



The INSIDER

An Independent Newspaper
For Wynmoor Residents

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Daughter
Cheryl Stein
Mother

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4402 Martinique • <i>Furnished</i> , Lake/Golf View, Newer Water Heater and AC	\$189,000
4702 Martinique • Updated/Open Kitchen, New Water Heater, Glass Enclosed Patio	\$194,900
3203 Portofino • <i>Remodeled</i> , All Impact, No Carpet, Smooth Ceiling, Furnished	\$219,000

2 BEDROOMS / 2 BATHROOMS - INSIDE W/D

3303 Aruba • <i>Remodeled</i> , 1,360 sq.ft., Open Custom Kitchen, Lake/Golf View, All Tile, Knockdown Ceilings, Furnished	\$355,000
3303 Aruba • Top Floor, Glass Enclosed Patio, Over 1,300 sq.ft.	\$218,000
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1502 Cayman • 1,350 sq.ft., North Exposure, Iris Floor Plan, Turn-Key	\$219,000

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3401 Bimini • <i>Totally Remodeled</i> , 2nd Floor, Open Kitchen, All Tile, Glass Enclosed Patio, Furnished	\$174,500
1804 Eleuthera • <i>Remodeled</i> , All Impact, SS Appliances, No Carpet, Water View	\$185,000

1 BEDROOM / 1.5 BATHROOMS

2903 Victoria • Ground Floor, Lake View	\$139,700
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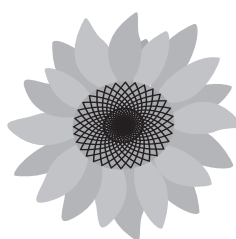
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SECURITY NEWS

Dispatch: 954-978-2667

For Medical and Life/Health Threatening Emergencies, Always Dial 9-1-1 FIRST!

Remember to STOP at ALL Stop Signs. The speed limit around Wynmoor Circle is 25 MPH and 15 MPH on the North Road and in the villages. Citations will be given out to those who violate the road rules. First Offense: \$25 Fine Second Offense: \$50 Fine

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- Emergency:..... 954-978-2663
- Automated Gate Access:..... 954-978-2666
- Security Dispatch:..... 954-978-2667
- Resident Registration Office:..... 954-978-2600, ext. 321
- Coconut Creek Police, Non-Emergency: 954-346-4400

Hours of Operation

- Administration/Pool/BBQ:..... 7:00 AM - 10:00 PM
- Fitness Center:..... 7:00 AM - 10:00 PM
- Country Club: 8:00 AM - 11:00 PM
- Racquet Center: 8:00 AM - 8:00 PM
- Theatre Complex:..... (Movies Only) 7:00 PM
-(unless there is a specific approved event)

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From the President



I am pleased to extend my heartfelt congratulations to our newly elected Vice President, on the Management Committee, Shane Moore. Shane has been actively involved in various aspects of our community life. On behalf of the entire Management Committee, I warmly welcome Shane and we are excited about the valuable contributions he will make as a member of our team. I would also like to thank and welcome all our Volunteer Board of Directors.

Wynmoor is a place where neighbors are not just neighbors; they are friends, companions, and a support system for one another. Wynmoor has earned its reputation as a wonderful place to call home, where events and activities are carefully curated to foster a sense of togetherness. From bustling social gatherings to thoughtful community projects, residents embrace the opportunity to connect and celebrate.

As we navigate the ebb and flow of community life, Wynmoor embraces the idea that differences are not divisions but threads weaving a stronger, more vibrant fabric. We have cultivated an environment where everyone should be heard, valued, and respected.

Through meetings, events, and collaborative initiatives, Wynmoor has transformed challenges into stepping stones toward a stronger, more connected future. The resilience of Wynmoor is not just a response to adversity but a way of life. As we embrace change, learning, and adaptation as constants in our collective journey. Every challenge has become an opportunity to reinforce our values and continues to make Wynmoor a beacon of light.

It's remarkable to note that our community has embraced modern communication methods, with over 8,000 residents on our email database. The email blasts, categorized by association, directors, and council, play a crucial role in keeping everyone informed about events, meetings, and important information within Wynmoor. If you're not receiving these updates, please email recent@wynmoorcc.org to ensure you are added to the distribution list.

In adapting to the changing times, we have embraced the popularity of Zoom, making it easier for residents who cannot attend meetings in

person. The West Wing, Lecture Hall, and Multi-Purpose rooms are now equipped for hybrid meetings, providing a seamless experience for both in-person and virtual attendance.

Our Media Team, operating under the supervision of the Recreation Office, works tirelessly to enhance our closed-circuit television stations.

Channel 99 brings a diverse range of programs, including Council and Wynmoor meetings, lectures, and more. Channel 98, in bulletin board format, serves as a valuable resource for information on meetings, events, movies, shows, club programs, class schedules, and more.

The online presence of Wynmoor is equally vibrant, with our website, www.wynmoorcc.com, showcasing our recreational, cultural, and hobby facilities. This platform also provides information relevant to current residents, council news, meeting schedules, ongoing projects, and more. Furthermore, the website allows for global communication with Wynmoor through electronic mail, facilitating quick and efficient interaction for potential and current residents.

As we continue to enhance our community's communication channels, I encourage you to stay engaged and take full advantage of the resources available to you. Together we can ensure that Wynmoor remains a vibrant and connected community.

Regardless of your beliefs, whether you celebrate Easter or Passover, I wish all my neighbors a joyous holiday, shared in love and comfort of family and friends.

God Bless,
Jackie Railey

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Public Assistance is a Blessing for the Poor and the Rich in America

By Mobolaji Adedoyin

What is public assistance or welfare programs? The Department of Children and Families Public Benefits and Assistance help promote strong and economically self-sufficient communities by determining eligibility for food, cash, and medical assistance for individuals and families in America. That medical assistance is known as Medicaid. A single mother can get assistance from the government to support her child or children. Someone must go to a local welfare or social services office and apply - there are many programs in different states. Recently, low-income single moms can benefit from free phone and cellular service. What is known as the "Lifeline Program" offers credit for \$13.50 a month for a land line phone or cell phone bill.

Low income or poor people did not create public assistance programs in America. Public assistance is imperative in any capitalist country, where the working class and poor people are always at a disadvantage - millions work hard for low wages and live from one paycheck to another. In America, wages have been kept to a minimum for almost five decades, while foods and rent increased every year. Even skilled workers, including auto manufacturing workers must go on strike before they get reasonable wages and retirement plans.

We cannot blame poor people for abusing those public assistance programs. It was the fault of various local government and municipalities - for too long they failed to amend or change those requirements for public assistance benefits. For many years many states did not make it clear to single women, already collecting assistance, that if they had a second child without a responsible father, they would not receive additional benefits. There were numerous cases where single women had up to three children from three

different men and were collecting public assistance for each child. It took a few decades before many states started to amend their public assistance policies.

In Florida lower income families and single mothers can take advantage of several programs and resources that will help them pay for their basic needs. Funds provided by the state pay for energy bills, food, medical bills, housing costs, and other bills. Help in job search and employment is also available.

Public assistance programs benefit the poor and the rich in America. What I cannot understand are politicians and citizens that are pro-life and against abortion and are also against public assistance programs. How can we force a woman to have a baby she knows she cannot afford, and we refuse to help that woman to feed her child?

Many developing countries do not have welfare or public assistance programs. A single mother and poor families are on their own. That is why poverty is so rampant and in the public eye in those countries - there are millions on streets begging for food and money or emptying trash cans to look for food. Millions live on food they collect from trash cans, especially trash cans from rich neighborhoods, if they are lucky to have access to those neighborhoods. More desperate women use their children to steal food in daylight.

I know there is poverty in America but compared to that in developing countries it is like night and day. I am sure the well-off in America do not want things to get as bad as it is in many developing countries - where millions of women and children are homeless and are starving every day - where millions have no access to medical treatment.

Public assistance is a necessary trickle-down economic program that benefits the poor and the rich in America. Poor people are more content with their situations, and they would survive under any condition - winter or summer and in sheds or caves. The question is do rich people want to step around or over poor women and children on the streets of America?

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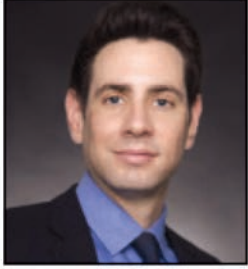

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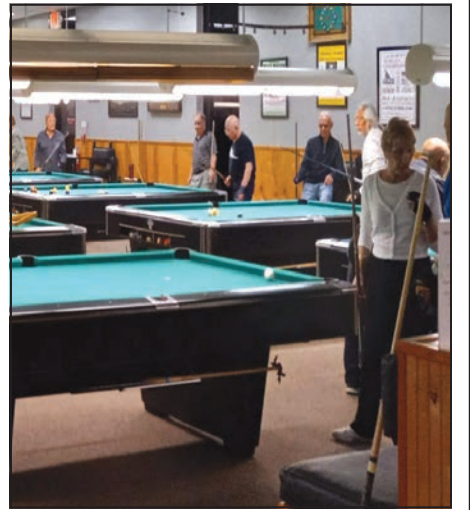
Wednesday Night 9-Ball Winners

Photos by George Soussou

By Bob Horowitz

Join us in our fun **Wynmoor Billiards and Pool Club** events. Past events included Karaoke night, comedy club night, group BBQ & Dance, Picnic at the Cove with live music, Pool & Billiard tournaments, and other social events for couples and singles.

The cost to join the Wynmoor Billiard and Pool Club is \$10.00/yr.
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Thoughts and Beliefs



Thoughts are things. Thoughts are energy. Thoughts are vibration. Thoughts have momentum. Thoughts attract vibrations and energy that are like themselves. Did you ever feel like a thought was stuck in your head?

Sometimes it even feels like your thoughts are occurring without your participation at all. This is actually what is happening. When you think a thought, the energy goes out into the universe and other thoughts that are of like vibration will be magnetically attracted to it and the momentum begins.

Your thoughts also create your feelings. The first exercise in my book, *The Pursuit of Happiness* is to think a very negative thought and see what feelings are produced in your body and then let it go and think the most positive thought you can and check out your body once again. For a lot of people, unfortunately, the negative feelings seem easier to produce. This takes practice and commitment to keep reaching for the positive feeling. Sometimes if things are not going well at the time, you have to reach back to a memory. This works just as well.

Beliefs are just thoughts that we keep thinking over and over. The way this works is that when we think and other thoughts join the ones we are thinking and momentum occurs, the events that you draw to you exist first as energy/vibration before they become a physical manifestation. So, when they become physical, and you see them as your reality your belief gets stronger. So, you think it even more and the belief gets even stronger and all the events that are drawn to you further strengthen your belief and you get to be right all the time. Henry Ford said 'if you think you can or you think you can't you're right'. How true. This is a perfect example of thoughts becoming a belief and then a physical 'reality'.

Quantum physics tells us that the universe is all energy/vibration probabilities. You draw to you whatever matches your thinking and your beliefs. This is true everywhere in our lives but seems to show up in a few different areas like health, money and relationships most obviously. We all have beliefs about ourselves with regards to these and other issues. Since we don't realize that what we have is a result of our thinking, we keep thinking the same thoughts and hold the same beliefs and keep recreating the same end results. And then we keep being right about what we believe and on and on and on.

If you can put all judgment aside on this subject and begin to change your thoughts about what you are presently thinking negatively about or things that are not working out in your life, start making up new thoughts. You can write them down, do verbal affirmations, start talking about what is pleasing to you and what you appreciate in your life. Just see what happens after a month of this.

There's an old book called *The Power of Positive Thinking*, but there is power in negative thinking as well. There is power in all thought and you can choose which power and therefore which outcome you want.

Since all our feelings are produced by our thoughts and especially by our beliefs, if our thoughts are consistently negative, they will produce consistently negative feelings. These feelings will eventually take a toll on your body. This is the basis for my class on the Mind-Body Connection. You will be doing your health a great service to notice what you are thinking and feeling (and talking about) and do your best to replace any negative ones with new ones that are more positive. Eventually you will build a momentum towards becoming more consistently positive.

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By Steve Vajda

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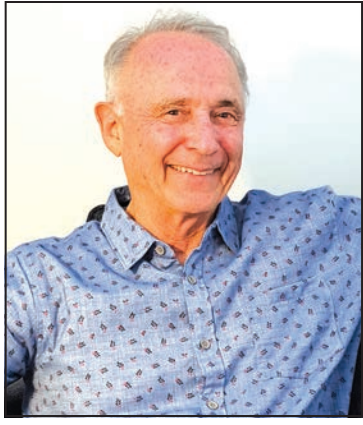
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The 29th Anniversary of the Battle of Bunker Hill

By Barry Singer

June 17th marks the 248th anniversary of the Battle of Bunker Hill, the first battle of the American Revolution fought by the Continental Army from a defensive position against the regular British Army. Fought in Cambridge, Massachusetts, it was one of the most important of the war.

PRELUDE

Immediately after the battles of Lexington and Concord, the New England militia swelled to fifteen thousand. They began a siege of Boston. British General Thomas Gage knew the rebels well. He understood that his 3,000 troops could not stop the rebellion. Gages' superiors in London, determined to break the stalemate at Boston, sent General's Howe, Clinton, and Burgoyne, to get aggressive, and crush the rebellion once and for all.

On the Continental side, William Prescott's bravery in the Indian Wars had led to an offer from the King's Royal Army, of a commission which Prescott declined. Colonel John Stark of New Hampshire, also an experienced Indian fighter, had the unwavering loyalty of his men. Once captured by the Abenaki tribe while trapping, Stark was eventually adopted by the tribe in recognition of his bravery. George Washington was not yet in command. Only on June 15th was George Washington appointed Commander in Chief.

FORTIFICATIONS

On June 15th it became clear that the British were going to leave Boston and attack. The militia acted. William Prescott and his men marched into Charleston and occupied the heights at Bunker Hill. Overnight, they built defensive works at nearby Breed's Hill. In the morning, the British seeing Breed's Hill occupied, laid aside their original plans and attacked the next day on June 17, 1775.

Although the Breed's Hill fortifications were weak (built overnight), Prescott did two important things. First, he sent artillery to disrupt the British, along with Captain Thomas Knowlton's Connecticut men to support them. Knowlton, another experienced veteran of the Indian wars, saw the weakness in the defensive line. Knowlton ignored his orders. He immediately took his troops to the weakest point (on the left) where he found a fence used to keep livestock from roaming. He spread his forces along this fence (now famously known as "the rail fence"), fortifying it further with stones and hay.

Prescott's second action was to send for reinforcements. Col. John Stark arrived in the afternoon. Stark spotted another glaring weakness in the defenses, an open gap on the far left of the defensive line at the beach, where the British could walk through and attack the defense works from the left flank. He immediately plugged this gap by having his troops build a fence of nearby stones thus extending the Militia's left flank all the way to the beach.

Now a strong defensive line was in place!

THE BATTLE – "DON'T FIRE UNTIL YOU SEE THE WHITES OF THEIR EYES"

The left flank was exactly General Howe's main point of attack. He was counting on the rebels wasting ammunition by firing too soon (as untrained troops usually did) and then running away at the sight of bayonets, gleaming in the sun, rapidly approaching.

But that was not to be. Both Stark and Knowlton knew how to steady their men. Stark placed marking sticks on the beach at a distance of 50 yards (within the musket's range of accuracy). Then, during the attack, they stood behind their men, talking softly, urging them to hold fire until the last possible moment. Legend has it that during this wait, someone, perhaps Stark

or Knowlton, uttered those famous words "don't fire until you see the whites of their eyes."

Well, the fire was resolute and accurate. The militia did not run. Instead, the British light infantry and grenadiers attacking the beach and the rail fence fell like autumn leaves. General Howe, personally leading the first attack, appeared visibly disturbed by the carnage around him. Howe had no choice but to regroup and attack again (to do less would have been too great a stain on Britain's and his own military honor). During this second assault the Continental militia ran out of ammunition. They retreated, taking most of their casualties during this retreat.

AFTERMATH

The British captured the hill although at an exorbitant cost in lives. Of the 2,300 British soldiers, more than 200 were killed and more than 800 wounded, a casualty rate of over 40%. Of all the British officers killed in the entire war, almost 25%, or about 100 British officers, were killed here in Cambridge, on this day, at Bunker Hill.

Continental militia casualties were light in comparison: slightly more than 100 killed, and about 300 wounded. Most of these casualties occurred during the retreat from the breastworks.

The battle results horrified the British. It became known, in Howe's own words, as very costly victory. Howe had later remarked: "When I look to the consequences of it, in the loss of so many brave officers, I do it with horror. The success is too dearly bought."

The following August in Brooklyn, after executing a brilliant flanking maneuver which placed total victory within his grasp, Howe failed to crush the Continental Army. Instead of rapidly proceeding against the Continental fortified positions, he turned cautious, using slower, siege tactics. This caution provided George Washington and the Continental troops the opportunity to escape from Brooklyn and continue the war. We will never know how much the horror of Bunker Hill weighed on Howe's mind at that decisive moment in Brooklyn.

Barry Singer

Barry Singer lives part of the year at Wynmoor, and is a volunteer with the Historical Society of Princeton, NJ, speaking about the American Revolution and leading walking tours in historic Princeton. To learn more about Barry's activities, visit www.barrysinger.co



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From a consumer's standpoint, it's not hard to see the effects of higher interest rates. If you want to take out a mortgage or refinance an existing one, you'll find that it's considerably costlier in terms of the interest you'll pay, than it was a few years ago. And the same is true of car loans and credit cards. Paying these debts at higher rates can affect your cash flow, so while rates are high, you may need to make some important decisions about your overall budget and spending plans.

