something was not broken, but if you needed help anyway, there will be a fee for the service call.
- If Comcast equipment needs to be returned, you can take it to any UPS store and they will mail it back to Comcast for free, or you can go to a Comcast store.
- If your boxes are older than 2 years, it is time to exchange them for newer models.

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# Grand Re-Opening of Temple Beth Am in Margate

By Linda Storfer



**Rabbi Michelle Goldsmith**

After a long-awaited period of almost a year Temple Beth Am is pleased to announce the re-opening of our beautiful building located at 7502 Royal Palm Blvd., Margate for the High Holidays. Temple Beth Am is a Conservative egalitarian synagogue that offers daily minyanim in the morning and the evening with weekly Friday night and Saturday morning services on the Sabbath. In addition to religious services there is a full array of programs which include lectures, Adult Education, social action projects, parties with festive meals and special events. The dynamic Beth Am Sisterhood offers mah-jongg parties with brunch, lectures and a book club. Our vibrant Men’s Club offers concerts, fishing trips and many interesting sports related programs. The synagogue serves families, retirees, baby boomers, empty nesters and singles. There is a great buzz of excitement in the air with the arrival of our first female rabbi, Rabbi Michelle Goldsmith who just arrived recently from Herndon Virginia and is eager to bring many new events to the synagogue and the community at large. In the short time that she has been with us she has already gotten to know many of our congregants and many of our newcomers to the synagogue. In order to help assist everyone with getting into the holiday mood she will be teaching a two-part class on August 11th and August 18th entitled “What the Jewish tradition teaches us about repentance, forgiveness, relationships and G-D,” both of which will occur from 12:00 noon-1:30 p.m. Reserve your seat in the class by signing up today.

On Sunday, August 8th there will be an Open House for prospective and new members from 10:00 a.m.-12:00 noon simultaneously with our SOARS (now in its third year) Open House for families with children and grandchildren aged 9-12 who will learn all about the Jewish holidays and at the end of the three programs will become a bar/bat mitzvah. Synagogue membership is not required to sign up. The program caters to busy parents who cannot drive 3 times a week to Hebrew school and to their children. SOARS students only learn once a week on Sundays.

Rosh Hashanah is coming very early this year and begins on Monday night September 6th at sundown. Don’t be left out and call the office to purchase your tickets while they are still available. For further information about services on September 7th and 8th please see our ad elsewhere in this paper or look on our website [www.beth-am.org](http://www.beth-am.org). For information about any of the programs listed above or upcoming events check our website or call the office at 954-968-4545 x16. We would like to wish all of our members and friends living in Wynmoor and through the community a very Healthy and Sweet New Year.

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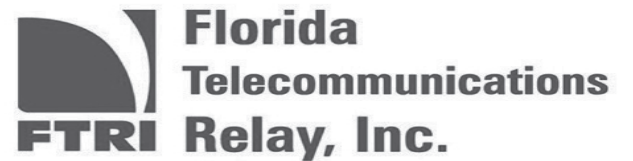
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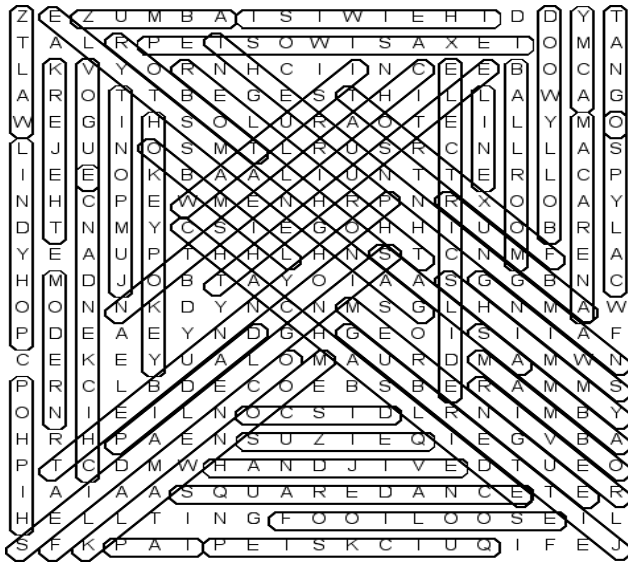
# Puzzles and Games

Solutions from page 40

## Crossword Puzzle



## Dance crazes



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## Sudoku

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

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