As an investor, though, you may find the effects of higher interest rates to be somewhat more complex. That's because higher rates can have a different impact on different types of investments, such as stocks and bonds.

When considering stocks, be aware that not all market sectors will respond the same way to higher interest rates. For example, the financial sector, which includes banks, insurance companies and brokerage firms, may benefit from higher rates. On the other hand, smaller technology companies, which still must invest heavily in their businesses, may not do as well due to rising interest rates making it more expensive for them to borrow. And other sectors will respond differently to higher rates. Keep in mind, though, that there's great variance within sectors and among companies, so when you consider purchasing stocks, evaluate each choice on its merits and make sure it fits within your risk tolerance, time horizon and need for portfolio diversification. When you diversify your investment

dollars, you can reduce the risk of market volatility affecting just one type of asset, although diversification by itself can't protect against all losses.

With fixed-income investments, such as bonds, interest rate movements can have significant and direct impacts. When interest rates rise, the value of your current bonds will likely fall because new bonds can pay higher rates. However, you can also buy bonds at the new, higher rates and benefit from bigger interest payments.

Still, there's no guarantee that interest rates will stay elevated – in fact, the Federal Reserve has indicated that it might actually start cutting rates in 2024 – which is why it may be a good idea to build what's known as a “ladder” consisting of short, intermediate, and long-term bonds. Once you have your ladder in place, you'll have some protection from interest-rate movements. So, if rates were to keep rising, you could reinvest the proceeds of your short-term bonds in the new, higher-paying ones. But if rates level off, or even fall, you'll still benefit from your longer-term bonds, which typically (but not always) pay higher rates than short-term ones.

Of course, if you hold your bonds until maturity, you will continue to get the same interest payments, regardless of where market rates go.

In any case, it's useful to be aware of what's happening with interest rates — the more you know about the factors affecting your investments, the better off you'll be.

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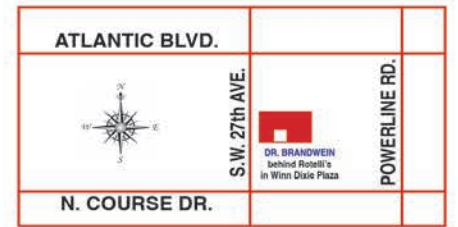
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Recently we celebrated a beautiful baby naming service. We are here for all your religious needs. This year, Passover begins on April 22nd at sundown and ends, for Reform Jews, at sundown on April 29th. Conservative and Orthodox Jews end Passover on April 30th. Reform Jews follow the Israeli calendar. Orthodox and Conservative Jews, for the most part, follow the tradition of taking an extra day harking back to the times when an exact date for a holiday could not be determined.

Almost everyone who has attended Seders at multiple venues has noticed that, although the basics are the same, there are differences. Each family has its own traditions-think matzoh ball "floaters" vs "sinkers," and don't even think about the Hassidic Jews who don't have matzoh balls at all. Even places in the world from which Jews came impact on their ways of celebrating the holiday.

Ashkenazi Jews, mostly from various areas in Europe, do not eat Kitniyot, which includes rice, corn, millet, beans, split peas, soybeans, and chickpeas. Sephardi Jews, on the other hand, do eat Kitniyot. Yemenite, Mizrahi and Romanite Jews generally follow the Sephardi traditions, but with, as all Jews, a bow to their places of origin. Some Ashkenazi Jews do not eat any oil derived from legumes, or peanut products. Tradition!

Of course, the Seder itself also lends itself to different traditions. The basic Haggadah is the same. In terms of ritual, the main difference between an Ashkenazi and Sephardi seder is that Sephardim do not recite the blessing over the second and fourth cups of wine, believing that the blessings over the first cup for the kiddush, and the third cup following Grace After Meals cover those cups as well.

The Seder plates containing ritual foods also differ. Sephardi plates are large because they also contain the three matzot needed for the Seder. Ashkenazim place dividers between the three matzot. Sephardim do not. Some Sephardim use a Kabbalistic arrangement for the Seder plate.

Sephardim and Ashkenazim also differ on what meat can be served at the Seder. The sacrifice of the lamb on Passover was permitted until the destruction of the second Temple in Jerusalem in 70 C.E. by the Romans. Since then, Ashkenazim have been forbidden to eat lamb meat, while some Sephardim serve lamb at their Passover Seder meals.

Many Sephardi families act out parts of the Haggadah, and women recline as well as men. The order of the Four Questions is slightly different in each tradition. Ashkenazim reserve the honor of asking the Four Questions for the youngest person at the Seder. Sephardim ask the questions in unison.

So, where do the two traditions meet? Both agree that having any contact with and possession in one's household of chametz bread (leavened bread) is forbidden on Passover, as well as any foods made with chametz ingredients (barley, spelt, rye, oats, and wheat) outside of matzoh. Sephardim and Ashkenazim also agree that any non-chametz items, edible or nonedible, that come in contact with chametz items are then classified as second secondary chametz, and as such, are prohibited during Passover. And everyone agrees to have fun! Leave your differences, politics, and complaints on the doorstep.

Some families write their own Haggadot. There is much flexibility in the telling of the story of the Exodus. There is always room for skits, fun facts, and new traditions (Miriam's Cup, an orange, a Fifth Question etc.). Who knows? Your new tradition may become the next "must do" for most of us. Eventually, may we merge our differences into one tradition. We hope you have a sweet (It doesn't matter if your charoset is made with dates or apples) and meaningful Passover.

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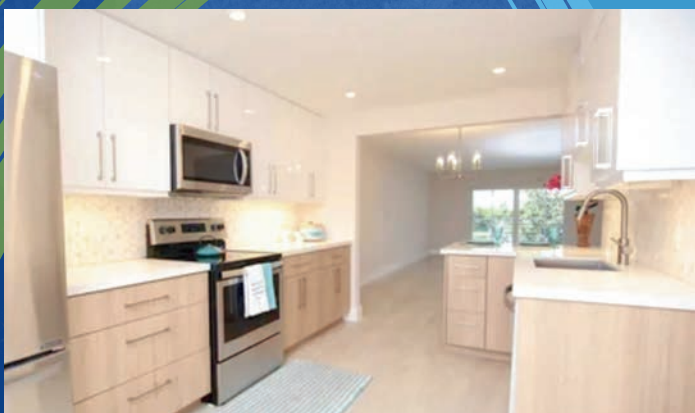
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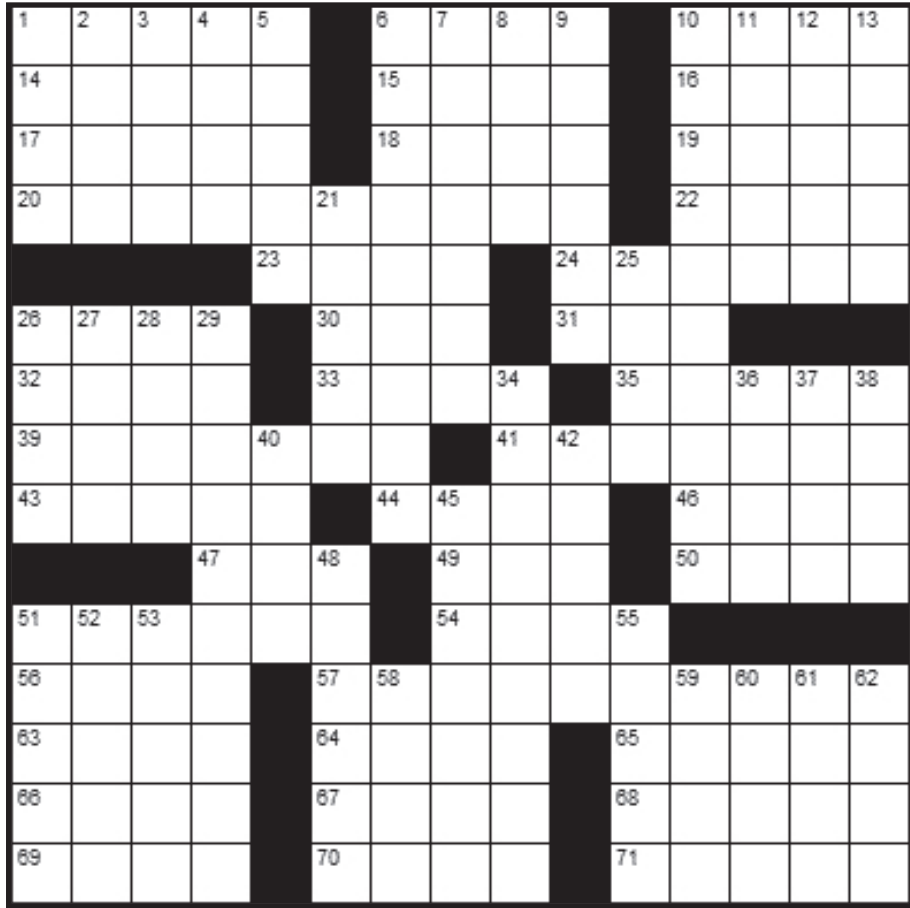


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Puzzles and Games

Solutions on page 66

Crossword Puzzle



ACROSS

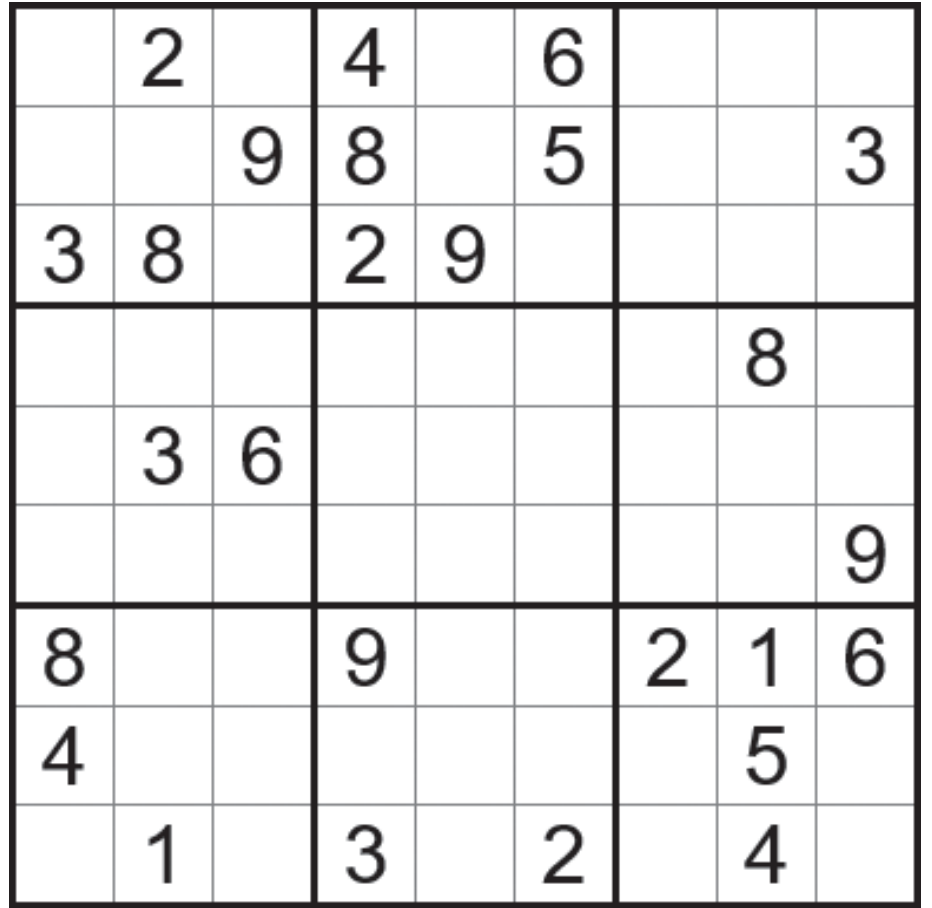
- 1. Utilizers
- 6. Pierce
- 10. Crones
- 14. Send, as payment
- 15. See the sights
- 16. Iridescent gem
- 17. Genus of heath
- 18. Hindu princess
- 19. Style of hairdo
- 20. Lingering sensation
- 22. Lingerie item
- 23. Retained
- 24. The wool of a sheep
- 26. Flock members
- 30. Type of primate
- 31. Stitch
- 32. Two considered together
- 33. Indian dress
- 35. Deservedly receives
- 39. Injured
- 41. Lay of the land
- 43. Marsh bird
- 44. Baking appliance
- 46. Europe's highest volcano

DOWN

- 1. Fertilizer component
- 2. Drudge
- 3. Broadcast
- 4. Oriental grain
- 5. Barren
- 6. A form of torture
- 7. It browns bread
- 8. Parental sister
- 9. Legal filings
- 10. Domestic utensils
- 11. A computer company

- 12. Pertaining to cod
- 13. Hillside
- 21. Josh
- 25. Lascivious look
- 26. Declines
- 27. Threadbare
- 28. Decorative case
- 29. Commander of a ship
- 34. Repeated performance
- 36. Assess
- 37. One less than 10
- 38. Break in two
- 40. Crease
- 42. Legislate
- 45. Lanai
- 48. Be unlike
- 51. Scattered
- 52. Battery terminal
- 53. Thrust
- 55. Meat on a stick
- 58. Adriatic resort
- 59. Scarce
- 60. Angers
- 61. Not any
- 62. Pesky insect

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.

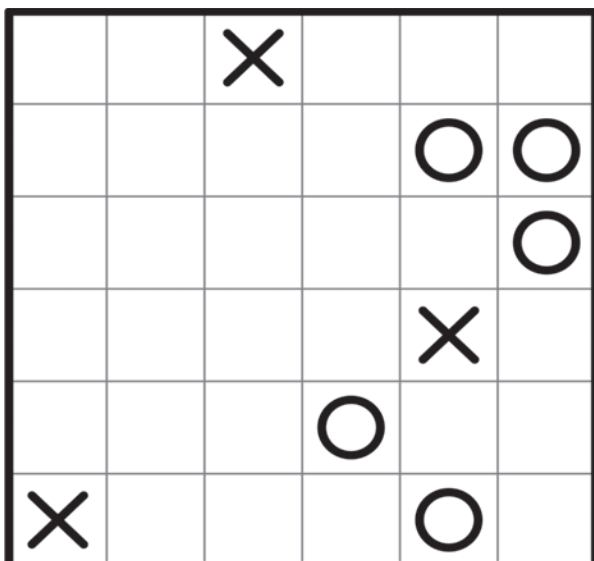
Fantasy World

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



- ARCHERS
- ARMOR
- ARROWS
- AXE
- BARD
- BLACKSMITH
- BOW
- COURT
- CRYSTAL BALL
- DRAGON
- DWARF
- ELF
- EVIL
- FAERIES
- GOBLET
- GOLD COINS
- GOOD
- HEADSMAN
- KING
- KNIGHT
- LORDS
- MAGIC
- MARKET
- MINOTAUR
- MOUNTAINS
- PALACE
- POTION
- PRINCESS
- SHIELD
- SILVER
- SPELL
- SWORD
- THRONE
- TROLL
- UNICORN
- VILLAGE
- WAGON
- WAND
- WIZARD
- WRAITH

Binox



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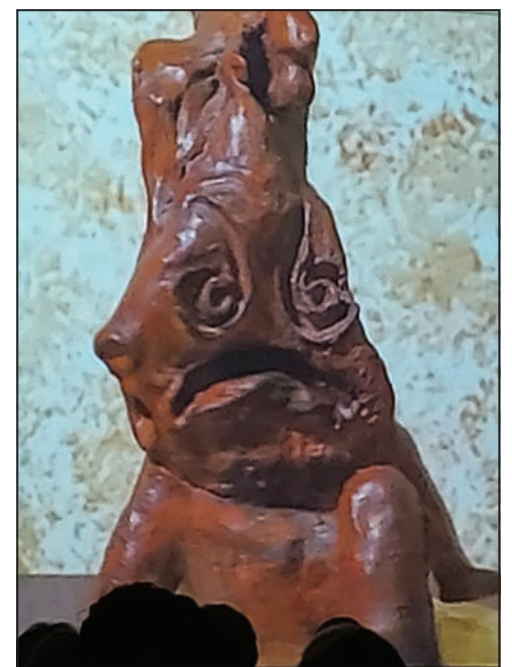
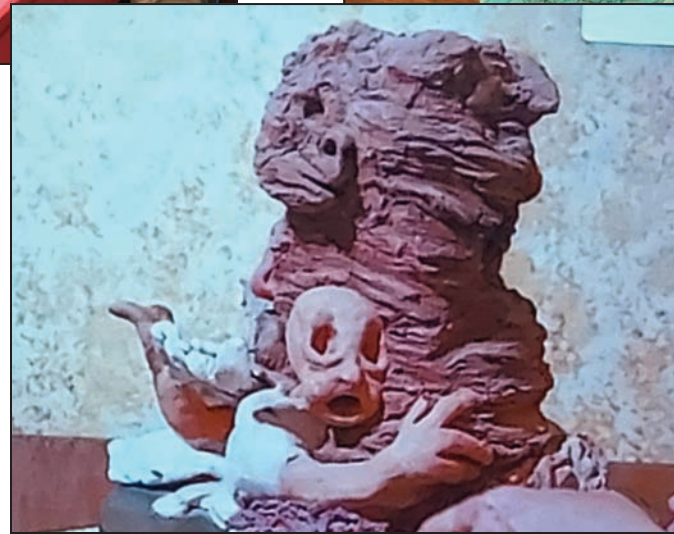
The finished puzzle should be filled with Xs and Os. Horizontally and vertically, there should never be a continuous run of the same symbol longer than 2. There are an equal number of Xs and Os in each row and column. All rows are unique. All columns are unique, too.

Nature and Arts Club

By Vicki Mitchell

The Nature and Arts Club featured member and renown sculptress Jae French at their monthly breakfast meeting on March 7th. Members were shown a film in which Jae displayed and described many of her works, and she was available for "Q & A" afterwards. She shared that she has lived abroad for many years, including in Spain, Morocco, Greece, South Africa, and Italy. While in several of these places, she researched prominent sculptors with whom she wanted to study, knocked on their door, and asked that she apprentice with them, as she had no formal training in art. Her method of choice is known as cire perdue, a process that allows an artist to cast a sculpture done in wax into a metal, such as bronze.

She favors pieces based in surrealism and sensuality. Her sculptures have been displayed in several international embassies, as well as at the Metropolitan Museum of Art in NYC, and the Jerusalem Art Museum in Israel.





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

By Leading Back Pain Expert, Todd James

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

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

It's a shame so many people think their options for dealing with back pain are rest, pain killers, or maybe worse, injections or even surgery. Often these solutions are only

temporary, because they don't address the true cause of your back pain, but just mask the symptoms. Others believe there is nothing that can be done, and they will just have to suffer through the pain.

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

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

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

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

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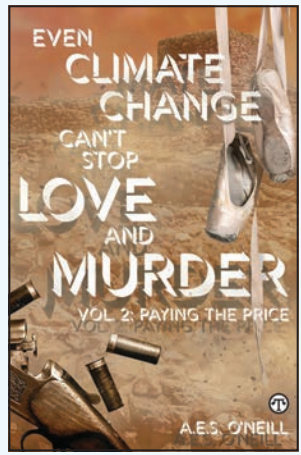


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BOOK NEWS AND NOTES

New Book In The Exciting “Love And Murder...” Series



(NAPS I) — A uniquely American vision of love and murder, trauma, and healing around 2026, “Even Climate Change Can’t Stop Love and Murder” is the highly anticipated romantic suspense thriller and follow up to last year’s critically acclaimed “Even A Pandemic Can’t Stop Love And Murder” by A.E.S. O’Neill.

The Story

Barely surviving the climatic run-in in “Even A Pandemic Can’t Stop Love and Murder” with Jagger, the golem-like mob killer antagonist, Alby and Ginger—the series’ reluctant protagonists—are being relocated by government agents from New Jersey to Sedona, AZ. A dark episode in Iraq has left Alby permanently in hiding—a threat of death that follows him from the deserts of the Middle East to the deserts of Arizona.

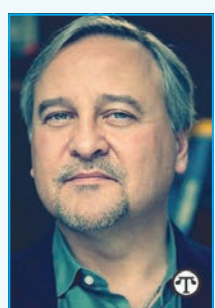
The two cross a country straining at its social seams against climate chaos, insurrectionists, and white supremacists—deadly threats are at every turn as they search to define their love for each other—unaware that Jagger is still alive and after them.

Stuck in Alby’s truck for days, Alby and Ginger slowly get to know each other. Alby is quiet, with a wry sharpness. Ginger, a professional dance instructor, who is both tough and righteous with a hair-trigger temper, feels safe with Alby in ways she doesn’t understand. Their conversations range from deeply emotional to darkly funny and irreverent, reminiscent of the snappy patter used in the 1930s “Thin Man” classics.

Jagger is also heading west, fighting against poisoned lungs and an unseen force stronger than himself—his uncanny ability to use facial recognition to read his victims is rendered useless against this new enemy. Battling this unseen foe and his mob “owners,” has him metamorphosed into something even more dangerous than the professional killer he was before.

Suffering from droughts, fires, storms, secessionists, and a gun-loving culture, the couple navigates their new home in Sedona while Jagger, having avoided death, waits for his moment to exact revenge on Alby. In a deadly climax that brings them all together with jihadists on the hottest day ever recorded at the national Pueblo monument Tuzigoot, the terrorists who forced Alby into hiding finally catch up with him. Adding a heightened level of evil into the mix, Jagger’s own battles have changed him... but to what?

The Author



Written by A.E.S. O’Neill, the “Even Love and Murder” series is loosely based on his own childhood experience with his mobster father being tailed and wiretapped by the FBI in southern New Jersey.



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MANAGING YOUR FINANCES

Five Terms to Improve Financial Literacy



(NAPSI)—Money can be a stressor for many—but you don't have to be among them. Creating a game plan and understanding five key terms can help improve your financial health:

Credit Score

A credit score is a three-digit number that represents your general creditworthiness, calculated based on your personal financial history. Lenders use this number to assess your ability to repay a loan, establish your credit line and to determine your interest rate. A good credit score can help you save money on loans, credit cards and insurance, and can also make it easier to rent an apartment, buy a car or purchase a home.

Credit Cards: General Purpose vs. Store Cards

Credit cards have become an indispensable part of financial life, with 82% of American adults—and nearly all people with incomes of \$100,000 or more—owning at least one credit card, according to 2022 data from the Federal Reserve. With the convenience, security and rewards that today's credit cards offer, many consumers now see the value in using multiple cards. Indeed, the average U.S. consumer has three to four credit cards, according to a 2021 report by Experian.

But credit cards are not all the same. General-purpose credit cards work at most locations in the world where credit is accepted and often come with rewards, promotional financing or introductory offers. However, an individual who is new to credit cards might need to build a credit history before being approved for a general-purpose card.

Many people start building their credit score with a store credit card, which can be used only at one specific store, or a group of stores, such as a furniture or department store. These cards are often available to those who have a lower credit score, limited or no credit history and can offer the chance to build good credit in a relatively short time. Store cards traditionally have lower credit limits, given you can only use them with that specific retailer, which also helps you manage your credit exposure. They may also offer low or no annual fees, which some traditional general-purpose credit cards charge, but sometimes higher annual percentage rates.

Synchrony is a premier consumer financial services company that has hundreds of thousands of partnerships with retailers offering store credit cards. "Our cards offer consumers financing with top brands to bring them more choices, flexibility and convenience," said Max Axler, Chief Credit Officer at Synchrony. "Store credit cards are a powerful option to take advantage of special offers, promotional financing and perks while shopping at your favorite retailers."

Interest Rates

A credit card's interest rate is the amount you will be charged on your unpaid credit card balance that is due. The interest rate is calculated as a percentage of the outstanding balance. For example, if you charge \$1,000 on a credit card that does not have any outstanding balance and pay it off before the monthly due date, you typically won't incur any interest charge. You'd simply pay \$1,000, and the balance would be satisfied. However, if you didn't pay it all off—or paid any amount that was less than the full \$1,000—you would be charged interest based on your average daily balance.

Annual Percentage Rate (APR)

The yearly interest rate charged on your balance due is called the Annual Percentage Rate. You pay this interest rate on any balances not paid in full each month—in other words, if you don't pay your bill in full when it's due every month, the amount you do not pay is subject to interest. It's important to note that your credit card may have more than one APR: One rate for purchases, another for balance transfers and yet another for cash advances.

Understanding these terms can empower you to manage your finances in the best way to meet your needs and borrow responsibly, and properly managing your credit can lead to higher credit scores and more access to credit for your financial needs.

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Birthday Celebrations At The Cove

By Linda Storfer

Wynmoorites celebrate a lot of birthdays in the Cove with lots of laughs, great food, friends and fun.



Pictured L-R: Loretta M, Don R, Roz K, Aaron M, Linda S, Rose F, Sid F, Beverly W, Rick H, Jan C, and Rich D



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MAKE SURE YOUR REVOCABLE LIVING TRUST IS NOT AN EMPTY BOX

By Martin Zevin, Attorney

A Revocable Living Trust is a very valuable estate planning tool. If done properly, it can avoid probate, as well as protect you and your assets if you are incapacitated.

However, unlike a Last Will and Testament, it does not automatically apply to all of the assets that you own. When a client comes in to discuss doing a Revocable Living Trust, I analogize the Trust to a box that we are building. Typically, the first thing that we put into the box is your home. We prepare a

Quit Claim Deed where we transfer your home from yourself individually to yourself as Trustee of your Trust. Your homestead remains the same, your real estate taxes remain the same, your ability to sell the property or mortgage it remains the same; however, upon your death, the property avoids probate. We also transfer non-homestead real estate to the Trust.

We then provide an instruction letter that explains what the client needs to do to transfer other assets to the Trust, such as brokerage accounts and bank accounts. You can also name the Trust as a beneficiary for IRA accounts; however, there are tax benefits to name an individual as beneficiary. This should be discussed with your accountant. But it is generally up to the client (unless the attorney is hired specifically to do this administrative work) to follow-up with the banks and the brokers to be sure that the proper paperwork is completed to change the name of the account to the Trust. Usually, the financial institution will require a copy of the first page of the Trust which indicates the name and the date that it was executed. The institution may also require copies of the last pages with the witnesses and notary. The client will then complete a form with the institution which will result in the account being changed from the individual name to the



name of the Trust. Future statements will then show the client's name and the word Trustee or an abbreviation such as TTE. At that point, you know that the account is in the name of the Trust.

If this administrative work is not done, and there are no beneficiaries listed for the particular account, then the account will need to be probated in order for the Trust to get it. This is done via the "Pourover" Will that is typically executed at the same time as the Trust. This "Pourover" Will names the Trust as the beneficiary

of any asset that is only in the name of the individual with no beneficiaries designated. Of course, if you already have beneficiaries designated on all accounts, it is not necessary to name the Trust.

If you already have a Revocable Living Trust and you want your Trust to cover all of your assets, you should contact your brokers, banks, investment advisors, etc. to be sure that your Trust is either named as the beneficiary of the account or that you as the Trustee are the owner of that account. Also, be sure that you own your home and any other real estate as Trustee of your Trust. If you do not, you should see an attorney to do a Quit Claim Deed. If you sell your home and buy a new one, be sure you buy it as Trustee of your Trust.

Remember, your Trust is only an empty box until you put something into it.

Please feel free to call me for a free phone consultation regarding any issues pertaining to Wills, Trusts and Estates. I am also available for a free consultation regarding any issue pertaining to personal injury claims or car insurance coverage. Call me at 954-569-4878. My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida 33442. My website is www.martinzevinpa.com and my e-mail address is martinzevin@netzero.com

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

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

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

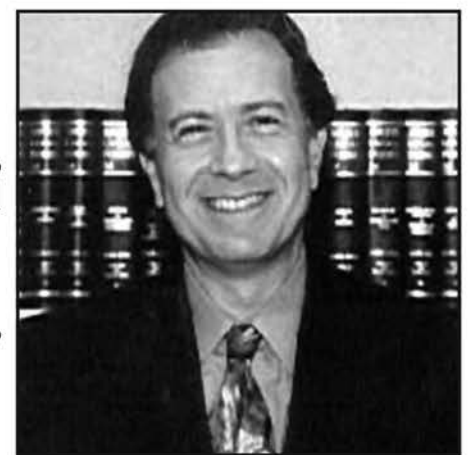
We also offer free consultation for Wills, Living Trusts & Probate

Included in free consultation for Wills, Trusts and Estates:

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

Included in free consultation for personal injury:

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

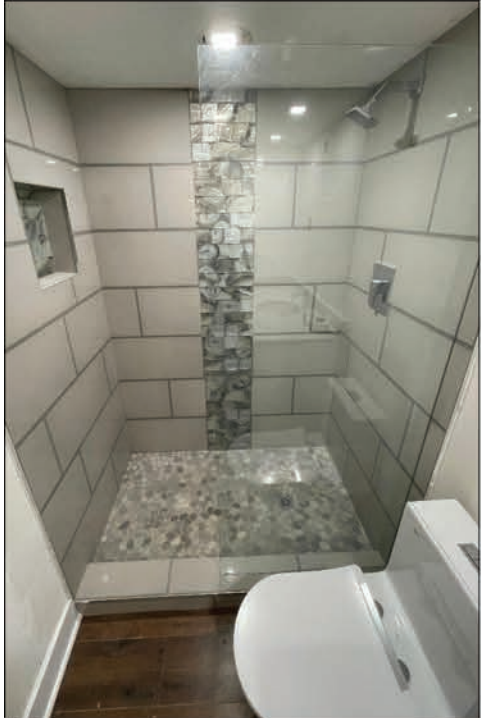


Martin Zevin

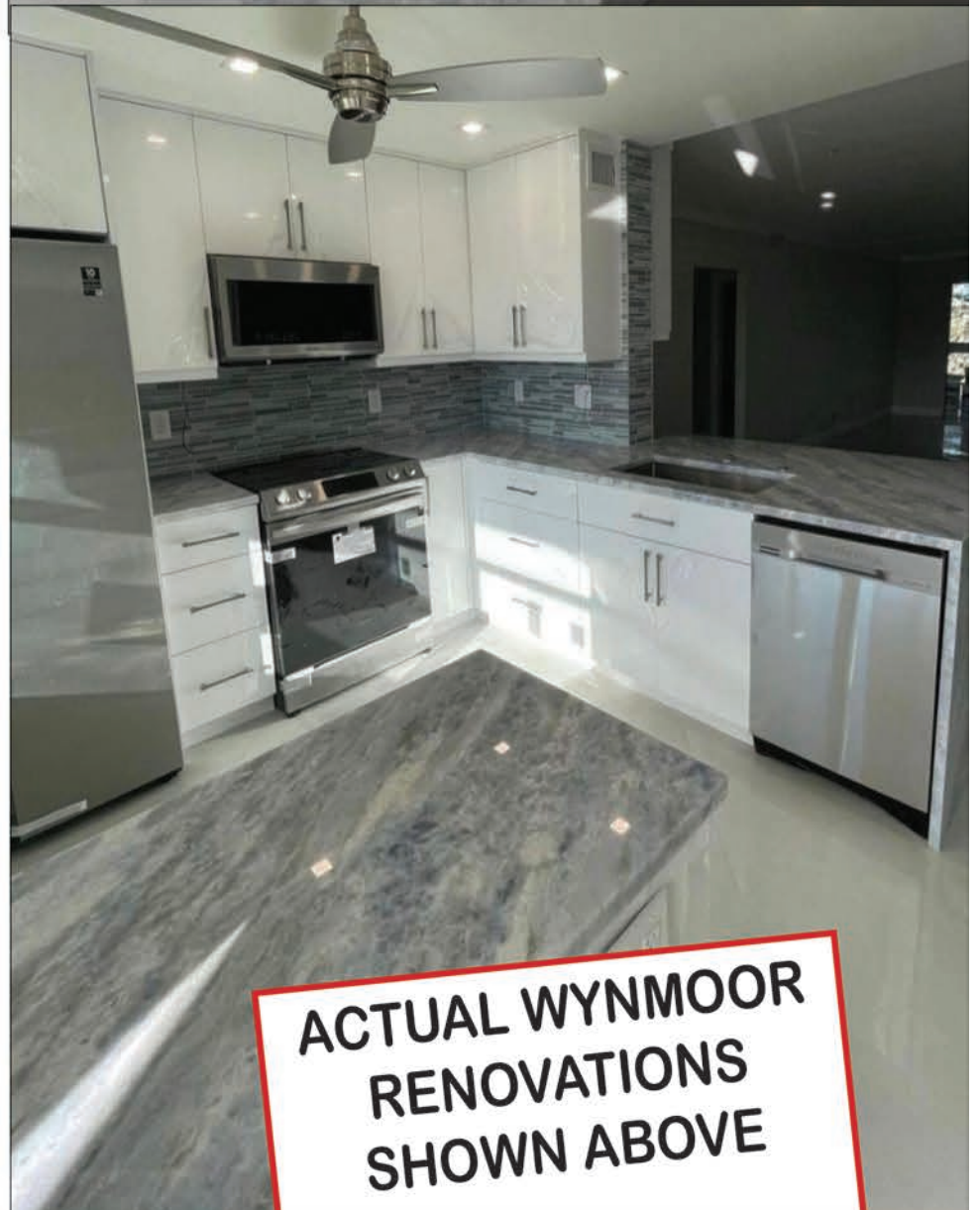
954-569-4878

**LAW OFFICES OF
MARTIN ZEVIN, P.A.**
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website: <http://www.MartinZevinPA.com>

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Service Equals Reward

By Sheriff Gregory Tony

THE NEXT FOUR YEARS

When I assumed command of the Broward Sheriff's Office in 2019, I assembled the most qualified and talented team of individuals at every level of the organization. It was one of my best decisions as sheriff. These accomplished men and women have been instrumental in achieving my vision for BSO—Excellence in Service. We have prioritized public safety and established ourselves as a respected organization our residents can trust, and fellow public safety professionals can emulate.

In 2022, we embarked on a countywide survey, a collective effort to gauge residents' priorities regarding BSO's initiatives. The insights from this survey led me to convene a strategic planning committee comprised of a diverse group of professionals from each discipline within the organization. This collaborative group was instrumental in evaluating our organizational standing and exploring growth opportunities. The result yielded a comprehensive plan emphasizing public safety and community well-being.

The BSO Strategic Plan identifies five key objectives for the next four years, providing a clear trajectory for our organization to remain at the forefront of public safety. Here are some of the highlights:

- **Innovation and Sustainability** – We will streamline resources and enhance interdepartmental collaboration to remain responsive to community needs. Notably, we will work with the county to implement a single public safety answering point (PSAP) to consolidate 911 communications operations and dispatch resources to unify operations and more effectively and efficiently deliver services.

- **Effectiveness and Resilience** – Our organization aims to continuously improve operations, enhance our capacity to address public safety concerns and deliver exceptional service to the community. We continually assess



and reimagine our programs to create a safer, more inclusive society. We strive to improve internal and external communication by leveraging technology and community partnerships, ensuring we are always one step ahead in our mission to protect and serve you.

- **Community Engagement** – Establishing meaningful community ties is crucial to our public safety mission. We will continue to optimize resources to foster sustainable connections and ensure easy access to essential public safety information through online educational platforms.

- **Leadership and Professional Development** – We prioritize the professional development of our employees. We encourage higher education to enhance critical thinking

and decision-making skills, enriching our approach to public safety. We will continue to invest in systems and partner with institutions that provide employees with career advancement opportunities.

- **Behavioral and Physical Health** – Safeguarding the well-being of our employees and the community is paramount. We are committed to taking all necessary measures to ensure our first responders are physically and mentally fit to respond efficiently and effectively to any situation. In addition, we will work to enhance our organization's early intervention program, enabling us to better reach individuals suffering stress and emotional challenges from the job and provide them with the help they need in a safe and confidential environment.

These efforts represent only a fraction of the exciting new initiatives outlined in our 2024-2028 Strategic Plan. I invite you to visit www.sheriff.org/SheriffTony/Pages/Home.aspx to explore all the developments at BSO focused on enhancing community safety and connectivity.

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AIR DUCT CLEANING
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Our Complete Procedure includes:

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Our Company has been family owned and operated providing professional on-time service for Wynmoor residents since 1992.

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1/2024 rev

" ENHANCE YOUR QUALITY OF LIFE "



WLGA golfers continue to be flexible as our weather fluctuates. Pictured below are the intrepid players suited up to play on a chilly February league day. The sun and camaraderie inspired their good-natured play.

Golf League Championship Play began Tuesday, February 20th, with the following groups in contention.



Jeanie Lee, Denise Vanover, Susan Yang and Shawna Kamien

Carol Skop, Donna Gunn and Mary Kukulski



Barbara Hyer, Rhoda Gladstone and Lois Tyman



Linda Laufer, Ellen Graciella, Cindy Milligan and Linda Dworsky



Lori Scott, Shelly Mark and Joany Stedenfeld



Jann Cohen, Kathy Heery, Susan Herlihy and Jamie Kuchuk

Winners of all flights were determined during Super Sunday play. The fun continues throughout the year with weekly tournaments and special events. For more information, please call Karen Beckman, league president, at (262)374-2672.



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no corkage fees

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10% off
Sunday - Thursday
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cannot be combined with other offers

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Large Cheese Pizza \$11.95
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with dinner purchase
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Monday - Friday • 4pm to 6pm

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4301 Coconut Creek Pkwy. • Coconut Creek



Saturday Night West Wing

Dance EVENTS

Doors Open at 8:15 pm

April 6 th	Steve Michaels
April 13 th	Josh Pearl
April 20 th	Sammy Fields
April 27 th	John Brown

Join us for the complimentary dance at the West Wing!
From 8:30 pm - 11:00 pm. **Doors open at 8:15 pm.**
Complimentary coffee will be provided. BYOB

For Wynmoor residents with valid Wynmoor I.D Only.
Guests are permitted accompanied by host residents; \$5.00 admission fee for guests.
Shorts are not permitted.




The Cove

The Cove is located on the Country Club Patio on Thursdays from 5:00 PM - 8:00 PM.

Food will be available for purchase by Cafe on the Green. between 5:00 PM - 7:00 PM or while supplies last.

Entertainment

April 4th: Marian Weinberg
April 11th: Randy Stevens
April 18th: King Arthur
April 25th: Shonee

Menu Options:

- Hot Dog Combo: \$6.00
- Hamburger Combo: \$8.00
- Grilled Chicken Breast Sandwich: \$10.00
- Chicken Skewer on Pita w/Tzatziki: \$10.00
- Spinach Pie w/Greek Salad: \$10.00

All Meals include Coleslaw, Chips and Drink. Sprite, Coke, Diet Coke or Water. *Cash Only*



For more information, call Recreation at 954-978-2600, press 1.



KARAOKE



GRAND BALLROOM
7:00 to 10:00 PM

Doors Open at 6:30 PM

APRIL 24th

*Come join us
the last Wednesday of
each month!*

For Wynmoor residents with valid Wynmoor ID Only.
Guests are permitted accompanied by host residents;
\$5.00 admission fee for each guest.

Your Articles of Interest Are Always Welcome!

How do I send my article?

The easiest and best way to submit your article/s of interest is by email to Wynmoorads@aol.com in a word document, or mail to **FLORIDA NEWS BUREAU, P.O. 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.

Please keep articles to 300 words or less. Please make sure that they are timely and most importantly that they arrive by our **DEADLINE:** The 10th of the current month! All articles that are not received by the 10th of the month may appear in the following issue.

Thank you for your submissions. We look forward to hearing from you.
Insider Staff

SCAN ME & SUBSCRIBE !!



Watch us on **You Tube**

<https://www.youtube.com/c/WynmoorCommunityTelevision>

Watch YouTube on your smart phone, tablet, Smart TV, laptop/-computer or any other streaming device.

New Menu Additions

Appetizers

THE MONSTERELLA \$15.95
 A 1.5lb gigantic (GRANDE CHEESE) DORITOS crusted mozzarella stick served with jalapeño ranch and marinara sauce SERVES 2/3 GUESTS perfect for TIK TOK & IG

MAMA B'S AND 441BBQ (CANTON,GA) DORITOS CHICKEN NACHOS \$13.95
 NACHO CHEESE DORITOS, pulled smoked chicken, monteray jack and cheddar cheese, roja suace, jack daniels bbq, jalapeno ranch, diced onion, pickled jalapeños, cilantro and a pimiento queso

DIRTY BIRDY FINGERS \$14.95
 48hr seasoned buttermilk brined house-made chicken tenders, jalapeño ranch /chipotle honey mustard

Glizzys

AY CHIHUAHUA \$14.50
 Grilled American Wagyu dog topped with sweet white corn, slathered with a housemade mexican queso fresco lime crema, dusted with ancho espresso powder, cotija cheese, cilantro and **FLAMIN HOT CHEETOS** drizzled with fresh squeezed lime juice

Sammies

EL CHEESESTEAK MEXICANO \$21.95
 South Philly/Mexico/BRGR STOP rolled into one Duck fat marinated PRIME hand shaved ribeye infused with our queso fresco lime crema, cotija cheese, ancho espresso dust, fresh squeezed lime juice, cilantro on a local baked toasted sub roll and topped with **FLAMIN HOT CHEETOS** A homage to Richard Montañez

DIRTY BLEU BIRDY \$15.95
 48hr seasoned buttermilk brined fried chicken brushed with our buffalo sauce set upon a local brioche bun with our house-made pickle ranch then topped with a Napa cabbage bleu cheese slaw and crowned with our famous bleu cheese dressing!

WHICH CAME FIRST THE CHICKEN OR THE EGG \$16.95
 48hr seasoned buttermilk brined fried chicken tossed in Mikes Hot Honey on a brioche bun with peppadew aioli topped with pimento cheese, candied bacon and a fried egg!



Smash Burgers

ABSOLUTELY NO SUBSTITUTIONS OR ADD ONS ON OUR SMASH BURGERS
 SMASH BURGERS DO NOT COME WITH FRIES

THE BRGRSTOP WAY

CARAMELIZED ONIONS, AMERICAN CHEESE, PICKLES AND NOT SO SECRET SAUCE ON A MARTINS POTATO ROLL.

BACON SMASH BRGR

APPLEWOOD SMOKED BACON CARAMELIZED ONIONS, AMERICAN CHEESE, PICKLES AND NOT SO SECRET SAUCE ON A MARTINS POTATO ROLL.

HOT BOI STYLE

CANDIED BACON, PICKLED JALAPENOS, SWEET SRIRACHA SAUCE, AMERICAN CHEESE DRIZZLED WITH MIKES HOT HONEY ON A MARTINS POTATO ROLL.

	Single	Double	Triple
THE BRGRSTOP WAY	\$11. ⁵⁰	\$13. ⁵⁰	\$15. ⁵⁰
BACON SMASH BRGR	\$13. ⁰⁰	\$15. ⁰⁰	\$17. ⁰⁰
HOT BOI STYLE	\$12. ⁰⁰	\$14. ⁰⁰	\$16. ⁰⁰

ADD TO SMASH BURGERS
 FRIES \$3.75 • TOTS OR SWEET FRIES \$4.50 • RINGS \$5.00

GRILLED WINGS

HABANERO PINEAPPLE (10pcs) \$15.95
 (AWARD WINNING WING SAUCE/NOT TOO SPICY/ITS JUST RIGHT)

Fried Wings

BUFFALO Sauce 10pcs \$14.95
 Mild, Med or Hot 15pcs \$21.95

SPECIALTY SAUCES 10pcs \$15.95
 15pcs \$21.95

Lemon Pepper	Sweet Teriyaki
Garlic Parmesan	Honey Sriracha
Jamaican Jerk	Sweet Red Chili

NEW MENU ALERT!!!



NEW MENU ALERT!!!

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 Monday - Thursday 12pm to 10pm
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“We listen to your needs and work with you to find the perfect solution for your unique situation”.

Our real estate professionals are Wynmoor experts who are dedicated to helping you buy or sell your home in this wonderful community, making your transaction a smooth and enjoyable experience.

We invite you to reach out to us for a personalized consultation. We are here to help you every step of the way and make sure that you feel comfortable and confident throughout the process.

RECENTLY SOLD LISTINGS

- GRANADA DR..... 2 BR / 2 BA\$167,000
- VICTORIA CIRCLE..... 2 BR / 2 BA\$224,900
- VICTORIA PLACE 2 BR / 2 BA\$165,000
- ANTIGUA TERRACE..... 2 BR / 2 BA\$147,000
- ABACO DRIVE 2 BR / 2 BA\$168,000
- GRANADA DR..... 2 BR / 2 BA\$163,000
- ANTIGUA TERRACE..... 2 BR / 2 BA\$232,500



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**Thank you for considering our team of Wynmoor Specialists.
We look forward to working with you soon!**



Diana Vasquez-Polit
561.251.7690

Diana Vasquez-Polit is a licensed Real Estate Agent with Signature International Premier Properties, LLC.



Gayle Serra
954.895.0525

Gayle Serra is a licensed Real Estate Agent with Signature International Real Estate, LLC.



Bonnie Berg
305.978.2374



Michael Slute
954.295.9351



Marienza Rivera
954.608.2874



Patricia Vasquez
561.430.9424

Patricia Vasquez is a licensed Real Estate Agent with Signature International Real Estate, LLC.



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1705 ANDROS | ASKING \$290,000 2/2 PENTHOUSE CORNER EVERGREEN W/DRYER, LAKE/POOL



2903 VICTORIA | ASKING \$110,000 1/1+HALF, REMODEL KITCHEN, ROLL-UPS, EXPANSIVE GOLF/LAKE



2101 LUCAYA | ASKING \$199,900 2/2 CORNER FURN, REMODEL KIT, TILE FLRS, ENCL PATIO, LAKE



ANNUAL RENTAL - 2905 VICTORIA 2/2 FURNISHED, TOTAL REMODEL, SPECTACULAR LAKE/GOLF | \$2,200/mo.



2005 GRANADA | ASKING \$199,900 2/2 W/DRYER, FURN, PLEXI-ENCL PATIO, LAKE+POOL IN FRONT



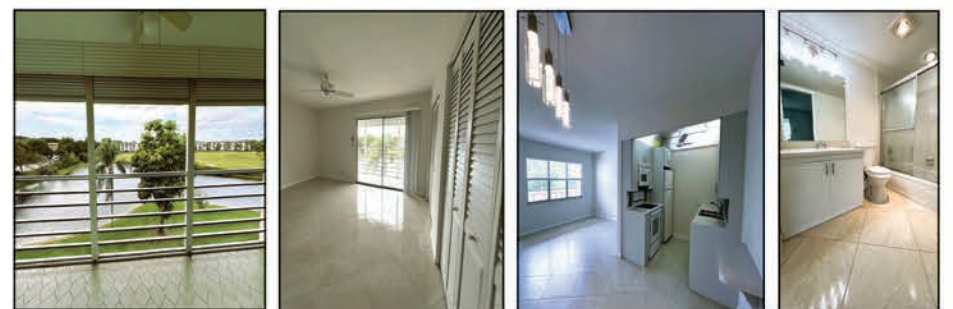
ANNUAL RENTAL - 1702 ANDROS 2/2 UNFURNISHED, W/DRYER, ENCL PATIO, WIDE LAKE/POOL | \$2,100/mo.



2102 LUCAYA | ASKING \$160,000 2/2 TILE FLRS THRU-OUT, NEWER APPL, GLASS ENCL PATIO, POOL



ANNUAL RENTAL - 2905 VICTORIA 1/1+HALF UNFURNISHED, TILE THRU-OUT, ROLL-UPS, LAKE/GOLF | \$1,700/mo.



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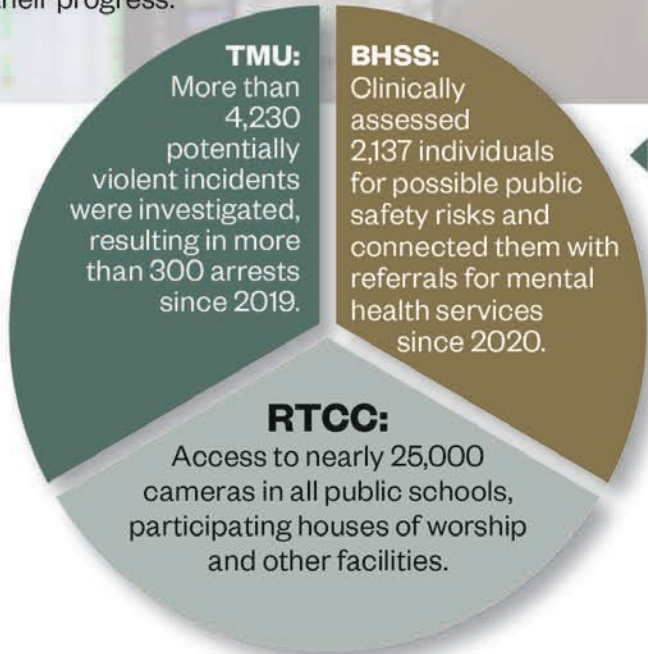
FREE HOME VALUATION VISIT:
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PREVENTING and MITIGATING THREATS

- The **Threat Management Unit (TMU)** is dedicated to detecting, investigating and deterring potential incidents of mass violence before they occur.
- The **Real Time Crime Center (RTCC)** utilizes technology to enhance command and control capabilities during active scenes and provides live investigative intelligence to first responders.
- The **Behavioral Health Services Section (BHSS)** of TMU assesses individuals for possible public safety risks, connects them with referrals for mental health services and monitors their progress.



BUILDING BRIDGES

- **Neighborhood Support Teams (NST)** enhance relationships between law enforcement and the community while unifying efforts to meet needs beyond routine calls for service.
- **Learning, Educating and Developing (L.E.A.D.) Camp** is an annual summer camp focused on mentorship and leadership principles to help Broward's youth become more responsible, civically engaged young adults.



COLD CASE UNIT

"Gone, but not forgotten" is the impetus behind BSO's dedicated **Cold Case Unit**. The unit was formed in 2019 to offer increased attention to unsolved cases dating back to 1963.

- Since 2019, the unit has closed 19 cases.
- An additional 26 cases are currently being investigated.



To bring more exposure to these investigations, BSO launched a cold case video series to uncover possible new leads. You can view this series on the Broward Sheriff's Office YouTube channel.

COMMITMENT to TRANSPARENCY

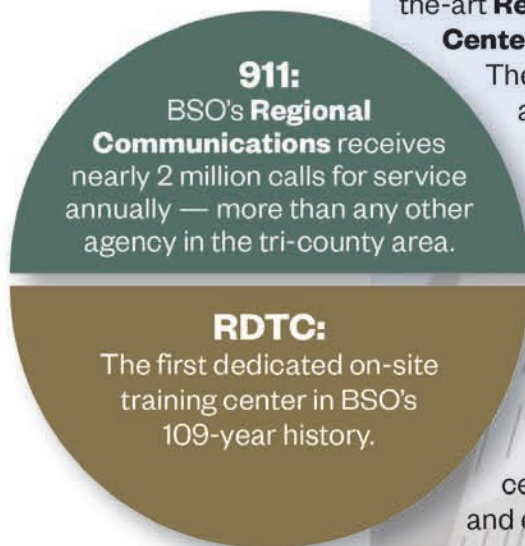
- The **Professional Standards Committee (PSC)** recommends disciplinary actions to the sheriff as they relate to employee misconduct. The PSC is made up of community members and BSO staff from various commands to ensure a more balanced consideration of discipline.
- The newly created **Office of Inspector General** conducts audits, investigations and reviews of organizational operations to ensure the integrity, efficiency and effectiveness of BSO programs, services and finances.
- The newly established **Use of Force Review Board** evaluates uses of force to ensure each is lawful, appropriate and consistent with training and policy.



Scan to read the 2021-2022 BSO Annual Report.

TRAINING and PREPAREDNESS

- BSO provides annual **active assailant training** for all law enforcement deputies.
- Annual **Incident Command System Training** ensures all personnel, regardless of rank or role, understand emergency management principles and critical incident response.
- All law enforcement and detention deputies receive annual training on use of force and de-escalation techniques. BSO is also working to provide **Crisis Intervention Team** training to all deputies.
- The newly created **Department of Preparedness and Response** ensures our response to every critical incident is as fast and efficient as possible.



PLANNING for the FUTURE

- The pinnacle of our commitment to protect our schools and all of Broward County is our state-of-the-art **Research, Development and Training Center (RDTC)**, which will open later this year. The RDTC will house all BSO training efforts under one roof, allowing for greater preparedness, multi-departmental and jurisdictional training and streamlined resources.
- BSO has presented its plan for a unified **Public Safety Answering Point (PSAP)** to combine 911 operations into a single state-of-the-art, category-five rated facility. The building will provide critical infrastructure for Broward County's regional communications system.
- The **Real Time Crime Center** is expanding to 5,200 square feet allowing for more operational space for partner agencies to join our investigative intelligence operations center. The expansion will make way for upgraded technology and enhance our ability to safeguard Broward County.
- This year, over 100 BSO employees provided their expertise and input in formulating the **2024-2028 Strategic Plan**. The plan aims to strengthen organizational operations and expand opportunities that better support our public safety mission. I encourage you to read the full plan and learn more about BSO's commitment to excellence.



Scan to review BSO's 2024-2028 Strategic Plan.

OUR REPORT CARD IS IN!

Committed to Excellence in Service



Sheriff Gregory Tony
sheriff.org

BSO REPORT CARD



92% of Broward County residents **FEEL SAFE** from crime!

BSO takes pride in providing premier services to Broward County—and residents overwhelmingly approve of our efforts! **Here's what YOU'RE saying:**

Percentage of residents satisfied with BSO services:

Law Enforcement	82%
Fire Rescue	96%
Emergency Medical Services	94%
911 Regional Communications	90%

*Results are based on a January 2024 survey of Broward County residents.

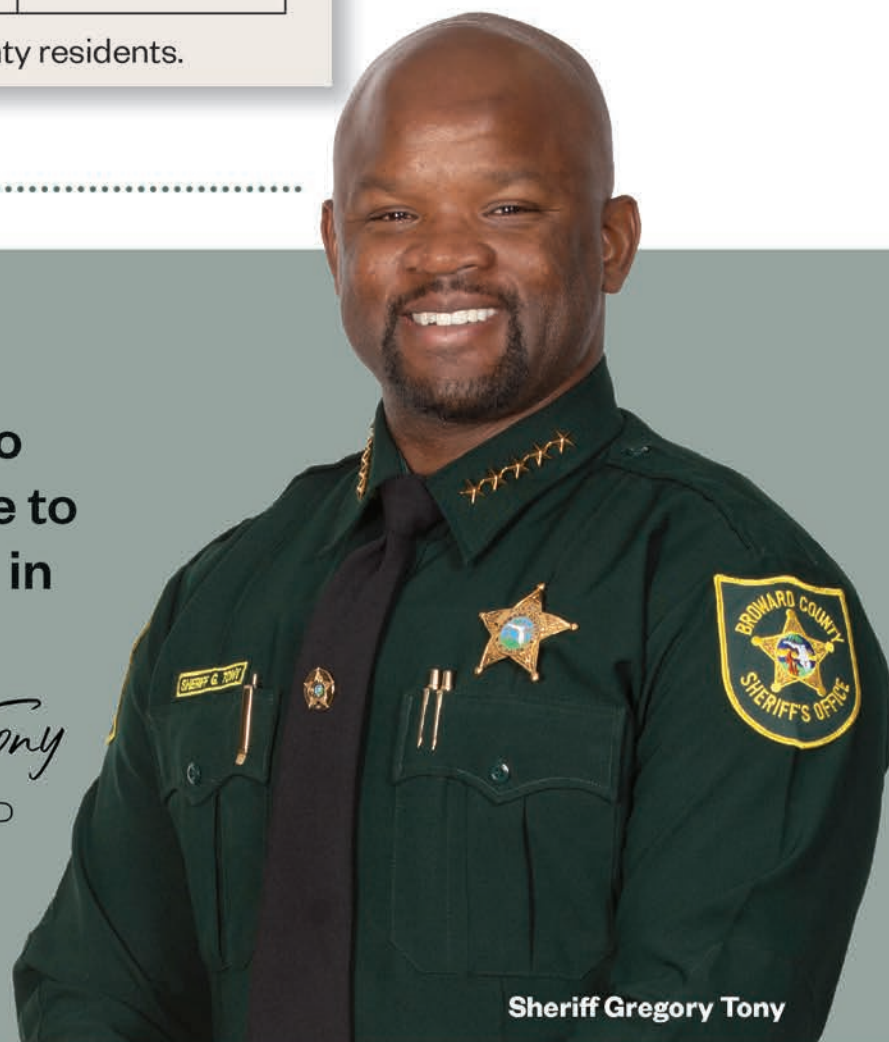
CHAMPIONS WANTED!



The Broward Sheriff's Office offers competitive salaries, excellent benefits and generous time off! Visit jobs.sheriff.org and discover your calling!

Thank you, Broward County, for your vote of confidence! Your support acknowledges BSO's tireless efforts to keep our county safe. We will continue to uphold these standards of excellence in our service to you.

- Sheriff Gregory Tony
SERVICE EQUALS REWARD



Sheriff Gregory Tony



SCAN ME

To read more about BSO's initiatives and public safety efforts, please scan here or visit www.sheriff.org/SheriffTony.



@browardsheriffsoffice



@browardsheriff



SHOP TALK with the Sheriff
PODCAST

Monday Night Dance Events

The photos attached show the fun we all had celebrating the Chinese New Year, Presidents' Day, Hawaiian Day and Beach Day.



We haven't seen you in a while!

Dear Residents of Wynmoor,

Has it been a while since you visited the "library across the street"? That is the North Regional BC Library, 1100 Coconut Creek Blvd.

The Friends and library staff have missed you. It seems the Pandemic came and went. So, we were hoping that you would come back to visit and partake of our many and varied programs.

If you are a Friends member you have been receiving periodic updates from us about the great things happening that are sponsored by the Friends of North Regional/BC Library group.

The Friends mission is to advocate for the library enabling them to bring quality programs, in person, to everyone. Have you tried Ageless Grace, monthly Book Page, learning to play an acoustical Guitar, Fall Prevention: Top Ten Tips, Chess Club and Book Club, etc.

Just to mention a few. There are also children and teen programs. We are a non-profit 501c3 agency who depend on the donations of the public.

We do have a Membership Campaign going on now (\$10/year). Unfortunately, since the pandemic and the college students taking their classes online, our Gift Shop, which was once our biggest fund raiser has diminished in its hours and volunteers. So, we are now reaching out to our neighbors and larger community for help.

As neighbors we know that you will enjoy the programs we sponsor. The staff does a fantastic job in making everyone feel comfortable and important, because YOU ARE IMPORTANT TO US AND WE MISS YOU!

Sincerely,

Ann Marie McLaughlin, Pres.

Friends NR/BCL



FRIENDS

of
North Regional/Broward College Library

Friends North Regional Broward College Library
1100 Coconut Creek Blvd
Coconut Creek, FL 33066
Registered Non-Profit 501 C (3)

Libraries play a role in the community

Join us at
North Regional BC Library
for all sorts of activities
and fun experiences.

Friendsofnrbcl.org
Friendsnrbclibrary@gmail.com

FRIENDS OF THE NORTH REGIONAL BROWARD COLLEGE LIBRARY, INC. #CH48655, IS REGISTERED WITH THE STATE UNDER THE SOLICITATION OF CONTRIBUTION ACT.



Sunday Music Poolside



COUNCIL PROPERTIES AND FACILITIES WERE CREATED SOLELY FOR YOUR USE AND ENJOYMENT. PLEASE BE CONSIDERATE OF ONE ANOTHER SO THAT WE CAN ALL RELAX AND HAVE A GOOD TIME!!

APRIL 7TH: STEVE MICHAELS
APRIL 14TH: EDWARD ESCALANTE
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Qualifying for the Limited-Income Senior Exemption- Does Your Social Security Count?

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To apply for the additional Limited-Income Senior Exemption, please visit our website at <https://web.bcpa.net/bcpaclient/#!/SeniorExemption>.

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While the timely deadline to apply for any 2024 exemption was March 1, applicants can late file until September 18, 2024. If you **both owned and made the property your permanent residence as of January 1, 2024**, you can still apply for 2024 Homestead Exemption and any other exemptions. You can apply for all exemptions online at <https://web.bcpa.net/bcpaclient/#!/Homestead>.

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

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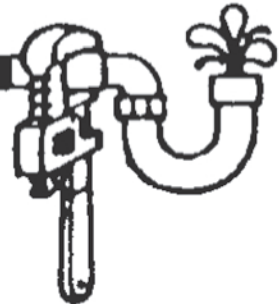
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By Scotty Leamon, Public Safety Information Officer, Coconut Creek Police Department

The Bad Romance That Is The Romance Scam



The Romance Scam has been breaking some hearts lately here in Coconut Creek. Here is the text of a recent Scam Alert we issued on this very scam:

It takes an especially low kind of scammer to take advantage of a lonely person and it's the basis of this Coconut Creek Police Department Scam Alert. A woman in her 70s recently reported she had fallen victim to the Romance Scam. The bad guy introduced himself to her through her Pinterest account. He spent the next couple of months gaining her confidence, telling her he loved her, and of course asking her for money. He claimed he worked on an oil rig. He asked for gift cards. She bought them for him. Remember that anyone asking you to go buy them gift cards always means it's a scam.

It's not like this scam happens every day, but even one victim of this fraudulent activity is too many.

The big keys to look for are: does the love interest you met on-line or through social media constantly keep coming up with excuses not to meet face-to-face? And does he or she constantly keep hitting you up for money?

If the answer to both of those questions is yes, then you're getting scammed.

I've talked to victims of this scam who've given money to their "boyfriend" to buy a plane ticket so he could come see them. Do you think

the guy used the money to buy a seat in coach on Southwest Airlines? You're right. He did not. But these victims often keep sending them money anyway.

A lot of the financial requests from these scammers start light. Maybe they didn't have enough money to pay their water bill? Maybe it was a small repair on their car? They figure if they can get you to send them \$50, they can gradually increase the amount over time.

It's one of those scams where time is certainly crucial to the bad guys. They spend a lot of time gaining the confidence of their victims. Potential victims must recognize those keys: why will he never meet me in person? why does she keep asking me for money? - and end the relationship accordingly.

THE DRUG TAKE BACK IS COMING UP

The Spring Drug Take Back is set for Saturday, April 27, from 10:00 a.m. - 2:00 p.m. at the Community Center. The address is 1100 Lyons Road. Help us keep your unwanted prescription medications out of the wrong hands by bringing them to us for safe, environmentally-friendly disposal.

Our friends and community partners from Coconut Creek Fire Rescue will be there to take syringes, or sharps, for disposal. We can also take liquid medications as long as it's sealed tight and can't spill.

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THURSDAY Lobster Roll <small>Hot or cold with choice of side</small>	19.95
FRIDAY Fried Shrimp Platter <small>Choice of 2 sides & hushpuppies</small>	14.95
SATURDAY Snow Crab <small>1lb of snow crab with our garlic butter sauce</small>	19.95



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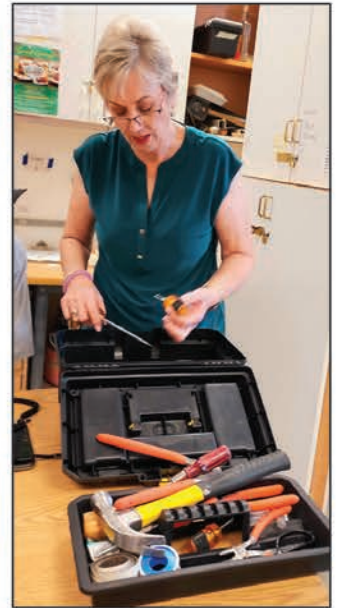
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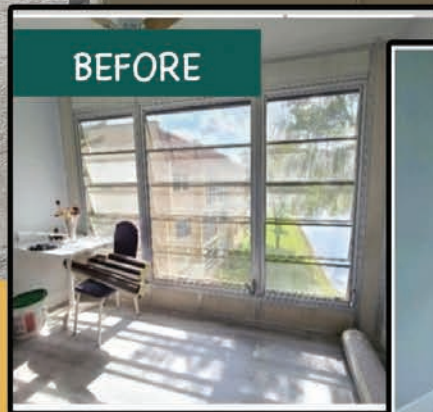
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- 4 sprigs fresh thyme leaves, stems attached
- Kosher Salt and pepper to taste
- 1/2 tbsp cumin
- 1 tbsp smoked paprika
- 1 tbsp dried Italian seasoning
- 1/2 tbsp dried oregano
- 1/3 cup mayo
- 2 cups baby potatoes, halved
- 12 small carrots, whole
- 1 1/2 cups beef stock



Instructions:

- Preheat your oven to 325°F
- To a roasting dish, add the onion and garlic on the bottom then place the lamb on top
- Make a few small slits in the thicker parts of the lamb and insert garlic cloves and rosemary
- Add mayo and seasoning to the lamb and massage well to incorporate
- Add more rosemary and thyme leaves on top of lamb followed by beef broth
- Cover the dish tightly and bake for 3 hours or until meat easily pulls away with a fork
- Last hour of cooking, add potatoes and carrots and cook until tender

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Perusing Old Master Paintings At The Norton Art Museum

By Barry Isaac



Recently, I returned to my favorite art museum in South Florida, the Norton in West Palm Beach, Florida. I enjoyed its fine, but far from encyclopedic collection of quality Old Master European Paintings on the third floor. This review is dedicated to the works of Art on the third floor.

Late Medieval and Renaissance Period Paintings - I saw only two Medieval Period Paintings. I was very impressed with Jacopo Da Firenze's "Coronation of the Virgin With Saints." This painting is a splendid example of Italian Trecento Florentine Painting. It was produced after the Papacy left Avignon, France and returned to Rome.

As for Renaissance Period Paintings, I appreciated fine Netherlandish Period Paintings by Joos Van Cleve and Studio "Saint Jerome in His Study," very philosophical painting, and Goswin Vander Weyden, the grandson of more famous Rogier Vander Weyden's "Crucifixion Altar Triptych" with its detailed landscape. I also relished Lucas Cranach the Elder's "Betrayal of Christ" which depicts a nighttime scene which is very unusual for paintings done by Lucas Cranach the Elder. Another Painting that was noteworthy was Lorenzo Lotto's "Saint Onuphrias."

Baroque Period Period Paintings - This area of the third floor had two marvelous paintings by Peter Paul Rubens worthy of encomium, "Study of John the Evangelist," a quintessential Counter Reformation Theme Painting and "Psyche, Cupid,

and Satyr," a delightful mythological theme work. Other Flemish Painters with fine works on display included Anton Van Dyck "Virgin and Christ Child with 2 Musical Angels," Jan Thomas Yperen "Perseus Freeing Andromeda," employed Rubenesque flesh tones on body of Andromeda, Casper Van Den Hoecke "Banquet of Holofernes," Judaic subject matter, David Teniers the Younger and Studio "Interior of Nobleman's Gallery," very punctilious oil painting, Joos Momper the Younger "Village With Travellers," and Daniel Seghers "Garland of Flowers With Blue Ribbons."

I saw fine Dutch Master Paintings, primarily produced by "Minor" Dutch Masters such as; Ferdinand Bol "King Pyrrhus," splendid tronie, head painting, Willem Van Nieulandt "View of Town," marvelous reflections, Dirck Van Delen "Interior of Church With Christ and Woman Taken For Adultery," Jacob Cuyt "Child With Goat and Sheep," Jacobus Vrel "Interior With Sick Woman," Adrieen Hanneman "2 Boys Blowing Bubbles," very philosophical painting dealing with mortality, Jan Van Ravestyn "fine portrait of woman," and Jacobus Biltius, among others.

I savored fine Italian Mannerist Style Paintings by Nosadella "Virgin and Christ Child in Glory," Marcantonio Franceschini "Adam and Eve with Their 2 Sons," Gaetano Gandolfi "Jacob Stealing Esau's Birthright," Judaic Theme, Ludovico Carracci "Saint James the Major and Angel,"

Pietro Ricchi "Lot and His 2 Daughters," and Luca Giordano "Immaculate Conception," the epitome of Counter Reformation Theme Painting.

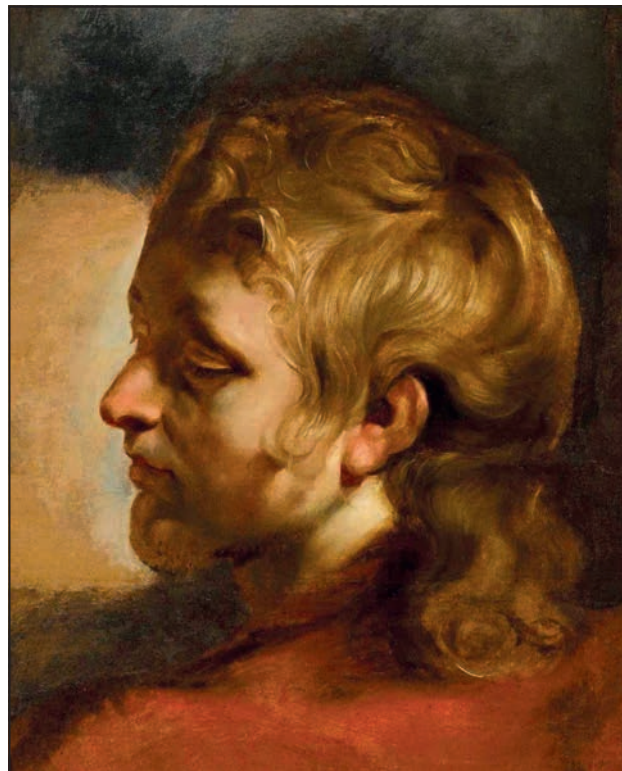
18th Century Paintings - I appreciated Giovanni Panini's "Capriccio With Roman Monuments," a good example of Neoclassical Theme Art. Its collection of 18th Century British Portraiture was also worthy of approbation. I saw fine Paintings by these British painters; Joshua Reynolds, George Romney, William Owen "Self Portrait" and Thomas Lawrence.

I also was captivated by its small collection of 18th Century French Paintings including fine portraits by Nicholas Largilliere and Jean Greuze, as well as Francois Boucher's "Allegory of Marriage" and a fine landscape painting by Claude Joseph Vernet, "The Fishermen."

Most visitors to the Norton Art Museum do not pay enough attention to the fine Old Master European Paintings on the third floor of the Norton Art Museum. Hopefully, you will appreciate the Old Master European Paintings as much as I did. For further information, please call 561-659-6786.



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Peter Paul Rubens



Jacopo Da Firenze



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History of National Autism Awareness Month

National Autism Awareness Month began in 1972 as National Autistic Children's Week. The Autism Society founded the event to increase awareness, advocate awareness, and spark change in schools, communities, medical facilities, and businesses.

National Autism Awareness Month

National Autism Awareness Month raises awareness for autism and Asperger's syndrome during April. Autism is a complex brain disorder that often inhibits a person's ability to communicate, respond to surroundings, and form relationships with others.

According to WHO, about one in 270 people in the world has Autism Spectrum Disorder (ASD). ASD is a group of developmental disabilities that causes challenges in many areas of one's life. Some of the profoundly affected areas include social, communication, and behavior. Children with ASD are usually nonverbal or they have restricted or repetitive behaviors. ASD also affects people of all racial, ethnic, and socioeconomic backgrounds.

The month-long observance takes place during World Autism Awareness Day (WAAD), celebrated each year on April 2nd. WAAD was adopted by the United Nations in 2007 to shine a bright light on autism as a growing global health crisis. WAAD activities increase world knowledge of autism and impart information about the importance of early diagnosis and early intervention. Additionally, WAAD celebrates the unique talents and skills of persons with autism around the world.

How to Observe #AutismAwarenessMonth

- Host an event supporting autism awareness.
- Attend an event and show your support for someone you know.
- Share your story and make your voice heard.
- While the MONTH also celebrates the stories and lives of those with autism, it's also important to remember that autism is a lifelong condition with varying degrees of severity. It's important to continue to support research for treatment and therapies that will improve the lives of those with autism.
- Speak out about autism to help eliminate the stigma associated with it.
- Use #AutismAwarenessMonth to share on social media.

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Letters to my neighbors

Friends and Neighbors:

I would like to thank everyone for your sympathy, support and condolences for me during this most difficult time.

Thank you for all the prayers for Joe. Your thoughtfulness is greatly appreciated.

Thank you,
Diana Esposito



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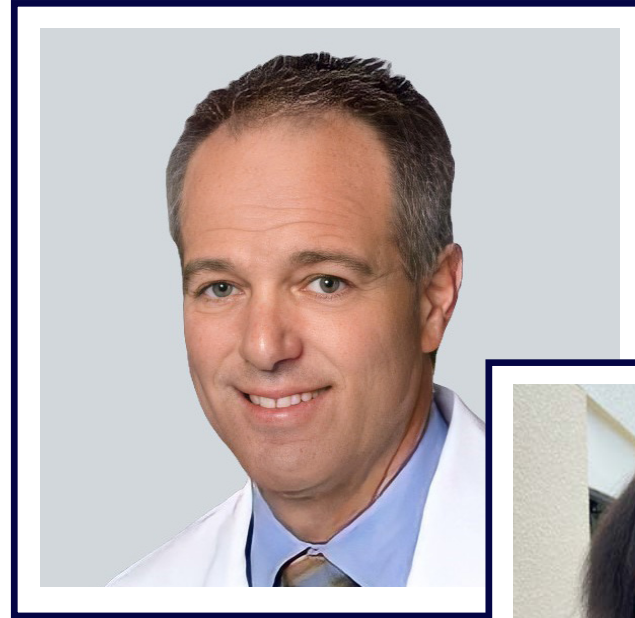
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Clubs and Activities

All Wynmoor Clubs (regardless of name) are open to Wynmoor residents. Dues may be applicable. To publish your club info here, please email your submission to: wynmoorads@aol.com. The deadline is the 10th of the month, for the next month's issue. Thank you in advance! Please contact the Club President for more information.

Belly Dance Club

By Marcia Maron

Belly dance improves your balance, stamina, and energy level. The class is complementary to Wynmoor residents. The location and time will be published at a later date. Marcia 516-659-3367.

Ben's Friends Art Club

By Rene Monblatt

New members are always welcome. We meet at 9:00 a.m. every Saturday morning in the Art Studio. This gives you a year-round opportunity to meet new friends and get inspiration from like-minded creative colleagues. Hope to see you Saturday mornings.

Billiard & Pool Club

By Bob Horowitz

Have A/C indoor fun and meet new friends! Players of all skill levels are welcome. The Room is open 7 days a week from 8:00 a.m. to 11:00 p.m.

All residents and their guests* are welcome to play at the Wynmoor Billiards and Pool Room located in the Wynmoor Country Club building, next to the library. Boasting 14 tournament grade regulation size pool tables, 4 heated- 3 cushion billiard tables, and one regulation snooker table.

This Pool & Billiard Room has been called the best Pool, Billiard, and Snooker venue, public or private, in all South Florida. Please have your Wynmoor I.D. with you. *Guests must be registered at the Recreation Department, or with the guard at the Clubhouse, or must be accompanied by a resident.

Wynmoor residents can join the Wynmoor Billiards and Pool Club to participate in additional fun events. Past events included Karaoke Night, Comedy Club Night, Group BBQ & Dance, Picnic at *the Cove* with live music, Club Pool & Billiard Tournaments, and other social events for couples and singles.

The cost to join the Wynmoor Billiard and Pool Club is \$10 per year.

FREE POOL LESSONS: Put your name / phone # / Address on an envelope requesting lessons in the lockbox in the room or e-mail Wynmoorpoolclub@gmail.com.

Bocce Ball Club

By Jim Erickson

New Members both men and women are always welcome. We Meet at 8:00 a.m., Monday through Sunday and Monday, Wednesday, and Saturday at 10:00 a.m. There is a new start up group at 3:00 p.m. on Friday afternoons. Dues are just \$10 per year so come and join the fun. Any questions, contact Jim at 945-400-9302.

Bookies

By Myrna Greenberg

The April 2nd meeting of the Bookies will be held from 3:00 - 5:00 p.m. in the Sunrise Room in the East Wing of the Theater. Share an afternoon of scintillating discussion of the *The Boys from Biloxi* by John Grisham.

Future Books: - *Tom Lake* by Ann Patchett - May 7th. The book we chose for June 4th meeting, *The Return* by Hasham Matar is not available. We are substituting *The Gentleman from Moscow* by Amor Towles. Thanks for understanding. *Victoria* by Doris Goodwin - July 2nd, *Hello Beautiful* by Ann Napilitano - August 6th.

Join us for an afternoon of lively discussion with fun and laughter! Additional information or concerns call Myrna Greenberg at 754-231-6368 or Elaine Kerzner at 954-973-4545.

Bridge Club

By Bram Hamovitch

Bridge players of all levels are welcome to join us in the East Wing of the theater building for our ACBL-sponsored duplicate games. We play on Tuesdays and Fridays at 12:30 p.m. (arrive 12:15). All games are "open," are supervised by an ACBL-certified director, and masterpoints are distributed according to partnership masterpoint level.

Lessons: Lenny's free Tuesday morning lessons that start at 11:45 a.m. have been discontinued for the off-season. The lessons will resume when

he returns in the fall.

Our regular \$5 bridge lessons will continue to be available until our "snowbirds" leave Wynmoor, somewhere in early to mid-April. These are offered to two different groups: (a) beginners from our "Learn to Play Bridge in One Day" group from 9:15 - 11:15 a.m. on Tuesdays in the East Wing and (b) "refreshers" (those who used to play bridge and have long forgotten much of it) from 10:00 - 11:30 a.m. on Fridays in the East Wing. Call Lynne at 954-973-1223 if you want more information. Feel free to join us for lessons that will enhance your game at these two beginner levels.

Questions about our club? Please contact David at 917-940-1552 or dmrice@mindspring.com. You can also email us at wynmoorbridge@yahoo.com. If you need assistance in finding a partner, you can reach Terry at 216-401-5739 (voice or text) or thamovit@yahoo.com.

Camera Club

By Nancy Landman

Our meetings are on the first and third Tuesday of each month through the beginning of April. This season we have some wonderful presentations planned as well as photography outings that will include instruction and guidance. In addition, we will have members' photographs to view and review.

The Mission of the Camera Club of Wynmoor is to provide a welcoming environment to Wynmoor residents with all levels of experience, who want to learn photography and grow in their ability to make photographs.

Interested? You are invited to come to your first meeting free of charge.

If you'd like to see some samples of our recent photos, check out the showcase at the Clubhouse or the Photography Sections of the *News and Views* and *The Insider*.

Yearly Membership: Individual \$10, Couple \$15. If you'd like to register as a member and receive info and updates, send an email to CCWynmoor@gmail.com.

For more information, call or text Nancy Landman at 954-496-1965 or Helen Storm at 416-452-1313 (Canada).

Ceramics Club

By Tamara Tresniowski

Spring has sprung. Come into ceramics and make new friends and check out the 1000+ molds we have. Ceramics is a wonderful way to meet new people while you use the creativity you didn't know you had. Come in and sign up for classes (\$40 for 4 classes plus a starter kit of supplies). Annual dues are \$15. We are open Monday through Thursday from 9:00 a.m. to 12:00 noon and Friday from 9:00 - 10:30 a.m. We look forward to seeing you.

Chess Club

By Hillel Cohen

We meet every Tuesday evening from 6:30 p.m. to about 9:30 p.m. in Card Room 1 of the Clubhouse. All chess players at any level are welcome and no partner needed. There are no dues and no fees. Chess sets are provided. Games are casual and relaxed, so come and play. Masks are optional. If you haven't played since high school, don't worry - we hear that a lot. No one's keeping score or rankings and you'll be surprised at how much you remember. Besides, the point is to have a pleasant time while exercising our brains.

Clay Sculpture Club

By Sandy Werner

The Clay Sculpture Club Studio is bordered by the golf course on one side and *the Cove* on the other. The studio is light and beautiful and open to anyone in our Wynmoor community who would like to try their hand at sculpture. We will be offering some introductory courses to encourage and to give courage to those who have not "played with clay" for a very long time.

Please call Sandy Werner at 973-476-6943 or Pierrette Zeestraten at 514-704-4497 for more information.

Conservative Club

By Andrea Joy Frankel-Bellitto

Our club is so proud and happy to have at our club for the 1st time Laurie Cardoza Moore. I was so very impressed with this lady when I met her, and I couldn't wait until we could have her at our meeting as a guest speaker.

Laurie is the Founder and President of Proclaiming Justice to The Nations (PJTN). American classrooms have been taken over by "woke" culture. Even our Jewish Day Schools and Christian private schools have been exposed to the "woke" ideology. Change must come and it must start from the school

Continued on page 59



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MOVIE NIGHT



The Color Purple

2 hours, 21 minutes

Tuesday, April 2nd at 2 PM* & 7:30 PM
Sunday, April 7th at 7:30 PM*

* (Open Caption)

Starring Fantasia Barrino, Taraji P. Henson, Danielle Brooks. Torn apart from her sister and her children, Celie faces many hardships in life, including an abusive husband. With support from a sultry singer named Shug Avery, as well as her stand-her-ground stepdaughter, Celie ultimately finds extraordinary strength in the unbreakable bonds of a new kind of sisterhood.

Rated PG-13 for mature thematic content, sexual content, violence and language. Drama, Musical.



The Boys In The Boat

2 hours, 3 minutes

Tuesday, April 9th at 2 PM* & 7:30 PM
Sunday, April 14th at 7:30 PM*

* (Open Caption)

Starring Joel Edgerton, Callum Turner, Peter Guinness.

During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin.

Rated PG-13 for for language and smoking. Biography, Drama, Sport.



Aquaman and The Lost Kingdom

2 hours, 4 minutes

Tuesday, April 16th at 2 PM* & 7:30 PM
Sunday, April 21st 7:30 PM*

* (Open Caption)

Starring Jason Momoa, Patrick Wilson and Yahya Abdul-Mateen II. After failing to defeat Aquaman the first time, Black Manta wields the power of the mythic Black Trident to unleash an ancient and malevolent force. Hoping to end his reign of terror, Aquaman forges an unlikely alliance with his brother, Orm, the former king of Atlantis. Setting aside their differences, they join forces to protect their kingdom and save the world from irreversible destruction.

Rated PG-13 for sci-fi violence and some language. Action, Adventure, Fantasy.



Iron Claw

2 hours, 12 minutes

Tuesday, April 23rd at 2 PM* & 7:30 PM
Sunday, April 28th 7:30 PM*

* (Open Caption)

Starring Zac Efron, Jeremy Allen White and Harris Dickenson. Tells the story of the Von Erich brothers as they make history in the highly competitive world of professional wrestling in the early 1980s. Through tragedy and triumph, the brothers seek larger-than-life immortality on the biggest stage in sports. **Rated R for language, suicide, some sexuality and drug use. Biography, Drama, Sport.**



Cabrini

2 hours, 22 minutes

Tuesday, April 30th at 2 PM* & 7:30 PM
Sunday, May 5th 7:30 PM*

* (Open Caption)

Starring Cristiana Dell'Anna, John Lithgow and David Morse. Arriving in New York City in 1889, Italian immigrant Francesca Cabrini is greeted by disease, crime and impoverished children. She soon sets off on a daring mission to convince the mayor to secure housing and health care for society's most vulnerable. With broken English and poor health, Cabrini uses her entrepreneurial mind to build an empire of hope unlike anything the world has ever seen **Rated PG-13 for thematic material, some violence, language and smoking. Biography, Drama.**

**** MASKS ARE OPTIONAL ****

Movies start on time. No reserved seating for movies. Movie tickets are \$2.00 (check/cash); exact amount is REQUIRED! NO CHANGE WILL BE PROVIDED. IDs are required; Guests are permitted accompanied by host Resident! Hearing Assist unavailable. Children younger than 15 are not permitted Theatre. No food/drink allowed in Theatre. Bottled Water - OK. No smoking in Theatre including E-Cigarettes. Movies are subject to substitution. There are no refunds or exchanges. Some people are allergic to perfume and cologne. If you must use these items, please go lightly.

Clubs and Activities

Continued from page 56

boards up! She will speak on the importance of grassroots participation in our community by parents and grandparents. Awareness is the most important thing. Knowledge and truth are power!

Place: Wynmoor Clubhouse Ballroom A • Date: Tuesday, April 16th • Time: 7:45 p.m. We will start 15 minutes later giving Ms. Moore time to get from her other meeting to ours. Members should start coming by 7:15 p.m. We will have refreshments, and 3 drawings. A 50/50. A bottle of wine and a Publix gift card. We welcome new members and guests. Bring a friend! Thanking all our 1st responders.

Current Events

By Susan Myers

Please join us each week as we discuss various topics of interest to Wynmoor residents who get together every Tuesday morning from 10:00 - 11:30 a.m. in Card Room 1 within the Country Club area. Topics vary depending on the needs of the individual speaking. We begin each meeting with news related to Wynmoor management issues based on their most recent meetings. Following each meeting, we often get together for lunch. You are always welcome!

David Behr at 954-975-9191, Susan Myers at 954-933-7743.

Democratic Club

By Steve Vajda

Special Event: Welcoming Members and Wynmoor Neighbors! You Are Invited To A Special Monthly Meeting at the Wynmoor Country Club Ballroom on Tuesday, April 2, 2024. New Start Time from 1:00 until 4:00 p.m. organized by the Broward Democratic Party & The Wynmoor Democratic Club and Featuring our Representatives from Washington, DC, and Tallahassee.

Jared Moskowitz, Representative, US House of Representatives, District 23 (includes Wynmoor), Christine Hunschofsky, Representative, Florida House of Representatives, District 95 (includes Wynmoor), Rick Hoye, President, Broward Democratic Party and Steve Vajda, President, Wynmoor Democratic Club.

YOU MUST BE A REGISTERED GUEST/NO WALK-INS PERMITTED
HOW TO REGISTER (No Cost): Online: go to this link to register: bdpfl.us/wynmooropenhouse • By Telephone: Broward Democratic Party: 954-423-2200 • By email: volunteer@browarddemocrats.org

Remember: 2024 Membership Dues can be paid at the meeting. For further information please contact stevevajda@hotmail.com or 305-720-5860.

Drawing and Painting Club

By Lynn Miller and Beatrice Horowitz

Our members work in many different mediums and enjoy each other's company at our Wednesday afternoon gatherings. Come by the studio in the Clubhouse to check us out. Yearly dues are \$10, new members always welcome. Send questions to beatrice.horowitz@gmail.com.

Fishing Club of Wynmoor

By Paul Villano

Monday, April 15th at 9:00 a.m. in Ballroom C is our last official FCW meeting, but there are plenty of fresh and saltwater events and tournaments this month. Our club members continue to fish year-round. Meetings are open to all Wynmoor residents so check us out. For more information text Paul at 516-526-5313 or Email fishingclubwynmoor@yahoo.com.

Fun With Friends 2

By Benjamin Zoe

The next Fun With Friends 2 dance will be on Sunday, April 21st. The event will feature the Reaction Band.

THE REAXTION BAND

You asked for them, we got them. By popular demand we will again present South Florida's Reaction Band. They will light up the ballroom dance floor with their unique blend of Classic Rock, Pop, Latin and more. The event promises to be a high-energy affair that will leave you grooving and moving all night long.

The Reaction Band has been a staple of the South Florida music scene for years and has played at numerous, renowned venues, including casinos, hotels, and music festivals throughout the region. With a repertoire that spans decades and genres, the band has earned a reputation for playing the music that keeps audiences dancing all night.

Don't miss your chance to experience the Reaction Band – GET YOUR TICKETS TODAY!



While members have priority for ticket sales on a first-come first-served basis, membership does not guarantee dance admission due to the Ballroom's legal occupancy limits.

The cost to attend our events is \$10 in advance for members and, if space is available, \$20 for non-members. Tickets sales for members to the April dance began on March 27th. A VERY LIMITED number of \$20 non-member tickets MAY BE available on a first come, first served basis beginning on April 12th. NO TICKETS WILL BE SOLD AFTER APRIL 15th.

Event registration forms were emailed to members on March 27th. Non-members can request registration forms and for all further information send email to: Fwf.2nd@gmail.com

Glass Kiln Club

By Vicki Mitchell



The Glass Kiln Club currently has 86 very active members who are busy fusing, tacking, and slumping their glass masterpieces. These include pendants, platters, menorahs, wind chimes, and a wide variety of decorative pieces. There is so much artistic activity going on that members must take turns occupying the small workspace. Lessons are provided to new members by Club President, Oreet Fagen in January, and new techniques are presented to all members a short time later. Everyone is always excited to try out the new methods and apply them to their artwork.

The Club held a Luncheon at La Marsa Mediterranean Restaurant on March 13th, which was enjoyed by all.

Hadassah

By Toby Norman

If you need a tree or certificate to be sent to commemorate any important occasion, please contact Bernice Riback at 954-984-1703, and she will be happy to assist you. As always, Wynmoor Hadassah appreciates your continued support.

Health and Wellness Club

By Hope Myers

Meeting date is Tuesday, April 16th in the West Wing II at 2:30 p.m. Our speaker will be Dr. Justin Brown, NUCCA Chiropractor, from FRIENDS & FAMILY SPINAL CARE. Dr. Brown is dedicated to improving lives across all ages. His talk *Golden Years with Grace: Simple Steps for Independence and Well-being* will include strategies that can improve our quality of life. Dr. Brown is a dynamic speaker. You definitely need to come to hear what he has to say on maintaining our independence as we age.

As always healthy refreshments and bottled water will be served. No charge for members to attend. Guest fee for each meeting is \$5. For more information contact Hope Myers, President at 954-971-9538.

Ladies Circle Club

By Diane San Anton

Our guest singer for our April 25th meeting is Sally Sutton who is from Cleveland, Ohio and started performing in fourth grade. Musical theater

Clubs and Activities

Continued from page 59

became her obsession and whether she was in a Broadway Theater watching a show or performing in summer stock, doing extra parts in soap operas or film she was happy. Singing for 21 years in South Florida, she hopes to make you happy too. Doors open at 11:15 a.m. and all meetings start promptly at 11:30 a.m. Passover goodies will be available for those that observe. Coming up in May is our "paid up membership luncheon" to install our new board, which will require an RSVP. Our guest singer will be Shelly Brill. More information to follow. Sorry, no guests will be permitted at our May function. To those who celebrated Easter, here's hoping it was memorable and for those who are celebrating Passover, Chag Pesach Sameach (Happy Passover).

Mah Jongg Club

By Judy Palma

For more information, please contact Judy Palma at 609-577-5946 or Nancy Smith at 954-610-1539, or send an email to nancylsmith1021@gmail.com.

Monday Night Dance

By Tamara Tresinowski

Spring has sprung and we are celebrating the event on April 1st at our SPRING FLING with live music from Street Talk. Tickets are \$10 for members, \$20 for guests or \$20 at the door for everyone. The rest of the month is equally filled with fun. April 8th we will be learning a Belly Dance Line Dance with Susan Baladi and April 15th Patty Medina will teach the East Coast Swing. There will be NO DANCE on April 22nd. April 29th is Polka Dot night, and we will be teaching the 4 Person Polka dance. Happy Passover to all who celebrate. Our dance is every Monday night in the Ballroom, 6:30 to 9:30 p.m. Lesson starts at 6:45 p.m. Coffee and snacks included. Dues are \$10 for the year. Entry is \$2 each week. Guests are \$5.

Nature And Arts Club

By Elaine Lurie

As we say hello to spring and good-bye to our snowbird friends, two enriching events are blooming in April at the Nature and Arts Club! The guest speaker at our April 4th breakfast meeting is Marcus Wolf, a filmmaker who is also involved in television production. Marcus will share insights into his creative process. On April 18th, we're taking a car trip to the Anne Kolb Nature Center in Hollywood, where we'll explore nature trails through the acres of coastal mangroves, wetlands, and wildlife. This excursion promises to be a great adventure. You must be a club member to participate in all activities. Contact Sheryl Darby at 954-977-4008 to join or with membership questions. Club members also receive our monthly newsletter and reservation information for upcoming breakfast meetings and trips.

Needlework Click

By Barbara Bilello

Our April meetings are 9th and 23rd, the 2nd and 4th Tuesdays of the month. We are in the West Wing from 1:00 - 4:00 p.m. We serve coffee, tea, and yummy snacks. Everyone is welcome to join us for fun and making new friends. Hope to see everyone at our meetings. If anyone is new out there, please join us.

If anyone has yarn to donate, please call Barbara at 754-222-6375. Thanks again!

Night Tennis

By Jo Ann Perreault

The Night Tennis program has been run for 16 years under the guidance of Jo Ann Perreault and Dennis Levans. Every Monday, Tuesday, and Thursday nights from 6:30 - 8:00 p.m., with a warmup period beginning at 6:15 p.m., they shepherd players to a good time.

Mondays and Tuesday's fee of a dollar is requested, no charge on Thursdays. The money collected is used to purchase balls, so they always play with new balls and the surplus funds are used for pizza parties.

The required skill level is 3.0 - meaning being able to serve, and return serve effectively and to maintain one's part in a rally. If this describes your ability, please come, and join the players for exercise and socializing under the lights.

Pickleball Club

By Mayda Coombs

If you're looking to meet new people and have a lot of fun, come on down to the Racquet Center and check out Pickleball. It is a lot of fun to play, and you get exercise too. We do not just play Pickleball. We have a Dinner

Dances with great food and music. All our events are posted on our bulletin board and in the clubhouse and Facebook.

We are always accepting new members. For more information contact Chuck Milstein at 954-366-1149.

Pottery Club

By Edwin Meyer

Thank you to all the Wynmoorites who purchased pottery at the Pottery Club Table at the Elephant Sale. All proceeds go to Women in Distress which is rated A by Charity Navigator. The Pottery Club feels it's important to give back to the community here in Coconut Creek and in this case every little bit helps.

We just completed our Winter New Members Class! The Class is full of talent and great spirit, and we are looking forward to seeing their Clay Play. If anyone is interested in playing with clay, please contact susan.slear@gmail.com.

Women's Pool Group "The MsCues"

By Bob Horowitz

Have fun and meet new friends! Players of all skill levels are welcome. We meet every Tuesday from 3:00 to 5:00 p.m. at the A/C indoor Wynmoor Billiard and Pool Room located in the Wynmoor Country Club, next to the library. Please have your Wynmoor I.D. with you.

MzCues Members are members of the Wynmoor Billiards and Pool Club and can participate in additional fun events. Past events included Karaoke Night, Comedy Club Night, Group BBQ & Dance, Picnic at the Cove with live music, Club Pool & Billiard Tournaments, and other social events for couples and singles.



Any questions about the MzCues contact Carol at cas242@hotmail.com or call 978-979-1681. The cost to join the Wynmoor Billiard and Pool Club is \$10 per year.

FREE POOL LESSONS: Put your name / phone # / Address on an envelope requesting lessons in the lockbox in the room or e-mail Wynmoorpoolclub@gmail.com.

Woodworking Club

By Ernie Fleury

The Wynmoor Woodworking Club is open 7 days a week from 9:00 a.m. to about 4:00 p.m. We are located at the east end of the Clubhouse. There is a club officer present daily and inquires can be addressed by most members present at that time.

Writer's Workshop

By Judy Weissman

We already had our showers, so what's new for April? Maybe it's your writing. If you want encouragement and supportive feedback on it, contact the president of the Writer's Workshop, Nancy Heller Moskowitz at laughlady55@gmail.com.

Your fellow scribe,
Judy Willow Weissman, PhD

WGA

By Karen Beckman

February 3rd, we held a Guys and Dolls event, Catered by ANOTHER PERFECT PARTY, and attendees were treated to Omelet stations, fruit, specialty pastries from HEAVENLY BITES and mimosa.

The annual Championship Tournament was held this year on the weeks of February 21st, and February 26th with the Super Sunday event on March 3rd.

The winners:

Championship Fight: Men's Winner, AL YOUNG, runner-up, NOEL SARDINE, Ladies Winner, DONNA GRIGGS, runner-up, DENISE VANOVER

"A" flight: Men's Winner, CALARGENTO, runner-up, JEFF LICHTER, Ladies Winner, BARBARA HYER, runner up, RHODA GLADSTONE

Clubs and Activities

“B” flight: Men’s Winner, NICK LUGIE, runner-up AAD ZEESTRATEN, Ladies Winner, LORI SCOTT, runner-up, CAROL SKOP

“C” flight: Men’s Winner, HAROLD MOSES, runner-up, RICH GABBY, Ladies Winner, ELLEN GRACIELLA, runner-up, CINDY MILLIGAN

“D” flight: Men’s Winner, BILL PRATHER, runner-up, DAVID STEIN Ladies winner, KATHY HEERY, runner-up, JANN COHEN

We had strong participation and winners were recognized at the Annual Banquet at Galuppi’s on March 18th.

At our January General Membership meeting, Robert Ferzoco made a presentation on the organization FIRST TEE. The official mission *“To impact the lives of young people, including those with special needs, and veterans, by providing educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf.”* This organization collects used clubs and bags for this purpose, and our membership generously donated.

WGA is organizing a fundraiser for Special Olympics with the Coconut Creek Police and Fire Department. This will be held on April 11th, and the donation will be \$75. This event is open to all Wynmoor golfers, and an exciting list of prizes and hole-in-one rewards will be announced soon. We are anticipating a strong turnout to support this worthy Organization.

Nominations for 2025 Officers will be announced by September 2024. The nomination committee has been confirmed: Shane Moore: Chairman, Denise Vanover, Casey Johnson, Carol Skop, Jack Herlihy.

.....

Wynmoor Republicans

By Miriam Mendelson

Our next meeting will be on Monday, April 8th, at 7:00 p.m. in the West Wing. Back By Popular Demand - 2 Speakers, Russell DiPerna, a retired NYPD will be our guest speaker. He Assisted in the evacuation of the South Tower at the World Trade Center when the 2nd plane hit. He worked for Steve Bannon the Former Chief Strategist to the President of the United States as a

foreign policy research analyst for Bannon’s podcast, “The War Room.” He has a bachelor’s degree in History and a master’s degree in Political Science, with a concentration on Middle East Eastern Studies. He has a Graduate Certificate in Counter-Terrorism Studies & attended the Interdisciplinary Center for Counter-Terrorism Studies in Israel. He served in the US Marine Corps and US Navy Reserves. Currently, he conducts Threat Management for a Hedge Fund Manager.

Noah Danker, who just got back from Israel with first-hand knowledge of what’s happening. This was his second trip there to help with the war.

We will have a 50/50 raffle with the first \$11 being donated to *Tunnel To Towers*. We do NOT collect dues. At the sign in desk there is a container where you can put in any extra amount you would like for *Tunnel To Towers* Charity. It would be greatly appreciated. Bagel Snack is catering our refreshments. All are welcome to come.

.....

Wynmoor Short Film Festival Club

By Enid Wolf-Schein

March 22nd and 23rd were the dates of our *4th Annual Wynmoor Short Film Festival* and our most successful event yet. Friday evening sold out almost immediately and Saturday matinee was not far behind. We want to recognize the work of all our filmmakers, volunteers, and entertainers without whom this could never have come off so well. In the next edition we will share photos and announce the winner of the Audience Favorite Film.

.....

Wynmoor Video and Film Club

By Phil Guterman

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How Acupuncture Became Included in Modern Western Medicine

By Marcus Smith,
Licensed Acupuncture Physician



In 1971, an article appeared in the New York Times by James Reston, a member of the US Press Corp. Mr. Reston had been in Peking (now Beijing) helping to prepare for President Nixon's historic visit to China when he began to have severe abdominal pain. He was examined by local doctors, diagnosed with acute appendicitis, admitted to a hospital and scheduled for surgery. He reported that the surgery went well and without complications but on second day after surgery he was having very uncomfortable stomach pain and bloating. Here is his own account of what happened next:

"Li Chang yuan, doctor of acupuncture at the hospital, with my approval, inserted three long, thin needles into the outer part of my right elbow and below my knees and manipulated them in order to stimulate the intestine and relieve the pressure and distension of the stomach... Meanwhile, Doctor Li lit two pieces of an herb called ai, which looked like the burning stumps of a broken cheap cigar, and held them close to my abdomen while occasionally twirling the needles into action. All this took about 20 minutes, during which I remember thinking that it was rather a complicated way to get rid of gas on the stomach, but there was a noticeable relaxation of the pressure and distension within an hour and no recurrence of the problem thereafter."

Now this rather short article generated considerable buzz among the Western medical community as well as allot of scrutiny by detractors who were not fans of the Nixon administration and called the whole affair a publicity stunt. Nonetheless, the event began an exchange between China and the U.S. with China inviting American MDs to visit Chinese hospitals and not only observe first-hand, but be trained in the use of acupuncture for pain-relief.

I had the good fortune to meet one of those first doctors trained in China. He was Chief of Neurological and Spinal Surgery at the University of Texas John Sealy Medical Branch in Galveston, Texas. In my many conversations with him, he described how he had been trained to use a few acupuncture needles in the surface of the patient's outer ear to control their pain DURING surgery, which allowed the patient to remain awake and to communicate with the doctor during the procedure! He said that for him, he was willing to use whatever is necessary to minimize the inherent risk for the patient with such invasive surgery and that acupuncture used in this manner had literally transformed his practice.

It has been a long road for acupuncture's acceptance as a safe and viable addition to modern western medicine since that first article appeared. Nonetheless, it is now taught to medical students at many U.S. medical schools, including the University of California at Berkley, Harvard Medical School and the University of Florida. It is covered by Medicare for the treatment of chronic lower back pain as well as for many other medical conditions by numerous health insurance companies. If you are suffering from chronic back pain or any other kind of joint or muscle pain, sports injuries, osteo-arthritis, post-surgical or any unexplained pain, it may be worth your while to talk to a qualified acupuncturist.

For more information about acupuncture and how it may benefit you, your family and friends, please visit our website at MarcusSmithAcupuncture.com or call us directly at 954-907-1036.

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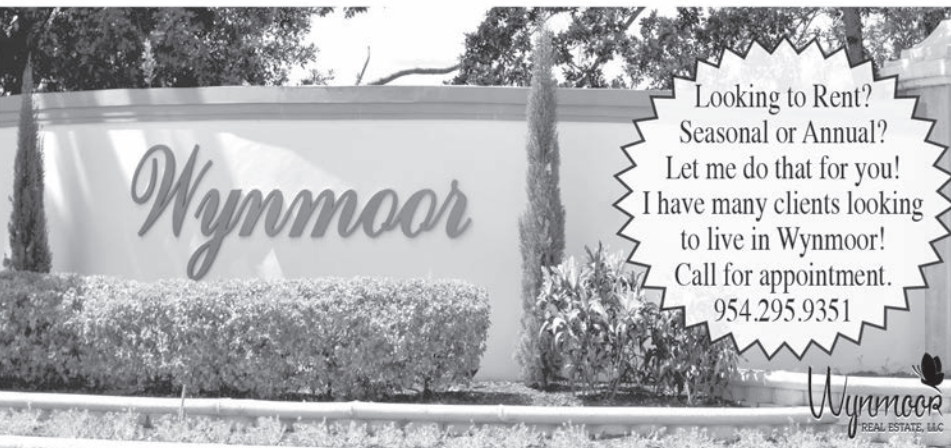
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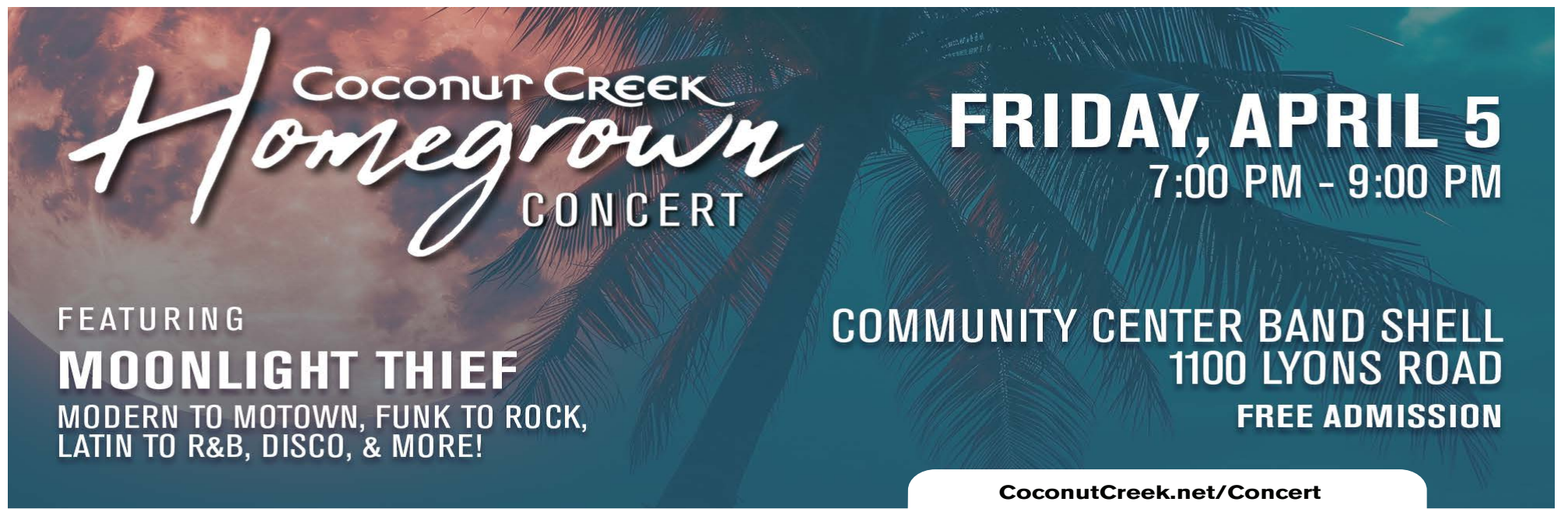


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Can You Get Sepsis in the Hospital?

Reprinted from *verywellhealth*

Key Takeaways

- 1.7 million adults in the United States develop a life-threatening blood infection called sepsis every year. Roughly 15% of sepsis cases are acquired in the hospital.
- While it can happen to anyone, immunocompromised patients are the most at risk for sepsis. This includes people with diabetes, babies, older adults, and people having cancer treatment.
- If you're in the hospital, there are steps that your healthcare team will take to prevent infections. You can also take steps to shore up your immune system and make it less likely that you'll develop an infection like sepsis.



Fever, fast breathing, and lightheadedness are the main symptoms that Russ Kino, MD, medical director of the emergency management department at Providence St. John's Health Center in Santa Monica, looks for in patients with a life-threatening infection called sepsis.

"Sepsis is when there's an infection in the body that has spread into the

bloodstream, and it can be very dangerous," Kino told Verywell. Part of that danger lies in the fact that sepsis causes collateral damage to vital organs. Infections that lead to sepsis typically start in the urinary tract, skin, lung, or GI system.

In the United States, 1.7 million adults develop sepsis every year.

"Sepsis contributes between a third to a half of all U.S. hospital deaths—more common than heart attack and stroke combined," Hallie Prescott, MD, MSc, associate professor of internal medicine in pulmonary and critical care medicine at the University of Michigan, told Verywell.

Since healthcare facilities are supposed to be clean, safe places where you go to get better, it might surprise you to learn that you can actually get sepsis while you're in the hospital. In honor of Patient Safety Awareness Week, we're bringing attention to this risk.

While most cases of sepsis start outside the hospital, roughly 15% of sepsis cases are acquired in the hospital, according to Prescott. Some research even suggests that sepsis death rates may be higher in people who developed the infection in the hospital compared to those who got it in a non-hospital setting.

While sepsis isn't always avoidable, there are some proactive preventive steps patients and their families can take during a hospital stay.

Who Gets Sepsis?

Anyone can develop sepsis, but it usually happens to people with weak immune systems, Chris Seymour, MD, MSc, associate professor of medicine at the University of Pittsburgh, told Verywell.

In immunocompromised people, the body tries to respond to the infection, but may not be able to contain it. "The immune system is dysregulated and starts to affect the other organs in the body that may be distant from where the site of the infection is," said Seymour. "That's what leads to sepsis syndrome."

Sepsis is more common in people at extreme ages who get infections—think babies and older adults—and in people with conditions or treatments that dampen their immune system function, according to Prescott. A common example is a patient with cancer who is getting chemotherapy or someone with a chronic medical condition, like type 2 diabetes.

Another risk factor is having invasive procedures like surgery.

The insertion of catheters and the use of ventilators are also risk factors for developing sepsis because these procedures can introduce bacteria or other pathogens into the body.

How Do Hospitals Prevent Sepsis?

Healthcare facilities are where people go when they're sick, so the buildings are inevitably going to have an array of bacteria and other pathogens in the air and on surfaces. That said, since sepsis is relatively common and has the potential to be life-threatening, hospitals do have strict protocols and standards, according to Kino and Prescott.

Infection prevention measures include rigorous cleaning schedules and sterilization of spaces and equipment that are used for patient care. Providers also watch patients for signs of sepsis and make note of people who are at especially high risk for developing the complication.

"We have to assess the patient very rapidly by giving them intravenous antibiotics within one hour of arrival, monitor them incredibly closely, and order specific lab tests according to specific timelines," said Kino.

How to Check Your Hospital's Sepsis Care Score

If you're worried (or even just curious), you can research sepsis care at specific hospitals by visiting [Medicare.gov](https://www.medicare.gov). Put in your ZIP code or search a local hospital by name, click on the link, and scroll down to the "Quality" section.

Within the Quality section, look for a tab that says "Timely & Effective Care." This will show you the percentage of patients who received appropriate care for severe sepsis and or septic shock. The higher the percentage, the better.

For example, as of February 2024, the percentage of patients who received appropriate sepsis care at St. David's Medical Center in Austin, Texas is 76%—16% higher than the national average of 60%.

How Can You Avoid Sepsis in the Hospital?

When you're in the hospital, your healthcare team should take measures to reduce the risk of sepsis and track your health closely. But it also won't hurt for you to learn about the signs and symptoms of sepsis and understand what your risk factors are.

"[Immunocompromised individuals] need to be very conscientious about the surveillance and management of even minor infections like a urinary tract infection or a cough or a cold," said Kino. "Those sorts of things can progress on to sepsis very easily in immune suppressed people."

Providers also advise making sure that you're up to date on recommended and routine vaccinations. While they don't protect you from every possible infection, vaccines do stimulate your immune system and produce protective antibodies against specific pathogens.

What This Means For You

Sepsis is a common and potentially life-threatening infection. While it often starts outside a hospital in people with weak immune systems, it can happen to anyone. And you can also get sepsis while you're in the hospital being treated for something else.

Healthcare facilities do have protocols in place to prevent hospital-acquired infections, but it doesn't hurt to learn about how your local hospital performs in sepsis care, become familiar with the signs of the infection, and know your risk factors.

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You've Tried The Rest, Now Try The Best. Temple Beth Am, Margate

By Linda Storfer



Rabbi Michelle Goldsmith

April is here! To many, April means April Fool's Day, April in Paris, and April Showers. Temple Beth Am is showering everyone with a fantastic array of programs and events to delight everyone who wishes to partake. Beginning with our very special Woman of Valor Brunch, Jane Reiner will be honored on Sunday morning April 7th at 10:00 a.m. by the Sisterhood of Temple Beth Am. Jane, a Temple Beth Am member for over 30 years along with her family, has devoted many years of her time and talents to helping the synagogue grow and flourish. She is a multi-faceted person who has served on the synagogue's Board of Directors for many years and is currently the Vice President of Finance. She has given guidance and played a tremendous role in all matters of fiscal affairs including during the early years of covid when the synagogue had to briefly close its doors to ensure the safety of our members.

Our Men's Club is hosting a Karaoke Night which will be a joyous evening for all those participating and the audience. This event will be held on Sunday evening, April 7th, starting at 7:00 p.m. There is a nominal charge and refreshments will be served. Register early and do not miss out on the fun - bring all your friends to join you.

In April Jewish people all over the world celebrate the holiday of Passover. On Passover we rejoice in how G-d took the Jewish people out of Egypt where they had been slaves. Moses, the greatest Jewish leader of all time, went to the ruler of Egypt, Pharaoh and asked him to let his people go. It took 10 plagues including the severest plague of the killing of the firstborn until Pharaoh finally agreed to send them out of Egypt. As millions of Jewish people, young and old sit at the Seder table and read the Haggadah we learn of all the miracles that G-d performed at that time and the grand Exodus and how he finally brought us to the land of Israel. It is important to read the Haggadah and tell the story to our children and grandchildren, as has been done for thousands of years and hope that someday that they will tell this miraculous story to their children and grandchildren. Every year we end the seder by saying "Next year in Jerusalem" which always gives me special hope and pride especially this year in 5784 (the Jewish calendar year) because our thoughts and prayers have been with Israel since October 7, 2023, the date of the most brutal massacre since the Holocaust during World War II. Passover begins this year on Monday night, April 22nd at sundown. On Tuesday, April 23rd Temple Beth Am is proud to be hosting a community seder starting at

7:00 p.m. led by our senior Rabbi, Rabbi Michelle Goldsmith. Too busy or too tired to do all the work that is involved in preparing a seder? We invite everyone to join us and celebrate together with family, friends, delicious Glat kosher food, wine, and plenty of singing. The "ruach" last year was incredible and the seder was sold out. The cost for members is \$75 per person and non-members is \$95 person. We hate to turn people away so please register early.

Our regular services continue daily with morning services at 7:20 a.m. and evening services at 6:00 p.m. Daily services are held virtually except for Monday and Thursday mornings when the Torah is taken out and on Friday night and Saturday mornings in person. There is also a Sunday minyon at 8:30 a.m. and 6:00 p.m. which are held in person. For all these times and other upcoming events please check out our website www.beth-am.com or call the Temple Beth Am office at 954-968-4545. We are located minutes away from Wynmoor at 7206 Royal Palm Blvd and our office is open daily from 9:00 a.m. - 5:00 p.m. except on Fridays when we close at 12:00 noon.

On behalf of the Rabbi and the TBA Board of Directors we wish everyone a "Zissen Pesach" and good health and peace for all.



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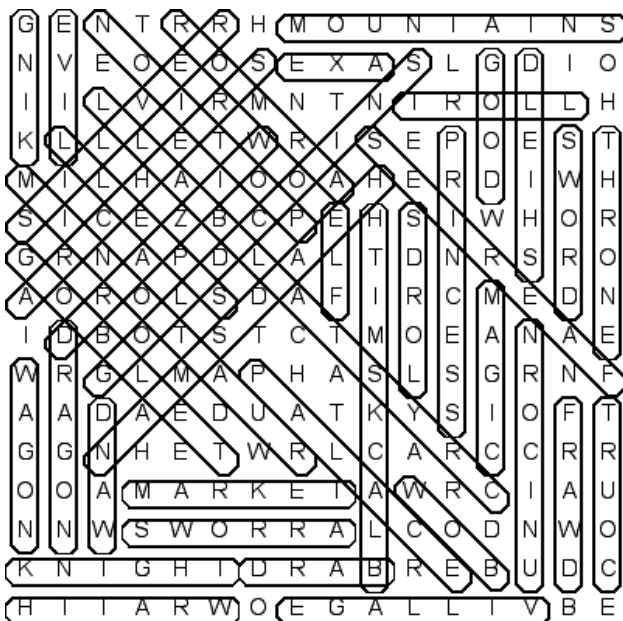
Puzzles and Games

Solutions from page 22

Crossword Puzzle

U	S	E	R	S		S	T	A	B		H	A	G	S			
R	E	M	I	T		T	O	U	R		O	P	A	L			
E	R	I	C	A		R	A	N	I		U	P	D	O			
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Fantasy World



The hidden message is: THE LION, THE WITCH AND THE WARDROBE

Sudoku

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

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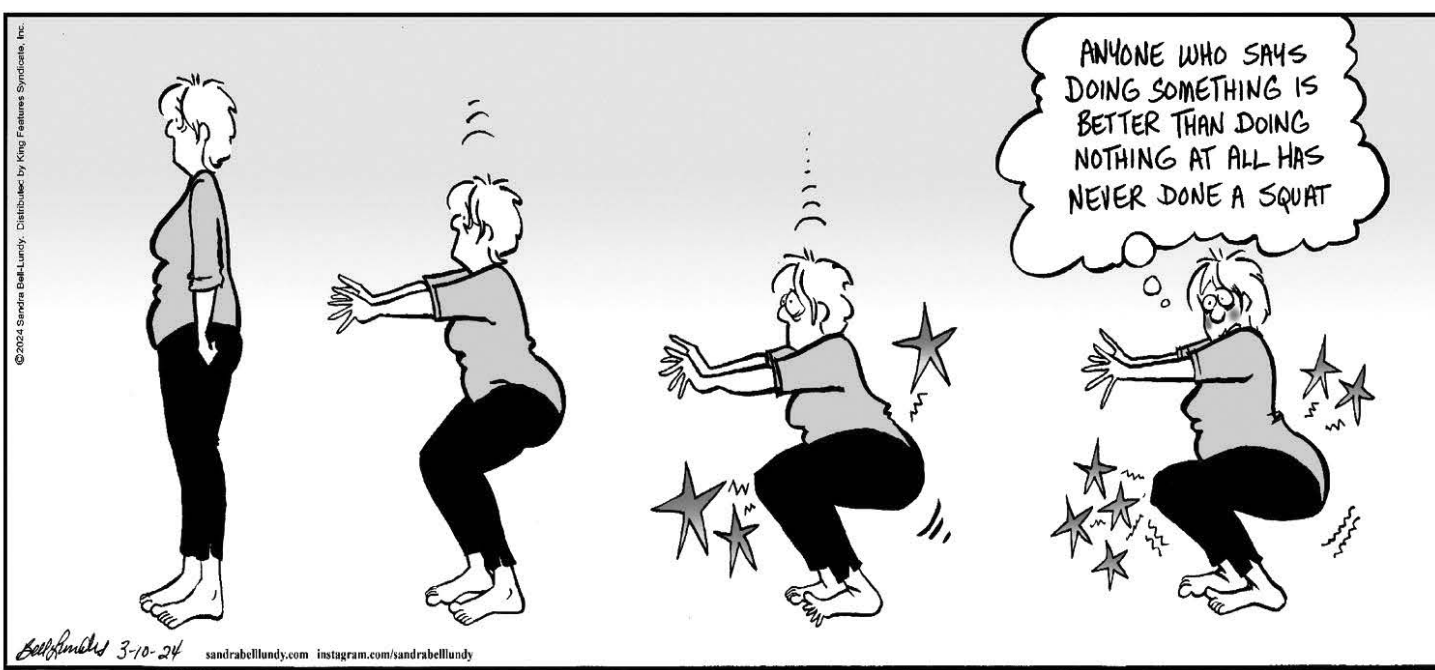
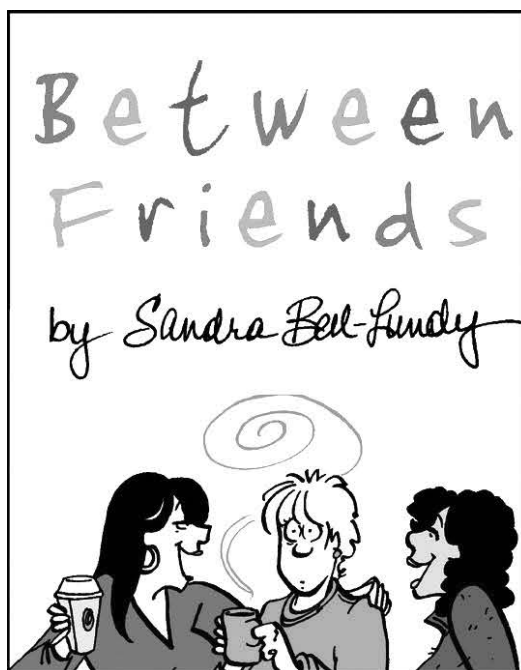
○	○	×	○	×	×
×	○	×	×	○	○
○	×	○	×	×	○
○	×	○	○	×	×
×	○	×	○	○	×
×	×	○	×	○	○

April Trivia

What are the official birth flowers of April?
Sweet peas and daisies

What is the birthstone of April?
Diamonds

Finish this statement: April showers bring...
May flowers



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